

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

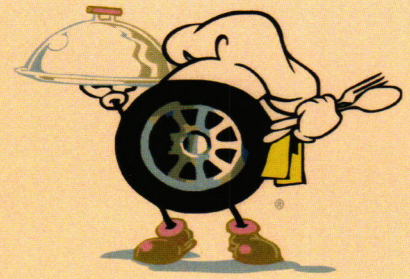
Office Hours

Mon – Fri 7:30 am – 4:00 pm

Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



Meals on Wheels would like to wish everyone with a Birthday in August a very Happy Birthday!



Beauchamp Water Treatment Solutions Partnership

Meals on Wheels is proud to partner and receive support from Beauchamp Water Treatment Solutions! Pictured here is Meals on Wheels transporter Jeff Bennett picking up water from Beauchamp!



National Nonprofit Day!

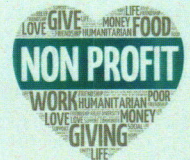
August 17, 2022 is observed as National Nonprofit Day – this day is set aside to recognize the efforts and impact of nonprofits in the community. With this day coming up, we would like to recognize the impact our organization, Meals on Wheels, has on the community.

In Livingston County...

We are serving over 400 seniors a day

We deliver over 10,000 meals a month

We have 300 volunteers



Here's what some of our seniors have to say about the program...

"The people who deliver our food are kind, helpful, and always pleasant. Praise God for good people like them and those on the phone and in the kitchen."

"Excellent service & very prompt. Thank you very much!"

"Thank you to all of you."

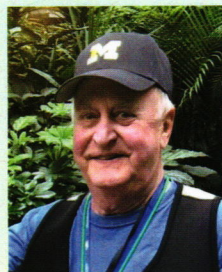
"Again, thank you team of Meals on Wheels people, you are fabulous!"

"You do a great job"

"Thank you for your efforts!"

"Very good service and food! I really appreciate all of the volunteers! Thank you!"

In Remembrance Conrad Cook



We are deeply saddened to inform you of the passing of one of our volunteers Conrad Cook. Conrad Cook

passed away on May 26, 2022. He was a volunteer with Meals on Wheels for 5 and a half years, and everyone always loved to see his smiling face. We were so blessed to have Conrad as a Meals on Wheels volunteer and we are truly going to miss him. Rest in Peace, Conrad!



4th of July Parade

Meals on Wheels Outreach Director, Candie Hovarter is pictured with Senator, Jim Runestad and his assistant, Teresa Renaud at the Milford 4th of July parade! Many people came out that day to enjoy the parade, food, and activities!

What's In The Water?

Fluoridated Water And Its Benefits



Brushing, flossing and regular trips to the dentist keep our smiles healthy and happy—that, we know. But what about the water you brush with and drink? Using fluoridated water will help your smile more than you think.

What is fluoridated water?

Almost all water has some amount of naturally occurring fluoride, but there must be enough of it to have an impact on oral health. Water fluoridation is the process of balancing levels for optimal teeth strengthening, which is a recommended concentration of 0.7 milligrams per one liter of water. This is what bonds weakened enamel in teeth to prevent decay.

Expert Opinions

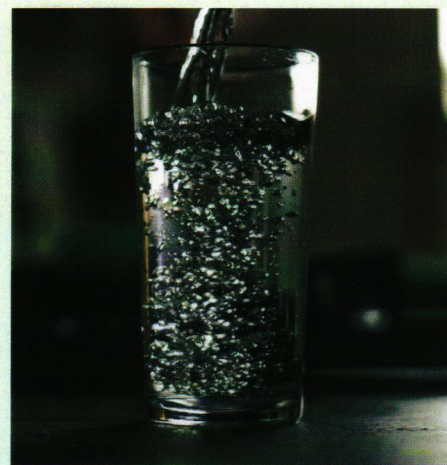
“Fluoride use and community water fluoridation are safe and effective ways to prevent tooth decay in both children and adults,” said Nadia Fugate, DMD, a licensed dentist who serves as a Delta Dental consultant. “If you have an infant or child at home, and your community’s water is fluoride deficient (less than 0.6 ppm), it is important to discuss other

alternatives with your child’s dentist early on for healthy and strong teeth.”

What The Studies Show

For more than 75 years now, communities across the U.S. have been drinking fluoridated water—and the results are clear. Since that switch, studies have shown a reduction in cavities of 25 percent. The result means not only healthier smiles but lowered dental costs for individuals and families as well.

