



2022 APRIL - JUNE

BEHIND THE WHEEL

More than a Meal



Welcome Spring!

No matter how long the winter, spring is sure to follow. ~English Proverb

As spring brings with it new beginnings, so has Meals on Wheels! We've **sprung** into a new hot menu for our hot meal clients! We are hoping that everyone is

enjoying the new menu choices! Did you know that, thanks to the efforts of our meal supplier, Gourmet at Home, we are able to accommodate a variety of special diets including Renal, Vegetarian and Gluten-Free?!?

We've also been **blossoming** with respect to the number of clients we serve! Some of our routes were becoming a bit too long, so we added an additional route on Monday, Wednesday and Friday. It's exciting to know that we are helping more and more of those in our community have access to healthy and nutritious meals! Keep spreading the word about us!

With new routes **sprouting** up, we've recruited a few new volunteers! We are truly grateful for every one who donates their time!! During the week of April 25-29 we will celebrate **Volunteer Appreciation Week!** We have arranged for casual breakfast gatherings on the Monday and Friday at 11am, as well as a luncheon on the Wednesday at 12:30pm! We will **spring** a few other surprises on them as well!

Meals on Wheels Port Colborne

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NO MEAL DELIVERIES ON
STAT HOLIDAYS

Easter

Friday, Apr 15
Monday, Apr 18



Victoria Day
Monday, May 23



Canada Day
Friday, July 1





“
*Go outside
 and get
 some
 sunshine!*
 ”

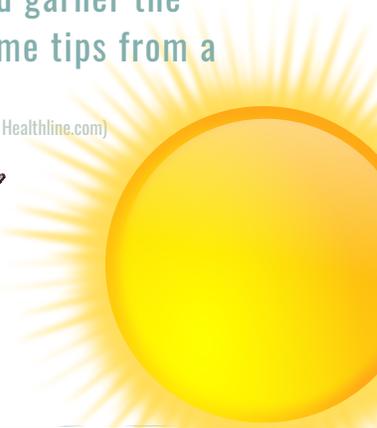
SPRING INTO WELLNESS: Spring Tune Up Health Tips

How did you make out with the New Year’s resolutions? If you’re like me, those goals have taken a back seat. Don’t fret! Spring is a fresh start! An ideal time to dust off those winter blahs and garner the health benefits of a spring tune-up!! I’ve compiled some tips from a variety of sources to help you **SPRING** into wellness!

(Adapted from Chartwell.com and Healthline.com)

1. Safely Soak Up the Sun

Soaking in some sunshine offers a surprising number of health benefits for seniors, so make sure you, or your elderly loved one, get outside and enjoy the sun!



Did you know that we get most of our **vitamin D** from the sun? Just 30 min of sunshine a day reaps many health benefits including:

- Warding off common bone-related diseases among seniors by preventing breakdown and fragility.
- Lowering risk of influenza and significantly cutting the risk of respiratory tract infections.
- Reducing the risk of diabetes.
- Improving cardiovascular health conditions such as coronary heart disease, myocardial dysfunction and heart failure.
- 20% lower risk of many types of cancer in those with a high level of vitamin D, according to a Harvard study.

(Note: this all relates to **natural vitamin D**, not supplements)

Increased sun exposure can prevent Alzheimer’s and degenerative brain disorder as well as overall lower cognitive functions.

(Mayo Clinic)



The sun can boost your mood!

Serotonin, the “happiness chemical”, has been directly linked to sunlight exposure! The singing birds, blossoming flowers, and fresh air certainly will improve your mood as well!!

You can even improve the quality of your sleep by getting a bit of sun! More sunlight during the day causes a boost in night-time production of melatonin (the sleep hormone). Exposure to sunlight also helps set our circadian rhythm which is our natural clock.



DON'T FORGET to wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.



2. Get in the Garden



Gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization, according to McMaster University.

s-t-r-e-t-c-h

Before you dig in, it's important to loosen up those joints and muscles in order to prevent injury. Even just taking a walk around the yard can be helpful.

