



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

August 2021

Tidbits

Senior Food Program Publication

Like us on Facebook for agency updates & info! 

Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you no longer want to receive calls, press 7 at the end of the call to opt out. If you are not currently receiving calls and would like to, please call 989-386-3805 to update or verify your phone number.

Your Commodity Box: Re-use or Recycle?



- Return **clean** boxes to us at the next distribution so that we can **reuse** them after disinfection.
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

Focus On: Silver Sneakers

Silver Sneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.

If you have an eligible Medicare Plan, you might already be eligible! Membership includes:

- Specially designed exercise classes for all fitness levels online and in-person
- Community classes in your area offered in-person and online.
- 15,000+ fitness and community locations nationwide.
- Online resources with nutrition and fitness tips.
- Health & wellness discounts

To learn more, or to check your eligibility, visit www.silversneakers.com

Senior Health: How to Prevent & Detect Malnutrition

Good nutrition is critical to overall health and well-being, yet many older adults are at risk of inadequate nutrition. Malnutrition in older adults can lead to various health concerns, including:

- A weak immune system, which increases the risk of infections
- Poor wound healing
- Muscle weakness and decreased bone mass, which can lead to falls and fractures
- A higher risk of hospitalization
- An increased risk of death

The causes of malnutrition might seem straightforward — too little food or a diet lacking in nutrients. In reality, malnutrition is often caused by a combination of physical, social and psychological issues. For example:

- Normal age-related changes. Changes in taste, smell and appetite generally decline with age, making it more difficult to enjoy eating and keep regular eating habits.
- Impairment in ability to eat. Difficulty chewing or swallowing, poor dental health, or limited ability in handling tableware can contribute to malnutrition.
- Limited income. Older adults may have trouble affording groceries, especially if they're taking expensive medications.

You can take steps to monitor nutritional health, watch for weight loss and address risk factors of malnutrition. Consider the following:

- Monitor weight. Keep a weekly record. Changes in how clothes fit can also indicate weight loss.
- Plan healthy meals or prepare meals ahead of time.
- Use local services. Contact local service agencies that provide at-home meal deliveries, in-home visits from nurses or dietitians, access to a food pantry, or other nutrition services.

Mealtime strategies to help maintain a healthy diet and good eating habits include the following:

- Nutrient-rich foods. Plan meals with nutrient-rich foods that include a variety of fresh fruits and vegetables, whole grains, fish, and lean meats.
- Herbs and spices. Use herbs and spices to add flavor to meals and improve interest in eating. Experiment to find favorites.
- Nutritional supplements. Use supplemental nutrition drinks to help with calorie intake. Add egg whites or whey powder to meals to increase proteins without adding saturated fats.

Talk to your doctor about any concerns you have regarding weight, changes in appetite, or other concerns about health and nutrition.

This is not medical advice. Consult with a medical professional regarding advice that is right for you. Reprinted in part from <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699?reDate=21092020>

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta,
Midland & Osceola Counties: 989-386-3805

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org

Featured Commodity: Brown Parboiled Rice

Nutrition Information:

- ½ cup cooked long grain brown rice counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Long grain brown rice is a whole grain.
- Grains are divided into 2 subgroups: Whole Grains & Refined Grains. Refined grains are milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, & many B vitamins. Whole grains contain the entire grain kernel. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, & brown rice.

Uses & Tips:

- Create a whole grain pilaf by mixing barley, wild rice, brown rice, broth, and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Try using brown rice when stuffing baked green peppers or tomatoes.

Upcoming Distribution Schedule

If someone else is picking up your food for you, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID. If you missed your distribution you can attend "Make Up Day" at our Food Warehouse, located at 2300 East Ludington Drive, Clare. Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall. **You may also call 989-386-6849 for a recording of all upcoming dates.**

- **Albright Shores Eagles:** Sept 14, 10:30-11:30
- **Alma Elks:** Oct 25, 9:30-11:00
- **Bay City Town Center:** Sept 8, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** Sept 21, 10:00-11:30
- **Clare Moose Lodge:** Sept 16; 10:00-11:30
- **Essexville Community Church:** Sept 3; 12:30-1:30
- **Evart Moose Lodge:** Sept 15; 11:00-12:00
- **Gladwin Free Methodist Church:** Sept 13, 10:00-11:30
- **God's Helping Hands, Remus:** Sept 1, 2:00-3:00
- **Grace Community Church, Howard City:** Oct 7, 1:30-2:30
- **Gratiot Commission on Aging:** Oct 25, 12:30-1:30
- **Greendale Township Offices:** Sept 7, 1:00-2:00
- **Greenville Armory:** Oct 7, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** Oct 27, 10:00-11:00
- **Ionia Moose Lodge:** Oct 26, 10:30-11:30
- **Marion VFW Post:** Sept 15, 1:30-2:30
- **Pinconning United Methodist:** Sept 14, 1:00-2:00
- **Resurrection Life Church:** Sept 1, 11:00-12:00
- **Sanford American Legion:** Sept 7, 10:30-11:30
- **United Methodist Church of Reed City:** Sept 16, 2:00-3:00
- **Food Warehouse Make-Up Day:** Sept 30, 9:00-11:00

Private distributions are not listed. Call 989-386-6849 for a recording of all upcoming monthly distribution dates. The calendar is also available at www.mmcaa.org

Customers must inform Mid Michigan CAA of changes in income or household composition within 10 days of the change.

August Recipe: Mediterranean Brown Rice Salad with Lemon Vinaigrette

Salad Ingredients:

- 1 cup long grain brown rice (or white rice)
- 1 can chickpeas
- 1 can artichoke hearts
- 1 red pepper
- 2 cup cherry tomatoes
- 1 cucumber
- ½ cup olives
- ¼ cup parsley

Vinaigrette Ingredients:

- 4 tablespoons lemon juice
- ⅓ cup olive oil
- 1 garlic clove, minced
- ½ tablespoon dijon mustard
- 1 tablespoon maple syrup
- salt & pepper to taste

Directions

1. Cook rice according to package instructions.
2. While rice is cooking, drain & rinse chickpeas & artichoke hearts. Cut all veggies in salad ingredients list into bite size pieces and set aside.
3. Combine all the vinaigrette ingredients & stir until well combined.
4. When rice is done cooking, let it cool to room temperature. Add rice to a large mixing bowl and toss with all the other salad ingredients.
5. Drizzle ⅓ cup of vinaigrette into the salad and toss to combine. Add more dressing, 1 tablespoon at a time, to taste.

Did you know?

There is no need to arrive to public distribution sites excessively early. Because participants are "pre-registered" we are able to plan for, and carry, enough food for everyone!