Although about three quarters of Americans live in communities with fluoridated water, those without disproportionately impact rural, low-income, and underserved communities—which are already



Something as simple as water is a hidden oral hygiene helper.

at greater risk for medical and dental disparities.

Fluoride is so important, the Centers for Disease Control named it

as one of the 10 great public health achievements of the 20th century. Drinking just one pint of fluoridated water a day is what children need to be protected from tooth decay.

One added benefit is fluoridated tap water is cost-effective. For every \$1 spent on water fluoridation, the average person saves \$38 on dental procedures, according to the American Dental Association.

While fluoridated water may seem like a no-brainer, many continue to not have access to it. If your community does not have access to fluoridated water, consult your dentist on other options such as prescription fluoride toothpaste or oral supplements at your next regular checkup.



From the Kitchen

Strawberry Spinach Salad

Ingredients

Dressing:

- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1 tablespoon minced onion
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce



Salad:

- 1 quart strawberries – cleaned, hulled and sliced
- 10 ounces fresh spinach – rinsed, dried and torn into bite-size pieces
- 1/4 cup almonds, blanched and slivered

Directions

1. Make dressing: Whisk together sugar, oil, vinegar, sesame seeds, poppy seeds, onion, paprika, and Worcestershire in a medium bowl. Cover and chill for 1 hour.
2. Make salad: Combine strawberries, spinach, and almonds in a large bowl.
3. Pour dressing over salad; toss to coat. Refrigerate for 10 to 15 minutes before serving.

Big Tobacco And The Microplastics Problem

It's likely you see one of the most common sources of plastic pollution everyday—on the ground, in parking lots, in gutters or at the beach—cigarette butts. This is not trash but toxic garbage and plastic pollution poisoning marine life and humans.

Since cigarette filters are made of plastic, they can take years to decompose, leaving behind toxic microplastics that pollute our environment—and could make their way inside of us. In fact, every smoked cigarette filter contains 15,000 strands of microplastic fibers. Though often invisible to the human eye, microplastics are nearly everywhere—polluting the food we eat, the water we drink, and even the air we breathe.

So, what exactly are microplastics? Microplastics are tiny pieces of plastic measuring less than 5 millimeters long, or about the size of a sesame seed or smaller.

Due to their tiny size, microplastics are nearly impossible to remove from our food and water sources. As a result, they can cause great harm not only to our environ-

ment, but also to our health. It might come as a surprise to learn that Americans ingest an estimated tens of thousands of microplastic particles a year.

Adding to the problem, cigarette butts are the most littered item on Earth. They're also the most discarded item found on California beaches and waterways.

The tobacco industry is a top global plastic polluter, producing six trillion cigarettes every single year. More than 4.5 trillion cigarette butts are dumped into the environment globally, each year, and the microplastic remnants can make their way into our communities, our food, and ultimately our own bodies. Microplastics have been found in apples, pears, lettuce, broccoli and carrots, as well as in seafood commonly consumed by humans.

Holding the tobacco industry accountable starts with exposing their lies and unmasking the damage they've caused.



Learn more about the tobacco industry's impact on the environment at <https://www.undo.org>.

Back To School

A	N	H	T	V	S	P	G	M	I	E	A	P	A	S
R	S	E	I	S	F	A	O	L	A	Y	R	E	I	H
L	S	S	E	S	B	O	A	T	F	X	B	N	R	O
T	U	C	E	K	T	P	G	V	P	H	E	C	E	P
Q	E	N	O	M	I	O	S	N	O	A	G	I	T	R
R	U	O	C	C	B	C	R	M	I	S	L	L	E	E
X	B	I	N	H	I	L	E	Y	S	L	A	S	F	K
N	Z	I	Z	E	A	R	Y	A	Y	F	L	O	A	C
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M	Y	G	E	N	G	L	I	S	H	A	R	A	J	K
R	E	P	O	R	T	P	E	N	S	L	X	M	Y	B
Y	D	U	T	S	R	C	N	Y	N	L	K	M	W	S

ALGEBRA
ASSEMBLY
BOOKBAG
CAFETERIA
ENGLISH
EXAM
FOOTBALL
GYM

HISTORY
HOMEROOM
HOMEWORK
LAPTOP
LOCKER
LUNCH
MATH
PAPER

PASS
PENCILS
PENS
PRINCIPAL
QUIZ
RECESS
REPORT
SCHOOLBUS

SCIENCE
SHOP
SPELLING
STUDY
TEACHER
TEST

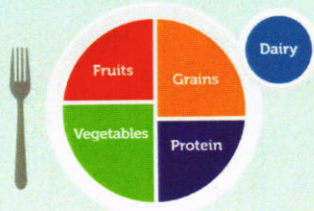
Healthy Eating for Older Adults

By: USDA Food and Nutrition Service



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Start simple
with MyPlate



Make eating a social event - Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids - You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice - Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices - Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



