



MEALS on WHEELS

EASTERN ONONDAGA COUNTY

TOGETHER, WE CAN DELIVER.

[HTTP://WWW.MEALSONWHEELSEASTONONDAGA.ORG/](http://www.mealsonwheels-eastonondaga.org/)

315-637-5446

Introducing Sabine Lehmann - Meals on Wheels of Eastern Onondaga County Newest Cook

By: Robyn Adams

They say that when one door closes another one opens. This was the case last January when we welcomed Sabine Lehmann as the new cook at Meals on Wheels of Eastern Onondaga County. I was fortunate to sit down and talk with Sabine who told me about Germany, and transitioning to her new life in Cazenovia.

Sabine has lived most of her life in south west Germany, near the famed Black Forest. Her career began, not as a cook, but as a draftsman helping to build streets in and around her hometown. Sabine's career transition came after stepping in to help out in the restaurant at the sports club where she was an avid bowler. It was here that she learned the skills necessary for running a commercial kitchen.

In 2008 Sabine came to the U.S. with her husband and two youngest children, and settled in Cazenovia. (Her two oldest children remained in Germany to attend university.) Upon moving to Cazenovia, Sabine put her cooking skills to work at Fernwood Farms Bed and Breakfast where she helped in the kitchen every weekend. After learning about Meals on Wheels through a friend, Sabine began volunteering in the kitchen on a regular basis. Last winter when the position of cook



opened up at Meals on Wheels Sabine gladly stepped in to fill the role.

Sabine finds her job at Meals on Wheels incredibly rewarding, and puts 100 % of her energy into preparing the meals that go out each day. At the end of the day, Sabine loves knowing that her work is appreciated by many in our community. In addition, she takes great pride in knowing that the food she is preparing is not only nutritious, but aesthetically pleasing as well.

In addition to cooking, Sabine also enjoys walking her dog, knitting, sewing, and travelling with her family on weekends. Sabine hopes to introduce some of her favorite German recipes into the meal rotation at Meals on Wheels. We think that would be wunderbar!!

More Than a Meal

FALL 2017

Sabine Lehmann's Recipe for Schnitzel

The original Wiener Schnitzel is made with the meat of a calf. But it's also ok to take chicken, pork or turkey.

Ingredients:

Slices of meat approximately 1/4 inch thick
Salt and Pepper
Flour
Paprika
Eggs
Vegetable oil
Milk
Bread Crumbs

Directions:

Season meat slices with salt, pepper, and paprika. Have three plates ready, one with flour, one with egg wash (egg, a few drops of vegetable oil, milk), and one with bread crumbs. In a skillet, heat vegetable oil (or lard) at medium heat. Go through all plates - cover meat first with flour, then dip meat into egg wash, and then cover in bread crumbs. Brown meat slices in hot oil until crispy.



Understanding Age-Related Memory Loss

By: Dr. Bernard Schneider

As we grow older, our bodies change. Our hair thins and turns grey, wrinkles appear, we have less stamina and we may stoop a little, etc. Although we may not like it, we accept these changes as normal and hope that they do not interfere with our lifestyle. At the same time, our brains are also undergoing subtle age-related changes. These changes are often more difficult for us to accept, as we are concerned that they portend something more serious and we worry about losing our independence. It is important to remember that healthy people can experience memory loss or distortion at any age. Unless the changes are extreme or persistent, they probably do not indicate Alzheimer's or other mental diseases.

According to a Harvard Medical School bulletin, the following are normal memory problems:

Transience: The tendency to forget facts or events over time. This may worsen with age, and memories most easily recalled are the ones least likely to be distorted with time. Memory has a use-it-or-lose-it quality, so distant memories may be ones most easily forgotten.

