



# MEALS **on** WHEELS

## EASTERN ONONDAGA COUNTY

TOGETHER, WE CAN DELIVER.

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

(315)-637-5446

WINTER/SPRING 2017



### FM-JD Meals on Wheels Changes Name

by Robyn Adams

What's in a name? Everything, if the name change means reaching more people in our community who may otherwise go hungry. Since 1974 FM-JD Meals on Wheels has been serving hot and cold meals to the elderly, disabled, and the infirm. Over the years we have expanded our territory to include the communities of Fabius, Pompey, Lafayette, Tully, and Bridgeport. In an effort to reach more people who may not be aware of Meals on Wheels outreach in their neighborhood, we are changing our name to **Meals on Wheels of Eastern Onondaga County, Inc.** We will continue to serve the areas of Jamesville, Dewitt, Fayetteville and Manlius, as well as our Wellness in Nutrition clients in East Syracuse, Minoa, and Kirkville.



### Election Day Pasta Dinner a Huge Success!

This year's groundbreaking election attracted a record number of participants to Meals on Wheels' annual election day pasta dinner. Every year Dewitt Community Church graciously opens its doors to friends of Meals on Wheels, demonstrating continuing support of its mission to fight hunger in our communities. Thanks to heavy voter turnout, many of whom voted at Dewitt Community Church, this year's pasta dinner raised an impressive \$5,000 for Meal on Wheels. During the past two years, our annual election day pasta dinner has served an average of 175 meals. This year's all-day event brought in an astonishing 638 diners. None of this would have been possible without the incredible generosity of Shawn Kelly, proprietor/manager of Carrabba's Italian Grill in Fayetteville Towne Center, whose establishment sponsored, prepared and served a delicious meal including spaghetti, meatballs, bread, and salad.



The election day feast began at 6:00 am with a continental ala carte breakfast served to early voters with donations from Brueggers Bagels, Tops, and Panera. Dinner, which was served from 12:00 until 8:00 pm, was busiest between the hours of 4:00-7:00 when long

lines prevailed. Desserts were donated by Mrs. Kelder's Cakes and Murphy's Specialized Cakes, both boutique bakeries in Manlius, as well as Half Moon Bakery in Jamesville and some volunteer bakers. Dairy products were generously donated by Byrne Dairy. Proceeds from each meal directly benefits seniors and other home bound individuals in our community remain food-secure at home. One adult ticket paid for two daily meals to get delivered to a Meals on Wheels client.



### Congratulations to Derek and Kristen Seamans of Fayetteville!

Derek and Kristen are the lucky winners of this year's pasta dinner raffle. Derek and Kristen's winnings included gift cards from Wegmans, Target, Tops, and Price Chopper, plus an assortment of products from Trader Joe's and Starbucks. It was almost a \$350 value.

## Secrets of Aging Well

By: Robert Westlake, MD

Several times a year I see a human-interest spot on the evening news that celebrates someone's achievement of extremely old age. The inevitable question asked of the subject by the reporter is "To what do you attribute your remarkable longevity?" Aside from the usual responses of "one cigar and a shot of whiskey" several themes seem to predominate – daily activity, both social and physical, a healthy diet and enough sleep. You've already taken steps to maintain a healthy and nutritious diet by virtue of your enrollment in Meals on Wheels, so let's take a moment to talk about one of the other secrets to aging well – Sleep Hygiene.

Most of us give little thought to sleep until we can't achieve it or it becomes inadequate. In fact, most of us know precious little about sleep, its promotion, maintenance and repair. Most of us, for much of our lives, put little value on sleep, abusing and sacrificing it in favor of things deemed more important such as work and social life. While this abuse can be tolerable when we're young, it becomes less so as we age.

So, how should we respond when we start to have difficulty falling asleep and/or staying asleep? This article will examine the factors that damage sleep and ways we can correct them and sleep better.