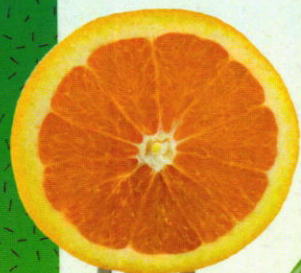
Be mindful of your nutrient needs - You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your health-care provider about possible supplements.



Keep food safe - Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Make Half Your Plate

Fruits & Vegetables



Livingston County & Western Oakland Meals on Wheels - August 2022 Menu

<u>Monday</u> <u>8/1/2022</u>	<u>Tuesday</u> <u>8/2/2022</u>	<u>Wednesday</u> <u>8/3/2022</u>	<u>Thursday</u> <u>8/4/2022</u>	<u>Friday</u> <u>8/5/2022</u>
Swiss Steak Peas & Carrots Apple Mashed Potatoes Whole Grain Bread 0	Chicken Chili Blended Vegetables Tossed Salad Peaches Oyster Crackers 0	Chicken Fajita Strip Salad Mixed Greens Cheese, Tomatoes Tortilla Chips Banana Dessert	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Pears Dessert	Chicken Leg Potato Wedges Peas and Carrots Orange Dinner Roll 0
<u>Monday</u> <u>8/8/2022</u>	<u>Tuesday</u> <u>8/9/2022</u>	<u>Wednesday</u> <u>8/10/2022</u>	<u>Thursday</u> <u>8/11/2022</u>	<u>Friday</u> <u>8/12/2022</u>
Grilled Chicken Sandwich 3 Bean Salad Hamburger Bun Apple Wedge Potatoes 0	Beef Stroganoff Noodles Broccoli Mixed Fruit Dinner Roll 0	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Whole Grain Bread Dessert	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Orange Tartar Sauce
<u>Monday</u> <u>8/15/2022</u>	<u>Tuesday</u> <u>8/16/2022</u>	<u>Wednesday</u> <u>8/17/2022</u>	<u>Thursday</u> <u>8/18/2022</u>	<u>Friday</u> <u>8/19/2022</u>
Beef & Bean Burrito w/ Tortilla Corn Spanish Rice Apple 0	Vegetable Lasagna Tossed Salad Italian Vegetables Peaches Breadstick 0	Taco Salad lettuce, cheese, tomatoes Taco Sauce Tortilla Chips Banana Dessert	Pulled BBQ Chicken Sandwich Hamburger Bun Pears Green Beans Au Gratin Potatoes Dessert	Beef Goulash Blended Vegetables Tossed Salad Orange Dinner Roll 0
<u>Monday</u> <u>8/22/2022</u>	<u>Tuesday</u> <u>8/23/2022</u>	<u>Wednesday</u> <u>8/24/2022</u>	<u>Thursday</u> <u>8/25/2022</u>	<u>Friday</u> <u>8/26/2022</u>
Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Apple 0	Baked Ham Scallop Potatoes Tossed Salad Pineapple Dinner Roll 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Stuffed Steak Mashed Potatoes Green Beans Mixed Fruit Whole Wheat Bread Dessert	Chicken Ala King Peas and Carrots Garden Salad Orange Biscuit 0
<u>Monday</u> <u>8/29/2022</u>	<u>Tuesday</u> <u>8/30/2022</u>	<u>Wednesday</u> <u>8/31/2022</u>	<u>Thursday</u> <u>9/1/2022</u>	<u>Friday</u> <u>9/2/2022</u>
Hot Dog w/ Chili Blended Vegetables Potato Salad Apple Hot Dog Bun 0	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pears	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana Dessert	Beef Lasagna Italian Vegetables Tossed Salad Peaches Garlic Toast Dessert	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0

**PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS**

810-632-2155

**MENU SUBJECT TO CHANGE
WITHOUT NOTICE**

**HALF PINT OF MILK
SERVED WITH EVERY MEAL**

COST SHARE \$3.00/MEAL

The Livingston County Consortium On Aging
is proud to present

Senior Celebration Days!