Absentmindedness: This includes forgetting where your keys or glasses are and not remembering appointments. These lapses occur at all ages; we laugh them off as trivial mistakes when we are young but worry that they are more serious as we age. These memory lapses are probably due to not paying attention when we put down our keys or make appointments, so our brain doesn't register the event properly. These are so common that there are devices controlled by cellphones to help find lost items. Such lapses are more common as we age and do not indicate impending dementia.

Blocking: The temporary inability to retrieve a memory. This can be embarrassing, especially when we cannot remember the name of an old friend or we cannot think of a word in the midst of a conversation. We all know the feeling that the word or name is on the tip of our tongue, but we can't "bite it off". Research has shown that half of our memories are recalled in a minute or so. While frustrating, it is normal and worsens with age.

Misattribution: This occurs when we remember something accurately in part but insert some other person, time, or event to complete the memory. This is not done intentionally, and to the person this is the way

they remember the episode they are recalling. This worsens with age, and older memories are more prone to this than recent ones.

The cause of memory loss is not known but it is probably multi-factorial. Deterioration of the hippocampus occurs as we age. This is the area of the brain involved in the formation and retrieval of memories.

Hormones and proteins that protect and repair brain cells, as well as stimulate neural growth, decline with age. Decreased blood supply to the brain can also impair function. There are reversible causes of memory loss which include medications, minor head trauma, emotional stress, alcoholism, vitamin B12 deficiency, and an under active thyroid gland.

Our brain is capable of producing new brain cells at any age, so significant memory loss is not inevitable. Just as we use physical exercise to maintain the health of our heart, so we must look after the health of our brain.

Ways to do this include aerobic exercise, eating a healthy diet, and getting plenty of restful sleep. In addition, challenging your brain with reading, problem solving puzzles, and conversation are beneficial as well.

While the brain may show some age as detailed above, many mental functions are unaffected. These include wisdom and knowledge acquired from life experiences. In addition, judgement, common sense and empathy usually remain intact.

If you are concerned about your memory loss, see your doctor. Knowledge that your problem is not serious will be comforting. If there are reversible causes of the problem, they can be diagnosed and treated. If the problem is more serious than you think, this is important to know as well so you and your family can prepare for the future.



Do you know someone who would benefit from our services?

Help us to help them. Call our office to get them started: 315-637-5446

If you would like to make a financial donation, checks can be made payable to: Meals on Wheels of Eastern Onondaga County, and mailed to: P.O. Box 72, Manlius NY 13104. Donations also accepted online through our website: <http://www.mealsonwheelseastonondaga.org/>

Your support of Meals on Wheels allows us to continue our mission of providing nutritious meals and regular personal contact for those in need to enable healthy independence.



The Importance of Physical Activity

By: Ben Adams

Physical activity is an important part of living a happy and healthy life. Exercise is an easy solution to many of life's problems! It keeps the body active, healthy, and fit. Physical activity is most effective when done in segments throughout the week. It is recommended to do at least 30 minutes of physical activity for at least five days a week for the best results. However, 30 minutes is not the limit, 60 minutes would make for a healthier and more active lifestyle. Exercise and working out have many scientifically proven benefits. Staying active extends one's life, it reduces risk of many diseases such as: heart disease, stroke, diabetes, some cancers, osteoporosis, and depression. It makes the body stronger and healthy, reducing the risk of falls and other injuries. Physical activity has also been proven to raise self-esteem, and create a happier life. However, not everyone has experience with exercise, and some may be nervous or embarrassed getting started on an exercise regimen. The best thing to do is to start slowly, this reduces any risk of injury and allows one to build up more experience as one exercises. There are two different types of exercise: Aerobic and Anaerobic. Aerobic is cardio exercise; a workout that really gets the heart pumping. This type of exercise includes: running, walking, hiking, biking, and rowing. Aerobic exercise is very healthy for the heart and is definitely recommended for beginners. The next type of exercise is Anaerobic. This type involves weight lifting and resistance which builds and strengthens muscles. Some examples of Anaerobic exercise include: lifting weights, working with resistance bands, and different types of calisthenics, such as pushups or squats. This is recommended only after more experience is gained, but is necessary for maintaining a strong and

