



TO SUPPLEMENT OR NOT?

By Annette Payne, RD, LD, CDCES

Dietary supplements can help support healthy aging, but they aren't necessary for everyone. Some can interfere with medications or cause side effects, so it's best to talk with a healthcare professional first. The FDA does not approve dietary supplements for safety and effectiveness or their labeling before they are sold to the public.

- Be Cautious of products that claim to cure or prevent diseases. Find credible information on www.fda.gov, www.nih.gov, and eatright.org.
- More isn't better. Taking high doses of supplements can build to dangerous levels in the body, while some will be flushed out through bodily waste, thus wasting your money.
- Buy from a reputable brand and opt for products that have undergone third-party testing to ensure safety, purity, and quality. Look for a seal such as NSF International, USP, or Consumer Lab.

Ask your pharmacist:

- Is there an amount or "upper limit" I should not go above?
- Are there any known side effects?
- Are there any foods, medicines (prescription or over-the-counter), or other dietary supplements I should avoid while taking this product?
- If I am scheduled for surgery or lab work, are there any supplements I should avoid?

DATES TO REMEMBER:

MOWCC is closed on: Tuesday, December 24th, Wednesday, December 25th, Tuesday, December 31st, & Wednesday January 1st.

SPECIAL DELIVERY DATES:

Saturday, December 7th: Frozen and shelf stable Holiday meals will be delivered for most clients.

Save these meals for dates MOWCC is closed.

Menu

Created by our
Licensed Dietitian

December 2024



Notes:

TO CANCEL A MEAL:
Call by 2PM the day before.
972-562-6996

MILK QUARTS
Will be delivered once a week. Nutrition facts provided include a serving of milk with the meal.

MENU CHANGES
Menu items may change due to availability and food industry shortages.

NUTRITION
Our nourishing meals provide target nutrients for optimal health. All meals provide a minimum of 1/3 of the daily nutritional needs for older adults. No salt is added during cooking and salt-free products are used as much as possible.

ALLERGY WARNING
MOWCC is not an allergen free kitchen. Menu items may contain or come into contact with food allergens. If you have food allergens or intolerances, please contact us.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>3 Breaded Steak w/ Pepper Gravy Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>4 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>5 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg</p>	<p>6 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg</p>
<p>9 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg</p>	<p>10 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>	<p>11 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg</p>	<p>12 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>13 BBQ Meatloaf Mashed Potatoes Creamed Corn Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg</p>
<p>16 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>17 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>18 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>19 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>20 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg</p>
<p>23 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</p>	<p>24 Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>25 MERRY CHRISTMAS! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>26 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>27 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers, Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>
<p>30 Cranberry Beef Meatballs Herb Roasted Potatoes Ranch Corn, Strawberry Raisins, 2% Milk Quart Calories: 680 Carbs: 92g Fat: 20g Protein: 36g Sodium: 620mg</p>	<p>31 NEW YEAR'S EVE Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>		<p>EMERGENCY MEALS Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to.</p>	

deliver.

hope.

Made with VISME

Shingles Safety

As we age, our health needs evolve, and staying informed about preventable conditions like shingles becomes essential. Shingles is a painful skin rash caused by the reactivation of the varicella-zoster virus, the same virus responsible for chickenpox. For seniors, shingles can pose significant health risks, but there are steps you can take to protect yourself.

What Is Shingles?

Shingles, appears as a painful rash, often on one side of the body or face. It can cause burning, tingling, or itching before the rash develops. Left untreated, shingles may lead to long-term nerve pain called postherpetic neuralgia (PHN), which can last for months or even years.

Signs and Symptoms

To catch shingles early, be aware of these common symptoms:

1. **Pain or Tingling:** Pain, burning, or tingling in a specific area, usually on one side of the body.
2. **Rash:** A red rash that appears a few days after the pain begins.
3. **Blisters:** Fluid-filled blisters that eventually scab over.
4. **Sensitivity:** Increased sensitivity to touch in the affected area.
5. **General Symptoms:** Fever, headache, fatigue, or light sensitivity.

