

January 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.

● Birthday of Dr. Martin Luther King, Jr.
Monday, 1/19/2015

● Good Friday
Friday, 4/3/2015

An Apple a Day, Keeps the Doctor Away

Apples

Lower blood cholesterol levels
Treat constipation and diarrhea
Help control diabetes
Strengthen immune system
May lower risk of heart disease
May help prevent cancer



The Pectin Connection

The answer lies in apples' storehouse of fiber and potent phytonutrients. One medium unpeeled apple provides 3.5 grams of fiber, more than 10 percent of the daily fiber intake recommended by experts (without the peel it provides 2.7 grams). The insoluble fiber in apples works like bran fiber, attaching to cholesterol in the digestive tract and helping to sweep it out of the body, thus reducing the risk of clogged arteries, heart attack, and stroke.

But that's not all. Apples also contain a form of soluble fiber called pectin, which may help reduce the amount of natural cholesterol produced in the liver. Researchers have found that eating two apples a day can lower cholesterol levels by up to 16 percent. Another much-cited study showed that men who consumed an apple a day, along with two tablespoons of onion and four cups of tea, had a 32 percent lower risk of heart attack than those who ate fewer apples.

Cancer Protection

Apple skin contains a large supply of a compound called quercetin, an antioxidant that may help prevent heart disease. The antioxidants quercetin and vitamin C help prevent the free radical damage that can lead to cancer. Apples also get some of their cancer-fighting power from pectin. And the insoluble fiber in apples may help prevent diverticulosis and colon cancer.

Digestive Aid

The insoluble fiber in apples (a.k.a. roughage) helps relieve constipation, and as mentioned above, it thereby helps prevent colon cancer. At the same time, apples' soluble fiber helps treat diarrhea. Traditionally, apples have been used to treat upset stomach. And with good reason: apples contain malic and tartaric acids, which help digestion.

Source: <http://www.coolgrandma.com>

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

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NEW YEAR'S RESOLUTIONS

We have compiled a number of interactive New Year's resolutions designed to keep you connected, in touch, and in tune with each other the entire year:

- **Start a letter journal.** Thanks to the Internet, handwritten letters are almost a thing of the past. However, seniors come from an era when writing letters by hand was an important, valued form of etiquette—a more personal way of keeping in touch. Purchase a bound journal, write a letter inside and give it to your loved one.
- **Plan to age gracefully.** It is never too late to decide to pursue a healthy lifestyle, which increases the odds of aging gracefully. Plan to exercise often, eat nutritious foods and encourage each other while doing so.
- **Share your favorite recipes.** Exchanging healthy recipes helps you eat more nutritious meals and gives you the opportunity to ensure your loved ones are eating well. Pass down your secrets to healthy cooking to the next generation.
- **Get tech savvy.** A study in 2010 found that seniors are the fastest growing demographic on social networks. Communicating and trading pictures via email becomes a snap. Even better, webcams allow “face-to-face” conversations between family members who live far apart.
- **Talk about the hard stuff.** This resolution is not fun, but it is the most important. While you are able, help set the standards of care you desire later in life. Decide if you will designate a family member or hire a senior care professional to be the primary caregiver. Talking about estate planning and wills, along with other related issues, helps prepare everyone for the inevitable. Discussing these things in advance ensures that your wishes are recorded and understood by all.

Senior Center Spotlight

Fluor Daniel Corporation sponsored a couple holiday parties for a few of our senior centers this past December. The Kendleton, Fulshear, and Brookshire centers were all excited to be accompanied by the Fluor employees. Fluor catered their lunches and seniors enjoyed games, prizes, and socializing with their new friends. Big thanks to Fluor Daniel for helping Fort Bend Seniors spread more holiday cheer.

On Thursday, December 11th, Fort Bend Seniors Meals on Wheels and the Fort Bend Republican Women's Group hosted their annual Holiday Party for all of the congregate senior centers. The Fort Bend Republican Women's Group catered a delightful Christmas meal with turkey, dressing, and all the extra goodies. Even Santa came down early for a few pictures and a good time! We'd like to thank the Republican Women's Group and all that volunteered their time to create another successful event.

2015



Happy New Year!

MEALS SERVED IN DECEMBER

Home Delivered: 22,560
 Congregate: 5,398

CLIENTS SERVED IN DECEMBER

Home Delivered: 773
 Congregate: 387

Transportation Units

Clients: 166
 Rides: 2,988

