



Wise County Committee On Aging
Meals on Wheels Wise County Texas
"Improving Lives With Caring Hearts"



Fundraising for the WCCA has begun! One of our first events will be the Glitzy Girls Trailer Park on the Square in Decatur, Saturday April 8th. Join us if you can!

2017 Glitzy Girls Trailer Park
April 8, 2017 * On the Historic Decatur Square * 10am - 6pm



View Vintage Trailers
Play Bingo
Live Music
Shop, Eat & Enjoy
a Day in
Downtown Decatur!

For more information www.glitzygirlstrailerpark.com
All proceeds benefit local charities.

*The WCCA Newsletter is provided to our clients and others in Wise County.
It is edited by Thomas Clark for the Wise County Committee on Aging.
Ad space is available. Contact Thomas, at tc.wcca@gmail.com*

CHILI'S IS PROUD TO SUPPORT
**WCCA/Meals on
Wheels**

Let Chili's do the cooking while we support WCCA/Meals on Wheels at the same time. With each flyer presented on the second Tuesday of each month Chili's will donate 10% of the event day sales back to this great organization.

The WCCA/Meals on Wheels Give Back Event is:
the second Tuesday of each month
ALL DAY

only at:

Decatur

600 South US Hwy 287

Decatur, TX 76234-1616

940-627-2519 - www.chilis.com

We look forward to seeing you at Chili's!



more GIVING BACK happens here

Mention or show the Give Back Event Flyer with each check to receive credit for the sale. Sale cannot be included in donation amount with flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date.

Fighting Inflammation

Chronic inflammation has been linked to heart disease, diabetes, cancer and depression. It often has no symptoms, but doctors can test the levels of CRP (C-reactive protein) in the body to determine the state of inflammation. It is important to know your level to aid with disease prevention and complications. Some foods are known for their anti-inflammatory properties. Everyone can benefit from an intentional focus on increasing the following foods in their diet:

1. Get Fishy

Fish is full of omega 3 Fatty Acids, which reduce CRP and other inflammatory proteins in the body. Aim for 3-4 oz twice a week. Best sources include salmon, tuna, anchovies and other cold water fish.

2. Try a Handful of Nuts and Seeds

These provide monounsaturated fat. Goal of 1.5 oz daily. Best sources are walnuts, pine nuts, and pistachios

3. Pour on the Olive Oil

Olive oil contains inflammation fighting antioxidants, monounsaturated fats, and oleocanthal. Try to have 2-3 tablespoons daily in cooking or salad dressings. Choose Extra Virgin as it is less processed and refined.

4. Peel Some Onions

Onions are packed with beneficial antioxidants and may also lower LDL cholesterol. Try them sautéed, grilled, or raw in salads, stir fries, or sandwiches.

5. Fill up on Fiber

Fiber lowers CRP. It is more effective when fiber comes from food vs. a supplement. The daily goal for fiber is 25 grams.

Small changes can have the biggest impact on your health -- choose to improve yours!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

V A L E N T I N E N D G W O O
 S I X L N S E E V I N E O R A
 C H I I E R V E P I D F R I N
 E A N N C E I U R A L D R F N
 P T I C T W C P N E M E A S O
 R S A O W O S I T Y H N W A T
 E J A L N L U A T R G Y O R G
 S E W N O F S H T O O L D U N
 I L T E I C O N H C T H A A I
 D T O I E C O D S A I A H B H
 E A N V A K N H D N O D S N S
 N E D R E U S B C D Y F E E A
 T B D R O U A R Y Y Q F T R W
 S D T R R E H T A E W M Z J P
 N L G Q R L C F C L I A M G Z

By Evelyn Johnson - www.qets.com

Arrow	Groundhog	Shadow
Candy	Lincoln	Six
Card	Love	Spring
Chocolate	Mail	Valentine
Cupid	Myth	Washington
Den	Predict	Weather
Flowers	Presidents	Weeks

Need Adult Protective Services?
Call 1-800-252-5400

Something to Remember

When Meals on Wheels comes to you, we cannot leave your Meals outside unattended -- we can't even put them in a cooler outside your home. If you are going to be away from home, it is your responsibility to notify us the previous day to not deliver your meal. Failure to notify us three times in a month may result in the loss of your meals for a determined length of time.

Texas 2-1-1

Do you, or someone you know, need help finding food, housing, child care, crisis counseling, or substance abuse treatment? Call 211, or (877) 541-7905, or go online to www.211texas.org.



