






**WE ARE Meals On Wheels**  
So no senior goes hungry

# April 2024



Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES, DAAS to NACOG Aging. Menu subject to change based on available food items. THANK YOU!

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| 1) Open Faced Roast Beef Sandwich<br>Green Beans<br>Mashed Potatoes<br>House Salad<br>Blueberries           | 2) Chicken Parmesan<br>Squash Medley<br>WG Spaghetti<br>House Salad<br>Peaches Cobbler  | 3) BBQ Pork Ribs<br>Sweet Potato<br>Peas<br>House Salad<br>Applesauce                      | 4) Baked Fish<br>Wild Rice Pilaf<br>Veggie Blend<br>House Salad<br>Lemon Bars         | 5) Taco Salad<br>Black Beans<br>Spanish Rice<br>House Salad<br>Tropical Fruit         |
| 8) Baked Ziti<br>Creamed Spinach<br>Mixed Veggie<br>House Salad<br>Pineapple                                | 9) Roast Beef w/ Gravy<br>Glazed Carrots<br>Mashed Potatoes<br>House Salad<br>Pineapple   | 10) Cheesy Egg Bites<br>Roasted Potatoes<br>Peppers & Onions<br>Cottage Cheese<br>Ambrosia | 11) Baked Ham<br>Scalloped Potatoes<br>Carrots<br>House Salad<br>Strawberry Shortcake | 12) Oven Fried Chicken<br>Mashed Potatoes<br>Peas<br>House Salad<br>Jell-O w/fruit    |
| 15) Corn Chowder<br>Broccoli<br>WG Roll<br>House Salad<br>Fruit Cocktail                                    | 16) <b>April Birthday Celebration</b><br>Chicken Teriyaki<br>Brown Fried Rice<br>Stir Fry Veggies<br>House Salad<br>Birthday Cake | 17) Pork Roast w/ Gravy<br>Red Potatoes<br>Carrots<br>House Salad<br>Applesauce            | 18) Chicken Enchiladas<br>Pinto Beans<br>Mexicali Rice<br>House Salad<br>Apricots     | 19) Sloppy Joes on WG Bun<br>Tator Tots<br>Veggies<br>Macaroni Salad<br>Melon Medley  |
| 22) <b>Earth Day</b><br>Chicken Cordon Bleu<br>Sweet Potatoes<br>Green Beans<br>House Salad<br>Strawberries | 23) <b>First Day of Passover</b><br>Lasagna<br>Italian Veggie Blend<br>Garlic Bread<br>House Salad<br>Spice Cake                  | 24) Beef Stroganoff<br>Egg Noodles<br>Spinach<br>House Salad<br>Banana Bread               | 25) Bratwurst w/ WG Roll<br>Tator Tots<br>Veggie Blend<br>Potato Salad<br>Berry Mix   | 26) <b>Arbor Day</b><br><br><i>Restaurant Partner</i><br><br><i>El Rincon</i>         |
| 29) Chicken Fried Steak<br>Mashed Potatoes<br>Veggie<br>House Salad<br>Brownies                             | 30) Chef Salad<br>WW Breadsticks<br>Fruit Medley<br>Cookies   |       |  |  |

### What is it?

Dietary fiber is a type of **carbohydrate** made up of many sugar molecules linked together. But unlike other carbohydrates, dietary fiber is bound together in such a way that it cannot be easily digested in the small intestine.

### What it Does:

- **Soluble dietary fiber** dissolves in water to form a thick gel-like substance in the stomach. It can slow digestion and absorption of nutrients into the bloodstream. This can help control the level of blood glucose by prevention rapid rises in blood glucose. It can also interfere with the absorption of dietary fat and cholesterol in turn helping lower LDLs.
- **Insoluble dietary fiber** does not dissolve in water and may pass through the gastrointestinal tract relatively intact and can speed up the movement of food and waste through the digestive system.
- Both can make you feel full and stay satisfied longer. It can also reduce the risk of developing cardiovascular disease.

