







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

# JUNE 2024

Celebrating 40 Years!

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 the day prior. 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
3) Pork Chops Roasted Potatoes Veggie Blend Applesauce	4) Street Tacos Black Beans House Salad Fruit	5) Cheese & Spinach Ravioli Italian Veggies Garlic Bread House Salad Brownie	6) Oven Baked Fish Rice Pilaf Green Peas House Salad Fruit	7) Asian Chicken Salad Chow Mein Noodles Breadstick Almond Cake
10) Fajitas w/ Peppers & Onions Black Beans Mexicali Corn House Salad Cantaloupe	11) Salisbury Steak Egg Noodle Green Beans House Salad Berry Blend	12) Chicken Strips Mashed Potatoes Squash House Salad Jell-O	13) Spaghetti w/Meatballs Italian Veggie Blend Garlic Bread House Salad Cookies	14) <i>Flag Day</i> Mac & Cheese w/ Ham Spinach Garlic Bread House Salad Strawberries
17) Stuffed Peppers Mixed Veggies House Salad Mixed Fruit	18) Chili Relleno Casserole Pinto Beans Rice House Salad Spice Cake	19) BBQ Chicken Mashed Potatoes Peas & Carrots Macaroni Salad Pudding	20) <i>Summer Begins</i> Mongolian Beef Brown Fried Rice Stir Fry Veggies House Salad Lemon Bars	21) <i>Full Moon</i> Grilled Salmon Asparagus Veggie Blend House Salad Dessert
24) Chicken Quesadilla Refried Beans Pico de Gallo House Salad Pineapple	25) Spinach & Tomato Quiche Hash Browns Bell Peppers, Tomatoes & Onion House Salad Banana Bread	26) Chicken Cacciatore Pasta Carrots House Salad Ice Cream	27) Meatball Sub Oven Fries Veggie Mix House Salad Watermelon	<i>Restaurant Partner</i> <i>El Rincon</i>  Cheese Enchiladas, Rice, Beans, House Salad, Dessert
			June is: National~ Iced Tea, Ice Cream & Seafood Month!	

## Healthy Body, Healthy Brain



There is growing scientific evidence that maintaining a healthy lifestyle and managing related chronic conditions is good for your overall physical health, facilitates and improves brain health, and may help decrease the risk of dementia or slow its progression.

### What Can People With Memory Loss and Chronic Health Conditions Do?

A recent CDC study found that people with one or more chronic health conditions were more likely to report worsening or more frequent memory problems, also called subjective cognitive decline (SCD).

Chronic health conditions included in the report were diabetes, heart disease, arthritis, stroke, chronic obstructive pulmonary disease (COPD), asthma, and kidney disease. SCD was most common among adults with COPD or heart disease, or who had had a stroke.

It's important to talk to your healthcare provider. Early diagnosis of memory loss is especially important for people with chronic health conditions. Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to dementia, including Alzheimer's disease, or a more treatable condition such as a vitamin deficiency or medication side effects. Early diagnosis also provides an opportunity to participate in clinical trials, and more time to plan for the future.

### Ways to Help Improve Your Brain Health

- Get Active and Maintain a Healthy Weight—Regular physical activity is important for good health and combined with a healthy diet can lead to a healthy weight.
- Manage Blood Sugar—Learn how to manage your blood sugar if you have diabetes.
- Prevent and Manage High Blood Pressure and Cholesterol—Tens of millions of adults in the United States have high blood pressure, and many do not have it under control. And nearly 1 in 3 American adults has high cholesterol. Learn the facts.
- Prevent and Correct Hearing Loss—Make sure to talk to a hearing care professional to treat and manage hearing loss.
- Get Enough Sleep—A third of American adults report that they usually get less sleep than the recommended amount.
- Stay Engaged—There are many ways for older adults to get involved in their local community.
- Find Support—Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a medical condition that can be treatable.
- Quit Smoking—Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free quitline: 1-800-QUIT-NOW (1-800-784-8669).
- If You Drink, Do So in Moderation—Learn about alcohol use and your health.



<https://www.cdc.gov/aging/publications/features/healthy-body-brain.html>  
<https://www.cdc.gov/aging/publications/features/dementia-risk-reduction-june-2022/>

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.

## Caprese Bruschetta

### Ingredients

- 1 Italian baguette
- 1 pound fresh mozzarella
- 4 Roma tomatoes
- salt and freshly ground black pepper, to taste
- 24 basil leaves
- 2 to 3 cloves garlic, cut in half
- 2 to 3 tablespoons balsamic vinegar or balsamic glaze

### Instructions

1. Slice the baguette on the diagonal into 24 slices; save the ends for another use. Broil until lightly toasted.
2. Rub each slice with garlic immediately after removing from oven.
3. Cut mozzarella into 24 pieces, about 1/2 inch thick, and sized to cover bread.
4. Slice each tomato into 6 slices.
5. Place baguette toasts on a platter; top with mozzarella, then tomato, and salt and pepper. Top each with a basil leaf and drizzle with balsamic vinegar. Serve immediately.