



January 2014

# Happy New Year!



*From the desk of Kyla Weaver*



*Kyla graduated from The University of Akron in August 2013 with a Bachelor's Degree in Social Work. She is an outstanding addition to our Client Services Department, so please take a moment to welcome her to the Mobile Meals family!*

## **Beat the Winter Blues**

The "Winter Blues" can strike people of all ages, but is especially difficult for seniors since they are often homebound much of the time during the winter months. Symptoms of the winter blues include depression and lack of interest and energy all winter long. The tips below can help you battle the blues.

### **Keep an Active Mind**

Just as you might stay physically active to strengthen your body, you must also keep your mind active. Such mental exercises include crossword puzzles, Sudoku, jigsaw puzzles, and even your favorite hobby. This is an excellent time to learn a new skill or try a new interest.

### **Get Regular Exercise**

Stay active 15-20 minutes a day, even if you cannot make it outside. Try dancing to your favorite music, taking the stairs instead of the elevator, or clean your house. Remember to talk with your doctor before starting an exercise routine; your doctor can help you choose activities that are best for you.

### **Eat Healthy**

Remember to eat enough protein, fruits, vegetables, and whole grains to keep you feeling energized. Too many sweets and sugary foods can leave you feeling tired and sluggish.

### **Be Social**

Even if you are unable to get out due to the weather, you can still interact with others! You can chat online, send messages on Facebook, Skype with long-distance family or friends, or call your friends on the phone.

### **Take Time to Laugh**

Comedy is a great stress reliever! Keep yourself laughing this season by watching funny movies or watching your favorite comedy.

### **How caregivers can help**

Caregivers should be aware of the symptoms of the winter blues – including fatigue, sadness, lack of interest, and mood changes. If you notice any of these symptoms, go for a walk together, check in with a daily phone call, talk about current events, go out to lunch, or out to a local event. If you think the situation is serious, always seek professional help.

Dear Mobile Meals Family,

We are happy to deliver healthy and delicious meals to your home and check on your welfare. Many of our clients, especially the elderly, are unable to pay for their meals. Perhaps you can be of assistance.

Your gift of \$3.00 pays for one meal while your gift of \$15.00 pays for meals for a week. However, any gift is welcome. You may mail your contribution to Mobile Meals at 1063 S. Broadway St. Akron, OH 44311 or you may donate on our website by going to [www.mobilemealsinc.org](http://www.mobilemealsinc.org).

Thank you!

*Phil Marcin*

Development Director

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

### **GRIEVANCE POLICY**

**In order to provide clients with the best services possible, we ask you to contact Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.**