This year's Senior Celebration will take place at
6 Livingston County Senior Centers!



September is National Senior Centers Month!!

With the help from our local Sponsors we will be providing
a fun time with:

- Lunch provided by Senior Nutrition / Meals on Wheels
- Multiple Free Bingo Cards and games
- Bingo prizes for winners
- Raffle for gift basket provided by the Sponsor
- Magical Entertainment
- Ice Cream Social provided by Scream's Ice Cream



Event time: 11am until 2pm

Howell Senior Center:	1661 N. Latson Road, Howell, MI	517-579-2862	September 13th
Hartland Senior Center:	9525 E. Highland Road, Howell, MI	810-626-2135	September 14th
Fowlerville Senior Center:	203 N. Collins Street., Fowlerville, MI	517-375-1123	September 20th
Putnam Senior Center:	3280 W. M-36, Pinckney, MI	734-878-1810	September 22nd
Hamburg Senior Center:	10405 Merrill Road, Whitmore Lake, MI	810-222-1140	September 23rd
Brighton Senior Center:	850 Spencer Road, Brighton, MI	810-229-3817	October 4th

Contact your local Senior Center by September 1st to register for lunch!
Lunch cost: \$5.00



Food, Fun, Great Info & Prizes!

www.livingstoncoa.org

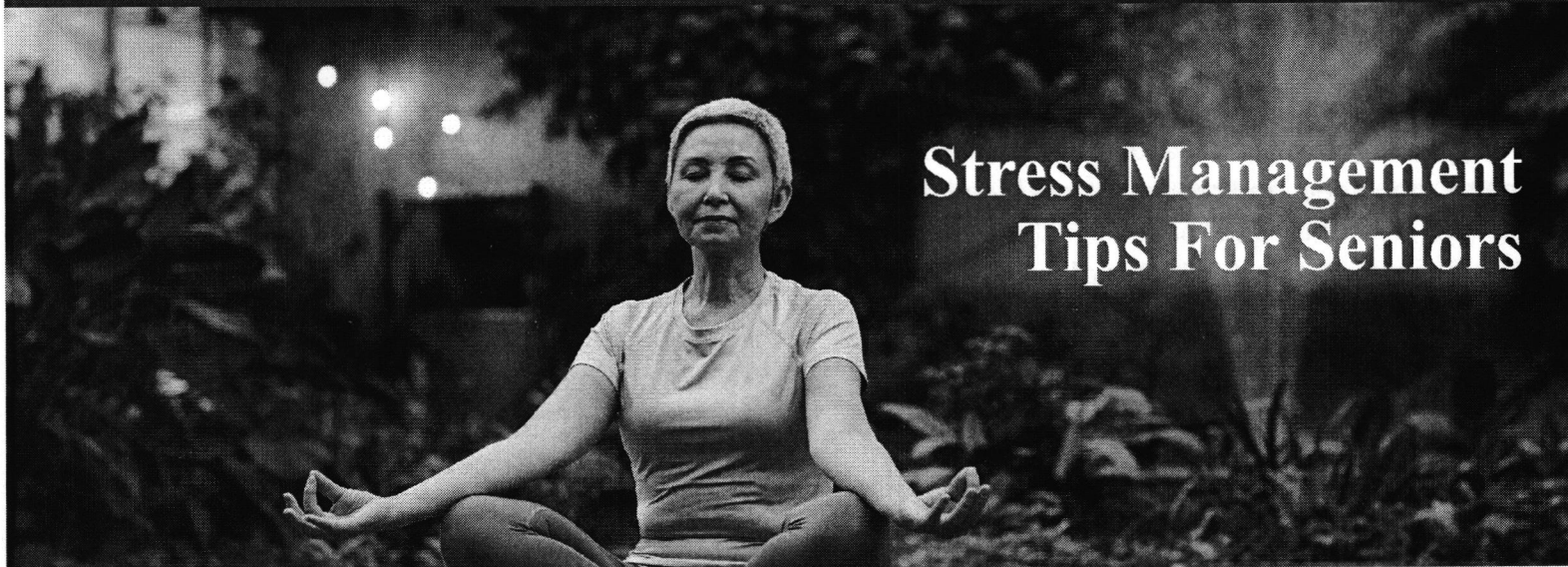


Senior Health Line

MICHIGAN STATE
UNIVERSITY

Extension

August 2022



Stress Management Tips For Seniors

Kai Gritter, Michigan State University Extension - August 5, 2021

Stress is common to all. It is our brain and body's way of responding to the various stressors that we experience in life. According to the National Institute of Mental Health, everyday responsibilities at work, home and play may cause stress. Stress levels may rise if we experience a sudden negative change in circumstance or if a traumatic event occurs. As we age, we face unique stressors that may be related to changes in our health, relationships, finances, living arrangements or our caregiving status. Harvard Health reminds us that if stress is not addressed, it may become chronic or long-term. This in turn can increase the risk of conditions such as heart disease, diabetes, heartburn, high blood pressure and insomnia. It can also challenge our mental health and wellness. To best manage stress, the first step is to notice how stress typically shows up and then create a tailored plan for stress relief.