### The Importance of Dietary Fiber

Take it slow. If you're getting less fiber than you need, don't try to eat too much at one time. Slowly add it in, over a couple of weeks.

Start meal with veggies, they will make you feel full sooner and ensure you get valuable nutrients.

Guidelines recommend consuming at least half of grains as whole grains and limiting intake of refined grains.

Try whole grains as side dishes and switch from refined to whole grain versions of commonly consumed foods (breads, cereals, pastas, & rice).

Keep raw, cut veggies handy for quick snacks. Choose colorful dark green, orange & red vegetables.

Add beans, peas, & lentils to salads, soups, & side dishes or serve as main dish.

Drink more water. Drinking enough water helps you make sure that fiber is moving through your body, preventing constipation.

Consider supplements if you're still not getting enough fiber. Your doctor may suggest certain brands that will work for you.

### Where are Whole Grains found?

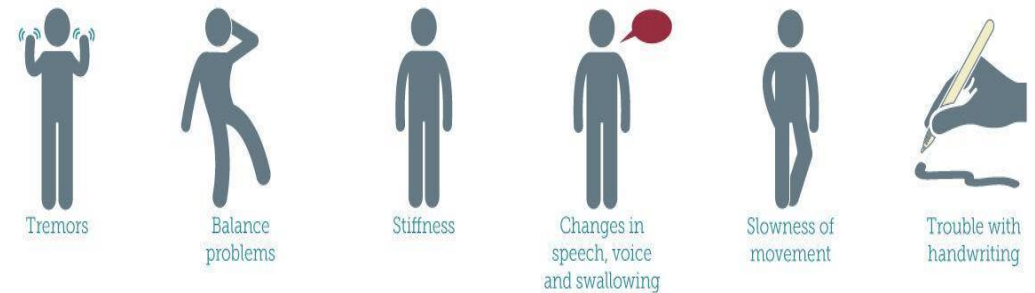
Split peas or lentils - 1 cup = 16g  
Green peas - 1 cup = 9g  
Black beans .5 cup = 7g  
Whole wheat spaghetti - 1 cup = 6g  
Oatmeal - 1 cup = 4g  
Raspberries - 1 cup = 8g  
Apple w/skin - 1 med = 4g  
Almonds - 1oz = 3.5g  
Rye bread - 1 slice = 2g  
Whole wheat bread - 1 slice = 2g  
Brown Rice - .5 cup = 2g

Sedona Community Center ~ **Meals on Wheels**  
Please Call us at **928-282-2834** if you know you are not going to be home for a meal delivery.  
We ask that you call us as soon as you know, or before 9:30am on the day you won't be there.

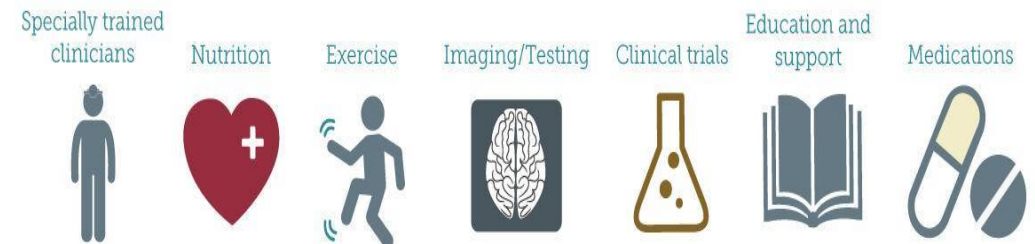
# PARKINSON'S DISEASE

Parkinson's disease is the result of lack of dopamine production in the brain.

### SYMPTOMS MAY INCLUDE:



### MOST COMPREHENSIVE CARE AVAILABLE IN THE REGION:



Over 1,000

electrode implantations performed



### Deep Brain Stimulation

Highly effective in properly selected patients, DBS is a surgery that provides patients with relief from many Parkinson's disease symptoms through electrical stimulation.

[froedtert.com/movement](http://froedtert.com/movement)

50%

average reduction in medications after DBS