



MAIN LINE MEALS ON WHEELS NEWSLETTER

September, 2011

610-688-8170

first edition

Main Line Meals on Wheels 235 Lancaster Avenue Devon, Pa. 19333



PAT SIERZANT, DIRECTOR

You probably know Pat's friendly voice from your phone calls. She succeeded Marie O'Neill who served in that position for more than 25 years. Pat is from Minnesota, she graduated from the University of Minnesota and moved here in 1977. She worked for a number of law firms as a paralegal and as an office administrator.

"In the summer of 2000, I was in the fortunate position of being financially able to work only part-time. I felt I should start doing some volunteer work, so when I saw a notice about Main Line Meals on Wheels, I looked into it. I was asked to be on the board of directors for MOWs.

When Marie decided to retire, I was on the committee to find a replacement. It became apparent to me and the rest of the committee that I was a good candidate for the job."

Pat's expertise in financial management, technology, marketing and facilities management have

proven very valuable in her current position.

She enjoys being able to help so many people and working with wonderful volunteers.



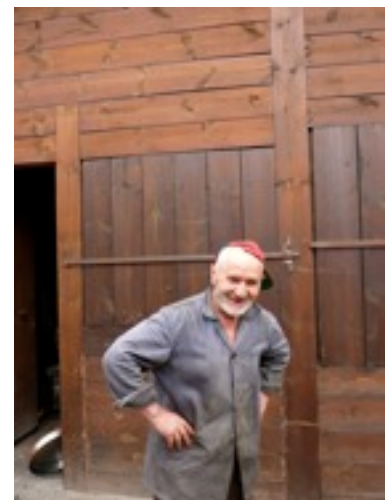
FILE OF LIFE--VITAL INFORMATION FOR CAREGIVERS

Nobody likes to think about health emergencies. But, by taking a few easy steps now, you can ensure that if an emergency does occur all the vital information caregivers need will be immediately available to them.

That is why we are distributing the **red FILE OF LIFE magnetic plastic pouch and information card** with this newsletter--so you can make sure relatives and caregivers have all your critical medical information in an emergency.

Simply complete all the information requested on the white File of Life sheet, place it in the red plastic magnetic holder, and attach the holder to the front of your refrigerator. If you need help in completing the form, please call Eldernet at 610-525-0706 and they will assist you. Also place the red circle File of Life sticker on your front door, and tell your family that you have a File of Life.

Another important document that you should have is a **Living Will** which tells relatives and caregivers about your health care choices. Details and a sample Living Will form are included in the File of Life packet. This is provided as a public service by Eldernet, Bryn Mawr Hospital and Meals on Wheels.



Where is this happy senior from?

Thanks to the volunteers that marched in the Radnor Memorial Day Parade



HEALTH TIPS FOR SENIORS

Being active can help you continue to do things you enjoy and stay independent as you age. People with arthritis, heart disease, or diabetes benefit from regular exercise. It can also help with balance and it can prevent falls. The National Institute on Aging has developed "Go4Life" a program to help you fit exercise into your daily life. Please consult your physician first. Information is available on the internet at www.nia.nih.gov/go4life.

TIPS FOR MEDICATIONS

As many as 50% of people do not take their medicine correctly. They forget doses, take it at the wrong time, take it with the wrong food, ignore doses or double up when they remember. Here are some tips....

1. **PILL BOX:** The simplest method--you put your medicine in each little container for the time of day and days of the week. This way you know if you have taken your medication.
2. **SET VISUAL REMINDERS:** Put medication close to something that you see on a daily basis.

3. SET AN AUDITORY REMINDER:

Set an alarm clock to go off at a particular time each day when you need to take your medication.

4. GET ANOTHER PERSON TO REMIND YOU:

Have a friend or family call to remind you.

