



Food for Thought

NOVEMBER/DECEMBER 2021



Honoring Our Veterans

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
— John F. Kennedy

Approaching another holiday season disrupted by the pandemic, it's important to recognize those acutely impacted by the absence of celebratory gatherings with family and friends. Among those, our veterans.

Many veterans in our community find themselves homebound during normal years. With the pandemic, that isolation has only become heavier.

While some people plan for socially distant gatherings, either outdoors or among fully vaccinated friends, many older adults and veterans lack the same luxury and access to safe socialization.

At Meals on Wheels People, we're committed to serving our veterans and honoring them for the great acts of courage and sacrifice displayed while serving our country.

This time last year, a group of veteran volunteers partnered with Meals on Wheels People to show their gratitude. Members of the Gresham branch of the

non-profit American Legion volunteered to fund food boxes to send out to their peers—90 homebound senior veterans.

Ron Kamys, American Legion Post 30 commander, expressed his appreciation for his veteran peers: “Without those who serve in the armed forces and their families, this nation would not exist in its present form. Therefore, they should be at the top of our list for the things that we are thankful for this Thanksgiving holiday, as well as throughout the year.”

To our veterans, we thank you for your deep devotion, dedication, and selfless service.

Native American Heritage Month

November is Native American Heritage Month, which encompasses the heritage of Alaska Natives, Hawaiian Natives, and American Natives.

The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people.

Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

We acknowledge the ancestors and descendants of the Multnomah, Kathlamet, Clackamas, Chinook, Tualatin Kalapuya, and Mollala tribes of whose land we occupy and have impacted by practices of genocide and colonization.

To learn more, visit:
nativeamericanheritagemonth.gov



Celebrating Holidays Across the Globe



November 1 - 2, 2021
Dia de los Muertos



November 10, 2021
Diwali



Nov. 28 - Dec. 6, 2021
Hanukkah



December 16 - 24
Los Posadas



December 25, 2021
Christmas



Dec. 26, 2021 - Jan. 1, 2022
Kwanzaa

Schedule Your Shots: Flu & COVID-19

Flu season is unpredictable but activity often picks up in October and peaks between December and February. With the pandemic still lingering, getting vaccinated against both flu and COVID-19 is critically important to help protect yourself and your loved ones, reducing the spread of respiratory illnesses in our community.

Flu Shots: The CDC encourages everyone to get their flu vaccine by the end of October. For more information, visit your doctor's office or nearest pharmacy, or call the Oregon Flu Hotline: 800.978.3040

COVID-19 Boosters: If you received the Pfizer vaccine, you may be eligible for a booster shot! Booster doses are widely available through pharmacies,

doctors' offices and clinics. Visit getvaccinated.oregon.gov to find a vaccine provider near you.

Need additional help? Give us a call at 503.736.6325



It's Daylight Savings Time

As you prepare for the loss of an hour on November 7th, below are a few tips to help your body adjust to the time change:

1. **Go to bed and wake up earlier.** Start going to bed and waking up about 15 minutes earlier in the week leading up to the time change.
2. **Get your UV rays early.** Step outside to soak up the sun as early in the day as possible. It helps with a normal circadian rhythm, which determines our waking and sleeping patterns.
3. **Have a consistent bedtime.** Try to avoid going to sleep at a different time every night.
4. **Avoid drinking caffeine or alcohol before bed.** Give yourself four to six hours

before bedtime to have your last cup of joe.

5. **Don't eat late.** Give yourself at least two to three hours for your body to digest any food before going to sleep.
6. **Read a book.** Turn off all screens at least 30 minutes before bedtime.

The changeover can be a bit of an inconvenience but early preparation will help. Be sure to prepare in advance, and don't forget to adjust your clocks.



Healthy Pumpkin Bread

It's pumpkin season and there's nothing better than a yummy and healthy pumpkin treat. This pumpkin bread is naturally sweetened with honey or maple syrup, and made with whole wheat flour. You can also easily adjust this recipe to meet your dietary needs. See recipe notes on how to make this bread vegan/dairy/gluten free at cookieandkate.com. Recipe yields 1 loaf. From cookieandkate.com.

