

April 2025

# DINING SENIOR STYLE



Proudly serving seniors in Grand Traverse, Leelanau, Wexford, & Missaukee counties.



## Director's Corner with Lisa Robitshek

As April arrives, I know we are all enjoying the longer, sunnier days and warmer weather. April also brings much excitement for our Meals on Wheels community:

- **April is Volunteer Appreciation Month** - Words cannot express the gratitude that we have for all of our volunteers - our drivers who deliver home-delivered meals and all of the volunteers who help at the Congregate luncheon sites. All provide "so much more than a meal". We are also so grateful to so many others in the community who support Meals on Wheels (*see this page on the right*).
- **April 27th is our 11<sup>th</sup> Annual Moomers for Meals fundraiser!**
  - We are so grateful to Moomers Homemade Ice Cream for our ongoing partnership for this beloved annual event (*see below*)!
  - We are so grateful to all of our wonderful Sponsors! (*see the last page for details about the event and all of our Sponsors!*)
- **NMCAA FREE Tax Preparation** - There is still time to have your taxes prepared by NMCAA's wonderful tax team! Call 231-947-3780 for more information.

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

Heartfelt  
**THANKS**  
To our Volunteers

We appreciate each and every volunteer who dedicates their time to deliver meals and support our mission. Meals on Wheels of NMCAA is blessed to have a community of generous individuals, companies, and organizations who contribute wholeheartedly. This month, and every day, we celebrate and honor all of them for their invaluable contributions.

More Than A Meal



## SPOTLIGHT



**MOOMERS FOR MEALS!**  
Sunday, April 27th, 2025  
11AM - 8PM  
(for more information,  
including our wonderful  
Sponsors, see page 6)

## Meals on Wheels Years of Service

### Traverse City

Emmy Lou Cholak- 10 Years  
Cheryl DeYoung- 8 Years  
Rob Smykal- 1 Year  
Robert Willson- 1 Year

# SENIOR LUNCHEON 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 & engage as part of the community.

- Individuals 60+: Suggested Voluntary Donation is \$4.00.
- Individuals under 60: Meal Charge 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 phone number, the date of lunch, & location you will be visiting.

**Please note that the Traverse City Senior Center on Front Street is now OPEN!**

**TRAVERSE CITY** 801 Front Street  
Tuesdays, Wednesdays  
& Thursdays at 11:30 am

Volunteer Appreciation and  
Birthday Luncheon Wed. April 23

**FIFE LAKE** 77 Lakecrest Lane  
Tuesdays at 11:45 am

Volunteer Appreciation and  
Birthday Luncheon Tues. April 22

**KINGSLEY** 115 E. Blair Street  
Wednesdays at 11:30 am

Volunteer Appreciation and  
Birthday Luncheon Wed. April 23

**INTERLOCHEN** 1896 Rogers Road  
Thursdays at 11:45 am

Volunteer Appreciation and  
Birthday Luncheon Thurs. April 24

## Leelanau County Senior Services

For a hot lunch reservation, call 231-256-8121 by Thursday at 10 am the day before the lunch.

**FRIENDSHIP CENTER** 201 W Broadway, Fridays at 12 pm  
Friendship Center Birthday Luncheon Fri. April 28

## Wexford County Luncheon Meal Sites

**HARBORVIEW**  
329 South Street, Cadillac

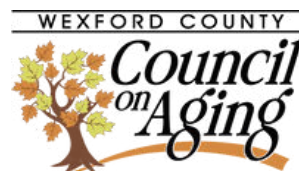
Monday - Friday  
at 12:00 pm

**KIRTLAND  
TERRACE**  
111 S. Simons, Cadillac

Monday - Friday  
at 12:00 pm

**MANTON**  
302 W Main Street

Monday - Thursday  
at 12:00pm



# 5 Types of Food That Cause Inflammation, According to Nutrition Experts

## First, what is inflammation?

"In respect of healing and immunity, we describe inflammation as a state when the body's immunity is revved up or working to fight off something and this can be a simple cold/flu or chronic disease, pain, or just dealing with something in the environment," explains Amy Lee, M.D., medical nutrition specialist. "Inflammation can also be acquired from the foods we eat or the liquids we drink."

## Foods that cause inflammation

### Red meat

If you're a burger lover or enjoy a weekly steak, it may be time to cut back. "Red and processed meats can increase inflammatory markers including C-reactive protein," says Harris-Pincus. The C-reactive protein is produced by the liver, and may mean that there is inflammation in the body when levels increase, according to the Mayo Clinic.