5. THE REWARD SYSTEM:

Link taking your medicine with something pleasant--maybe a piece of candy or fruit. It is vital to keep a current medication list and to keep track of when you are running low on medication. It is a good idea to put your refill dates on the calendar. It is also wise to check for drug interactions and whether it is important to take on a full or empty stomach. These matters should be discussed with the pharmacist or doctor prescribing medication.

FLU VACCINE

Flu season is right around the corner. There are many ways to protect yourself against the flu--good old fashioned hand washing, avoiding large crowds and remembering to get your flu vaccine. Seniors and people with chronic health conditions are at high risk for complications of flu including hospitalizations. Flu vaccine is available in many locations--doctor's offices, county health department, drug stores, large grocery stores. It is not a live vaccine, so it can't actually give you the flu. It can rarely cause some achy-ness and fever but no cough or runny nose. There are also antiviral medications that can modify the course of the flu and can be given to prevent the flu in special cases. As always discuss with your M.D.

PATRON SURVEY RESULTS

Thank you for your input. Many of the services you have requested are already provided by other organizations. We will be sending you the relevant information soon. There is also an insert in the newsletter that describes organizations in the area that provide services to seniors and housebound individuals.

The response rate for the survey was 39%. From top to bottom--here they are:

1. Newsletter/ Transportation
2. Handyman
3. Shopping/Errands
4. Health aide/RN
5. Library
6. Audio/visual help
7. Insurance help
8. Help with paperwork
9. Tax preparation help
10. Medical power of attorney
11. Telephone reassurance

Your comments about the volunteers and the food were appreciated. They were discussed at the Meals on Wheels board meeting.

QUOTES

"My doctor recently told me that jogging could add years to my life. I think he was right, I feel 10 years older already..."Milton Berle

"Middle age is when you choose the cereal for the fiber, not the toy." unknown

"Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone."

Jim Fiegig



PATRON OF THE YEAR

Joan Fouracre, a Meals on Wheels volunteer since 1996 was this year's recipient of the Charlie Cook Award given at the annual May luncheon at the Bryn Mawr Presbyterian Church. Joan, a retired elementary school teacher, got her start with Meals on Wheels about 13 years ago when a good friend, Ellen Grubb, asked her to accompany her on one of her routes. Since then Joan has been both a driver and visitor on the Narberth route.

Over the years, she has gotten to know and care for the patrons she delivers meals to. One such patron, a private and independent gentleman, gradually allowed Joan to help him at times with tasks while she was in his home.

Over time, she even offered to drive him to doctor appointments or to the pharmacy, put him in touch with community services such as Eldernet and even offered herself as an emergency contact person, as it seemed he had no family. Her Meals on Wheels partner also assisted by ensuring

continued availability of TV with the switch to digital. Joan and her family enjoyed visiting with him at other times as well. She learned that he was born in England and moved to the U.S. in his forties with his bride. He loved flowers and worked in some way with the Philadelphia Flower Show.

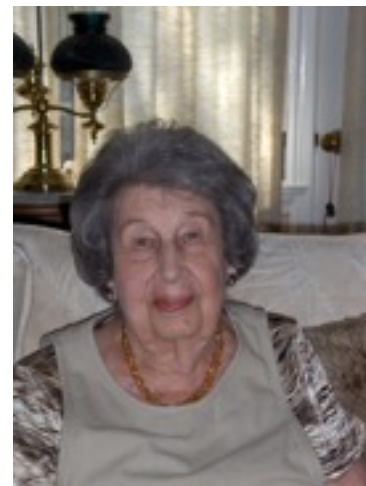
His beloved wife died 20 years ago. This winter he fell and broke his hip and after a long hospital stay he died. Joan visited him every day in the hospital and she was with him when he died. She was very thankful that about one month prior to his passing, he had told her where his important papers were in case something were to happen to him. It was in these papers that she learned where his wife was buried and she could then help arrange for him to be laid to rest next to his wife.

Joan misses her patron still very much; as much as she added to his life with all she gave to him, he deeply enriched her life as well.

Win a Week of Free Meals--Name Our Newsletter!

