

APRIL 2024

Important Numbers
Office
(810) 632-2155
Fire, Police, Emergency
911

Livingston County Senior Nutrition Program



Office Hours
Mon – Fri 7:30 am – 3:00 pm

11600 Grand River Ave. • Brighton, MI 48116 • (810) 632-2155



**Pharmacare
Drugs**

The April Newsletter is sponsored
by Pharmacare!



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



**Earth Day –
Monday, April 22nd**



Meals on Wheels has Moved!

Meals on Wheels is very excited to announce that as of March 4th, we have officially moved into our new building! Our new address is 11600 Grand River Ave Brighton, MI 48116; some of you may know this as the Old Bar None restaurant or even E.G. Nick's back in the day. It has been an exciting process transforming the space to meet the needs of Meals on Wheels.

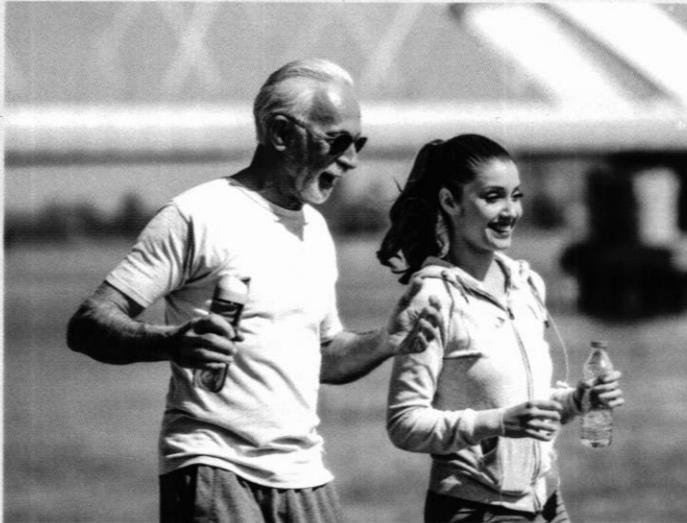
Our phone number and fax line have remained the same; we have been very thankful and blessed to be able to continue our service with no pauses throughout the move. With our new space, it allows us to be more efficient in serving our growing clientele in Livingston and Oakland County. We look forward to working in our beautiful new space, for many years to come!

Thank you, Brighton Optimist Club and Eternity Brewing Company!



Meals on Wheels would like to say a very big thank you to Brighton Optimist Club and Eternity Brewing Company. On the 2nd Tuesday of each month at Eternity Brewing Company, the Brighton Optimist Club has a euchre night to benefit a different local charitable organization, and Meals on Wheels was chosen as the beneficiary! On March 12th, the two organizations raised over \$800 from their euchre night and Eternity Brewing Company's beer promotion. Thank you so much for choosing Meals on Wheels as the beneficiary! For more information on the Euchre Nights please visit <https://www.BrightonOptimist.org/euchre>

The Transformative Value of Health Coaching



If you've ever tried to make a healthy lifestyle change, you may have found that your initial excitement fades quickly, and you return to your old habits. Well, you're not alone.

In fact, more and more health plans are including a helpful program benefit that helps members transform their own health and stick to new behaviors—health coaching.

Health coaching is a dynamic and impactful approach to health care. It has the potential to change lives in numerous positive ways. The collaborative partnership between a trained health coach and a health plan member is rooted in several key principles and strategies including personalized guidance, behavior change, and empowerment. Some of the key aspects of coaching include enhancing well-being, learning, social support, instruction, and the development of improved habits.

"The reason I love coaching so much—and why I say it's transformative—is because it is so rare for someone to come into a space where the focus is completely on them, where a coach wants to know about their hopes, empathizes with their struggles, and knows how to help them find their way," said Emily Adams, a national board-certified health and wellness coach, who manages coach performance at American Specialty Health (ASH).

While promoting health through lifestyle changes is nothing new, it was only in the past 30 years that health coaching has become a widely accepted activity, one that's designed to help people convert their wellness goals into effective actions.

Today, with refined coaching processes and behavior-change techniques, an entire industry has evolved

to empower a lot more individuals to live healthier. And in this post-pandemic era, virtual health coaching and well-being programs are burgeoning in modern health care.

Physical health is not the only thing that health coaches address. They recognize the connection between fitness, mental health, and emotional well-being.

Adams works with well-being coaches in the Silver&Fit® Healthy Aging & Exercise program to ensure quality member support through coach training and oversight. Silver&Fit members can be paired with certified health coaches to work on their fitness, nutrition, and lifestyle goals during scheduled phone or video sessions.

