

March 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.

- Good Friday  
Friday, 4/3/2015
- Memorial Day  
Monday, 5/25/2015
- Independence Day  
Friday, 7/3/2015

**National Nutrition Month**

March is National Nutrition Month

*Bite Into a Healthy Lifestyle*

Snacks can be a fun and valuable part of a person's healthful eating plan – but they can also add unneeded calories, sugar, sodium and fat. During National Nutrition Month®, the Academy of Nutrition and Dietetics offers smart snacking ideas that help everyone "Bite into a Healthy Lifestyle." Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. For adults, a healthy snack can provide an energy boost, and satisfy your mid-day hunger. If you haven't eaten for three or more hours, a snack can help bring up your blood sugar level for optimal energy. For older adults with smaller appetites or limited energy, several small meals including snacks may be easier for their bodies to handle.

**Plan your snacks.** Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and fat-free yogurt.

**Make snack calories count.** Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy – foods we often don't eat enough.

**Go easy on high-calorie snacks such as chips, candy and soft drinks.** They often contain solid fats, and added sugars.

**Snack on sensible portions.** Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package.

**Quench your thirst.** Water, low-fat or fat-free milk and 100-percent juice are just a few options.

Making the right food and nutrition choices is a necessary part of biting into a healthy lifestyle. Commit yourself to a happier, healthier lifestyle. Your body will thank you!

Source: <http://www.eatrightpro.org/>

*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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March 2015

**10 Best Tips To Ease Spring Allergies**

**1. Check pollen counts.**

Before heading out, check the local news.. If levels are high, limit your time outside and take allergy medications.

**2. Shut the windows.**

Good advice for at home and in the car to help keep pollen out. Cool with the air conditioner instead.

**3. Move outdoor activities to the afternoon.**

Pollen counts are usually highest from 5 to 10 a.m. If you plan to garden, mow the lawn or take on other allergen-stirring chores, wear a mask.

**4. Head out on rainy days.**

Moisture helps clear pollen from the air. Dry, windy days are more likely to have a lot of pollen.

**5. Strip and shower.**

After being outside, it's a good idea to toss your clothes in the hamper and rinse pollen from your skin and hair.

**6. Dry laundry indoors.**

As nice as the fresh-air smell may be, pollen can cling to your clothes, sheets and towels.

**7. Use high-efficiency filters.**

They can help keep indoor air cleaner by trapping pollen and other allergens if you use forced air-conditioning or heating systems.

**8. Try a neti pot.**

Rinsing your sinuses is a quick, natural and effective way to flush out mucus and allergens so you can breathe easier.

**9. Run OTCs by your doctor.**

Some over-the-counter oral decongestants can cause side effects, including increased blood pressure and insomnia; certain nasal sprays should be used for only a few days.

**10. Treat early.**

Most medications work best if taken before pollen hits the air. Ask your doctor when you should start treatment; some allergists recommend treatment about two weeks before symptoms typically surface.

**SAVE YOUR VISION MONTH**

March is National Save Your Vision Month. While many of us think that having good vision simply means that our eyes are healthy, that is not always the case. Regular comprehensive eye exams can ensure that you not only keep your vision in great shape, but that you keep your eyes, and ultimately your body, healthy as well. Scheduling an eye exam is the first step to take in saving your vision.



Eye doctors are often the first health care professional to detect chronic systemic diseases such as high blood pressure and diabetes.

Eye exams are a vital part of health maintenance for everyone, no matter your age. Adults should have their eyes tested annually to keep their prescriptions current and to check for early signs of eye disease.



**MEALS SERVED IN FEBRUARY**

Home Delivered: 19,803

Congregate: 4,757

**CLIENTS SERVED IN FEBRUARY**

Home Delivered: 796

Congregate: 394

**Transportation Units**

Clients: 110

Rides: 2,712