### *The Sleep Habit*

First, we need to recognize that good sleep is a habit, a conditioned response that gets stronger the longer it's maintained. If we go to bed at the same time and get up at roughly the same time each day our body comes to expect and seeks to maintain that schedule. Research has shown that we should expect 7 to 8 hours of sleep each night even as we age. The one change we see with aging is that we're more easily awakened and sleep will thus seem "broken up". Fact is, sleep achieved in four 2 hour naps is just as good as 8 continuous hours asleep! So, don't agonize about failing to sleep "normally" as long as you're rested and alert.

### *Sleep as a Chemical Pendulum*

Sleep is also a chemical process in the brain. The brain works by making and breaking chemical connections. The chemicals that do this work are called neurotransmitters. Some of the chemicals make you alert. Others make you sleepy. During the day, the chemicals that keep you awake diminish and those that make you sleepy increase. Late in the evening, as light fades, the sleep promoting chemicals

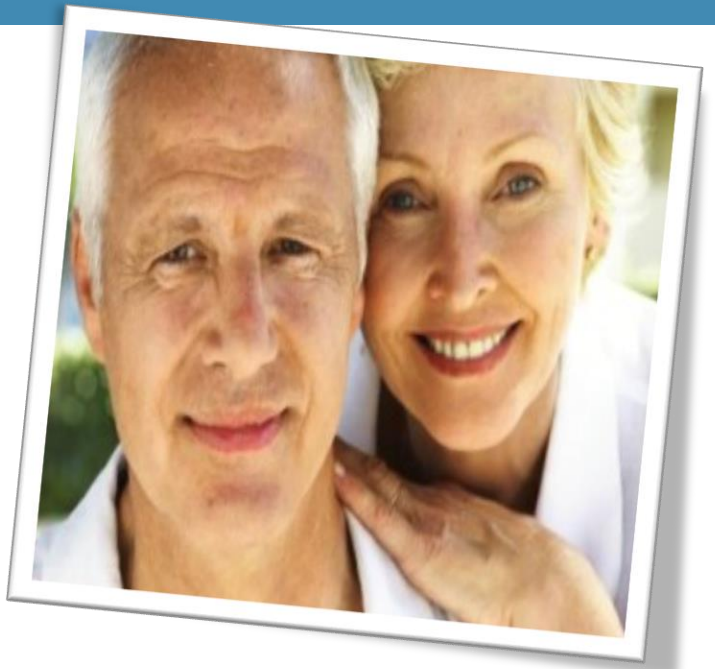
gain the upper hand, making us sleepy. If we let them do their job, we sleep. While we sleep the "sleepy" chemicals are consumed and the "wake" chemicals are regenerated so they, and we, can pursue our daytime activities.

The rhythm of sleep and wakefulness is a wondrous process but, boy can we mess it up! And once it's messed up our capacity for developing habits becomes our enemy, perpetuating the insomnia as a counter-productive habit!

All sorts of things alter our chemical and habitual sleep rhythm, either for better or worse. Some of these things include stimulants, sedatives, medications for unrelated medical problems, work schedules, travel, timing of exercise and activity, chronic illness, pain, sleep environment, napping, alcohol, stress, frustration, anxiety and depression. You can probably add other factors to the list.

Realizing the impact of both behavior and intrinsic bio-rhythms on sleep, the National Sleep Foundation and other organizations have developed guidelines for maintaining restful sleep. These guidelines have been dubbed the Ten Commandments of Sleep Hygiene:

1. Set a consistent bed time and awakening time.
2. If you are in the habit of taking naps, try not to exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion for four hours before bedtime and do not smoke.
4. Avoid caffeine six hours before bedtime. This includes coffee, tea, and soda, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods four hours before bedtime. A light snack before bed is acceptable.



6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping, and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve the bed for sleep. Don't use the bedroom as an office, workout room or recreation room.

