

April 2016

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

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

- Memorial Day, Monday, 5/30/2016
- Independence Day, Monday, 7/4/2016



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

**5 Foods You May Be Eating Wrong**

Not all food is created equal if prepared the wrong way. See which mistakes you could be making with some of your favorites.

**Potatoes**

One study found that it was purple potatoes that gave the best benefits, like lowering blood pressure and reducing the risk for cancer. Leave the French fries and mashed potatoes alone!

**Carrots**

Next time you're making a batch of chicken noodle soup, resist the urge to cut up your carrots. One study found that cutting carrots increased surface size and allowed more nutrients to leach out. That means after washing and peeling, your carrots should hit the water in their whole form.

**Tea**

Several studies have shown that adding milk to your tea may actually take away some of the cardiovascular benefits that tea provide. Going with green tea? Add a little juice instead to sweeten. The vitamin C in juice may help to increase the bioavailability of green tea's nutrients.

**Garlic**

Don't rush your garlic, CRUSH your garlic! Research indicates that crushing your garlic and allowing to sit for at least ten minutes released an enzyme called allicin that has been shown to help reduce the risk of cardiovascular disease by making platelets less sticky or more likely to flow freely through the cardiovascular system.

**Broccoli**

Broccoli is part of the brassica family of foods; a family that has shown to be quite effective in terms of prevention of certain cancers from breast cancer to skin cancer, but how you prepare your broccoli makes all the difference in the world. A 2008 study found that steaming was the only cooking method that completely preserved, and even increased, the cancer fighting components of broccoli.

**CLIENT CARE STAFF CONTACTS :**

Jodi Burtleson, Case Manager Specialist: 281-633-7054  
Ranett Montemayor, Meals on Wheels Coordinator: 281-633-7051  
Maureen Murray, Senior Center Coordinator: 281-633-7058  
Demetrius Turner, Fort Bend Case Manager: 281-633-7049  
Vernice Zomalt, Waller Case Manager: 281-822-4240

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## March for Meals 2016



Thanks to our Community Champions for joining the March for Meals and supporting our area seniors and delivering meals to our homebound folks.

Rick Forlano, Joanie Caskey, Joe Gurecky, Brooks Gage, Carlos Arrendondo, Rosenberg Mayor Cynthia McConathy, PCT 1 Commissioner Richard Morrison, Charles Sonnier, Manuela Arroyos, PCT 4 Commissioner James Patterson, Guadalupe Cabello, Ray Aguilar, Eric Robins.