We'd like your help in finding the best name for this newsletter. Please write your suggestions down (be sure to include your name!) and give them to your Meals on Wheels volunteer-- or mail it to the address on the last page or email it to www.mainlinemeals.org

If your name is selected, you will receive a week of free meals from Meals on Wheels as our special thank you!



Ruth Talbot

THE BIRTHDAY LIST AND SPECIAL EVENTS

We want to honor you, our patrons. So please send us pictures or news of your special events--birthdays, anniversaries, family reunions--so we can share them with others in the newsletter. Also we would love to publish your favorite recipes and menu ideas especially for weekend meals that are nutritious and easy to prepare. In addition to the patrons listed below with birthdays in the near future, we give special recognition to Ruth Talbot who turned 95 in August and Charles Dorkey who turned 90.

- September
 - Herbert Baker
 - Josephine DeLaurentis
 - Shirley Epps
 - Douglas Greene
 - Anne Lewis
 - Robert Lombardi
 - Richard McIntosh
 - Grace Watson
- October
 - Bud Briggs
 - Robert Comer
 - Emile Dabady
 - Lee Griffin
 - Jane Hummer
 - Istavan Kovacs



HISTORY OF MEALS ON WHEELS

The first meals delivery program was started by the British Red Cross Society and the Women’s Voluntary Service during WWII. Initially delivered to servicemen, the program was expanded to include victims of the Blitz who could no longer shop or cook for themselves. Meals were prepared daily and then loaded onto horse drawn trucks and kept warm insulated in hay bales and old felt hats.

The first home delivered meal program in the United States began in Philadelphia in 1954 to serve the homebound, disabled and the elderly residing in settlement houses in the Kensington area. The founders consulted with the airlines for tips about packaging hot and cold foods. Most of the volunteers, or “Platter Angels” as they were called, were high school students.

Main Line Meals on Wheels was started in 1973 by women of the Community Concerns Interest Group of the Bryn Mawr Presbyterian Church, initially to serve elderly homebound of the church. The effort to determine need and find a site to prepare and package food was led by Elaine Belmonte and Mrs. Lewis Stevens with Rev. George Worth as an advisor. They determined quite quickly that the need extended far beyond serving just the members of the church. With the support of area churches and synagogues, they expanded their mission to include 5 additional surrounding townships. Money, services and volunteers were provided, an executive committee was formed and seven months after the idea was born, Main Line Meals on Wheels was incorporated. Delivery began with 24 patrons. Today, almost 40 years later, Main Line Meals on Wheels operates out of Devon and Bryn Mawr, serving roughly 145 patron with phone orders numbering about 250.

NUTRITIOUS BREAKFAST RECIPE

Apple Banana Oatmeal Recipe
Serves 2

ingredients:

- 1 cup orange juice
- 1/2 cup chopped unpeeled apple or apple sauce
- 1/4 cup sliced firm banana
- 1/4 cup raisins
- 1/4 teaspoon of salt (optional)
- 1/8 teaspoon cinnamon
- 2/3 cup quick cooking oats
- 1/4-1/3 cup oat bran
- Brown sugar (optional)

Directions:

In a saucepan, combine orange juice, apple, banana, raisins, salt if desired and cinnamon; bring to a boil. Stir in oats and oat bran. Cook for 1-2 minutes, stirring occasionally. Sprinkle with brown sugar or sugar substitute if desired.

Nutritional analysis: One serving (prepared without salt and brown sugar) equals 235 calories, 4 mgs sodium, 0 cholesterol, 52 grams carbohydrate, 7 grams protein, 3 grams fat, 7 grams fiber. Diabetic exchanges: 2 and 1/2 starch, 1 fruit.

We hope you enjoy it. Please share your favorite breakfast or weekend recipes with

Please let us know if you have any ideas for articles for our next newsletter. We look forward to hearing from you.

Main Line Meals on Wheels
Innovation Committee