

### IT'S NATIONAL FAMILY CAREGIVERS MONTH

Caregivers play a critical role in ensuring the well-being of people who face health challenges, disabilities, or aging-related needs. Their contributions often extend far beyond physical assistance, encompassing emotional support, advocacy, and companionship. By doing so, they enable their loved ones or clients to maintain dignity, independence, and quality of life.



Many of the home-bound older adults we serve are cared for by their family members. When they need guidance and support, here are two places that can help:

- Area Agency On Aging of Western Michigan - [www.aaawm.org/caregivers](http://www.aaawm.org/caregivers)  
616-456-5664
- 24/7 Help Line for Dementia/Alzheimer's  
1-800.272.3900

### WINTER IS ON ITS WAY!

Check out these 4 ways to get prepared if an emergency occurs:

**EMERGENCY CONTACTS & DOCUMENTS:** Create a list of emergency contacts, family contacts, and emergency service phone numbers. Make copies of important documents, such as medical records, insurance information cards, wills, deeds, social security number, bank accounts, and tax records. Talk with family, friends, caregivers, and others if you need assistance during an emergency situation. Share your emergency plan with them. Know how to evacuate your home and have a plan of where you can go.

**MAKING AN EMERGENCY KIT:** Make a kit or bag of essentials! Include essentials such as a radio, extra batteries, first aid kit, flashlight, copies of emergency contacts & documents, change of clothing, travel size toiletries, pet food, water, non-perishable snacks, spare keys, phone charger, Swiss army knife, can opener, etc.

**BE INFORMED:** Know what disasters could affect your area. Monitor the TV, radio, internet, and mobile devices for information on severe weather or emergencies in your neighborhood. Plan for accessible transportation.

**MOWWM EMERGENCY MEAL PLAN:** In the event MOWWM is not able to deliver meals, we provide clients, who receive 3 or more home-delivered meals per week, a shelf-stable emergency food box every 6 months they are on the program.

## IT'S A PERFECT TIME TO TRY SOMETHING NEW!

The new choice menu is available for our Home Delivered Meal clients who want to choose their meals! We've added back some client favorites, like Beef & Bean Chili, Three Bean Chili and Beef Stew. We've also added many new meals, including Sloppy Joes, Tacos, and Breakfast Hash. Some of you may notice the Beef Pot Roast and Seasoned Chicken Leg, which were tried by clients this past summer. We've also updated some of our recipes and are using more types of vegetables. We appreciate all of the feedback you give us. Many clients ask why we use so many peas and beans. The answer is that peas and beans are not only loaded with vitamins and minerals, they are low in fat, high in fiber, and contain protein of which many older adults don't get enough. Be sure to try some in our meals today! And make sure to order our #04 Roast Turkey dinner for Thanksgiving!

## HAVE YOU LOOKED IN THE BACK OF YOUR REFRIGERATOR?

It's time to check those leftover containers that might be hiding back there! November 29 is National Throw Out Your Leftovers Day! It's a great day to do a refrigerator clean-out. Leftover food shouldn't be kept more than 4 days. Be sure to check condiment bottles for expiration dates too. Remember when in doubt – throw it out!



Meals On Wheels Western Michigan will be closed on November 27 and 28. We will not be delivering those days, our dining sites will be closed, and our senior pantry will be closed. We wish you a joyful and nourishing Thanksgiving weekend!

## Home Delivered Meals Are So Convenient!

### This is our homemade meatloaf meal!



Prepared fresh in our kitchen, quickly frozen and ready for reheating by you! We encourage you to scoop heated food on your favorite plate to enjoy!

