

**Important Numbers**Office  
(810) 632-2155Fire, Police, Emergency  
911**Office Hours**

Mon – Fri      7:30 am – 4:00 pm

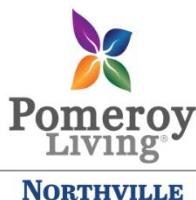
# Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



Meals on Wheels would like to wish everyone with a birthday in August a very Happy Birthday!



The August newsletter is sponsored by Pomeroy Living of Northville.

AUGUST 2020

## THANK YOU <sup>#helpers</sup> TO THE HELPERS.

Volunteers = Heros = Superstars = Heart

As a lot of our temporary volunteers return to work we want to thank you from the bottom of our heart for volunteering your time during this crisis. We also want to thank all of our regular volunteers who have been here since day one; we couldn't do this alone and we can't thank you enough!!

#Togetherwedeliver

Always remember – wear your mask and gloves, avoid contact and BE SAFE!

If you need anything please let us know.

Livingston/Western Meals on Wheels 810-632-2155

## National Lighthouse Day – August 7, 2020

Observed annually on August 7, National Lighthouse Day honors the beacon of light that for hundreds of years symbolized safety and security for ships and boats at sea. At one time, the beacon of light could be found across almost all of America's shorelines.

A lighthouse is described as a tower, building or any other type of structure that is designed to emit light from a system of lamps and lenses and used as an aid for navigation for maritime pilots at sea or on inland waterways to mark dangerous coastlines, hazardous shoals, reefs and safe entries to harbors.

Michigan is home to more than one hundred lighthouses. Scattered along the shoreline, Michigan's lighthouses offer waypoints to those on water and are landmarks of history for those on land. Short and squat, or tall and lean, each of Michigan's uniquely-beautiful lighthouses plays its part in keeping the Great Lakes safe. With 3,200 miles of shoreline and one of the nation's most active waterways, it's no wonder that Michigan claims more lighthouses than any other state in the country.



Ludington Breakwater  
Lighthouse – Ludington, MI



Old Mackinac Point Lighthouse –  
Mackinac, MI

# 10 Tips: Choosing Healthy Meals as You Get Older

By the USDA – ChooseMyPlate

## Healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do — no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

### 1. Drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Lowfat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

### 2. Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make meal-times pleasing.

### 3. Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

### 4. Know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

### 5. Vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

### 6. Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

### 7. Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the



cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

### 8. Keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

### 9. Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

### 10. Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.