Health coaching holds immense potential for health plan members. According to Adams, the benefits a member might gain from working with a health coach could include:

- Clarity about their hopes, values, and goals
- Confidence in themselves, their strengths, and their abilities and how to advocate for themselves and their health
- Tools for self-accountability, positive habit forming, and proactively managing stress
- Knowing how to break big changes into small, manageable steps
- Awareness of thought barriers and how to overcome them
- Learning how to find what they need and use their resources



All image created by Adobe Firefly

"As coaches, we get to walk alongside people as they grow, learn, discover, and utilize their strengths to be the healthiest versions of themselves," said Adams.

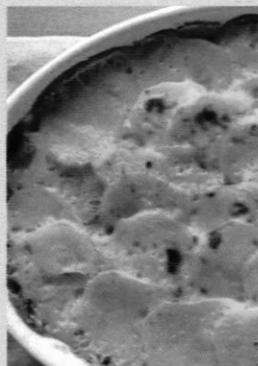
It's important that your health plan supports your long-term health and well-being. If you want to make healthy lifestyle changes in the coming year, check with your health plan on coaching program benefits. And if you find you have this benefit, make the most of it. The transformative power of working with a coach can have a lasting impact and help you take control of your health and maintain your well-being.

From the Kitchen

Creamy au Gratin Potatoes

Ingredients

- 4 medium russet potatoes, thinly sliced
- 1 medium onion, sliced into rings
- salt and ground black pepper to taste
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 1/2 cups shredded Cheddar cheese



Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Butter a 1-quart casserole dish.
2. Layer 1/2 of the potatoes in the bottom of the prepared casserole dish; season with salt and pepper. Layer onion slices over top, then top with remaining potatoes. Season again with salt and pepper.
3. Melt butter in a medium saucepan over medium heat. Gradually whisk in flour and salt and cook, whisking constantly until raw flour flavor has cooked off, about 1 minute. Gradually add milk, about 1/4 cup at a time, whisking well after each addition to incorporate; the gradual addition and whisking of milk will help avoid lumps in your sauce.
4. Cook, whisking constantly, until the mixture has thickened, 3 to 5 minutes. Stir in cheese all at once; continue stirring until melted, 30 to 60 seconds. Pour cheese sauce over the potatoes, and cover the dish with aluminum foil.
5. Bake in the preheated oven until potatoes are tender and sauce is bubbly, about 1 1/2 hours.

Smart Lighting Solutions to Combat Eye Strain



Research shows that remote workers spend over half of their day—13 hours on average—looking at screens. This much time spent looking at a computer can produce digital eye strain, also known as

Computer Vision Syndrome (CVS).

It's estimated that digital eye strain affects 60 million people worldwide, and over 70% of computer users. Resulting symptoms include headaches, blurry vision, neck and eye pain, double vision, delay in shifting focus, and more.

Sound familiar? If you're experiencing digital eye strain from spending countless hours in front of a screen, you will be glad to know, BenQ's tech-driven smart lights can offer a solution.

Digital eye strain is often caused by differences in light—screen glare, light reflection, screen brightness and contrast are all contributing factors. Renowned for its pioneering lighting solutions—including the world's first monitor light bar, the ScreenBar—the company boasts a full line of smart lights that help reduce digital eye strain.

For someone needing a portable solution to mitigate insufficient computer light, BenQ's new LaptopBar (<https://bit.ly/4arLWb2>) is ideal. This compact light bar attaches to your laptop via a non-damaging magnetic patch, and through an innovative process involving 20 million beam simulations, creates a CIRCUM-Light™ 3D-surrounding illumination that brings together central brightness and ambient light to alleviate eye strain.

You can take care of your eyes by supplying the light relief they need. Your screen time likely won't be decreasing any time soon, but with smart lighting solutions like BenQ's LaptopBar and ScreenBar Halo, you can decrease eye strain and promote eye comfort no matter how much time you spend in front of a screen.

Woods Would

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| BASSWOOD | CYPRESS | LARCH | SPRUCE |
| BEECH | DOGWOOD | MAHOGANY | TEAK |
| BIRCH | EBONY | MAPLE | WALNUT |



The Importance of Food Safety for Older Adults

By: FoodSafety.gov

When disease-causing bacteria, viruses, or parasites contaminate food, they can cause foodborne illness, often called food poisoning. While the food supply in the United States is among the safest in the world, it can still be a source of infection.