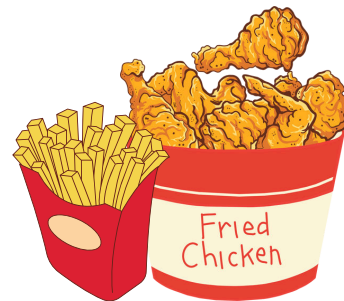


### Refined carbohydrates

Donuts, sodas, and other foods may taste good, but they could be wreaking havoc on your body. "Excess refined carbs and added sugars can increase blood sugar which increases production of inflammatory cytokines," says Harris-Pincus. Cytokines are signaling proteins that help manage inflammation in your body.

### Fried foods

Fried chicken, french fries, chicken parm—these favorites could be doing more harm than good. "Fried foods contain unhealthy fats and may produce [compounds known as] advanced glycation end products (AGEs) during high-temperature cooking, which can promote inflammation," explains Harris-Pincus.



### Ultra-processed foods

Research shows that diets that contain ultra-processed foods (like potato chips, candy, fast food, hot dogs, etc.) may be associated with more of a risk of immune dysregulation-linked diseases, like inflammatory bowel disease and maybe even auto-immune diseases.

"Most inflammatory foods are ultra-processed foods such as things in a bag or box that has been created from a machine," says Dr. Lee. "Processed foods are notorious for having ingredients that are not natural or preservatives that help it stay on a shelf for a long time or texturizers/additives to make foods taste better."

### Alcohol

Studies show that alcohol consumption, especially in excess, may disrupt the body's immune response, leading to chronic inflammation. Cutting back on your alcohol intake can have loads of benefits beyond this, though. The World Heart Federation (WHF) suggested that no amount of alcohol is good for heart health. The American Heart Association (AHA) also warns that drinking too much may elevate fats in the blood known as triglycerides, which may increase your risk of heart attack or stroke.



(continued on the next page)

## Are processed foods inflammatory?

"All ultra-processed foods are not created equal. Some are nutrient-dense and health-promoting, yet others can promote inflammation through different mechanisms," explains Harris-Pincus. As Dr. Lee points out above, processed foods tend to have ingredients (like texturizers and additives) to make them shelf-stable and taste better which may contribute to inflammation.

## What to know about an anti-inflammatory diet

Just as there are foods that cause inflammation, there are ones that help fight it as well. That's where the anti-inflammatory diet comes into play. "An anti-inflammatory diet is the selection of foods that reduce the chronic inflammatory response, while at the same time providing the building blocks for use by anti-inflammatory pathways," Scott Keatley, R.D., of Keatley Medical Nutrition Therapy, previously explained when detailing the eating pattern. "A diet structured to do this has been shown in some human research to help reduce the impact of diabetes mellitus, coronary artery disease, and asthma."

The eating pattern focuses on whole foods and plant foods that are nutrient-dense. According to experts and the Mayo Clinic, these may include:

- **Whole grains**
- **Fruits**
- **Vegetables**
- **Oily fish**
- **Nuts**
- **Seeds**

Similar to how Omega-3-packed foods may boost cholesterol, menu items with "good" fats (like legumes, salmon, etc.) may help reduce diseases that cause chronic inflammation.

<https://www.prevention.com/food-nutrition/healthy-eating/a63457748/foods-ingredients-that-cause-inflammation/>

# Anti-Inflammatory vs Inflammatory Foods

## Anti-Inflammatory

- Onion and Garlic
- Dark green leafy vegetables
- Dark Chocolate (at least 70% Cocoa)
- Fatty Fish
- Mushrooms
- Turmeric
- Berries
- Avocados



## Inflammatory

- Alcohol
- Processed foods
- Red and processed meat
- Refined Carbs



# This OR That

WHICH DO OUR MEALS ON WHEELS STAFF PREFER?

CIRCLE YOUR BEST GUESS

Turn in your answers by **May 1, 2025**, to your Meals on Wheels Driver  
or mail to our office, for a chance to win

## MOOMERS<sup>®</sup> ICE CREAM

CONE **or** CUP



SORBET **or** SHERBERT



FUDGESICLE **or** CREAMSICLE



FROZEN YOGURT **or** GELATO



CARAMEL SUNDAE **or** HOT FUDGE SUNDAE



COOKIE DOUGH **or** COOKIES & CREAM



CHOCOLATE **or** VANILLA



SMOOTHIE **or** MILKSHAKE



RAINBOW SPRINKLES **or** CHOCOLATE SPRINKLES



NAME \_\_\_\_\_

PHONE \_\_\_\_\_

Dining Senior Style, April 2025



KICK-OFF OLDER AMERICANS MONTH BY JOINING US

# MOMMERS FOR MEALS



Sunday, April 27th  
11AM - 8PM



**\$10 Sundaes**

MOMMERS HOMEMADE ICE CREAM  
7263 N. LONG LAKE RD  
TRAVERSE CITY, MI



## THANK YOU TO ALL OUR SPONSORS!

SPONSORS AS OF APRIL 7, 2025

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PARTNER



Kevin Paul Kelly & Associates



FRIEND



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