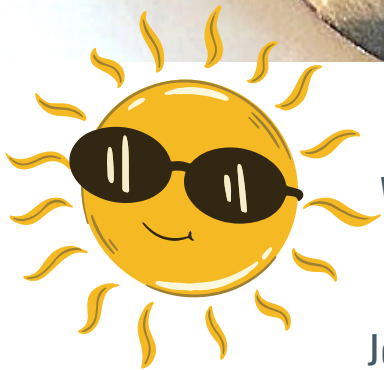




2022 JULY - SEPTEMBER

# BEHIND THE WHEEL

More than a Meal



## Swinging into Summer!

We've had lots of excitement happening at Meals on Wheels!

We have a new face around the office! Jessica Grabell will be taking over as the new Program Manager. A mom of two, she comes to us with lots of experience working with seniors at Northland Point, and as a recreational therapist. Jessica is passionate about working within the local community. We are excited to have her join the team!

While the weather is heating up, we've made some changes to our frozen meal program.

A significant increase in pricing from our previous supplier led to discussions with Gourmet at Home, our local hot meal supplier. At the beginning of June, Gourmet began preparing our frozen meals as well. There are lots of new and exciting menu options, including weekly fish, pasta and gluten-free options. The feedback has been great so far! One even called the change "Outstanding!"



**Welcome  
Jessica**

## Meals on Wheels Port Colborne

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NO MEAL DELIVERIES ON  
STAT HOLIDAYS

**Canada Day**  
Friday, July 1



**Civic Holiday**  
Monday, Aug 1



**Labour Day**  
Monday, Sept 5

# Don't Let the Hot Summer Be a Bummer for your Skin!



You may have noticed, as we age, our bodies change :) Our skin changes too! It loses fat, becomes thinner, and begins to weaken. Because of this, UV rays are able to penetrate more deeply. Top that off with a diminishing ability of aging bodies to repair damaged cells, and the risk of abnormal cell growth associated with skin cancer rises. Luckily there are ways to help keep your skin healthy in the summer! Follow these tips so you can enjoy the many AMAZING benefits of sunshine, without overexposure.



## HYDRATE!

It's harder for skin to stay hydrated as it ages. This affects your skin's ability to perform essential functions like cell turnover (replacing dead cells with new). Drinking water is essential, so try to carry a water bottle with you as you move about your day, and take small sips whenever you can.



## KEEP COOL

Try to find a shady spot so that you can stay out of direct sunlight.

Limit your time outside and take breaks indoors when you can.

Avoid the sun during the peak hours of 10am to 4pm when penetration of harmful rays is at its highest.

## USE SUNSCREEN

Sunscreen helps protect against ultraviolet radiation, so make sure you always have some available. Reapplying every 90 minutes will maintain its effectiveness. You can protect against both UVB and UVA rays by choosing one with "broad-spectrum protection". Also be sure to aim for at least 50 SPF. There are lots of natural products out there that are less harsh on the skin and contain less harmful chemicals so be sure to research, or ask your health care professional, before you purchase.



## MOISTURIZE

Everyday!!!

Adding a moisturizing cream or lotion to your daily skincare routine will help prevent your skin from drying out and will act as a barrier from the sun's UV rays.







## Celebrating our AMAZING Volunteers!

The theme for National Volunteer Week 2022 was "Volunteering Is Empathy In Action" and that is certainly true for all of our amazing volunteers! Putting empathy into action by volunteering, is how we build communities where people feel happier, healthier, and more welcome! This is helping to create a stronger, more connected Canada!



It gave us great pleasure to recognize and celebrate the contribution of our volunteers here at Meals on Wheels! We are so very thankful for the immeasurably valuable dedication, and this appreciation event was only a mere reflection of our gratitude. We could not do this without the efforts and devotion of our **ABSOLUTELY AMAZING** team!



NEVER DOUBT THAT  
A SMALL GROUP OF  
THOUGHTFUL, COMMITTED  
CITIZENS CAN CHANGE  
**THE WORLD;**  
INDEED, IT'S THE ONLY  
THING THAT EVER HAS  
- MARGARET MEAD







## COVER UP

What you wear can be the first line of defense in protecting skin from the sun; it can help you stay cool and protected from the sun.

### Colour



Dark and bright colors will absorb UV rays which will prevent them from reaching your skin, while lighter shades offer less protection. Keep in mind though, you may be protected in dark colours, but you will be warmer as light colours reflect most of the visible wavelengths so they won't feel as hot.

### Fit



It's best to choose loose-fitting apparel. Tight clothing can stretch, which will reduce the level of protection offered when fibers pull away from each other and allow more UV light to pass through.

### Content



The composition of your fabric plays a role as well. Unbleached cotton can absorb UV, while shiny polyesters and lightweight satiny silks can reflect radiation. You can also purchase high-tech fabrics that are treated with chemical UV absorbers or dyes which prevent some penetration from UV rays.