According to the Centers for Disease Control and Prevention, 48 million persons — or 1 of every 6 people get foodborne infections each year. Of those, 128,000 are hospitalized, and 3,000 die from their foodborne illness. People who have a weakened immune system have a higher risk for food poisoning. They are more likely to have a lengthier illness, undergo hospitalization, or die as a result of foodborne disease.

People 65 and older are at a high risk from foodborne illness. This increased risk is because organs and body systems change as the body ages:

Beginning around age 60, the immune system begins to decline. A network of cells, tissues, and organs spread throughout the body, the immune system is vital for health because it defends the body against infectious organisms and other invaders. When a healthy immune system senses disease-causing organisms and other substances that invade the body, it responds to fight them off.

The digestive system holds food longer, allowing bacteria to grow while the stomach may not produce enough acid to limit the number of intestinal bacteria.

The liver and kidneys may not properly rid the body of foreign bacteria and toxins.

Many older adults have chronic conditions that result in further weakening of the immune system.

Reduce Your Risk

Practice the four basics of food safety to reduce your risk.

- 1. Clean — Wash Hands, Utensils, and Surfaces Often**
 - Use plain soap and water—skip the antibacterial soap—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds.
- 2. Separate — Don't Cross Contaminate**
 - Keep produce and any other foods that won't be cooked away from the juices of raw meat, poultry, seafood, and eggs.
- 3. Cook to the Right Temperature**
 - Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick
- 4. Chill — Refrigerate and Freeze Food Properly**
 - Refrigerate perishable foods within 2 hours.

Livingston County & Western Oakland Meals on Wheels - April 2024 Menu

<u>Monday</u> <u>4/1/2024</u>	<u>Tuesday</u> <u>4/2/2024</u>	<u>Wednesday</u> <u>4/3/2024</u>	<u>Thursday</u> <u>4/4/2024</u>	<u>Friday</u> <u>4/5/2024</u>
Chicken Tenders (2) Coleslaw Apple Green Beans Wedge Potatoes 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pears	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Carrots Banana 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Peaches 0	Gyro w/tomato & onion Tzatziki Sauce Coleslaw Pita Bread Orange
<u>Monday</u> <u>4/8/2024</u>	<u>Tuesday</u> <u>4/9/2024</u>	<u>Wednesday</u> <u>4/10/2024</u>	<u>Thursday</u> <u>4/11/2024</u>	<u>Friday</u> <u>4/12/2024</u>
Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Apple Whole Grain Bread 0	Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pineapple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Swedish Meatballs Rice Mixed Vegetables Corn Apple Sauce Whole Wheat Bread	Chicken & Dumplings Coleslaw Peas & Carrots Orange Dinner Roll 0
<u>Monday</u> <u>4/15/2024</u>	<u>Tuesday</u> <u>4/16/2024</u>	<u>Wednesday</u> <u>4/17/2024</u>	<u>Thursday</u> <u>4/18/2024</u>	<u>Friday</u> <u>4/19/2024</u>
Hamburger w/cheese Hamburger Bun Potato Salad Carrots Apple 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Pears 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana 0	Chicken Ala King Green Beans White Rice Peaches Biscuit 0	Pepperoni Calzone Italian Vegetables Coleslaw Orange 0 0
<u>Monday</u> <u>4/22/2024</u>	<u>Tuesday</u> <u>4/23/2024</u>	<u>Wednesday</u> <u>4/24/2024</u>	<u>Thursday</u> <u>4/25/2024</u>	<u>Friday</u> <u>4/26/2024</u>
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread 0	Cheese Ravioli Italian Vegetables Tossed Salad Dinner Roll Pineapple 0	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Copper Country Pie Corn Bread Topping Mixed Vegetables Apple Sauce 0 0	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Orange Tartar Sauce
<u>Monday</u> <u>4/29/2024</u>	<u>Tuesday</u> <u>4/30/2024</u>	<u>Wednesday</u> <u>5/1/2024</u>	<u>Thursday</u> <u>5/2/2024</u>	<u>Friday</u> <u>5/3/2024</u>
Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple 0	Chicken Fettucini Alfredo Broccoli Tossed Salad Pears Breadstick 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Hot Dog Bun Coleslaw Baked Beans Peaches 0	Fajitas Chicken Strips Refried Beans Cheese, Salsa, Sour Cream Tropical Fruit Soft Tortilla Shells (2) 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 \$3.50/MEAL