

May

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HAPPY
BIRTHDAY
TO ALL OUR VALUED
PARTICIPANTS



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Meals on Wheels

(208) 232-1114 Opt. 3

www.seicaa.org

Your feedback is important to us!
Contact us to give feedback and help
us continuously improve.



Older Americans Month



Established in 1963, older **Americans Month (OAM)** is celebrated every May. Led by the **Administration for Community Living (ACL)**, OAM is time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, **Champion Your Health**, focuses on promoting, preventing, wellness, and personal responsibility in aging.

Delivery date changes due to office closures/holiday's:

Meal for 5/25 (closed), will be delivered on 5/20



*Please call the day before to cancel
a meal.*



United Way
of Southeastern Idaho

Individual Nutrition Consult



Are you in need for an individual Nutrition Consult? If so, our nutritionist can do a free one on one consult with you. The nutritionist can consult on the following: **unintended weight loss, newly diabetic, poor appetite, new cancer diagnosis, renal patients, muscle loss, access to food, etc..** If you would like a consult please let your driver know, or please call our office.



Donation Reminder

We hope that you are all enjoying your meals and that receiving them is helping you stay in your home. We depend somewhat upon your donations to continue the program. If you cannot afford them please do not feel that you have to contribute, we appreciate any and all donations we receive.



**Comments? Questions? Concerns?
Call the office: 208-232-1114 Opt.3**

May 2026 Nutrition Article

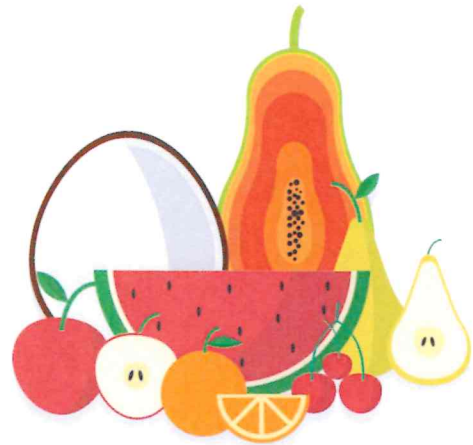
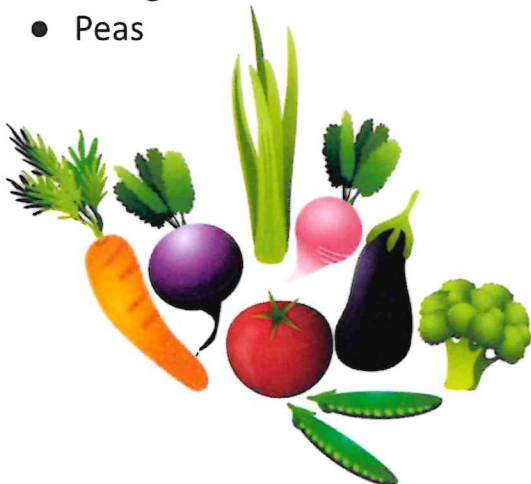
With warmer weather and sunnier days ahead, let's get out there and soap up some Vitamin D. The sun provides us with vitamin D and can help us feel happier; studies show that Vitamin D helps reduce levels of depression and regulate mood. Having adequate amounts of Vitamin C can also help our bodies to retain Calcium and Phosphorus, essential for bone maintenance and integrity.



- Sources of Vitamin D include:
 - Sun
 - Fish (Oily fish such as salmon, tuna, swordfish, oysters, etc)
 - Eggs
 - Orange juice, that has been FORTIFIED with Vitamin D
 - Dairy products that have been FORTIFIED with Vitamin D
 - Supplements
- Recommendations for supplement intake include:
 - 600 IU (international units) for adults 18-70 years old
 - 800 IU for adults over 70 years old

Seasonal foods in May?

- Pineapple
- Strawberries
- Mangos
- Peas



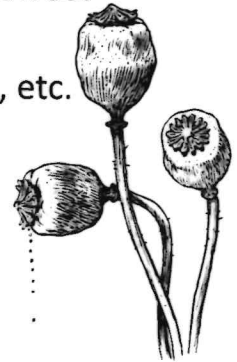
Seasonal Fruit Salad with Honey Poppy Seed Dressing

- 2 cups strawberries, cubed into bite size pieces
- 2 cups banana, cubed
- 1 cup blueberries
- 1 tbsp juice of lemon or lime
- ¼ cup honey
- 2 tsp poppy seeds

Rinse and cube all fruits (with the exception of blueberries), place in a large bowl, and set aside. In a small bowl or cup, mix in juice of lemon/lime, honey, and poppyseeds. Mix well. Pour honey mixture over the fruit and gently mix to coat all the fruit. Enjoy!