*Don't forget
wrists
& fingers*

BEND YOUR KNEES TO LIFT WITH EASE

- Stand close to the load
- Feet shoulder-width apart
- Back straight
- Squat down to the object's level and test the weight of the load
- Use the strength of your leg and arm muscles to smoothly, and slowly, lift the load
- Keep the load close to your body
- Avoid twisting your body while carrying the load
- Bend your knees and slowly lower the load to its intended place



Choose the right tools and moves!!

Learning to choose the right garden tools can spare you a lot of pain.

The grip is a crucial! A padded grip will result in less blisters and aching hands, while a larger handle will minimize strain and give a better hand hold on the tool.

Keep in mind that you can become injured if you aren't using proper movements. For example, bending your back to use a spade will likely leave you aching! If you are not able to squat or kneel, use a long-handed shovel or spade.

And always remember to change positions frequently!



**& TAKE A BREAK
SO YOU DON'T ACHE!**

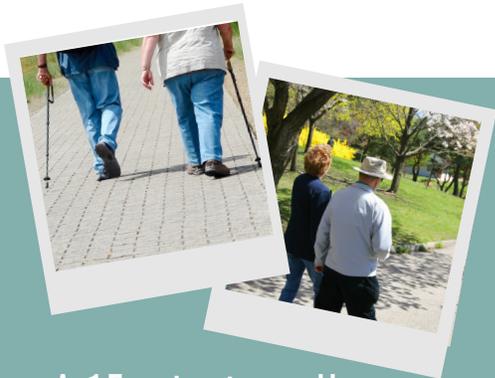


Spring Cryptogram: How excited was the gardener about spring?

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

$\frac{O}{JH}$ $\frac{QOSFYQX}{QOSFYQX}$ $\frac{H}{RQ}$ $\frac{DQY}{DQY}$ $\frac{H}{RFJ}$ $\frac{LA}{ZUENYJ}$!

SEE THE ANSWER ON PAGE 5



A 15-minute walk strengthens muscles, improves balance and coordination, helps with weight management, improves cardiovascular health, & can keep depression at bay.

3. Take a Stroll



Those who exercise outdoors in natural environments tend to have MORE ENERGY AND FEEL REVITALIZED LESS TENSION, CONFUSION, ANGER OR DEPRESSION

Source: The European Centre for Environment & Human Health

Be sure that you choose terrain that is suitable for your activity level, coordination and balance. Always wear supportive and comfortable shoes.

Did you know that research found seniors often have diminished thirst perception. This means older adults don't feel as thirsty as younger people do, and they may not realize they need to drink water.

Always remember to drink more water when out for a walk or when exercising to avoid dehydration! This will also help you to reap more cognitive health benefits from exercise, according to the American Physiological Society.

drink water

Do not forget



4. Time for a Tune Up!



Regular maintenance keeps your body running at peak performance! Spring in to your doctor's office so you can have your weight, blood pressure, glucose and cholesterol levels checked out by your primary-care physician. They may choose to book you for other testing depending on your personal circumstances.

