

# Dining Senior Style



Meals on Wheels will be closed for the July 4th celebration on:

Monday July 3rd  
Tuesday July 4th.

We will be offering frozen meals to our HDM clients for those that would like them the week of 26th thru June 30th.

### Meals on Wheels Volunteer & Staff Years of Service

#### Traverse City

Jodi Simmer 7 years  
Peggy Ferrill 5 Years  
Kit/Cinda Simmons 3 Yrs  
Rick Scanlon 2 Yrs

#### Cadillac

Kelly Malmberg 9 Years



*Thank-You for serving and caring for all our senior homebound*

### *Director's Corner with Lisa Robitshek*

We love to get to know who people really are—one visit at a time. The poem below was read at a meeting I recently attended and reminded all of us about the longing to be truly seen—at any age. *When an elderly woman passed away in a nursing home in Canada, it was believed that she had nothing left of any value. Later, when the nurses were going through her possessions, they found this poem, which she titled—"Crabby Old Lady":*

What do you see, nurses, what do you see,  
what are you thinking when you're looking at me?  
A crabby old woman, not very wise,  
uncertain of habit, with faraway eyes.

Who dribbles her food and makes no reply  
when you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice the things that you do,  
and forever is losing a stocking or shoe.

Who, resisting or not, lets you do as you will  
with bathing and feeding, the long day to fill.  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse; you're not looking at me.

I'll tell you who I am as I sit here so still,  
as I do at your bidding, as I eat at your will.  
I'm a small child of ten with a father and mother,  
brothers and sisters, who love one another.

A young girl of sixteen, with wings on her feet,  
dreaming that soon now a lover she'll meet.  
A bride soon at twenty - my heart gives a leap,  
remembering the vows that I promised to keep.

At twenty-five now, I have young of my own  
who need me to guide and a secure happy home.  
A woman of thirty, my young now grown fast,  
bound to each other with ties that should last..

At forty my young sons have grown and are gone,  
but my man's beside me to see I don't mourn.  
At fifty once more babies play round my knee,  
again we know children, my loved one and me.

Dark days are upon me, my husband is dead;  
I look at the future, I shudder with dread.  
For my young are all rearing young of their own,  
and I think of the years and the love that I've known.

I'm now an old woman and nature is cruel;  
'tis jest to make old age look like a fool.  
The body, it crumbles, grace and vigor depart,  
there is now a stone where I once had a heart.

But inside this old carcass a young girl still dwells,  
and now and again my battered heart swells.  
I remember the joys, I remember the pain,  
and I'm loving and living life over again.

I think of the years - all too few, gone too fast  
and accept the stark fact that nothing can last.  
So, open your eyes, nurses, open and see,  
not a crabby old woman; look closer - see ME!



### **"Spotlight":**



*For your generous & caring support of the Meals on Wheels program. See p. 2 for more.*



### 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

Editor  
Dave Hagen

Serving Meals in Grand Traverse, Leelanau, Wexford, Missaukee & Manistee Counties



**SAVE THE DATE!**  
Our Friends at Boardman Lake  
Glens are holding a:

**Community Yard Sale**  
**Hot dogs, chips & bottled water for sale too!**  
**A Fundraiser for Meals on Wheels**  
**August 12th, from 9:00am to 3:00pm**  
**Boardman Lake Glens—Inverness Building**  
**1400 Brigadoon Ct, Traverse City**

*“100% of the proceeds from the sale will be going to Meals on Wheels. This is an organization our community cares deeply about and our residents and families are generously donating many great items for the sale. Meals on Wheels provides so much for our local seniors that we cannot help wanting to support their mission”*  
- Boardman Lake Glens

**Donation Categories include:**

- **Household:** dishes, small electronics and gadgets (no furniture, appliances, or large electronics please)
- **Home décor:** pictures, knick knacks, candles, lamps, plants
- **Seasonal/Holiday items**
- **Linens:** bedding, towels, tablecloths, curtains, pillows
- **Toys, games, and puzzles**
- **Baby items**
- **Clothing, shoes and accessories** (purses, belts, jewelry, hats, bath & body)
- **Books—adult, kids, educational**

Now you can **Declutter and Help a Good Cause!**  
You can drop off donated items on August 7th, 8th, & 9th at the Inverness Bldg. Any questions, call Ann at Boardman Lake Glens at 231-941-1919.

