

Published monthly for the clients of Meals on Wheels.

HOLIDAY!



Meals on Wheels is closed and will not deliver meals on:

President's Day - Monday, February 21st

You will receive a nonperishable meal prior to the holiday which you need to save and use on the 21st.



Changing COVID Delivery Protocols



- Due to the increase in COVID cases, we have asked volunteers to wear a face mask. If this is important to you, please post a sign on your door, too. If you cannot make a sign, call 267-0122 so we can provide one.
- Volunteers will not bag your meal unless you call 267-0122 to request that they bag your meal.
- We do not want volunteers entering your home. If you need the volunteers to enter your home, you must call 267-0122 to make sure that is listed on the route sheet.
- Volunteers cannot leave meals without getting a response from you.

- Due to the high volume of volunteers who are ill or not available to deliver, meal staff members have to deliver routes. This will cause your meal to arrive later than you are used to.

Meal Cancellation During Bad Weather:



Reminder: Meal delivery may have to be cancelled due to winter weather when roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. If we cancel meals, use one of the nonperishable meals that we provided.

What Happened To Meal Delivery On Tuesday, January 11th

Many of you called Meals on Wheels to see why you did not receive a meal on January 11th. In case you didn't call or couldn't get through to us, we want to explain what happened. Our building lost electricity before we could get the meals prepared. Apparently, our location was one of around 2,000 in our area to lose power. Since we could not prepare

If you test positive for COVID,
call the meal program
at 267-0122 for instruction.

- Meal routes will be delivered between 10:00 am to 1:00 pm. Please do not call to check on delivery until 1:00 pm.

What Happened To Meal Delivery On Tuesday, January 11th

CONTINUED

food and could not get an answer regarding when the electric company would be able to fix the problem, we had to cancel delivery. We do not have the staff or enough time to call all 850 clients; however, television stations were reporting the situation.

If we cannot deliver, we have instructed you to use one of the nonperishable food bags labeled for emergencies that was supplied earlier. We will send out a replacement for this “emergency food” in the next few weeks.

We are starting a new monthly series. It's called **“ASK OUR DIETITIAN”**. So, if you've ever had a question you'd like a dietitian to answer, here's your chance! Please call Meals on Wheels at 267-0122 to submit your question. We will not include your name in our newsletter post. In addition, we will not be able to address complex issues that are specific to a complicated personal health issue as these questions require an individualized dietary consultation.

ASK OUR DIETITIAN

By LuAnn Soliah, Ph.D., R.D.



Is Dark Chocolate Good for You?

Chocolate is receiving some sweet praise in recent medical reports. What is in the chocolate that potentially produces such beneficial metabolic and cardiovascular effects? While no one knows the exact answer, some experts believe it is due to one of the following reasons.

Some researchers believe that chocolate protects the heart's blood vessels by causing vessel relaxation or increased blood flow. Other researchers credit the flavonoid compounds in chocolate, especially

dark chocolate, for the improvement in blood vessel function. Flavonoids are antioxidants. Some scientists believe the heart protection comes from inhibiting blood clots or improving blood lipids. These changes would create a slower development of atherosclerosis.

Dark chocolate (along with green tea, kale, spinach, blueberries) contain large amounts of flavonoids. These substances may release substances which enhance blood flow in arteries or they may contribute to favorable changes in blood vessels. Insulin sensitivity is also improved because of the potential benefit of flavonoids.

But, how much chocolate do you need to eat each day to achieve these benefits? The answer is unknown, but perhaps in the range of 3 ounces per day (about 100 grams). This would be approximately 480 calories per day. This is a huge amount of “candy calories” each day. Ironically, this could cause unwanted weight gain - which then would be very harmful to cardiac health.

So, like always a little dark chocolate may brighten your day, but it probably will never be a mainstay in cardiac care therapy.

February Is National Heart Month

When your heart muscle cannot get the oxygen and nutrients it needs to function properly, then a heart attack can occur. Recognizing the warning signs of a heart attack and seeking help can save your life!

- Pain in the center of the chest - even mild pain or discomfort that can feel like uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath; cold sweat; nausea or lightheadedness.



Heart Health and Eating Pattern Recommendations

By LuAnn Soliah, Ph.D., R.D.

