

Dining Senior Style




**MEALS ON WHEELS OF NMCAA
WILL BE CLOSED FOR
PRESIDENTS' DAY ON:
February 19th, 2024**

Meals will be delivered ahead of time
the previous week on Friday, Feb 16th

Grand Traverse / Leelanau:
231-947-3780 x1
Wexford / Missaukee: 231-775-9781

(Please note: If you receive meals from the
Manton Senior Center, please confirm
closure information with them.)

Closings due to weather

When Traverse City Public Schools are closed due to weather, then Meals on Wheels is also closed in Grand Traverse and Leelanau Counties.

When Cadillac Public Schools are closed due to weather, then Meals on Wheels is also closed in Wexford and Missaukee Counties.

Likewise when Manton Public Schools are closed due to weather, then Meals on Wheels is also closed in Manton.

**Meals on Wheels
Years of Service**

Dale Ealy—18 years
Annie Murphy—15 years
Linda Currie—15 years
Bruce Fisher—9 years

THANK YOU

Director's Corner with Lisa Robitshek

February brings thoughts of Valentine's Day and LOVE. At Meals on Wheels, love is a part of everything we do — it is the special ingredient in all of the meals we prepare and what we deliver with every meal.

Soon after I started with Meals on Wheels 12 years ago, I was talking with someone about a new name for our Meals on Wheels website. My son, who was 8 years old at the time, was with me. He had delivered meals with me several times and said, "Mommy, you should call it 'Meals Wheels Love' because you deliver a lot of love with the meals!" We strive to deliver "More than a Meal"— a smile, a safety check to make sure the seniors are okay, and a feeling that someone cares about them. Our logo was born (*see the bumper sticker above*) and it stuck! When I talk with groups about what we do and show them the bumper sticker, they immediately get it!

So, what does love look like in action?

- ~ You care about the other person's well being.
- ~ You want to be there for them in bad times and good times.
- ~ You want to listen to them—really listen to them—to understand and accept how they are feeling.
- ~ You want to be of help to them, if they would like that.

At Meals on Wheels, we are often called at the worst possible times—after a senior has fallen, been discharged from the hospital, or when a spouse passes away. We love that we can be there for them then and alongside them as their situation improves. Food is Medicine! We love to hear how much the food and visits improve seniors' health and quality of life. We also feel the outpouring of love and support from the community, such as with our beloved 10th Annual "Moomers for Meals Hot Fudge Sundae Bar" event on March 9th! (*see pg 6*)!

As always, please let me know if you have questions, concerns or comments.
Lisa Robitshek

Spotlight

Leelanau
County
Senior
Services

*For your generous & caring support
of the Meals on Wheels program.*

Senior Nutrition - Northwest Michigan Community Action Agency
3963 Three Mile Road, Traverse City, MI 49686 1-800-632-7334 www.mealswheelslove.org
"Like us" at www.facebook.com/Meals on Wheels of Northwest Michigan

Dining Senior Style Senior Meal Sites

The Hot Meal Program is so much more than community dining. We provide a great lunch in a safe environment to connect with new friends and engage as part of the community. For individuals 60+, the suggested donation is \$4.00. For those 59 and under, the cost is \$7.50.

Grand Traverse County Senior Center Network:

For a hot lunch reservation, call **231-922-4911 by Friday before the lunch week**. Please provide your full name, phone number, the date of lunch, and location you will be visiting.

- Traverse City: VFW 3400 Veterans Dr, Tuesdays, Wednesdays, and Thursdays, **11:30 am** Senior Center birthday luncheon and cherry pie day is Wednesday, February 21st. **Closed on February 14th.**
Please note that the Traverse City Senior Center on Front Street is closed during construction. Luncheons are held at the temporary location at the VFW—3400 Veterans Dr, Traverse City
- Fife Lake: 77 Lakecrest Lane, Tuesdays 12 p.m. **Closed on February 13th.**
Fife Lake birthday luncheon and cherry pie day is Tues, February 20th
- Kingsley: 115 E. Blair St, Wednesdays 11:30 a.m. **Closed on February 14th.**
Kingsley birthday luncheon and cherry pie day is Wed, February 21st
- Interlochen: 1896 Rogers Rd, Thursdays 12 p.m. **Closed on February 15th.**
Interlochen birthday luncheon and cherry pie day is Thurs, February 22nd



Leelanau County:

Meals on Wheels of NMCAA is excited to announce that hot Congregate Meals are back at the Friendship Center in Suttons Bay every Friday at 12pm! 201 W. Broadway, Suttons Bay. **For a hot lunch reservation, call Leelanau County Senior Services at 231-256-8121 by Thursday at 10:00am the day before lunch.**

Wexford County:

Manton Senior Center, Harborview and Kirtland Terrace Congregate Site seniors are receiving hot meals Monday through Friday.

