

October 2020

Published monthly for the clients of Meals on Wheels.

Meals on Wheels will be open and delivering meals: Columbus Day - October 12th

Reminders:

Meals are delivered between
10 am & 1 pm.



For us to make a change on a meal
route, please call by 9:00 am.

If you know you won't be home prior
to the delivery day, you can call sooner
or leave the change on our answering
machine at 267-0122. When leaving a
message, give your name, address and
the date you need to be off (speak
clearly and spell your last name). We
have to track the number of missed
meals, so it is important for you to
cancel meals when you're not at home.

Do not leave a note with changes on
your door.

Do not ask volunteers to enter or do
any tasks that are not authorized by
the meal office.

It's Time For Our Yearly Survey!

Later in October or in November you will
receive a survey and an envelope in your
milk sack. The funders that help pay for
your Meals on Wheels service would like
everyone to return one! So, it is very
important that you complete this survey
and return it to us. Your opinions are
important to us!

2021 Medicare Health and Drug Plan Open Enrollment Period October 15th - December 7th

It's time to join, switch, or drop your
Medicare D Drug Plan or Medicare Health
(Advantage) Plan. Each year you can
change your Medicare health and/or drug
plan. Things like cost, coverage, providers
and pharmacies that are in their networks
can change yearly.

People in a Medicare health or
prescription drug plan should always
review the materials their plans send
them, like the "Evidence of Coverage"
(EOC) and "Annual Notice of Change"
(ANOC). If your health or drug plan is
changing, you should make sure your
plans will still meet your needs in 2021.
If you're satisfied that your current plans
will meet your needs for next year and the
plan is still being offered, you don't need
to do anything. You can compare 2021
plans online at [medicare.gov](https://www.medicare.gov). **If you have
questions, call 267-0122 ext. 201 for Lisa.**

Safety Tip: You might receive calls or
literature about certain plans or about
enrolling in a specific plan during open
enrollment. All these solicitations are not
honorable. Make sure you have a
legitimate source of information or you
initiated the call before you share your
Medicare information or social security
number.

6 Health Benefits Of Pumpkin Seeds

By Nicola Shubrook - Registered Nutritionist

What are pumpkin seeds?

Pumpkin seeds are edible, flat, oval-shaped green seeds. When removed from the flesh of a pumpkin, they can be rinsed and roasted, either plain or with other flavours such as oils and spices, to create a delicious, crunchy snack.

Nutritional benefits of pumpkin seeds:

A 28g serving (about six seeds) contains approximately:

- 128 kcal
- 7 g protein
- 1.7 g fibre
- 13 g fat
- 190 mg magnesium
- 260 mg potassium
- 20 mg choline
- 2.35 mcg vitamin K
- 2.52 mg zinc
- 2.84 mg iron



They may be small, but pumpkin seeds are little powerhouses of nutrients and health benefits. Like nuts, pumpkin seeds are a great source of protein and unsaturated fats, including omega-3 and omega-6 fatty acids. They also contain a good range of nutrients, including iron, calcium, B2, folate and beta-carotene, which the body converts into vitamin A.

What are the 6 main health benefits of pumpkin seeds?

1. May support blood sugar balance

Pumpkin seeds, together with linseed, may be helpful in preventing diabetic complications, such as high cholesterol and blood sugar levels. The hypoglycaemic properties of these seeds may help those with diabetes to better manage blood sugar levels.

2. May help to regulate blood pressure

Being an excellent source of magnesium, pumpkin seeds may help regulate blood pressure as part of a healthy diet, but more research is needed on the role magnesium plays in this area.

3. May help you sleep better

Magnesium is needed for normal sleep regulation, so consuming pumpkin seeds, which are a good source of magnesium, may help improve sleep.

4. Heart healthy

Pumpkin seeds are a good source of unsaturated fats, including alpha-linolenic acid (ALA). There has been good evidence that eating pumpkin seeds, because of their ALA content, could well be beneficial for the heart and the prevention of cardiovascular disease as part of a balanced diet. A 2011 study also found that pumpkin seed oil helped to improve cholesterol levels in postmenopausal women.

5. Antioxidant-rich

While there are no single 'superfoods' that can prevent cancer, and certain risk factors for cancer are unrelated to diet, there is evidence that eating a healthy diet can reduce the risk of cancer. Pumpkin seeds are a good source of antioxidants, which can help to scavenge the 'free radicals' that can damage cells. One study in particular found that pumpkin seeds were associated with a significantly reduced breast cancer risk in postmenopausal women compared to no consumption, and a second study showed that they may also help protect pre-menopausal women, too.

6. May benefit bladder health

Studies have found that pumpkin seed oil, taken from pumpkin seeds, may have the potential to prevent or treat urinary disorders, however further research is still required to confirm these findings.

Can you be allergic to pumpkin seeds?

