

Pontiac Meals on Wheels

Pontiac Meals on Wheels is funded in whole or in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Area Agency on Aging 1-B through the Offices of Services to the Aging. Pontiac Meals on Wheels complies with the terms and regulations of Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an EEOE program. Reasonable accommodation will be provided upon notification or request.

Pontiac Meals on Wheels is located at 248 South Telegraph Road in Pontiac.
Telephone # (248) 738-9393

Activity for the Month: The Cider Mill

The old advice about an “apple a day” keeps the doctor away is true again in a new study. Cornell University found that an antioxidant called quercetin, is natural in apples and can help protect against brain cell damage.

Fresh apples, especially those with the skin have the highest levels of quercetin. Red apples typically have higher antioxidant levels than

yellow or green apples. A recent study found that people who eat apples about twice per week were less likely to develop a cough with phlegm. Apples are rich in fiber, and flavonoids which have an antioxidant and anti-inflammatory properties which may protect the lungs.

Fall is a great time of year to visit your local cider mill and bring home some donuts, cider and of

course fresh apples! Ask your caregiver to take you to the cider mill this month! Two local mills are:

Yate’s Cider Mill located at 1990 East Avon Road in Rochester, phone 248-651-8300;

Franklin Cider Mill located at 7450 Franklin Road in Franklin, phone 248-929-2968.

Make a point to visit before it gets to chilly out!

Tips to Better Health: Blood Pressure

Many of our meals on wheels clients have a problem with high blood pressure. So, this month, we’d like to provide our readers with a few tips on how to manage blood pressure.

- 1) Check your blood pressure regularly. Keep a written record if you can.
- 2) Exercise 3-4 times per week for about 20-30 minutes at a time.
- 3) Avoid foods that

contain high salt and/or fat content. Do not use salt when cooking.

- 4) Do your best to maintain a healthy weight; see your doctor if you are not sure what this weight is.
- 5) Don’t smoke – make a pact to quit if you do!
- 6) Plan for periods of relaxation just like you do

exercise. Learn relaxation tips and stress management tips.

- 7) If you are on blood pressure medication, take it exactly as directed and report any side effects to your doctor.
- 8) Lastly, schedule regular checkups with your doctor!

Here’s to better health!



Please call
(248) 738-9393 if you
will not be home to
receive a holiday meal
delivery this year!
(Thanksgiving,
Christmas or New
Year's Day!)

Holiday Meal Delivery is Fast Approaching

Pontiac Meals on Wheels will deliver meals to all current homebound clients on Thanksgiving, Christmas and New Year's Day. More information will follow in late October/early November regarding the schedule. Deliveries on the holiday are made

between 8:30 am – 11:30 am by a volunteer; they do not follow your regular schedule! If you plan to be home the morning of the holiday, we will happily deliver a meal to you. We encourage our clients to take advantage of this meal, even if you plan to be with family on the

holiday---it will keep for the next day when you are home.

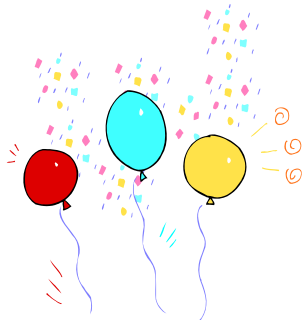
If you already have made plans to be with family and will NOT be home the morning of the holiday, please call us to let us know that you do not want to receive a holiday meal delivery.

Senior Center Happenings:

Join the Senior Citizens of Golden Opportunity Club (of Bowen Senior Center) as they celebrate their 46th Annual Harvest Banquet!

The Banquet will be at St. George's Banquet Center on Tuesday, October 26th from 6 – 9 pm. This year's banquet will feature a fashion show with local VIP and dignitaries as models.

You don't have to be a Golden Opportunity member to attend. Tickets are \$35 each and must be purchased by October 15. Contact Carolyn Price at 313-909-4364 for more information.



IMPORTANT NOTICE FOR HOMEBOUND CLIENTS:

To all of our pet lovers that receive meals on wheels; please keep your pet restrained during delivery hours. If our driver's approach your house and notice you have a pet that is not restrained, they will not stop for your meal delivery. Please keep your pet leashed or restrained until after your meal delivery. Thank you for your understanding!

Special Notes from Pontiac Meals on Wheels

Pontiac Meals on Wheels now labels the hot meals that are delivered to our homebound clients.

Refer to this white label to see what is packaged in the meal as well as heating instructions.

Additionally, this label will tell you when it's time to dispose of it if you don't eat it within a couple days of receiving it.

Please be aware that Meals on Wheels menus

run off of a 6-week, dietitian approved cycle.

For our homebound clients, menus are distributed monthly (packed with the cold meal items).

For our congregate clients, menus are posted at the centers monthly. If you think you're not receiving the menus on a regular basis, call us to let us know.

Homebound Clients – if you think your meal is late, please give our driving staff an extra hour before you call the office. It is very helpful when you call the office about your delivery that you know the name of your driver---make it a point to introduce yourself and get their name! Thank you!

FLU SEASON IS APPROACHING!

Get your flu shot today!