The best way to prevent shingles is through vaccination. The shingles vaccine, Shingrix, is over 90% effective in preventing shingles and its complications. The CDC recommends the vaccine for adults 50 years and older, even if you've had shingles before or don't remember having chickenpox.

At Meals on Wheels Collin County, we care about your well-being. By protecting yourself from shingles, you're taking an essential step toward maintaining your health and independence.

For more information and resources go to the CDC Shingles overview page-
<https://www.cdc.gov/shingles/hcp.clinical-overview/index.html>

ACTIVITIES CORNER



Christmas Reindeer Word Search



P R A N C E R S E D D
P N E E R E L E N O A
R C E V E E D D O N R
E H T E I B A A R N U
S R E G N L N S T E D
E I H S D I C H H R O
N S C A E T E E P C L
T T O N E Z R R O U P
S M M T R E E E L P H
E A E A E N H A E I A
E S T V I X E N A D A

Words to find:

BLITZEN
DASHER
REINDEER

CHRISTMAS
DONNER
RUDOLPH

COMET
NORTHPOLE
SANTA

CUPID
PRANCER
SLEIGH

DANCER
PRESENTS
VIXEN

MERRY CHRISTMAS & HAPPY HOLIDAYS!



SENIOR STORYTIME

THE LEGEND OF THE CANDY CANE

(Summarized from the short story by Lori Walberg)

The story begins on a dreary November evening when a mysterious man arrives in a small town, taking over a boarded-up storefront. The townspeople, curious but silent, speculate about his purpose. Only Lucy, a brave young girl, introduces herself and offers to help. Together, they unpack crates filled with candy, including a unique red-and-white striped candy stick—the candy cane.

The man, John Sonneman, explains the symbolism of the candy cane: its "J" shape represents Jesus, its crook symbolizes a shepherd's staff, and its colors reflect Christ's sacrifice (red for his blood and white for purity). Moved by the story, Lucy agrees to help Mr. Sonneman share it.

In the days leading to Christmas, they deliver candy canes and tell the story of Jesus to every home. On Christmas Eve, Sonneman's Candy Store opens, uniting the town. Beyond the joy of the candy, the town shares the deeper message of Christ's love and redemption.



NEW NEWSLETTER NAME SHOWDOWN!

Friends, Your creativity matters! We're still accepting ideas for a new name for this newsletter, and we'd love your ideas.

Share suggestions by emailing us at frontdesk@mealsonwheelscc.org or calling us at 972-632-3136.

Let's create something special together!

MOWCC UPDATES/REMINDERS

SPACE HEATER SAFETY TIPS

- Read all warnings and labels on your space heaters
- Keep space heaters on a low, flat surface
- Keep space heaters away from walkways/walk paths to avoid injury
- Do not plug space heaters into a power strip, plug them directly into a wall outlet
- Keep pets away from space heaters
- Space heaters should be a minimum of 3 feet away from any flammable items including paper, curtains, or fabric
- If your space heater has been damaged, it is recommended to purchase a replacement

**For questions & concerns regarding your winter utilities bill
Contact the Texoma Counsel of Government (TCOG)
903-893-2161 ext. 3541**

TRANSPORTATION RESOURCES

Collin County Transit

Residents of Celina, Lowry Crossing, McKinney, Melissa, Princeton, Prosper
469-771-0667

Collin County Rides For Residents of Allen and Fairview
940-243-0077

DART Rides For Residents of Plano and Dallas
214-515-7272

Need some extra shelf stable food items?:

Please contact your Social Worker on their direct line or call Senior Services
Admin Lauren at 469-731-4866

For help with Suicide Prevention

Contact the National suicide Prevention Line-988

For Information on Care Coordination

Go To: <https://www.nctcog.org/aging-services>