healthy body. Don't be scared of exercise; find your own way of doing things and create a schedule that works for you. A schedule can help create a time every day that is dedicated to physical activity. This also helps with motivation. Exercise doesn't have to be boring or feel like a chore. When exercising, you can bring a friend, bring music, or even watch TV. Exercising is very important for a healthy life, but it is also important to know the safety rules of physical activity. Try to choose low risk activities like walking or gardening, instead of high risk activities such as skiing. Use protective gear when doing certain activities, such as wearing a helmet while biking, or wearing gloves while gardening. One of the most important safety rules is to stay hydrated. Hydration is key, it allows our bodies to stay active longer, and healthier. Physical activity is an essential part of staying healthy, and a great way to stay active and happy.



Know Your Food and Medicine

By: Ben Adams

Food is one of the best parts of life. It adds flavor to life, and happiness to our bodies. Eating healthy foods is a great way to keep the body running. However, some foods can have adverse results when combined with certain medicines. There are 4 foods to keep in mind: leafy greens, grapefruit juice, salt substitutes, and processed or aged meats and cheeses. Eating leafy greens is a great way for the body to stay healthy and creates a balanced diet. However, leafy greens such as kale, spinach, broccoli, and collard greens contain vitamin K which is a blood thinner. If you already take blood thinners, eating too many greens can be counterproductive. That

doesn't mean you have to stop eating them. It simply means you should eat a small and consistent amount.

Although healthy, grapefruit juice can change the way some medications are absorbed. It is best to eliminate it from your diet if you take statins. If you take Antihistamines, blood pressure drugs, cough suppressants, stomach acid blocking drugs, and thyroid replacement drugs, it is best to reduce your intake or eliminate grapefruit juice from your diet altogether.

Another food to look out for is any salt substitute. Salt substitutes usually contain potassium instead of sodium found in regular salt. Potassium reduces the effectiveness of Digoxin and ACE Inhibitors. They do not need to be eliminated from your diet however, just contact a doctor or physician if you take these medicines.

Lastly, try and avoid all processed meat, aged meat, and cheese. These foods contain high levels of an amino acid called Tyramine. Some medications such as MAOIs can prevent the breakdown of Tyramine, which will increase blood pressure. If you take MAOIs it is best to eliminate these foods from your diet. If you are concerned that a food has interacted with your medication, call your doctor. With all medications follow these safety guidelines:

- Have a list of all medications you are currently taking.
- Keep all written materials that come with your medications.
- Be sure to have a proper storage place for all of your medications.
- Follow directions provided by your doctor, and take all of your medications directed.
- Check expiration dates on all medications, and dispose of all old and expired medication properly.
- Have emergency medical information on hand at all times.
- Get in a routine of taking your medications.

It is important to know all of the facts about your food and medication so that you can live a safe and healthy life!

Volunteer Spotlight:

Ron Bort

When someone as special as Ron Bort comes along, there are not enough ways to say thank-you. War veteran, teacher, volunteer – it would be difficult to find a single person who has done more for our community.

Ron will be retiring as a driver for MOWEOC where he has volunteered for the past 14 years. We reached out to Ron and asked him to tell us about his involvement in our community, as both a teacher and volunteer.

“While attending the State University College at Oswego, I did my student teaching at Mott Road School. Upon completion, my principal asked me to keep them in mind when applying for a job.

The Vietnam War intervened.

After serving 3 years in the U.S. Air Force, I returned to Mott Road. I taught in the Fayetteville-Manlius School District for 30 years: Mott Road (1st and 4th grades), Fayetteville Elementary (2nd grade), and Wellwood Middle School (5th grade).

After retiring, I knew that I wanted to become involved with volunteering, and Meals on Wheels was my first choice. I drove the Bridgeport route (#4) for 14 years, and recently retired to have complete knee replacement surgery.

