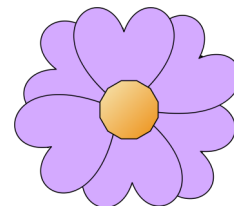




Tasty Tidbits

April 2019



April 15th thru April 19th

Café Classico Closed

Due to

Sr. Center Annual Maintenance

Arthritis Care Tips

Many of our neighbors receive meals from us because they are dealing with chronic health issues and limited mobility. Arthritis is often the culprit behind limited and painful movement. Characterized by inflammation and pain in the joints, this condition can drastically reduce physical activity as well as increase the risk of depression.

“Arthritis is probably the number one condition that people 65 or older contend with,” says geriatrician Marie Bernard, MD, deputy director of the National Institute on Aging in Bethesda, Maryland. The CDC estimates that it affects 49.7 percent of all adults over 65 and can lead to pain and lower quality of life for some seniors. Although arthritis can discourage you from being active, it’s important to work with your doctor to develop a personalized activity plan that, along with other treatment, can help maintain health in older adults.

Along with maintaining some level of activity, the right kind of nutrition including anti-inflammatory foods can help lessen the symptoms of arthritis. Fish and soy-based products are high in inflammation-busting benefits of omega-3 fatty acids, Extra virgin olive oil is loaded with heart-healthy fats, as well as oleocanthal, which has properties similar to non-steroidal, anti-inflammatory drugs. Then there’s broccoli, love or hate it, broccoli contains a compound called sulforaphane, which researchers have found could help prevent or slow the progression of osteoarthritis (OA). Broccoli is also rich in calcium, which is known for its bone-building benefits. You can request extra broccoli any time it’s on the menu!

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday night dinners at
Café Classico
*(Dinner buffet served 5:00 pm – 6:00 pm
~ only \$7/person or 10 meal punch card for \$63)*

April 2nd
Meatloaf

or

Roasted Chicken
From Chef CrazyBear



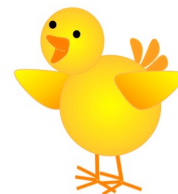
**Join us
for a
Spring
Feast**

April 9th

Ham

or

Airline Chicken
From Chef Kirk



April 16th

No Dinner-Sr. Center Closed



April 23rd

Barbeque Ribs

or

Barbeque Chicken
From Chef CrazyBear



April 30th

Salmon with Dill Sauce

or

Roast Pork Loin
From Chef Kirk



*(please make reservations at
303.441.3148)*

If you have questions, please don't
hesitate to call
Lehshel, Janean, or Nancy at:
Meals on Wheels of Boulder.
303-441-3908