Heart disease includes heart and blood vessel conditions such as coronary heart disease, stroke, hypertension, and heart failure. The relationship between diet and heart disease has been a major research focus for over 50 years. Beginning in the 1970s, Americans were vigorously encouraged to eat a low-fat diet. It is now known that the quality of dietary fat is more important than the quantity of dietary fat. Also, the current focus is on comprehensive dietary changes rather than single nutrient emphasis.

Current diet recommendations generally focus on the following eating patterns.

- reduce intake of salt
- reduce sugar intake
- increase fiber intake
- increase potassium intake
- reduce saturated fat and trans fat intake

The following foods are associated with **heart health benefits**.

- fruits and vegetables
- whole grains
- fish
- nuts
- dairy
- olive oil
- beans

The following foods are associated with **heart health risks**.

- hydrogenated fats (solid margarine, baked products)
- fried foods
- excess sugar intake (pop, desserts, bakery items)
- large portions of sausage, bacon, hot dogs

Go slow in making these diet changes because changing one's diet is one of the most difficult things to do. Most "diets" have very poor compliance over the long-haul. Thus, select one change at a time and see if more changes can be made as time goes by. Many adults are

encouraged by the improvements they see in their health by making dietary changes and by the possibility that heart health can improve as we go through the decades of life.

Also, remember exercise, adequate sleep, no smoking, weight management, blood pressure blood lipid, and glucose regulation are other elements of heart health advice. Heart health is vital to a healthful life, and a healthful life is associated with a happy life. Take steps today to aim for a happy, healthful life.

LIEAP: Low Income Energy Assistance

This program might help you with a one-time payment toward your heating bill this winter.

Qualifying Households Must:

- Not exceed the household income limits
- Be personally responsible for paying the heating fuel costs at the residence whether they pay either the landlord, utility company, or fuel vendor
- Must demonstrate a recent history of payments of at least \$80 toward their utility or heating costs.

APPLICATIONS ACCEPTED: January 3, 2022 through March 31, 2022.

For more info, call 267-0122.

WEEKEND MEALS

Depending on your location and need, the Meals on Wheels program may be able to deliver meals 7 days a week. We currently have some openings for weekend delivery. If weekend meal delivery would help you, call 267-0122.

SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone.

Memorials in January:

Gary L Rikli

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

February 2022 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatball Sub Tater Tots Baby Carrots Fruit Crisp	2 Tuna Noodle Casserole Peas with Pimento Wheat Roll Fruit Cup	3 Chicken Patty on a Bun Au Gratin Potatoes Vegetable Rosy Pears	4 <u>Chili Mac</u> Green Beans Oyster Crackers Blackberry Cobbler
7 BBQ Chicken Rice Pilaf Roasted Corn & Peppers Wheat Roll Mandarin Oranges	8 Turkey Sausage Gravy over Biscuits Scrambled Egg Seasoned Hash Browns Fruit Yogurt	9 Chicken Fettucine Alfredo Italian Green Beans Garlic Breadstick Applesauce	10 Sausage Cuts with Red Beans & Rice Turnip Greens Cornbread Cinnamon Pears	11 Philly Steak Sandwich Tater Tots Mixed Veggies Fruited Gelatin
14 Manicotti with Meat Marinara Parslied Cauliflower Garlic Breadstick Fruit Craisins	15 Meatloaf Mashed Potatoes Green Beans Wheat Roll Mandarin Oranges	16 <u>Creamy Chicken Taco Soup</u> Squash Medley Garlic Cheese Biscuit Mixed Fruit	17 Pulled Pork Sandwich Sweet Potato Tots Peas & Carrots Sliced Peaches	18 Chicken & Dumplings Seasoned Carrots Dinner Roll Tropical Fruit
21 Closed For Presidents' Day Use Meal Provided	22 Homemade Chili with Beans Roasted Carrots Cinnamon Roll Fruit Compote	23 Baked Ham Sweet Potato Casserole Brussels Sprouts Wheat Roll Strawberry Applesauce	24 Loaded Potato Soup with Diced Ham Buttered Broccoli Wheat Roll Crackers Fruit Yogurt	25 <u>COLD MEAL</u> Deli Turkey Sandwich with Lettuce & Tomato Potato Salad Pea Salad Fruit Cup
28 Turkey & Gravy Cornbread Stuffing Green Bean Casserole Dinner Roll Blushing Pears				 New menu items are underlined.

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