### Construction

The protection your clothing offers from UV rays will depend on how it is constructed. Hold your clothing up to the light, and if you can see through it, radiation from the sun can easily penetrate the fabric and reach your skin. Choose densely woven cloth, like denim, canvas, wool or synthetic fibers.

### UPF



Check your labels! There are UPF labels on some clothing which indicates exactly how much of the sun's rays the clothing shields.

### Coverage

The more you cover, the more protected you will be. Whenever possible, choose long-sleeved shirts and long pants or skirts. Add a wide-brimmed hat to help shield your face from the rays.



## PROTECT YOUR PEEPERS

The eyes can be extra sensitive for many seniors, especially those with vision problems. To shield eyes from damaging rays, be sure to wear sunglasses with 100% UV protection, or UV 400 rating.

## BE CAREFUL WITH MEDICATIONS

Always consult your doctor or pharmacist and read the fine print on your medications. Some prescription medications can leave you more sensitive to sun exposure.







# Summer

## WORDSEARCH



SUMMER  
JUNE  
JULY  
AUGUST  
HOT  
BEACH  
POOL  
ICE CREAM

S	I	M	H	M	E	R	J	U	L	N
S	C	R	O	X	S	C	S	J	S	U
O	E	D	T	W	Z	J	U	N	E	M
O	C	Y	O	H	K	U	M	Q	O	M
F	R	Q	O	P	R	N	M	O	J	R
B	E	A	C	H	O	W	E	G	U	E
A	A	U	G	U	S	T	R	H	L	E
U	M	H	D	E	E	B	E	A	Y	R
G	P	E	P	O	O	L	I	C	E	C

*Can You Solve...*

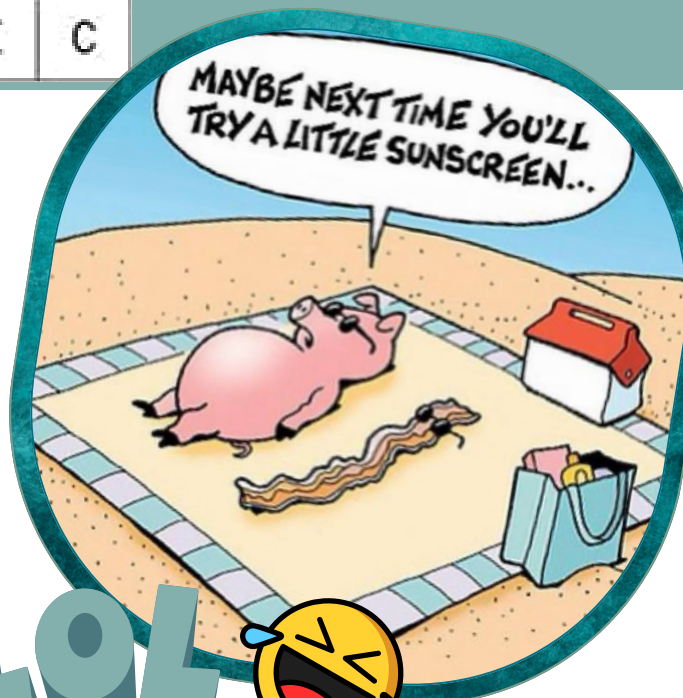
SEE THE ANSWER ON PAGE 6

$$\text{🕶️} + \text{🕶️} + \text{🕶️} = 60$$

$$\text{🕶️} + \text{🌊} + \text{🌊} = 30$$

$$\text{🌊} - \text{🏄} = 3$$

$$\text{🏄} + \text{🕶️} + \text{🏄} = ?$$



LOL





# super simple SUMMER RECIPES



**WATERMELON STRAWBERRY CAPRESE SALAD**



**NO-COOK PESTO ZUCCHINI NOODLES**

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• 3 c. watermelon, cubed</li> <li>• 2 c. strawberries, chopped</li> <li>• 1/2 c. feta, crumbled</li> <li>• 1/4 c. extra-virgin olive oil</li> <li>• kosher salt</li> <li>• freshly ground black pepper</li> <li>• 1/4 c. fresh basil, torn</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large bowl, combine watermelon, strawberries, feta and olive oil.</li> <li>2. Season with salt and pepper and toss to coat.</li> <li>3. Garnish with basil and serve.</li> </ol>

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• 1 bag zucchini noodles</li> <li>• 1/2 tsp salt</li> <li>• 1 Tbs extra-virgin olive oil</li> <li>• 1/2 c. <u>pesto</u></li> <li>• 1 c. chopped cherry tomatoes</li> <li>• freshly ground black pepper</li> <li>• freshly ground parmesan</li> <li>• coarse salt</li> </ul>	<ol style="list-style-type: none"> <li>1. Drizzle noodles with olive oil; toss to coat.</li> <li>2. Add pesto and toss to coat evenly.</li> <li>3. Top with a scattering of chopped tomato.</li> <li>4. Top with parmesan, pepper and sea salt to taste.</li> </ol>



Can You Solve...

Answer

$$\text{🥥} + \text{🕶️} + \text{🥥} = 22$$