

Dining Senior Style



MEALS ON WHEELS OF NMCAA WILL BE CLOSED FOR THE HOLIDAYS ON:

JANUARY 1—2 and JANUARY 15, 2024

Meals will be delivered ahead of time the previous week for routes that fall on those dates.

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.)

Director's Corner with Lisa Robitshek

What will 2024 bring for all of us? It may bring a 94th birthday, 44th wedding anniversary, 4th year of losing someone we love, or 14th birthday of a child, grandchild or great-grandchild. At Meals on Wheels, we look forward to 2024 bringing more of what we love to do every day. What did a year in the life of Meals on Wheels look like last year in the 4 counties we serve?

- **163,825 well-balanced Meals on Wheels with Love**, caring visits, and safety checks— “so much more than a meal”—delivered to **1,116 homebound seniors**.
- **23,079 well-balanced meals along with fun and friendship** enjoyed by **798 seniors** “dining senior style”.
- **Over 100 wonderfully dedicated staff and volunteer team members** who work hard every day to prepare delicious meals, deliver meals “and so much more”, coordinate luncheon sites, and manage the operations. Close collaboration with many other service providers enables us to serve many.
- **\$1.53 million budget**. In addition to **federal and state funds through the Area Agency on Agency**, we are so grateful for **local community support** including suggested client donations, crucial county millage support, competitive grants, multiple fundraisers, and hundreds of individual and business donors inspired to support Meals on Wheels.

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

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 THANK YOU Years of Service

Traverse City	Cadillac
Dan Caviston	Jim George
7 Yrs	9 Yrs

January Spotlight

A Big THANK YOU goes out to **InterQuilten** for the beautiful handmade placemats, and to **Serra Subaru and Subaru Share the Love Event** for making holiday cards to accompany the placemats handed out to our homebound seniors.





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 apple pie day is Wednesday, January 24th
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.
Fife Lake birthday luncheon and apple pie day is Tues, January 23rd
- Kingsley: 115 E. Blair St, Wednesdays 11:30 a.m.
Kingsley birthday luncheon and apple pie day is Wed, January 24th
- Interlochen: 1896 Rogers Rd, Thursdays 12 p.m.
Interlochen birthday luncheon and apple pie day is Thurs, January 25th



Leelanau County:

Starting January 12th, we are excited to announce that we are bringing hot Congregate Meals back to 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.



NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY PRESENTS

SUPER SATURDAY



SAVE THE DATE!

SATURDAY, FEBRUARY 10TH

CALL 231-947-3780 FOR MORE INFORMATION





Who Qualifies? Families and individuals under \$75,000 AGI, seniors, persons with disabilities and those with English as a second language.

Who Prepares the 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.

Please call or visit nmcaa.net/taxes to set an appointment		
Northwest Michigan Community Action Agency Offices—Opening in January		
Traverse City	3963 Three Mile Road	(231) 947-3780 (800) 632-7334
Cadillac	1640 Martyr Paul	(231) 775-9781 (800) 443-2297
Petoskey	2240 Mitchell Park Drive, Unit A	(231) 347-9070 (800) 443-5518
Virtual Tax Prep— Opening in January		
All Locations	Upload your documents to our tax preparers for 100% virtual free tax prep	Getyourrefund.org/nmcaa
Partner Offices—Opening in February		
First Baptist Church	6781 M66 -Charlevoix	No appointment needed. Open Tuesdays 9AM-1PM Feb13TH- April 9TH (231) 947-3780
Benzie Senior Resources	10542 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
Internet - Self Preparation— Opening in January		
Free/low-fee self-filing online. Skip the big fees from other websites and use: www.myfreetaxes.com		





Healthy Aging

Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of certain nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all the food groups regularly.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- Enjoy More Beans. Add canned beans to salads, soups, rice dishes and casseroles.
- Make Your Crackers Count. Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- Pump Up Your Eggs. Mix grated, low-fat cheese or extra whites into scrambled eggs.
- Cook with Milk. Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- Use Dry Milk Powder. Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

www.eatright.org, Esther Ellis, RDN, 2020

WE LOVE WHAT WE DO AT MEALS ON WHEELS ON NMCAA!!

AND TO PROVE IT JUST LOOK AT THESE FUN PHOTOS FROM THE CADILLAC OFFICE PARTY:



HOW TO PLAY SUDOKU

The rules for Sudoku are simple. A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally and vertically. To challenge you more, there are 3x3 squares marked out in the grid, and each of these squares cannot have any repeat numbers either.

	7			2			4	6	
	6						8	9	
2			8				7	1	5
	8	4		9	7				
7	1						5	9	
			1	3		4	8		
6	9	7			2			8	
	5	8					6		
4	3			8			7		

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		

Monthly Suggested Contributions Letters

Meals on Wheels of NMCAA is required to give clients an opportunity to pay a suggested donation for the meals they receive. Therefore, we send monthly suggested contribution letters that indicate the number of meals our records show each client received in the previous month.

Please note that the letters we mail are a request for donations and are NOT a bill that has to be paid.

We never want seniors to stop receiving meals because of inability to donate.

Meals on Wheels of NMCAA understands that not everyone is able to contribute the suggested amount of \$4.00 per meal (approximately half the total cost).

The staff and volunteers of the Meals on Wheels Program are honored to serve you. If you have any questions, concerns or suggestions, please call us at any time.

**Grand Traverse & Leelanau Counties:
231-947-3780**

**Missaukee & Wexford Counties:
231-775-9781**

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)

Martin King Day - January 15, 2024



Martin Luther King Day, often abbreviated as MLK Day, is a federal holiday in the United States that honors the civil rights leader and activist, Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, close to Dr. King's birthday on January 15th. The holiday serves as a time for reflection, community service, and the celebration of Dr. King's contributions to the civil rights movement.

How to Celebrate Martin Luther King Day 2024:

Celebrating Martin Luther King Day can be done in various meaningful ways that honor Dr. King's legacy and promote his ideals. Here are some ways to celebrate:

- **Attend Commemorative Events:** Many communities organize parades, lectures, and other events that celebrate Dr. King's life and message.
- **Engage in Community Service:** Participate in volunteer activities or service projects that benefit your community, aligning with Dr. King's commitment to social justice.
- **Educational Activities:** Learn more about the civil rights movement and Dr. King's work through books, documentaries, or visits to relevant museums and historical sites.
- **Reflect on Social Justice:** Take time to reflect on the progress made in the fight for civil rights and consider how you can contribute to a more just society.
- **Spread Awareness:** Share Dr. King's messages of equality, love, and nonviolence on social media to inspire others.