***Cook’s corner: from The kitchen in Traverse City for Grand Traverse/Leelanau Clients,***

***There will be a few changes in the July Menu as we will be getting more “Slaws” in the menu, as many people have requested. One of them being Broccoli Slaw. UMMMMM . Enjoy! So, if you receive home-delivered meals and notice an empty compartment in your tray of hot food, this item will be in the bag with your other cold food.***



***Dining Senior Style Senior Meal Sites***

**GT County**

TC Senior Center-(Mon-Fri)	(231)947-5285
GT Pavilions (Mon-Fri)	xxx-xxxx
Fife Lake (1st & 3rd Wed)(231)	(231)879-4101
Long Lake (once a month)	(231)946-2249
Redeemer Lutheran(2nd Mon/ month)	(231)276-6372
Kingsley "The Rock "(Wednesdays)	(231)922-4911
Interlochen Golden Fellowship (Thursdays)	(231)922-4911

**Wexford**

Manton, (Mon-Fri)	(231)824-6961
Harborview, (Mon-Fri)	(231)775-0831
Kirtland Terr. (Mon-Fri)	(231)775-9491
Daybreak (Mon-Friday)	xxx xxx xxxx

**Leelanau County**

**Missaukee**

Elmwood Twp. Hall(4th Thursday)	(231)946-0921
Lake City (Wed, Thurs, Fri)	(231)839-4351
Empire (Mon, Tues, )	(231)326-5790
Merritt Golden Agers(Thurs)	(231)328-4447
Northport (Thursdays)	(231)386-7902
Suttons Bay (Fri)	(231)271-3314



**Suggested donation**

**Seniors(60+)—\$3.00**

**Meal Cost**

**Guests & Non-seniors—\$5.00**

**Manistee**

Manistee Sr Ctr (Mon-Fri)	(231)723-6461
Onkama (Mon, Wed Fri)	(231)723-9647
Wellston (Tues, Thurs)	(231)848-4564



CREATING CONFIDENT CAREGIVERS™

## Caring for Someone Living with Dementia or Memory Loss?

### What is Creating Confident Caregivers®?

Based on the university-tested Savvy Caregiver program, Creating Confident Caregivers® offers information and skill-building activities to increase participants' effectiveness as caregivers.

#### YOU WILL LEARN:

- Dementia & its effects on the brain
- Reducing caregiver stress
- Improving caregiver self-confidence
- Creating a positive caregiving environment
- Planning activities for your family member based on their strengths

Workshops meet for 6 weeks, in 2 hour sessions each week. Workshops are offered in convenient, easily accessible community locations, and are offered for free, or at very low cost to participants.

#### WHO CAN ATTEND?

Any caregiver of a family member that still resides at home and is living with Alzheimer's disease, memory loss, or other form of dementia.

#### FREE RESPITE CARE

Care for a family member with dementia or memory loss can be provided free of charge, while the caregiver is attending the workshop. Please ask for details when registering.

Workshop to be held at the

### AGAPE HEALTH CARE SCHOOLS

2141 Plett Rd. Unit B,  
Cadillac, MI 49601

Meet once a week for 6 weeks  
Wednesdays, 2:00-4:00 pm  
July 19, 26 and  
August 2, 9, 16 & 23,  
2017

No cost to attend.  
Optional donations appreciated.  
Space is limited (12 participants) and  
pre-registration is required.  
Register with Sharon at  
**1-800-442-1713**

Or online at [www.aanm.org/workshop-registration](http://www.aanm.org/workshop-registration)

### AREA AGENCY ON AGING of Northwest Michigan

For more information about CCC workshops  
offered in Northwest Michigan,  
please visit [www.aanm.org/caregiver-workshops](http://www.aanm.org/caregiver-workshops).

