



Like us on Facebook for agency updates! 

 **Reminder Calls**

We have a new reminder system!

Monthly customers will again receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x1202.

**Focus On:  
MI Long Term Care  
Ombudsmen Program**

Since 1972, the Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities.

Licensed long term care facilities are nursing homes, homes for the aged, and adult foster care homes.

Ombudsmen advocate for the resident in the facilities, guided by the wishes of the resident. All services are provided under strict confidentiality. Ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission.

The program also aims to improve the long term care system, speaking for passage of laws, regulations and policies benefiting over 100,000 Michigan long term care residents.

The Michigan Long Term Care Ombudsman Program is funded by federal and state government. There is no cost to residents or families for ombudsman services. To reach a local ombudsman Call: 1-866-485-9393 Mailing Address: 15851 S. US 27, Suite 73, Lansing, MI 48906.

**Michigan Elder Justice Initiative is a program of Michigan Statewide Advocacy Services (MSAS) administered by Michigan Advocacy Program (MAP).**

**NUT-rition**

Eating nuts is good for your heart. Nuts are healthy, inexpensive, easy to store, and easy to take with you. Even though some nuts are high in fat, it is a healthy fat. Nuts provide protein, selenium, and Vitamin E. Choosing nuts instead of a less healthy snack can be a better option.

Including nuts in your regular diet can lower levels of inflammation related to heart disease and diabetes, improve artery health, decrease the risk of blood clots, which can lead to heart attacks and strokes, lower the risk of high blood pressure, just to name a few.

Adults should aim to eat about 4 to 6 servings of unsalted nuts a week as part of a healthy diet. Choose raw or dry-roasted nuts rather than nuts cooked in oil. It's best to choose unsalted or unsweetened nuts. Adding salt or sugar to nuts may cancel out their heart-healthy benefits. One serving is a small handful (1.5 ounces) of whole nuts or 2 tablespoons of nut butter.

Some good choices are:

Walnuts - Almonds - Peanuts - Hazelnuts - Pecans - Pistachios

Daily recommendations for Protein intake for women 60+ yrs of age are 5-6oz.

Daily recommendations for men 60+ yrs of age are 5 1/2-6 1/2 oz.

To learn more about protein, visit [www.myplate.gov](http://www.myplate.gov)

*This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.*

**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**

**Questions? Give Us a Call!**

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

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

Muskegon County: 231-557-7622

Oceana County: 231-923-3066

Online: [www.mmcaa.org](http://www.mmcaa.org)

## Featured Commodity: Mixed Fruit

### Nutrition Information:

In general, daily recommendations for women ages 60+ are 1 1/2 to 2 cups daily while for ages men 60+ are 2 cups daily.

-1 cup of canned mixed fruit counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.

1 Mixed fruit is naturally low in fat, sodium, and calories. Fruit does not have cholesterol.

-Canned mixed fruit contains many vitamins and minerals that are important for your body.

-For specific information about canned mixed fruit, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses & Tips:

Mixed fruit can be put on top of cottage cheese, yogurt and hot cereal. You can also use them to make smoothies with 1 cup mixed fruit, 1/2 cup yogurt, 1/2 cup milk or juice and ice (if too thick, add more liquid)

## 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. *Please note that scheduling changes may occur. Changes will be posted on [www.mmcaa.org](http://www.mmcaa.org), Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** May 9, 10:30-11:30
- **Alma Elks:** June 26, 9:30-11:00
- **Arms of Love, Greenville:** June 1, 10:30-11:30
- **Bay City Town Center:** May 10, 1:00-2:30
- **Clare Moose Lodge:** May 18, 10:00-11:00
- **Essexville Community Church:** May 1, 12:30-1:30
- **Evart Moose Lodge:** May 17, 11:00-12:00
- **Clare Co. Fairgrounds, Harrison:** May 16, 10:00-11:00
- **Gladwin Free Methodist Church:** May 8, 10:00-11:00
- **God's Helping Hands, Remus:** May 3, 2:00-3:00
- **Gratiot Commission on Aging:** June 26, 12:30-1:30
- **Greendale Township Offices:** May 2, 1:00-2:00
- **Grace Community Church, Howard City:** June 1, 1:30-2:30
- **Immanuel Lutheran, Mt. Pleasant:** June 28, 10:00-11:00
- **Ionia Moose Lodge:** June 27, 10:30-11:30
- **Marion VFW Post:** May 17, 1:30-2:30
- **Pinconning United Methodist:** May 9, 1:00-2:00
- **Resurrection Life Church:** May 3, 11:00-12:00
- **Sanford American Legion:** May 2, 10:30-11:30
- **United Methodist Church of Reed City:** May 18, 2:00-3:00
- **New Hope Community Church, Shelby:** May 22, 10:30-11:30
- **Christ Temple Apostolic Church, Muskegon:** May 22, 10:30-11:30
- **Holton Community Center, Holton:** May 23, 11:30-12:30

*Private distributions are not listed. The calendar is also available at [www.mmcaa.org](http://www.mmcaa.org).*

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

## April Recipe: Instant Potato Shepherds Pie

-1lb ground beef or canned beef

-1(20 ounce) box instant mashed potatoes (8 serving size)

-2 cups canned mixed vegetables

-1(8 ounce) can beef gravy

-2 tablespoons garlic powder

salt/salt substitute, pepper and paprika to taste.

### DIRECTIONS

**Preheat Oven to 325°F.**

Use vegetable spray on casserole dish. Prepare instant mashed potatoes following box directions. Brown ground beef. Add 1/2 can of beef gravy. Add garlic powder. Stir until well blended. Drain vegetables. Add the beef mixture to casserole dish. Add the vegetables and spread evenly. Add large spoonfuls of the mashed potatoes. Cover the vegetables. Wait a few minutes for potatoes to cool before spreading. Make a design with bottom of fork on the potatoes. Sprinkle some paprika. Bake for 30 minutes. Cool for 15 minutes before slicing.

Add remaining warmed gravy to each serving.