2-1-1 Texas, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need. Whether by phone

or internet, their goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs. This is done through their 25 Area Information Centers (AICs) across the state. 2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year.

Urinary Tract Infections

One of the most common types of infection, accounting for over eight million visits to doctors each year, a urinary tract infection (or UTI) is caused by microbes such as bacteria overcoming the body's defenses in the urinary tract. UTIs can affect the kidneys, the bladder, and the tubes that run between them.

The urinary tract, consisting of the bladder, the kidneys, the ureters, and the urethra, removes waste and excess water from the body. The kidneys filter blood, removing waste and surplus water to form urine. Urine travels through the ureters to the bladder, where it is stored until it is ready to be passed through the urethra (urination.)

A UTI is an infection of any part of this system, but most involve the lower urinary tract. Although women are more likely to develop UTIs than men, men are certainly susceptible to UTIs.

Most UTIs are not serious, but some can lead to serious problems, particularly with upper urinary tract infections. Recurrent or long-lasting kidney infections can cause permanent damage, and some sudden – acute – kidney infections can be life-threatening, particularly if septicemia (bacteria entering the bloodstream) occurs.

There are many factors known to increase the likelihood of developing a UTI, including diabetes, poor personal hygiene, having a urinary catheter, blocked flow of urine, kidney stones, menopause, immobility for a long period, and/or heavy use of antibiotics (which can disrupt the natural flora of the bowel and urinary tract.)

Common symptoms of UTIs include strong and frequent urges to urinate; cloudy, bloody, or strong-smelling urine; pain or burning sensation when urinating; nausea and vomiting; and muscle aches and abdominal pains.

If you have any of these symptoms, or have questions about UTIs, please consult your doctor.

Project FAITH WORKS

Does your home's exterior need repair?

If so, and you own your home, and you are current on your taxes, PROJECT FAITH WORKS would like to help you.

PROJECT FAITH WORKS is looking to repair the exterior of homes, for free. Project Faith Works is a Christian home repair/renovation project based in Springtown. It is adapted from a long time sister project in Comanche, TX. This project is designed to reach people in need, within the area surrounding the Springtown, Azle, Boyd, North Weatherford, Paradise areas with free home repair such as roofing, painting, wheel chair ramps, access steps, and general carpentry. To accomplish this, applicants are required to provide financial status, ownership, and repair information via a standard application. These applications are then processed, prayed over, and sorted according to need and project viability. Homes are selected and then repaired through volunteer efforts and donations. The scope of the project is decided as resources and people become available.

This project has repaired numerous local homes in need during the previous years. The name was changed last year from "POJO Rehab" to broaden the area of opportunity to serve others in the Parker, Wise, and Tarrant County areas around their base in Springtown. This project exists only by the donations of individuals and local businesses.

Approximately 60-100 teen and adult volunteers will be serving the local community in this area through this ministry of serving others.

If you would like PROJECT FAITH WORKS to help you, please call (817) 220-7177, or William Boyd at (817) 980-8628.

Meals on Wheels Wise County Texas

**Join us at IHOP
801 S. Hwy 287
Decatur TX**

for our Fundraising Night!

**Tuesday, Feb 21, 2017
5:00 PM to 9:00 PM**

**Present this flyer to your server and
IHOP will generously donate
20% of your bill to the
Wise County Committee on Aging!**



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Meals on Wheels Wise County Texas
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**Wise County
Cycle 1, 2017 Final Menu
February**