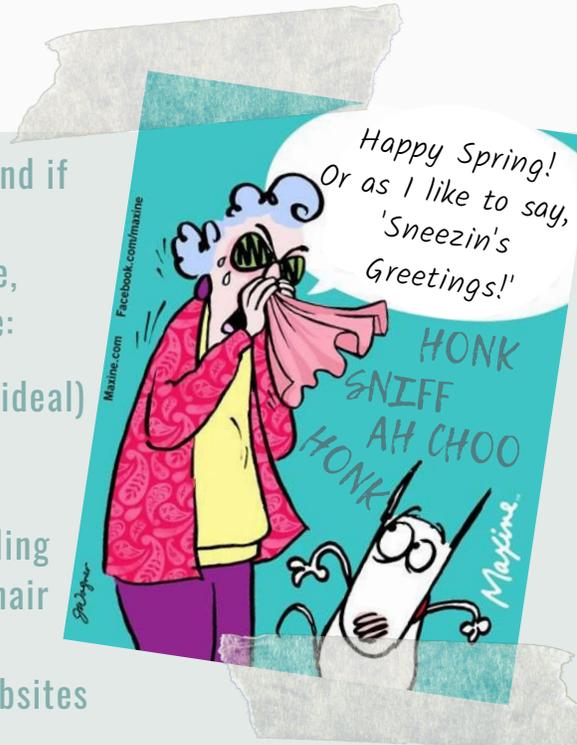


It's also a great idea to book an appointment with your optometrist to have your eyes tested if it's been a year or more since your last check-up. Make sure to get in and see your dentist as well if you haven't been examined for at least nine months. And, if you find it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.

5. Take Care of your Allergies

Spring means the trees and flowers start budding and blooming - and if you're unlucky enough to be one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose, among other symptoms. Some strategies to nip them in the bud are:

- Stay indoors on dry, windy days (going out after a good rain is ideal)
- Keep doors and windows closed when possible
- Wear wrap-around sunglasses when outside
- Delegate or hire someone to do the lawn mowing and weed pulling
- Shower after being outside to rinse pollen from your skin and hair
- Don't hang laundry outside as pollen can stick
- Keep an eye on the weather as many weather reporters and websites offer allergy predictions



Untreated allergies can lead to breathing problems, infections, and colds, so talk to your doctor about medications. They will know the most appropriate medications to avoid possible side effects, such as drowsiness and confusion.



Spring Cryptogram: How excited was the gardener about spring?



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



5. Spring Cleaning

Did you know that spring cleaning can make you healthier? According to Healthline you can:

1. **Breathe Better** - a clean house can help you breathe better by preventing respiratory issues.
2. **Decrease Stress & Depression** - a relaxing and clutter-free home has a positive effect on people's daily mood and ability to focus.
3. **Preventing Illness** - simple disinfection can reduce the spread of germs and prevent illness.
4. **Eat Healthier and Be More Active** - studies show that there is a correlation between keeping a clean home and being active and choosing food options that are healthier.
5. **Reduce Risk of Injury** - Clearing paths and removing obstacles such as cords, purses and shoes, can reduce the risk of falls and prevent injuries like slips, trips, and bumps.

Embrace cleaning as a way to de-stress!

“Cleaning can provide an opportunity to practice being mindful of the tasks you’re doing, promote a positive attitude and clear mindset,”

DR. ADRIAN COTTON



“Spring-cleaning can motivate us to reset, or try out a healthier lifestyle.”

“DUST, MOLD, MILDEW, PET DANDER, AND OTHER THINGS LIKE THIS CAN BE IMMUNE SYSTEM TRIGGERS. WHEN YOUR HOUSE ISN'T CLEAN, IT CAN GATHER POLLUTANTS — ESPECIALLY DURING THE WINTER MONTHS.”

DR. ADRIAN COTTON, LOMA LINDA UNIVERSITY HEALTH IN CALIFORNIA

Deep Clean!



- Dust furniture legs, tops of frames and mirrors, lamps and lights, baseboards, railings, and window sills.
- Eliminate dust in the air by vacuuming all rugs, floors and carpets. Don't forget cobwebs and curtains.
- Include pillows when you wash bedding and blankets. You can kill dust mites by putting pillows in the dryer on high heat for 10 minutes.
- Take off your shoes at the door.
- Prioritize cleaning clutter from pathways, hallways, and staircases.
- Secure tripping hazards like cords and rugs, and repair any other tripping hazards, like loose floorboards.
- Sort through things like magazines, clothing, toiletries, and paperwork to get rid of things that no longer serve you, and make room for things that bring pleasure and joy,

ROME WASN'T BUILT IN A DAY!

Take your time and tackle one task per day! Don't hesitate to reach out for help if needed!

