

**ST PATRICKS' DAY IS  
 MONDAY MARCH 17TH  
 ENJOY**



**DAYLIGHT  
 SAVINGS BE-  
 GINS SUNDAY  
 MARCH 9TH**



## Meals on Wheels Volunteers & Staff

### New Volunteers

**Ann Brenner  
 Laura Fuller**

### Years of Service

**Mike Neibel      9 Years  
 Jim Harrigan    1 Year  
 Lisa Beauchamp 1 Year**

*Thank-You for serving and caring for all our  
 senior homebound friends.*

“Spotlight”:  
 Our Sponsors **FOR MARCH!**  
**meals!**  
 Meals on Wheels

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**Director's Corner**  
 with Lisa Robitshek



**March is National Nutrition Month!** Many studies show the myriad of health issues which are caused by seniors who are at risk of hunger.

14% of seniors are more likely to have high blood pressure. Nearly 60% are more likely to have congestive heart failure or experience a heart attack. Seniors are three times more likely to suffer from depression. <http://www.nfesh.org/new-study-reveals-increased-health-problems-for-seniors-at-risk-of-hunger/> “Food is Medicine” is another study which describes the important health benefits that nutrition and Meals on Wheels programs have on vulnerable seniors. <http://www.nfesh.org/food-is-medicine/> Yet another study shows that not only is Meals on Wheels the right thing to do. It also makes good business sense. The cost of One year of Meals on Wheels = Six Days in a nursing home = 1 Day in a hospital. <http://news.brown.edu/pressreleases/2012/12/meals>. This month, we are joining hundreds of other Meals on Wheels programs across the country in our **March for Meals campaign**, to celebrate the seniors we serve and to partner with generous community businesses and individuals to raise support for them. We are almost \$32,000 toward our \$100,000 goal by September 30th! We are very grateful for our March for Meals sponsors (see above). See page 4 for all of the **March for Meals** activities. Join us however you can! *As always, please let me know if you have questions, concerns or comments. All my best, Lisa Robitshek*

### Senior Nutrition

Northwest Michigan Community Action Agency

3963 Three Mile Road, Traverse City, MI 49686 1-800-632-7334

[www.mealswheelslove.org](http://www.mealswheelslove.org) “Like us” at [www.facebook.com/Meals on Wheels of Northwest Michigan](http://www.facebook.com/Meals on Wheels of Northwest Michigan)

Editor  
 Dave Hagen

Serving Meals in Grand Traverse, Leelanau, Wexford, Missaukee & Manistee

# Dining Senior Style Senior Meal Sites

## GT County

TC Senior Center-(Mon-Fri)  
GT Pavilions (Mon-Fri)  
Fife Lake (1st & 3rd Wed)  
Long Lake (once a month)  
Redeemer Lutheran(2nd Mon/ month)  
Kingsley "The Rock "Wed)  
Interlocked Golden Fellowship (Thurs)

## Manistee

Manistee Sr Ctr (Mon-Fri)  
Onkama (Mon, Wed Fri)  
Wellston , (Tues & Thur)  
Harborview, (Mon-Fri)  
Arcadia (Mon, Wed, Fri)

## Wexford

Cadillac Sr Ctr.(Mon, Wed, Thur)  
Manton, (Mon-Fri)  
Harborview (Mon-Fri)  
Kirtland Terr. (Mon-Fri)  
Buckley (Mon-Fri)  
DayBreak (Mon-Friday)

## Missaukee

McBain (Thurs)  
Lake City (Mon, Wed, Thurs, Fri)  
Merritt (Thurs)  
Footprints In Time (Tues,Thurs)

## Leelanau County

Elmwood Twp Hall(4th Thurs)  
Empire (Mon, Tues, Thurs,)  
Northport (Thursdays)  
Suttons Bay (Tues & Fri)