If stress usually impacts your body such that you

experience high blood pressure, heart racing, fatigue, or aches and pains, find some physical ways to reduce stress like going for a walk or doing some gentle stretches. Shaking a calming jar is another physical action that can help individuals calm down and reduce stress. If stress affects your thoughts or feelings and you become more forgetful, anxious, negative, or sad, use your mind to reduce stress through meditation, prayer, mindful breathing, or other relaxation activities. Practicing gratitude is also an effective way to relieve stress as it redirects our attention towards positive thinking. If stress impacts your behaviors and you tend to misuse substances (food, drugs, alcohol), under/oversleep, yell at or withdraw from people, find an alternate behavior to replace the unhealthy behavior. For instance, if you comfort-eat when stressed, choose to go for a brief walk, journal, or call a friend instead.

In addition to matching stress relief strategies to the type of stress one may be experiencing, there are a host of other practices that can help reduce stress as we age. Sign up for free health programs.

Michigan State University Extension offers numerous programs such as Stress Less With Mindfulness, Personal Action Towards Health (PATH), RELAX: Alternatives to Anger, and Tai Chi for Arthritis and Falls Prevention, which teach evidence-based stress management techniques such as mindful breathing, relaxation techniques, and more.

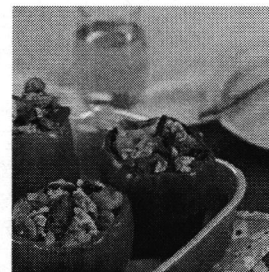
Engage in regular physical activity. This improves health, lifts mood, and reduces stress by releasing 'happy' (serotonin) and "pain-killer" (endorphin) hormones. Aim for 150 minutes of weekly activity that includes flexibility exercises (10 minutes); strengthening exercises (8 to 10 exercises, two to three days a week); and endurance exercises (30 to 40 minutes, three to five days a week). Eat a healthy and balanced diet. Choosing whole foods, eating seasonally, and exploring new items from the produce aisle or farmer's market are all habits that can improve our health and relationship to food. Aim for at least five servings a day of fruits and vegetables and eat mindfully (paying attention to hunger and fullness cues, slowing down and savoring meals). Reflect and connect. Take time to determine what emotional and physical needs you have and share them with your family and friends. In addition, connect with local supports and services that may provide housing, financial, caregiver, kinship or bereavement supports. These may include the local Commission on Aging, religious organizations, or community centers.

If you need more tips to help manage your stress, consider reaching out for additional mental health resources and talking to your health care provider. This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>.

To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>.

Stuffed Peppers

- 2 tablespoons olive oil
- 1 pound ground turkey
- 4 medium bell peppers
- 1 cup sliced mushrooms
- 1 zucchini, chopped
- 1 additional bell pepper, any color chopped
- 1/2 onion chopped
- 1 cup fresh spinach
- 1 - 14.5 ounce can of diced tomatoes, drained
- garlic powder to taste
- 1 tablespoon tomato paste
- salt and ground black pepper to taste
- Italian seasoning to taste



Preheat oven to 350 degrees. Hollow out bell peppers, slice bottoms of peppers if necessary to make sure they stand up straight. Wrap bell peppers in foil, and place in baking dish, bake for 15 minutes. Remove from heat. Meanwhile cook turkey until evenly browned. Heat oil in the skillet and cook onion, mushrooms, zucchini, chopped peppers, spinach until tender. Return cooked turkey to skillet, mix in the tomatoes and tomato paste, season with Italian seasoning, garlic powder, salt and pepper. Spoon equal amounts into each hollowed pepper. Return stuffed peppers to the oven and continue cooking 15 minutes.

Nutrition Facts per serving: 279 calories; protein 25.3g, carbohydrates 10.2g, fat 15.6g, cholesterol 83.6g, sodium 471.9mg