Sleep as we age doesn't have to be less restorative. The Ten Commandments of Sleep Hygiene provide a framework for self-help and your primary care physician, aided by specialists in Sleep Medicine, are additional resources for helping you sleep and age well.

**AGE IS NOT  
IMPORTANT UNLESS  
YOU'RE CHEESE.**

## FALL/WINTER MENU CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Salisbury Steak with mushroom gravy  Cheesy Stuffed Peppers	Parmesan Crusted Chicken  Breaded Veal Cutlet	Baked Ziti with Italian  Sausage  Chicken Sandwich with cranberry mayo	Ham & Scalloped Potato  Buffalo Chicken Pizza	Crispy Fish Filet with Homemade Tartar sauce  Swedish Meatballs	Week 1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Cacciatore  Veggie Burger on roll with Chipotle Mayo	Texas Style Beef Chili  Turkey Vegetable Soup	Roast Pork with Onion Gray  Jen's Famous Egg & Potato bake	Rosemary Roasted Chicken  Tuna Noodle Casserole	Baked Mac & Cheese Formaggio  Turkey Burger on a bun with sour cream and salsa	Week 2
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Divan  Spanish Rice	Vegetable Lasagna  Turkey Pot Roast	Pepper Steak  Vegetarian Chili with Shredded Cheese	Loaded Baked Potato Soup with Green Onions  Meat Loaf with Gravy	Pasta Primavera  Sausage, Peppers, Onions	Week 3
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Country Fried Chicken with Gravy  BBQ Pork Rib	Beef Stroganoff with Egg Noodles  Turkey Sloppy Joe on a Roll	Roasted Greek Chicken  Perogies With Brown Sauce	Spaghetti and Meatballs  Baked Lemon Pepper Pollock	Roasted Red Pepper and Basil Frittata  Turkey Tetrazzini	Week 4



## How Do I MakeThat?



## Chicken Divan

- 2 TBSP – Butter or Margarine
- 2 TBSP – Flour
- ¾ Cup – Milk
- ¼ Cup – Cooking Sherry
- 1 can – Condensed Cream of Chicken
- 10 oz. – Frozen chopped Broccoli,
- 1 ½ cups – cooked Chicken, cubed
- 4 oz. – Shredded Cheddar Cheese
- ½ Cup – Bread Crumbs
- 2 Tbsp. Butter

In a saucepan, melt 2 Tbsp. butter or margarine, whisk in flour until blended. Gradually add the milk and cooking sherry, stirring constantly until bubbly and thickened. Blend in the condensed soup and set aside. Place broccoli in a casserole pan, cover with ½ of the sauce, top with the chicken, cover with the other ½ of sauce and top with the shredded cheese. Melt the remaining butter and toss with the bread crumbs. Sprinkle over the casserole. Bake uncovered at 350 degrees for 35-45 minutes or until heated through.

## Annual Appeal Update

We would like to thank everyone who already donated to our year-end Annual Fundraising Appeal. We are slightly over half way to the \$50,000 goal. This year's goal was an aggressive one, but our organization has multiple needs.

Our kitchen is over 40 years old and quickly outliving its usefulness. We have a need to update our facilities to better serve our client base which has grown over 25% in the past year. Serving 40,000 meals per year can take a toll on a work space. Additionally, many clients who receive our services need financial assistance to pay for the daily meals. Government funding for the Wellness in Nutrition program has been adversely impacted, such that there now is a waiting list

for new clients. Community donations would help to serve clients in need who have been wait-listed.

Help to serve clients in need who have been wait-listed. If you would like to make a financial donation, checks can be made payable to Meals on Wheels of Eastern Onondaga County and sent to PO Box 72, Manlius, NY 13104

Donations also accepted on-line through our website:

<http://mealsonwheelseastonondaga.org/>

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



Can & Bottle drive April 8th & June 17<sup>th</sup>. Drop off donations between 9:00 am-1:00 pm at Sno-Top or Dewitt Community Church.

**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.**

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P.O. Box 72  
Manlius, NY 13104