### Suggested donation

**Seniors(60+)—\$3.00**

### Meal Cost

**Non-seniors—\$5.00**

**Check your local site for times & dates. Call 1-800-632-7334 for a local site contact and phone number**

## Strange Facts



- 1. It's illegal to drink beer out of a bucket while you're sitting on a curb in St. Louis!**
- 2. Coca Cola was originally green.**
- 3. Cows can sleep standing up, but they can only dream lying down.**
- 4. In Kentucky, US, every citizen is required by law to take a bath at least once a year.**
- 5. According to a research project at Cambridge University, it doesn't matter what order the letters in a word are, the only important thing is that the first and last letter be in the right place. This is because the human mind does not read every letter.**
- 6. Clinophobia is the fear of beds!**
- 7. Camels have three eyelids to protect themselves from blowing sand!**
- 8. A quarter has 119 grooves on its edge, a dime has one less groove!**

## **MARCH IS “NATIONAL NUTRITION MONTH”**

### **Healthy eating over 50: Tips for creating a well-balanced diet**

It doesn't have to be difficult to swap a tired eating regimen for a tasty, well-balanced eating plan.

**Avoid skipping meals** – This causes your metabolism to slow down, which leads to feeling sluggish and making poorer choices later in the day.

**Breakfast** – Select high-fiber breads and cereals, colorful fruit, and protein to fill you with energy for the day. Try yogurt with muesli and berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad, or old-fashioned oatmeal made with dried cherries, walnuts, and honey.

**Lunch** – Keep your body fueled for the afternoon with a variety of whole-grain breads, lean protein, and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles, or a quinoa salad with roasted peppers and mozzarella cheese.

**Dinner** – End the day on a wholesome note. Try warm salads of roasted veggies and a side of crusty brown bread and cheese, grilled salmon with spicy salsa, or whole-wheat pasta with asparagus and shrimp. Opt for sweet potatoes instead of white potatoes and grilled meat instead of fried.

**Snacks** – It's okay, even recommended, to snack. But make sure you make it count by choosing high-fiber snacks to healthfully tide you over to your next meal. Choose almonds and raisins instead of chips, and fruit instead of sweets. Other smart snacks include yogurt, cottage cheese, apples and peanut butter, and veggies and hummus.

### **Healthy eating over 50: Overcoming obstacles**

Let's face it, there's a reason why so many of us have trouble eating nutritiously every day. Sometimes it's just quicker or easier to eat unhealthy food. If you're having trouble getting started on a healthy eating plan, these tips can help:

#### **Say “no” to eating alone**

Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

Make a date to share lunch or dinners with children, grandchildren, nieces, nephews, friends, and neighbors on a rotating basis. Join in by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.

Adult day care centers provide both companionship and nutritious meals for older adults who are isolated and lonely, or unable to prepare their own meals.

Senior meal programs are a great way to meet others. Contact your local Senior Center, YMCA, congregation, or high school and ask about senior meal programs.

#### **Loss of appetite**

First, check with your doctor to see if your loss of appetite could be due to medication you're taking, and whether the medication or dosage can be changed. Try natural flavor enhancers such as olive oil, vinegar, garlic, onions, ginger, and spices to boost your appetite.

#### **Difficulty chewing**

Make chewing easier by drinking smoothies made with fresh fruit, yogurt, and protein powder. Eat steamed veggies and soft food such as couscous, rice, and yogurt. Consult your dentist to make sure your dentures are properly fitted.

#### **Dry mouth**

Drink 8 – 10 glasses of water each day. Take a drink of water after each bite of food, add sauces and salsas to your food to moisten it, avoid commercial mouthwash, and ask your doctor about artificial saliva products.

#### **I don't like healthy food**

If you were raised eating lots of meat and white bread, for example, a new way of eating might sound off-putting. That's understandable. But view eating healthily as an adventure and start with small steps:

First and foremost, commit to keeping an open mind. Just because a food is healthy, it doesn't mean it can't be tasty as well.

Try including a healthy fruit or veggie at every meal. You don't have to change everything all at once. Add a side salad to your dinner, for example, or substitute unhealthy fries with baked sweet potato fries, or have a smaller portion of desert and fill up with melon and pineapple slices.