According to the Centers for Disease Control and Prevention, seasonal influenza causes more than 36,000 deaths and 200,000 hospitalizations each year in the United States. Suffering from heart disease increases the risk of potential complications from the flu. Possible complications include pneumonia, respiratory failure or infections, heart attacks and even death. It is important to get a flu shot every year because the strain of seasonal influenza changes each year. Vaccinations are geared to the changing strains. Keep yourself protected and get a flu shot. Flu shots will be available at the Oakland County Health Department beginning Monday, October 11th. Pre-registration is preferred, but not required. Clinic hours are: Monday 12:00 pm- 8:00 pm and Tuesday through Friday 8:30 am – 5:00 pm. Medicaid and Medicare are accepted. If you are not insured or do not have vaccine coverage, the cost of the vaccination is \$11.00. Be sure to have a photo ID with your current address.

Call the Health Division for more information: **1-800-434-3358**. Stay healthy!

Donations: Needed & Appreciated



The need for donations to the Pontiac Meals on Wheels program is critical.

Our need has increased due to the current economic situation.

Because of the economy, our funds provided by federal and state levels have been reduced.

Clients that receive meals on wheels (both homebound and congregate) are asked for a donation of \$2.50 per meal. We always tell our clients that if the donation creates hardship and it can't be afforded not to

worry; we don't stop service based on the amount of the donation.

However, we want our clients to know that any donation, no matter how big or small is welcomed and very appreciated.

All donations received help keep the program going. When funding is cut and donations are minimal, Pontiac Meals on Wheels doesn't have the ability to handle the increased need.

This particularly hurts our homebound elderly who are at a higher risk than

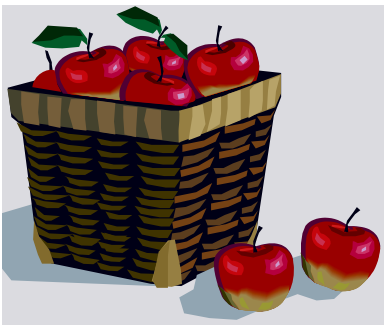
our congregate participants. When funding falls short, we are forced to reduce the number of meals our clients receive as well as run a waiting list for new clients.

Please help keep our program going and donate what you can toward the cost of your meal or your family member's meal.

Send donations to:

248 South Telegraph Road, Pontiac, MI 48341
or visit our website at www.pontiacmealsonwheels.com and **donate online!**

Featured Recipe: Orange Coconut Apple Dip



Ingredients:

- 1 cup, Low Fat Cottage Cheese
- 3 tablespoons, Orange Juice
- 2 tablespoons, Flaked Coconut
- 1 tablespoon, Sugar or Splenda
- 1 teaspoon, Grated Orange Zest
- ¼ teaspoon, Ground Ginger

Directions:

In a blender or food processor, blend cottage cheese until smooth. Add remaining ingredients and blend until well combined. Chill at least 30 minutes. Serve with apple wedges.

Nutrition: 1 g protein, 6 g fat, 1 g carbs, 1 g fiber, 44 mg sodium

Proper Handling of Your Meals

Proper handling (storing and reheating) of your meal is important to your health and well-being. Please don't allow your meal to sit out on a countertop or table. Additionally, be sure the driver hands you your meal or brings it in for you---leaving a meal on the porch is unsafe. When you receive your meal, if you do not plan to eat it right away, put it in your refrigerator. When you choose to reheat it- refer to the instructions on the label.

Always follow these tips:

- 1) Heat leftovers and precooked food to at least 165°F. Food should be hot to the touch and steaming.
- 2) Cover foods to hold in moisture and provide even heating.
- 3) Serve reheated foods immediately.
- 4) Reheat foods as rapidly as possible.
- 5) Rotate or stir foods once or twice during cooking.
- 6) Never reheat food more than once.
- 7) Reheat your meal by placing it in a preheated oven (350°F) for 15-20 minutes or by microwaving on medium-high for 4-5 minutes. Be sure it reaches an internal temperature of 165°F!



Liquid Meals Are Now Available

Pontiac Meals on Wheels now has Ensure and Ensure Plus liquid meals available. A doctor's prescription is required. Meals on Wheels clients or those 60 years and older can pick up the product at our facility or have it delivered to their home.

Case prices are: Ensure (pick up) \$10.00/case; Ensure Plus (pick up) \$12.00/case. Add \$2.00 per case for delivery of Ensure or Ensure Plus.

Contact Meals on Wheels for more information at 248-738-9393.

Pontiac Meals on Wheels

248 South Telegraph Road
Pontiac, MI
48341

PHONE:
(248) 738-9393

FAX:
(248) 738-9531

We're on the Web!

See us at:

www.pontiacmealsonwheels.com

About Our Organization

Pontiac Meals on Wheels serves the Pontiac, Keego Harbor and Sylvan Lake areas. We are happy to provide this service to the community and hope to do so for many more years to come.

Pontiac Meals on Wheels is partially funded by funds from federal and state agencies. These funds are distributed by the Area Agency on Aging 1-B in Southfield.

Our primary goal is to serve the nutritional needs of the homebound and congregate elderly in our service area. Unfortunately, less than a third of senior citizens eat properly. A nutritious diet is important to lengthen and improve the quality of life. Senior citizens that are 60 years or older, homebound and living in our service area qualify for the program.

If you know someone that would benefit from this program, call us today.

Phone: 248-738-9393