🕒 80 minutes ✂️ Serves 4

Ingredients

1/3 cup melted coconut oil or extra-virgin olive oil*
1/2 cup honey or maple syrup
2 eggs
1 cup pumpkin purée
1/4 cup milk of choice or water
1 1/2 teaspoons pumpkin spice blend (or 1/2 teaspoon cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, and 1/4 teaspoon allspice or cloves)
1 teaspoon baking soda (Not baking powder; they aren't the same)
1 teaspoon vanilla extract
1/2 teaspoon salt
1 3/4 cups white whole wheat flour or regular whole wheat flour
Totally optional: 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit...
Pinch of ground cinnamon, for sprinkling on top

Instructions

1. Preheat oven to 325 degrees and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and whisk until blended. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, or warm it for about 10 seconds in the microwave.)
3. Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then carefully transfer the bread to a cooling rack to cool for 20 minutes before slicing.

Recipe Notes

Storage: This bread is moist, so it will keep for just two or three days at room temperature. Store it in the refrigerator for five to seven days, or in the freezer for up to three months. I like to slice the bread before freezing and defrost individual slices, either by letting them rest at room temperature or lightly toasting them.





Getting into the Holiday Spirit

As the holidays near, many experience a mix of emotions. While some may find it easy to get into the holiday spirit, others may be struggling with the holiday blues. As the days get longer and darker, and the holidays near, we have a few ideas we wanted to share to help you find the “happy” in the upcoming holidays.

Whatever holidays you celebrate, or even if you don’t celebrate at all, you can find cheer in a variety of activities. Whether your cheer comes from food, entertainment, or connecting with others, it’s important to start thinking and planning now. Create a list of things you want to do in the coming months and start getting into the spirit!

Watch a Holiday Movie

We all have our favorite movies that we watch on repeat throughout the holiday season. Whether or not you’re a movie connoisseur, below are a few films you definitely want to add to your list.

- It’s a Wonderful Life
- Home Alone
- Polar Express
- Elf
- How the Grinch Stole Christmas
- Miracle on 34th Street

Bake a Favorite Recipe

Invite your friends, neighbors, or family over and bake your favorite recipe. Whether it’s a holiday dessert or meal, nothing creates connections better than making delicious food together. If getting together in person isn’t an option, host a Zoom bake-off and enjoy some virtual togetherness.

Make a Holiday Craft

There’s nothing better than creating with your hands. Whether you’re knitting a warm cap, painting your favorite seaside memory, or cutting out paper snowflakes, getting creative is not only good for your brain, it’s just plain fun.

Write Holiday Cards

With the current age of technology, the art of letter writing has been replaced with text messages and social media chats. Sending handwritten letters or cards is now a novelty, yet can be deeply appreciated by the recipient. Spend a little time and write your favorite person a quick note. Whether it’s a holiday card or a thinking-of-you letter, show someone you care with a fun surprise in the mail.

Whatever you celebrate, take a few minutes to think about what you love to do and make a list to keep yourself busy and cheerful this holiday season.



Safety Tips When Answering Your Door

Stranger awareness and safety is important at any age, but especially for older adults living alone. If you’re not expecting a guest, a sudden knock at your door or a doorbell ring, can cause some alarm. Below are some easy safety tips to ensure you are safe when answering your front door.

Look + Listen

When you hear an unexpected knock, the first thing to do is look outside. Look through a window or a door peephole, and if you don’t recognize the person, ask, “Who’s there?” through the closed door.

Ask for Confirmation

Often your Meals on Wheels People delivery volunteer will be the same person each week, but sometimes a substitute may deliver to you.

If you do not know the delivery volunteer, look for, or ask to see a route book, yellow vest, hat or t-shirt with the Meals on Wheels People logo.