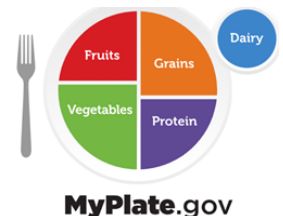


Healthy Eating Tips for Seniors (<https://www.ncoa.org/article/healthy-eating-tips-for-seniors>)

The definition of healthy eating does change a little as we age. For example, as we grow older, our metabolism slows down, so we need fewer calories than before. Our body also needs more of certain nutrients (<https://www.myplate.gov/life-stages/older-adults>). That means it's more important than ever to choose foods that give us the best nutritional value.

Here are 6 tips to help you find the best foods for your body and your budget:

1. Know what a healthy plate looks like. The US Dept of Agriculture (USDA) has come up with a simple way to help people see what a day of healthy eating looks like. Its called "My Plate" - go to <https://www.choosemyplate.gov>. This simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.
2. Look for important nutrients. Eating a variety of foods helps us get all the nutrients we need. Think of your plate as looking like a rainbow—bright, colored foods are always the best choice! A healthy meal includes: Lean protein (lean meats, seafood, eggs, beans), Fruits & vegetables (think orange, red, green, and purple), Whole grains (brown rice, whole wheat pasta), and Low-fat dairy (milk and its alternatives). Choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.
3. Read the Nutritional Facts label. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat processed foods like chips and baked goods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.
4. Use recommended servings. Eating the right amount of food for your age and body helps you maintain a healthy weight. USDA has some guidance on nutrition and daily activity specifically for adults 60 and older—<https://www.myplate.gov/life-stages/older-adults>.
5. Stay hydrated. Water is an important nutrient, too! To keep from becoming dehydrated, drink small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.
6. Stretch your food budget. Want to get the biggest nutritional bang for your buck? The Supplemental Nutritional Assistance Program (SNAP) - <https://ncoa.org/article/what-is-snap-and-how-do-i-apply> can help you afford healthy food when you need it. More than 4 million older Americans use SNAP to buy food, and the average senior receives \$113 per month. Visit <https://benefitscheckup.org/pages/Supplemental-Nutritional-Assistance-Program> to see if the program can help you.



NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY PRESENTS

SUPER SATURDAY



SATURDAY, FEBRUARY 10TH



SCAN HERE WITH YOUR PHONE TO REGISTER & YOU COULD WIN AN EXTRA PRIZE!

SCAM BINGO
RESUME BUILDING WORKSHOP

NORTHWEST EDUCATION SERVICES
CAREER TECH CENTER

880 PARSONS RD TRAVERSE CITY

9:30 AM CHECK-IN
10:00 AM -2:00 PM

CALL TO REGISTER
231-385-0116

IT'S REALLY
FREE nmcaa
TAX PREP
VOLUNTEER INCOME
TAX ASSISTANCE

WIN PRIZES!

VETERANS
WELCOME

FREE
LUNCH!



February 2024

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IT'S REALLY

FREE Helping people. Changing lives. nmcaa **TAX PREP**

VOLUNTEER INCOME
TAX ASSISTANCE

Who qualifies? Families and individuals who make \$75,000 a year or less, seniors, persons with disabilities, and those with English as a second language.

Who prepares returns? IRS certified volunteers prepare and electronically file both federal and state returns free of charge.

What should I bring to the appointment? Bring your Social Security, pension and interest statements, wages and earnings statements (2023 Form W-2) from all employers, your 2022 tax return and other relevant information about income and expenses, as well as, Social Security cards and photo ID.