Like so many of our Meals on Wheels drivers, I volunteer for other organizations too. I help at the Manlius Library and the Hospice of Central New York. I also drive for F.I.S.H. and help with the American Cancer Association.

In my spare time I enjoy taking classes at the local YMCA, both for physical activity and for the socialization.

It’s not every day that you get to ‘toot’ your own horn, so I say thank you for this opportunity!”

Ron and his wife, Madeleine, have been married for 49 years. They have 3 sons and 5 grandchildren. Ron and Madeleine enjoy traveling (stopping at colleges and local libraries along the way), history, reading, ice skating, dancing, and musical theatre.

Join us in thanking Ron for his dedication to our community and especially to MOW.



Ron Bort, Janet Best (Director of the Fayetteville Senior Center), and Madeleine Bort

Thank You, Thank You, Thank You!!!

Many Thanks to Nancy Shepard and the FM Neighbors and Newcomers Club for sponsoring a wonderful plant sale to benefit the clients of Meals on Wheels of Eastern Onondaga County (MOWEOC). On August 4th and 5th Nancy opened her beautiful gardens on Churchill Lane in Fayetteville to sell perennials and herbs of all sorts. Members of the club shared a bounty of hosta, peonies, ferns, black-eyed Susans, coreopsis, loostripe, primrose, mint, chives, and many other plants

from their own gardens. A supportive group of volunteers were on hand to explain the various items for sale, including specific instructions for their care. Cold beverages and ice cream rounded out the offerings. MOWEC is very grateful to the FM Neighbors and Newcomers Club for their continued support of our mission. A finer group of neighbors is hard to find!



Save the Date! Upcoming Can and Bottle Drives Benefiting Meals on Wheels of Eastern Onondaga County:



December 16, 2017

April 7, 2018

September 22, 2018

December 8, 2018

2017 Election Day Pasta Dinner Mark your calendar!

4th Annual Election-Day Pasta Dinner
DeWitt Community Church
Tuesday November 7th
3 pm – 8 pm
Adults \$11, Seniors \$9, Children \$6
Eat-in or Take-out



Hearty pasta dinner with all the fixings provided by **Carrabba's Italian Grill**

Blockbuster Wine Event

On June 20th, a full house enjoyed a special fundraising evening at Carrabba's Italian Grill. The local restaurant at Fayetteville Towne Center hosted a Carrabba's Cares Night with a wonderful wine pairing dinner event. Diners enjoyed four chef-selected courses perfectly paired with Francis Ford Coppola wines. In addition to the wine pairing event, all day long patrons who mentioned Meals on Wheels of Eastern Onondaga County had a portion of their lunch or dinner check donated to the organization. Carrabba's has long been a generous supporter of MOWEOC and we truly appreciate their community partnership.

CARRABBA'S
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From the desk of our Case manager,

When we recently asked Case Manager, Elaine LaFollette if she had any feedback from our client base, this was her response

“Many of our clients would not be able to live alone in their home without our meals. To have the driver bringing them their meals each weekday is a great way to connect with them and make sure they are doing okay that day. Some days, the driver is the only contact our client has. I have been told by many of the clients that they feel healthier since eating our meals. It is such a wonderful service to

our community, and I am certainly glad that I am a small part of it.”



We like to keep you informed, but sending newsletters can be costly. To help keep our expenses down, please consider sharing your email address with us. If you are willing to receive email correspondence from us, please contact us at: moweoc@gmail.com

WISH LIST

Name tags and lanyards for volunteer drivers

Aprons and hats for volunteers with MOWEOC logo

Coleman coolers

Kitchen supplies: measuring cups, scoops, small storage containers, pot holders, etc.

Forever stamps

*"Age is an issue of mind over matter.
If you don't mind, it doesn't matter."*

Mark Twain

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MOWEOC
P.O. Box 72
Manlius, NY 13104