Don’t worry about accidentally ignoring a volunteer, friend or neighbor. If it’s a Meals on Wheels People volunteer or someone you know, they can call you on the phone. Do not open the door if they cannot clearly identify themselves as a Meals on Wheels People volunteer.

Your Safety Plan

If you are at all unsure or hesitant to answer the door, ask through a window opening for the volunteer to leave your meals at your door. Watch for them to leave, and make sure you’re comfortable, before opening the door to pick up the

meals. If they will not leave the meals, ask them to leave and contact your center to arrange another delivery.

If the stranger is refusing to leave, being aggressive in any way, or making you feel uncomfortable, make sure your door is locked and call 911.

Staying safe when strangers are at your door is a top priority. If you feel you need to add safety measures to your front door, such as a chain lock or front door lighting, let us know and we can help. Give us a call at 503.736.6325.



Prepare for the Unexpected: Shelf-Stable Meals

Disaster can strike without warning, which is why it’s important to stock up on food and other essentials in advance. At Meals on Wheels People, we want to help you prepare for the unexpected.

During the fall season, you can

expect to receive two shelf-stable, nonperishable meals along with your regular meal delivery. These meals do not need to be refrigerated and can be stored directly in your pantry.

In the event of inclement weather or other emergency

incidents that limit our ability to deliver meals to you, you will be stocked with two ready-to-serve meals until your next delivery.

If you have any questions about meal delivery or emergency preparedness, please let us know.

The Perfect
HOLIDAY TREAT

FOR YOURSELF OR SOMEONE ON YOUR LIST

PDXPOP.COM



Meals on Wheels People Center Directory

Ambleside	600 NE 8th, Rm 155, Gresham, OR 97030 503.953.8212
Battle Ground at Padden Parkway	11912 NE 95th Street, Vancouver, WA 98682 360.666.9158
Beaverton	5550 SW Hall Blvd., Beaverton, OR 97005 503.643.8352
Belmont	4610 SE Belmont St., Portland, OR 97215 503.953.8146
Cherry Blossom	740 SE 106th Ave., Portland, OR 97216 503.256.2381
Elm Court	1032 SW Main St., Portland, OR 97205 503.953.8214
Forest Grove	2037 Douglas St., Forest Grove, OR 97116 503.359.4818
Hillsboro	6701 NE Campus Way, Hillsboro, OR 97124 971.808.7885
Luepke	1009 E McLoughlin, Vancouver, WA 98663 360.699.6325
Martin Luther King, Jr.	5325 NE MLK Blvd., Portland, OR 97211 503.953.8207
Multnomah Village	7710 SW 31st Ave., Portland, OR 97219 503.244.3873
Thelma Skelton	1814 SE Bybee, Portland, OR 97203 503.953.8210
Tigard	8815 SW O'Mara St., Tigard, OR 97223 503.620.4613
Two Rivers	9009 N Foss Ave., Portland, OR 97203 503.953.8210
Washougal	1681 C Street, Washougal, WA 98671 360.210.5666

COVID-19 & Meal Deliveries Reminder

We continue to maintain our safety measures in response to COVID-19 and will continue to suspend hand-to-hand delivery. We ask that you, and those who deliver to you, keep a six-foot distance from each other. Please ensure you, or whoever answers the door in your household, wear a mask during meal delivery.

If you or anyone in your household has tested positive for COVID-19, please notify us immediately at

503.736.6325 so we can move you to a staff-only, no-contact delivery route. Feel free to give us a call if you need more masks delivered with your meal delivery as well. We greatly appreciate your understanding and flexibility. Your health, safety and well-being are our highest priority.



We Want to Hear From You!

We love sharing stories of inspiration, connection, and life-changing relationships with our community. If you have a story you'd like to share about the friendships or connections you've made at any of our dining centers, meal deliveries, or even volunteers calling you through our Friendly Chats program, we want to hear from you!

Call Jeremy at 503.953.8105 to share your story.



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