Yes, although an allergy to pumpkin seeds is rare and they are not considered to be a highly allergenic food, unlike sesame seeds. However, if you are concerned about seed allergies, always check with your GP before introducing them to your diet.

Source: <https://www.bbcgoodfood.com/howto/guide/health-benefits-pumpkin-seeds>



Making Sense Of Nutrients In Your Diet

By Kyle Huxford, RDN, CSG, LD

Getting adequate nutrition can be a challenge as you get older. As our age increases, the number of calories you need begins to decline. Every calorie you consume must be packed with nutrition in order to meet your needs. Some nutrients in particular may be in short supply as you get older. Here are some top nutrients to keep an eye on and how to get enough.

Vitamin D: This nutrient helps maintain bone health, foods rich in calcium are a great source for Vitamin D

Potassium: Getting enough potassium in your diet will also keep your bones strong. This essential mineral is vital for cell function and can help reduce blood pressure. Fruits and vegetables are excellent sources; bananas, prunes and potatoes

Magnesium: This nutrient plays a role in many functions of your body including supporting your immune system and keeping your bones strong. Eating unprocessed, fresh produce, whole grains and nuts will increase your magnesium intake

Fiber: Fiber helps move food through your digestive tract. Foods rich in fiber include whole grains, beans, fruits and vegetables. Fiber has many health benefits including prevention of heart disease

Vitamin B6: Your body uses this vitamin to build its immune system to fight off viruses and the common cold. This is very important as we head into cold & flu season.

Vitamin B12: This vitamin helps create red blood cells and supports nerve function. Getting enough can be a challenge as our body absorbs less as we age. High protein foods are usually rich in b12, if you suspect you are not getting enough b12, talk to your doctor about a supplement

A common theme in getting these nutrients is eating a diverse, fresh diet. Varying your calorie intake with lean protein and fresh fruits and vegetables will increase the intake of all the nutrients listed above leading to a healthier, happier diet!



Pumpkin Fluff Recipe

INGREDIENTS

- 1 (15oz) can of pumpkin
- 4 tbsp skimmed milk
- 1 (1oz) packet of fat free / sugar free Jell-o vanilla pudding mix
- 1 (8oz) tub of fat free Cool Whip / sugar free Cool Whip (defrosted)
- 1/2 - 1 tbsp pumpkin spice mix

INSTRUCTIONS

Spoon the pumpkin into a large bowl and mix in the skimmed milk, vanilla pudding mix and pumpkin spice.

Mix till smooth.

Fold in the defrosted Cool Whip until fully combined.

Chill until time to serve.

Source: <https://pointedkitchen.com/pumpkin-fluff-weight-watchers/>



SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone. When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing or to the family of someone being remembered. The amount of the gift is not mentioned. Donations in any amount are appreciated.

Memorials in September:
Ruth Rose Cole

LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation
\$10 Monthly

October 2020 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.			1 Bone In Baked Wings Mac and Cheese Green Beans with Bacon Apple Slices	2 Vegetable Beef Soup Fruit Muffin Blackberry Pie Pieces
5 Layered Beef Enchilada Fiesta Corn and Black Beans Cherry Crisp	6 Chicken Pot Pie Winter Blend Vegetables Raspberry Chimi	7 Meatloaf with Gravy Mixed Vegetables Baked Pears	8 Turkey Sausage Pizza California Vegetable Blend Spiced Peaches	9 Beef Steak Fingers Oven Potatoes with Gravy Green Beans Grapes
12 BBQ Pork on Baked Potato Broccoli Applesauce	13 Chicken Broccoli Casserole Buttermilk Biscuit Mixed Berry Crisp	14 Beef Tator Tot Casserole Green Beans w/ Diced Tomatoes Mandarin Cranberry Sauce	15 Fish Fillet Macaroni and Cheese Lima Beans Mixed Berry Cobbler	16 <u>Brunswick Pork Stew</u> Garlic Cheese Biscuit Hot Apple Rings
19 Swiss Baked Steak Over Rice Creamed Peas Pears	20 Chicken Tenders Au Gratin Potatoes Parslied Carrot Coins Peaches	21 Ham and Cheese Strata Normandy Blend Vegetables Honey Baked Apples	22 Roasted Turkey Stuffing Mixed Vegetables Pumpkin Pie	23 Cheeseburger Macaroni Casserole Green Beans Blackberry Crisp
26 Taco Burger with Cheese Stewed Tomatoes Cherry Applesauce	27 Biscuits and Pepered Country Gravy Eggs with Cheese Poached Pears Fruit Fusion Drink	28 Chicken Flautas Spanish Rice Mixed Vegetables Raspberry Chimi	29 Spaghetti with Meat Sauce Italian Blend Vegetables Spiced Mandarins	30 Baked Fish Potatoes O'Brien Spinach Fruit

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!