LOCATIONS:

Northwest Michigan Community Action Agency Offices

Traverse City: 3963 Three Mile Rd, 231-947-3780

Cadillac: 1640 Marty Paul, 231-775-9781

Petoskey: 2240 Mitchel Park Dr. Unit A, 231-347-9070

Partner Offices

First Baptist Church: 6781 M66, Charlevoix, walk-ins only, Tuesdays 9am-1pm, Feb. 13 - April 9, 231-947-3780

Benzie Senior Resources: 0542 Main St., Honor, 231-525-0600

Benzie Area Christian Neighbors: 2804 Benzie Hwy, Benzonia, 231-882-9544

Kalkaska Commission on Aging: 303 S Coral St. Kalkaska, 231-258-5030

Please call 231-947-3780 to set up an appointment and for questions.
Visit nmcaa.net/taxes to schedule your own appointment and for additional filing options.



REACH PROGRAM

REACH is an evidence based program designed to support caregivers of persons with Alzheimer's and other types of dementia.

CAREGIVER SUPPORT

REACH is free to caregivers aged 60 and older and/or caregivers of any age that are caring for a person aged 60 and older. Caregiver or care recipient must live in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, or Wexford county.

TELL ME MORE

The program includes an initial assessment and four individual sessions with a certified REACH Program Coach.

Each session is an hour. Sessions can be done in-person (home or Area Agency on Aging of Northwest Michigan office), over the phone or virtually using a computer or tablet.

HOW DOES IT WORK

Session 1 establishes rapport; stress is discussed and a stress management technique is taught and practiced.

Session 2 offers education on dementia and strategies to address safety concerns are offered. Learning and practicing problem solving is the main focus of this session.

Session 3 focuses on positive thinking/mood management.

Session 4 provides an opportunity for Coach and Caregiver to work on additional concerns and to review the program and strategies to use in the future.



GET STARTED

To refer yourself or a caregiver you know to the program send us a referral.



SCAN ME

<https://www.aaanm.org/reach-referral>



Area Agency on Aging
of Northwest Michigan

Dignity. Independence. Choice.

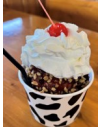
LEARN MORE
CONTACT US TODAY!

231-421-9615

caregiversupport@aaanm.org

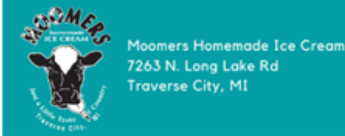
Save the Date!
Saturday, March 9, 2024
11am to 9pm

MEALS ON WHEELS
presents the
Moomers for Meals event
MARCH FOR MEALS WITH MEALS@WHEELS



**Celebrating our
10th Anniversary of
Hot Fudge Sundae Bar**

**Moomers Homemade Ice Cream
7263 N. Long Lake Road
Traverse City**



Meals on Wheels Assessments

Meals on Wheels assessments are a requirement by the state and an important service of the Meals on Wheels program.

Initial assessments (within 2 weeks of starting to receive meals) and yearly assessments must be conducted in person. Six-month reassessments may be conducted by phone, if certain criteria are met. If you have any questions, please talk to your assessor.

This assessment visit is an important opportunity to connect you, our clients, with helpful community resources and ask for feedback about how Meals on Wheels is meeting your needs. If you receive a call from our Assessors, please pick up or return their call. We know you will have a caring conversation that will be helpful for you and is required to participate in Meals on Wheels of NMCAA.

Meet our Assessors:

- Grand Traverse, Leelanau, and Missaukee counties—Jodi Simmer
- Wexford County—Staff from Wexford County Council on Aging (COA)

FACTS ABOUT THE MONTH OF FEBRUARY:



FEBRUARY

February is mostly recognized for Valentine's Day, flowers, and, depending on where you are, being incredibly cold! Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and love!

The name of February comes from the Latin word "februum," which means purification. In Welsh, February is sometimes known as "y mis bach," which means "little month." Of all the words you can misspell, February is one of the most misspelled words in the English language.

February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years such as 2024. The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling." If you were born in February, your birthstone is an amethyst, and your flower is a primrose.

In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August. February is the only month where it's possible to go the entire time without having a full moon.

It was in February 1964 when The Beatles made their first American television appearance on the "Ed Sullivan Show." Over 73 million Americans watched!

Sadly, on February 1, 2003, the Space Shuttle "Columbia" broke apart in flight, which killed all seven crew members. The accident was believed to be a result of damage that occurred during lift-off. The tragedy occurred only 16 minutes before the shuttle was scheduled to land.

On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo, which ended their war. The U.S. paid Mexico \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.

So now you know, February isn't all about Valentine's Day. This month is also about purification. It's a month to prepare for spring: bringing the promise of longer days in the Northern hemisphere.