Funded in part through support from the Michigan Aging & Adult Services  
Agency and the Area Agency on Aging of Northwest Michigan

***So we can reach you:*** If your phone number or your emergency contact phone numbers change—Please Let Us Know!



### Shop for Seasonal Produce This Summer

The U.S. Office of Disease Prevention and Health Promotion recommends that you consume at least two servings of fruit and three servings of vegetables each day. Although this varies by age, sex and level of physical activity, it is a good recommendation to live by to build a healthy dietary base.

One great way to add variety to your diet and to make sure you are eating enough fruits and vegetables is to look for seasonal produce. Additionally, choosing in-season produce can help save you money, as the abundance of the fruit or vegetable typically makes it less expensive.

This summer, be mindful of what fruits and vegetables are in season near you. Fruits & Veggies—More Matters, a health initiative focused on helping Americans increase fruit and vegetable consumption for better health, has made it easy to figure out which produce is in season. On its website, you can view year-round, winter, spring, summer and fall produce options.

### More from the Senior Center Comedy Club

1. The first time I ever saw a doctor, he grabbed my leg and hit me so hard I cried. So no I don't trust doctors!
  2. I fired my masseuse today, she rubbed me the wrong way.
  3. Inventor of Knock Knock Jokes, winner of the NO-BELL Prize!
  4. Does the name PAVLOV, ring a bell?
  5. I think my eyesight is just fine, but the judge disagrees, he says I need SUPER VISION!
- A. The children were lined up in the cafeteria of a catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note and posted it on the apple tray; **"take only 1, God is watching."** Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, **"Take all you want, God is watching the apples."**

## WORDS TO LIVE BY

*Most importantly... "Live with no regrets, Treat people the way you want to be treated, Work like you don't need the money, Love like you've never been hurt, and Dance like you do when nobody's watching."*

*NOW more than ever - Please... Pass It On...  
You never know how or when you'll be paid!*



## Stroke



### Alternative and Complementary Medicine for Stroke

Eat a well-balanced diet with an emphasis on fresh vegetables and fruit, lean , clean protein foods, and whole grain. This diet is important for the health of the blood vessels. It also ensures that you receive an abundant supply of important vitamins, minerals and phytochemicals (anti-oxidant compounds in plants) that fight free-radical damage and help increase the oxygenation of tissues, including those of the brain.

Make sure that your diet includes the blue and purple fruits and vegetables, such as concord grapes, eggplant and red cabbage. These foods contain pigments called anthocyanidins, which are believed to help lower the risk of strokes and heart attacks.

Fruits and vegetables contain antioxidants that counteract the damage from free-radicals. One British study found that those who eat the most fruit experience 32 % fewer strokes. A diet high in antioxidants help prevent hemorrhagic as well as ischemic stroke. This reduces the likelihood of bleeding in the brain.

Enjoy carrots often. In a recent study, subjects who ate 5 or more servings of carrots each week , had a 68% lower risk of suffering a stroke compared to those who ate one serving per month or less.

Avoid saturated and hydrogenated fats. These raise cholesterol levels, especially that of LDL (the bad cholesterol) and promotes the buildup of fatty plaques in the arteries

If you eat meat every day , you double your stroke risk.

Eat foods rich in Vitamin B's. Fruits & vegetables contain generous supplies of vitamin B6 and folic acid.

Spinach, carrots, peas, walnuts, sunflower seeds, wheat germ, fish, chicken and eggs are good sources for vitamin B6. foods rich in folic acid include spinach, broccoli, asparagus, dark green leafy vegetables and whole wheat.

Eat plenty of fish. Cold-water fish are a great source of omega-3 fatty acids. A regular diet of fish will also lower the risk of stroke

Incorporate foods containing potassium. Dietary potassium is known to prevent high blood pressure. The higher your blood potassium levels, the lower your risk of stroke. Good sources of potassium include fruits, vegetables, beans, whole grain, poultry and fish.

**Caution: These remedies are not meant to be used as a treatment for stroke. If you suspect a stroke, seek emergency medical treatment immediately. Time is of the essence.**

Source: [holisticonline.com/remedies/Heart/stroke](http://holisticonline.com/remedies/Heart/stroke)