



PEOPLE FOR PEOPLE

Meals-On-Wheels Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

JULY 2018

JUNE NUMBERS

DINING ROOMS

Meals served: 2614

New people: 20

Average donation: .81

HOME DELIVERY

Meals served: 5488

New people: 22

Average donation: 0.35

Blueberry Muffins

1 1/2 C Whole Wheat Flour

3/4 C Sugar or substitute

1/2 tsp Salt

2 tsp baking powder

1/3 C vegetable oil

1 Egg, slightly beaten

1/3 C Nonfat or 1% milk

1/2 C Applesauce (unsweetened)

2 C Blueberries

1. Preheat oven 400* and lightly coat the bottom of 12 muffin cups with oil or spray.

2. Mix the flour, sugar, salt and baking powder in a large bowl.

3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth.

4. Mix all ingredients until just moistened. Lightly stir in the blueberries.

4. Fill to about 3/4 full.

5. Bake about 20 min, or muffins are golden brown. Insert toothpick into the center muffin, it should come out moist, without batter.

www.foodhero.org

Managing Diabetes

We are always learning new things in our chosen field of work. One of the most surprising things I learned after graduating was how many people have been misinformed about diabetes. When asking clients about diabetes their answers were most often, "Well all I know is I can't eat carbs or sugar anymore." Unfortunately this is what a lot of people believe about diabetes. It causes them to give up trying to manage their blood sugars because they feel that they have to give up one of the simple pleasures in life... good tasting food in order to manage diabetes! This is absolutely false. Here are 3 things to think about when managing your diabetes:

Counting Carbs

Everyone needs carbs, even diabetics. It is important for a diabetic to count carbs but no high carb foods are off limits. It just may mean a smaller portion of the high carb item. It is important to remember that women should eat 45-60g of carbs at each meal and men should eat 60-75g of carbs at each meal, according to the Academy of nutrition and dietetics.

Blood Sugars

Talk to your doctor about how often you should be checking your blood sugars. According to the American Diabetes Association, those with diabetes should have a glucose level of 80-130mg/dl, before a meal and 180mg/dl within 1-2 hours after the beginning of the meal. Another important blood test for diabetics is A1C and a good level for a diabetic is less than 7%.

Medication

If your doctor has started you on medication for managing your diabetes, it is very important that you take it. Even if you feel good and think your blood sugar is under control it is important to be consistent with your medication. Being consistent with your medication will help to keep your blood sugars under control and you feeling your best.



Cyndi Balk, MOW Registered Dietician

If you would like to talk Cyndi about your dietary concerns, she is available Friday mornings, call our office @ 426-2601 to schedule an appointment.

FALL PREVENTION: SIMPLE TIPS TO PREVENT FALLS

1. MAKE AN APPOINTMENT WITH YOUR DOCTOR: Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking, such as sedatives and some types of antidepressants.

- Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.

- Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. KEEP MOVING

- Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

- If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. WEAR SENSIBLE SHOES: Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. REMOVE HAZARDS: Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. LIGHT UP YOUR LIVING SPACE. Keep your home brightly lit to avoid tripping on objects that are hard to see.

6. USE ASSISTIVE DEVICES: Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. www.mayoclinic.org/healthy-lifestyle