Store in an airtight container in the refrigerator for up to 3 days to avoid fruits getting mushy. Also, enjoy with a side of cottage cheese for a sweet and savory treat!

Optional substitutions: Raspberry, mango, grapes, pears, pineapple, etc.



FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. ***Ask your center staff for details today!***
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas

Exercises

These exercises are designed to help you **build strength**, **improve balance**, and **increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

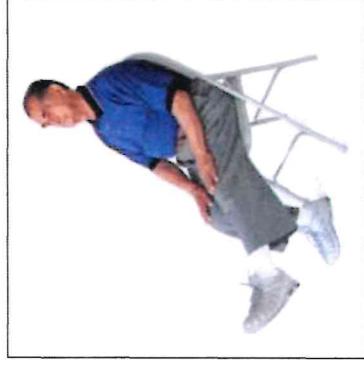
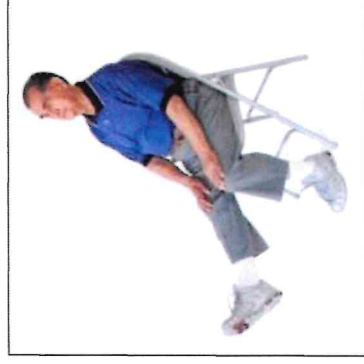
1 Stand Up and Sit Down



- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times

Exercises

2 Leg Lifts

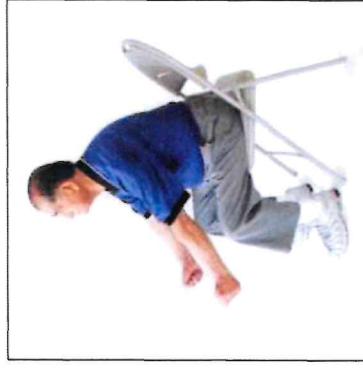


- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg
- * For additional challenge, use 1-pound ankle weights

Exercises

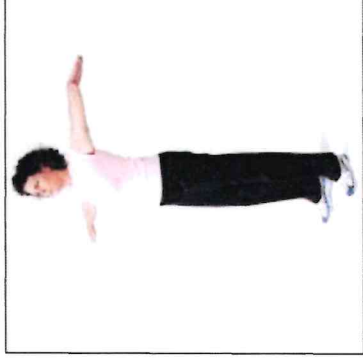
Exercises

3 Two-Arm Row



- Sit or stand, bending forward slightly at the waist
- Make fist with hands and extend both arms forward
- Pull arms back, bending elbows into a 90-degree angle
- Slowly straighten arms, extending them forward
- Repeat 10 times









4 Arm Raises



- Sit or stand
 - Begin with arms straight down at sides, palms inward
 - Raise both arms to side, shoulder height
 - Hold position for 1 second
 - Slowly lower arms
 - Repeat 10 times
- * For additional challenge, use 1-pound hand weights



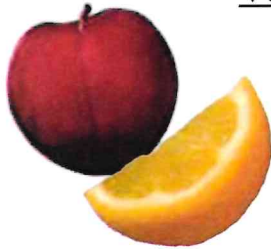
Add Fruits and Vegetables to Classic Favorites...

| Classic Dishes | Plus | Fruit or Vegetable |
|---|----------|---|
| <p>Yogurt</p>  | <p>+</p> |  <p>Peaches</p> |
| <p>Oatmeal</p>  | <p>+</p> |  <p>Raisins</p> |
| <p>Quesadillas</p>  | <p>+</p> |  <p>Tomatoes and Peppers</p> |
| <p>Lasagna</p>  | <p>+</p> |  <p>Spinach</p> |



Tips

...to Help You Eat at Least 3½ Cups of Fruits and Vegetables Every Day



- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Dried fruits make a great snack. They are easy to carry and store well.
- For dessert, have baked apples, pears, or a fruit salad.
- Try a fruit smoothie – mix bananas, peaches, strawberries, or other berries with low-fat or fat-free yogurt.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples.
- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad for lunch.

*Tips were adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/eathealthy/fruits/fruits-tips>