Focus on how you feel after eating well – this will help foster new habits and tastes. The more healthy food you eat, the better you'll feel afterwards

#### **Stuck in a rut**

No matter how healthy your diet, eating the same foods over and over is bound to get boring. Rekindle inspiration by browsing produce at a farmers market, reading a cooking magazine, buying foods or spices you haven't tried before, or chatting with friends about what they eat. By making variety a priority, you'll find it easier to get creative with healthy meals.

#### **If you can't shop or cook for yourself...**

There are a number of possibilities, depending on your living situation, finances, and needs:

Take advantage of home delivery. Many grocery stores have Internet or phone delivery services.

Swap services. Ask a friend, neighborhood teen, or college student if they would be willing to shop for you.

Share your home. If you live alone in a large home, consider having a housemate/companion who would be willing to do the grocery shopping and cooking.



Northwest Michigan Community Action Agency - Meals on Wheels is participating in the **March for Meals Campaign**, a national effort initiated by the Meals on Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities.

Hundreds of Senior Nutrition Programs across the United States, like NMCAA - Meals on Wheels, will promote March for Meals through partnerships with local businesses, fundraising initiatives, and volunteer recruitment.

**This local support is more crucial now than ever before.** This year, we are experiencing significant cuts in Federal & State funding. In order to keep serving all those who are eligible for and need Meals on Wheels, **our goal is to raise \$100,000** by 9/30/14. To date, we have raised just over \$31,000 (Almost \$19,000 from end-of-the-year efforts) and have \$69,000 to go!

**All funds raised go directly towards providing hot, nutritious meals to homebound seniors in our community.** Donations remain in the county in which they are received.

The **March for Meals Campaign will include:**

**Meals on Wheels Fundraiser at Moomers:** Saturday, March 22, 2014

**Community Champions Week:** March 17 – 21, 2014

**About Northwest Michigan Community Action Agency - Meals on Wheels**

Last year, NMCAA - Meals on Wheels provided approximately 160,000 well-balanced meals and “so much more”, delivering vital nutrition, compassion, security, and independence to over 1,100 homebound seniors in Grand Traverse, Leelanau, Manistee, Missaukee, and Wexford counties. For more information, visit [www.mealswheelslove.org](http://www.mealswheelslove.org).

**About Meals On Wheels Association of America**

The Meals On Wheels Association of America is the only national organization and network dedicated solely to ending senior hunger in America. The Association is the oldest and largest organization composed of and representing local, community-based Senior Nutrition Programs in all 50 states as well as the U.S. territories. More than 5,000 local Meals on Wheels Programs leverage a dedicated army of two million volunteers who day-in and day-out create an efficient and caring way to keep America’s seniors independent, healthy and able to live in their own homes. For more information, visit [mowaa.org](http://mowaa.org).



**THINK SPRING!!!  
WITH MEALS ON  
WHEELS AT  
MOOMERS  
HOMEMADE ICE  
CREAM  
Hot Fudge Sundae Bar  
Saturday March 22, 2014  
11:00am—9:00pm  
Small \$5.00~Large \$7.50**



**Community Champions Week - March 17—21**  
**Clients might notice some new faces  
on meal deliveries**  
 Community Champions and “Heros” will be riding along with our drivers To help us celebrate March for Meals, Community Champions Week



Paint, sip, eat and have some fun. You will experience three stress free hours guided by a local artist. Then, leave with a completed painting of your very own. No experience is needed. Aprons and supplies are provided.  
 We set up and clean up for you as well.  
 Come alone, with a friend or as a group and you will be sure to have a good time. Sip and Dab is your answer for a creative date night, ladies night, or an evening with friends, family or co-workers.  
**SAVE THE DATE:**  
 Sip and Dab Fundraiser Benefiting - Meals on Wheels  
 North Peak Brewery, 400 West Front Street, Traverse City  
 Tuesday April 8th, 6-9pm  
 \$45 per person  
 Spaces are limited. Please call to register. ph: 231.633.3316  
[www.facebook.com/sipanddab](http://www.facebook.com/sipanddab) (sipanddab.com: coming soon)