



MOW Gazette

February 2012

www.gobroomecounty.com/senior/mow

Emergency meals are still available

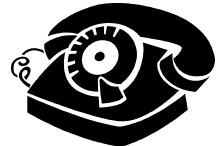
This season – as of this writing – we have been blessed with mild winter weather. We have been able to deliver meals every day as scheduled. However, it's not too late to request an emergency meal tray just in case we are not able to deliver due to bad weather. Let us know if you would like an emergency tray, which includes enough for two meals. It will be delivered with your regular hot and cold meals.



What if you're not home?

For your safety, our volunteers **do not** leave meals on porches or outside apartment doors when you are not home. Someone must be there to receive the meal. This policy helps us to fulfill our service of checking on you each day. For example, if you are not at home and we are unable to provide a requested meal, we will make a phone call, either to you or to your emergency contact.

BE SURE YOUR PHONE ANSWERING MACHINE AND CELL PHONE INBOX ARE CLEARED SO WE CAN LEAVE A MESSAGE.



We notice that sometimes answering machines and cell phone voice mailboxes are full. If you are having trouble having your voicemail accept new messages, call the Meals on Wheels office and we'll try to help. Thank you for your cooperation.



“Halt the Salt in YOUR Diet”

Presentations by Julie Douglass

Learn about sodium and try new recipes that you can make at home.

Wednesday, February 8, 10:45 a.m. - Broome West Senior Center (Endwell)

Wednesday, February 15, 12 p.m. - East Side Senior Center (Binghamton)

Thursday, February 23, 12:45 p.m. - Deposit Senior Center

Thursday, March 8, 11 a.m. - First Ward Senior Center (Binghamton)



Halt the Salt in Your Diet: Part 1

By Julie Douglass, SUNY Oneonta Dietetic Intern

What is Sodium?

Salt, also known as **table salt**, is a [mineral](#) that is composed primarily of [sodium chloride \(NaCl\)](#). It is essential for life in SMALL quantities. Salt is one of the oldest food seasonings and is a method of food preservation. Salt regulates the water content in our bodies and is required by nerves and muscles for functioning.

Sodium and Your Health

There exists a strong link between sodium and high blood pressure. High amounts of sodium cause the body to retain water, increasing the volume of blood running through the blood vessels. High blood, also known as “hypertension.” is a major risk factor for stroke, heart attacks, heart failure, and chronic kidney failure. Also, too much or too little salt in your diet can lead to muscle cramps, dizziness or a disturbance in your electrolytes.

Source: <http://en.wikipedia.org>

Continued next month.....

- ⇒ Read the label
- ⇒ Daily recommended intake
- ⇒ Sea Salt vs. Table Salt



MyPlate Nutrition Tips

Cut Back on Salt & Sodium in Your Diet

1. **Think Fresh.** Most of the sodium Americans eat is found in processed foods. Cut back on **pizza, bacon, sausage, hot dogs, deli/luncheon meat, canned soups & ravioli.**
2. **Fill up on Fruits & Vegetables.** Consider adding a vegetable or fruit to every meal. They can be purchased fresh or frozen.
3. **Adjust Your Taste Buds.** Cut back on salt little by little and pay attention to the natural tastes of various foods. Your taste for salt will lesson over time.

www.choosemyplate.gov

At Meals on Wheels we appreciate contributions toward the meals you receive. A statement is sent each month for the meals ordered the previous month. We gladly accept cash, check or EBT/ Food Stamps. No one is denied service because they cannot contribute.

The Nutrition Program is sponsored by the U.S. Administration on Aging,
New York State Office for Aging and Broome County.

*M.O.W. Gazette: Broome County Office for Aging. Kathleen Bunnell, Director.
This is a monthly publication for M.O.W. If you have any questions, please call 778-6206*