Wednesday 2/1/2017		Thursday 2/2/2017		Friday 2/3/2017					
All Beef Hamburger Patty** Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise Mustard <i>Diet - Hot Spiced Peaches</i>		Turkey Breast with Gravy Oven Roasted Sweet Potatoes Brussels Sprouts Dinner Roll Lemon Fruited Gelatin Milk Diet - Fruited Gelatin		Cheese Omelet with Picante Sauce# O'Brien Hashbrowns Hot Spiced Apples Biscuit Fresh Banana Milk Diet - Same					
Cal: 951 37.1gm Fat		Cal: 611 9.2gm Fat		Cal: 687 22gm Fat					
Monday 2/6/2017		Tuesday 2/7/2017		Wednesday 2/8/2017		Thursday 2/9/2017		Friday 2/10/2017	
All Beef Swiss Steak^ Au Gratin Rotini# Mixed Greens Whole Wheat Bread Fresh Fruit Milk Diet - Same		Turkey Spaghetti Green Beans with Onions Squash Medley Whole Wheat Bread Oatmeal Cream Cookie Milk Diet - Same		Baked Chicken Thigh Mixed Beans Baby Carrots Dinner Roll Fresh Fruit Milk Diet - Same		Beef Chili with Beans Yellow Rice Tossed Salad Saltine Crackers Cranapple Cobbler Milk Ranch Dressing Diet - Hot Pineapple Tidbits		Breaded Fish Buttermilk Potatoes# Green Peas Whole Wheat Bread Cherry Pie^ Milk Tartar Sauce Diet - Cake	
Cal: 724 27.9gm Fat		Cal: 676 21.4gm Fat		Cal: 610 14.9gm Fat		Cal: 852 26.6gm Fat		Cal: 788 23.5gm Fat	
Monday 2/13/2017		Tuesday 2/14/2017		Wednesday 2/15/2017		Thursday 2/16/2017		Friday 2/17/2017	
Pulled Chicken with Savory Apricot Sauce#* Macaroni & Cheese Italian Vegetables Whole Wheat Bread Fresh Fruit Milk Diet - Same		Valentine's Day Country Fried Steak* Country Gravy Whipped Potatoes French Green Beans Dinner Roll Strawberry Shortcake Cookie Milk Diet - Cookie		BBQ Pork Rib Patty* Oven Roasted Potatoes Cabbage and Carrots Hamburger Bun Banana Pudding Milk Diet - Vanilla Pudding		Sausage and White Beans Stewed Tomatoes Turnip Greens Cornbread Apple Pie^ Milk Diet - Cake		Seafood Macaroni Salad Green Bean Salad Cucumber Salad Saltine Crackers Fudge Cream Cookie Milk Diet - Same	
Cal: 735 30.2gm Fat		Cal: 859 31.4gm Fat		Cal: 830 24.1gm Fat		Cal: 935 35gm Fat		Cal: 1095 41.5gm Fat	
Monday 2/20/2017		Tuesday 2/21/2017		Wednesday 2/22/2017		Thursday 2/23/2017		Friday 2/24/2017	
Thai Chili Beef^# Green Peas Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Diet - Same		Chicken Cacciatore# Parslied Penne Broccoli and Cauliflower Dinner Roll Coconut Cake^ Milk Diet - Cake		Dijon Herb Turkey Breast Lima Beans Mixed Greens Cornbread Fresh Orange Milk Diet - Same		Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Hot Apple Slices		Potato Crusted Fish Ranch Potatoes Capri Vegetables Whole Wheat Bread Strawberry Fruited Gelatin Milk Tartar Sauce Diet - Fruited Gelatin	
Cal: 618 21.6m Fat		Cal: 627 28.4gm Fat		Cal: 615 15.3gm Fat		Cal: 866 27.5gm Fat		Cal: 707 21gm Fat	
Monday 2/27/2017		Tuesday 2/28/2017							
Almond Dijon Chicken Patty *# Yellow Rice Zucchini Whole Wheat Bread Fresh Fruit Milk Diet - Same		Meatloaf* Brown Gravy Oven Roasted Potatoes Spring Vegetables Dinner Roll Chocolate Pie^ Milk Diet - Cake							
Cal: 582 16.6gm Fat		Cal: 868 38.2gm Fat							

! Meal ≥ 1000mg Sodium
* - Notates soy containing items ≤ 6.5% total volume
New Menu Item
✓ Vegetarian Entrée



Janet Higgins, RD, LD

#DT81746, 11/7/2016

How You Can Help the WCCA.

- Donate to the WCCA
- Donate to United Way of Wise County through your work and ask it to be earmarked for WCCA.
- Donate through your work place's HR Department. Did you know that lots of National companies have a Super PAC that matches your donation? Your \$100 becomes \$200 and helps that many more seniors!
- Volunteer to help Deliver meals once a week or a month. Every extra person delivering meals means a senior that gets a hot meal that day.
- Earmark us on your Amazon Prime Account. Amazon Smiles will donate money directly to us just because you purchased online through them! (When logged into your Amazon Prime Account, select "Your Account," then "Change Your Charity." Type "Wise County Committee on Aging" into the "Choose your charitable organization" field.)

WCCA
PO Box 903
Decatur, Texas 76234
940-627-5329