

C NNECTIONS

THE QUARTERLY CLIENT NEWSLETTER OF MEALS ON WHEELS OF RIDGEFIELD, CT

FALL 2019

We hope you have been enjoying your summer! Even as we look forward to a New England fall, we can still expect warm or hot days in September. The heat can be a challenge for food delivery - but luckily we have a dedicated group of volunteer drivers to get your meals to you as quickly as possible. Our cold and hot meals are kept in separate insulated containers to keep them at their correct temperature, but remember, if you leave a cooler outside, make sure to bring the food inside as soon as possible after delivery on hot days.



“CRIS’S CORNER”

From our Kitchen Operations Manager, Cris Nichols



As many of you know, our kitchen is open 3 days a week (Monday, Wednesday and Friday), but I want our clients to know that I am still reachable on email even when I am not at Meals on Wheels.

If you have any questions, meal plan adjustments, new dietary needs or questions, I always keep an eye on my email, whether I am in the kitchen or not. So if you need to reach out to me, please don't hesitate to send a note to mowridgefield@gmail.com.

- Wishing you the best as always, Cris

MENU HIGHLIGHTS

The summer always brings the freshest fruit and vegetables to the kitchen. We hope many of you have enjoyed the fresh raspberries, blackberries, tomatoes, cucumbers, green beans, herbs and zucchini. Often these items have been donated by local businesses, farms, groups or individuals.

You may have noticed more homemade desserts over the last few months. They are thanks to volunteers who come in once a week to create delicious treats such as carrot cake, jellyrolls, peanut butter cookies and banana cake. Who doesn't enjoy something a little sweet? We hope to add to our repertoire in the fall.

For those of you who get a fresh fruit instead of a dessert, have you received a kiwi and wondered how to eat it? The easiest way is to cut it in half, and take a spoon to it. Wait until the kiwi is soft and gives a little, then it should be ripe; the longer you wait the sweeter it is.

You can also look forward to receiving nutritious, delicious meals this fall: double stuffed potatoes, puffed pastry with spinach and cheese, chicken divan, turkey casserole, eggplant parmesan, beef stroganoff, sole, salmon, shepherd's pie, frittata and beef Bolognese are all coming your way soon.



MEG WHITBECK
RVNA's Meg Whitbeck is our Consulting Dietician
HOW TO STAY HEALTHY AND HYDRATED



Even as summer winds down and we don't feel as hot and thirsty all the time, it's important to remember to stay hydrated. But how much do we need to drink?

The general recommendation is about 9 glasses. If you are like most of the population, you fall short, especially as we age. We often don't feel thirsty or hot in the first place and we may get frustrated with urinary incontinence. But hydration is as important as ever. Urinary tract infections rank among the top reasons for hospital admissions in aging adults, and the best way to prevent them is, you guessed it, by staying hydrated. Dehydration can also cause dizziness and unsteady gait, headaches, brain fog, fatigue, muscle cramps, constipation, and low blood pressure. So, even if hydrating is inconvenient – it is worth the effort.

And not all liquids are created equal - hydrating fluids include any clear beverage that is unsweetened, decaffeinated, and alcohol-free. Be sure to check with your doctor if you have any medical conditions that have an impact on your fluid requirements, and get your customized fluid recommendations from them.

TASTE OF RIDGEFIELD RIGHT AT HOME

Did you know that some of the food you receive comes from several businesses right here in town? They believe in our mission of providing healthy, nutritious meals - and agree that sometimes a little treat is important too! We receive fresh produce from Ridgefield Organics and bread products from Ross Bread and Stop & Shop. And those delicious cupcakes? They're from the Cake Box, in case you'd like to pick up a few extra on your next trip into town. And if you make it into these businesses, please let them know how much you enjoy meals made with their donations!



SUMMERFEST

Ridgefield Summerfest fell on an extremely hot day, but the good news is the weather didn't keep the crowds from coming out to say hello and enjoy some of our ice cold lemonade and chocolate chip cookies.



CLIENT PROFILE
Bernadette Brennan

Bernadette - known to her friends as Bern - moved to Ridgefield from Florida four years ago to be closer to her son Tom, as well as within driving distance to New York City. "We lived in New Jersey when my five children were growing up and when they were older, I decided to become a nanny. I was certainly experienced in childcare! I worked in Manhattan and now I know the city like the back of my hand."

She often travels to see her other children, thirteen grandchildren and seven great-grandchildren. She says of her big family: "Isn't it amazing? I'm so lucky." Here in Ridgefield, Bern lives on Main Street and loves the convenience and charm of the town. In particular, Founders Hall is a favorite place to go: three times a week, she goes there to socialize and take fitness classes.

Bern signed up for Meals on Wheels when her eyesight began to fail. "I would still be cooking if I could. But now I don't know what I'd do without Meals on Wheels. I'm so happy with it - it's been wonderful."