

August 2015

**UPCOMING**  
**HOLIDAY**  
**CLOSINGS**

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

- Labor Day  
Monday, 9/7/2015
- Fort Bend County  
Fair Day  
Friday, 9/25/2015
- Veterans Day  
Wednesday,  
11/11/2015

**Heart Healthy Shopping Tips**

**1. Buy colorful fruits and vegetables.**

Low in calories, high in vitamins, minerals and fiber — adults should get at least five servings per day of these nutrition powerhouses.

**2. Avoid buying high fat dairy or meat.**

Look for skinless cuts of lean meat with the least amount of visible fat. Cuts that say “loin” after them, like sirloin and tenderloin, are often leaner cuts. Ground meats should have less than 20% fat, whether it’s chicken, turkey, pork or beef. Yogurt, milk, cheese and other dairy products should also be low in fat — 2% “reduced fat” or less.

**3. Buy plenty of nuts and high fiber foods.**

Fiber can help lower blood cholesterol, and it keeps you full, which helps you maintain a healthy weight. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts.

**4. Avoid buying butter.**

We all know these are the culprits of poor dietary health, but this is particularly important advice for seniors. Avoiding these three can help lower cholesterol.

**5. Read nutrition labels.**

A general rule of thumb is that if one serving of any particular item has more than 250 mg of sodium, you may want to search for a product that has less.

**6. Consider frozen or canned fruits and veggies.**

Making sure the kitchen is well-stocked with healthy items — and low on tempting junk food. Remember that frozen fruits and vegetables have the same vitamins and minerals in them, though their prices may be radically different. This knowledge makes keeping the kitchen stocked with cholesterol and blood pressure lowering foods a little easier. Canned fruits and veggies offer similar benefits, though choose unsalted or unsweetened varieties when possible.

**7. Avoid rushing into major changes.**

Eating for heart health can seem overwhelming, but don’t get discouraged. Start with small steps, and soon the whole family will be eating better — these dietary guidelines are great for everyone, not just seniors.

*Source: A Place For Mom*

*Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.*

**CASE MANAGEMENT STAFF CONTACTS :**

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## Seniors in the Spotlight Talent Show

On Wednesday, July 8, 2015, Fort Bend Seniors Meals on Wheels (FBS) hosted a talent show featuring senior citizens at the Rosenberg Civic Center. More than 200 senior citizens from Fort Bend and Waller counties gathered to take part in the show and vote on their favorite acts.

One of Fort Bend Seniors' many "congregate" events of the year, the talent show allowed for a time of fellowship and entertainment for FBS' older adults, and serves as a special activity for those who attend one of 10 senior sites, typically with only 10 to 50 seniors in attendance. More than a dozen performances comprised of senior citizens appeared in the show with both group and solo acts, featuring various types of performances including singing, dancing, storytelling, comedy, and guitar playing.



First Place Winner, Maria Martinez, from Tri-City



Glen Brothers led the Pledge of Allegiance

## Look who's joining FBS!

Winnifer Washington is the new Senior Center Coordinator here at Fort Bend Seniors. Winnifer brings a wealth of nutrition and event expertise and we are thrilled to have her on board. When you see her at the congregate events, introduce yourself!



### MEALS SERVED IN JULY

Home Delivered: 21,851  
 Congregate: 8,444

### CLIENTS SERVED IN JULY

Home Delivered: 788  
 Congregate: 429

### Transportation Units

Clients: 157  
 Rides: 3,243