



FOSTER GRANDPARENT PROGRAM NEWSLETTER

ISSUE 2: May-July 2014

Cresha Reid, Program Supervisor

Foster Grandparent Program Announcements

Hello Grandparents! Welcome to our quarterly edition of the Foster Grandparent Program Newsletter. We hope that you will enjoy reading about what's happening in our program and with each other.

Foster Grandparent Program 46th Annual Recognition Luncheon

Our Foster Grandparent Program Recognition was a success! Our theme for this year was, "High Tea & Big Hats." Every year we recognize the commitment you as volunteers make to our program at this event. Members of the community such as school staff, political dignitaries and family and friends all came out to celebrate the work you all do in the community!

Highlights for this year's event included our "Hidden Talent" display where a few Foster Grandparents shared their creations in arts, crafts, knitting & sewing. Then awesome entertainment was provided by the "You Can't Stop Me" project, where Erickson Elementary students rocked the house through song and dance! The crowd joined in with excitement as these students displayed their talents. We also had Foster Grandparents who received awards such as FGP of the year, Inspirational Volunteer, Role Model award, & Award for Dedication.

We appreciate all the work our volunteers provide and the impact you make in the community!



BIRTHDAYS

MAY

Glendia Edwards (5/4)
Sanaa Ghobrial (5/13)
Firouzeh Homaie (5/20)
Virginia Robinson (5/29)

JUNE

Anna Napier (6/20)

JULY

Rose M. Brown (7/4)
Zoraida Reyes (7/5)
Faye Reed (7/8)
Alvin Brooks (7/14)
Peggy White (7/30)

WISHING YOU ALL A VERY HAPPY BIRTHDAY!

Foster
Grandparent Program
110 North Fourth Ave, Garden Level
P.O Box 8645

Phone: (734) 222-3767

Fax: (734) 222-6531

E-mail: reidc@washtenaw.org



FOSTER GRANDPARENT HEALTH

Fruits and Vegetables: The More the Better!

Do you remember the “5 servings of fruits and vegetables a day” rule of thumb? The US Department of Agriculture (USDA) updated their guidelines according to recent research, and the verdict is out: five servings of fruits and vegetables a day is not enough for most people, especially those who are aging. USDA recommends consuming a minimum of 2½ cups of fruits and vegetables each day. To receive the ideal health benefits of a diet rich in fruits and veggies, fill **half your plate** with them at each meal.

Consuming fruits and vegetables offers many health benefits regardless of whether the produce is fresh, raw, cooked, frozen, juiced, or canned. A diet rich in fruits and veggies promotes healthy blood pressure, cholesterol levels, arteries, bones, eyes, brain, and digestion, and may help lower your risk of obesity, Type 2 diabetes, and cancer.

Which fruits and vegetables are best to eat? In general, deeply colorful fruits and vegetables contain the most nutrients. A more varied and colorful plate indicates a more nutrient-rich meal.

Incorporating more fruits and vegetables into your diet may seem challenging, but it doesn't have to be. To the right are some tips to get you started.

(Article adapted from: Harvard Medical School Family Health Guide “13 Ways to Add Fruits and Vegetables to Your Diet” at <http://www.health.harvard.edu/fhg/updates/13-ways-to-add-fruits-and-vegetables-to-your-diet.shtml>; American Cancer Society “It’s Easy to Add Fruits and Vegetables to Your Diet” at <http://www.cancer.org/healthy/eathealthygetactive/eathealthy/add-fruits-and-veggies-to-your-diet>; and WebMD “With Fruits and Veggies, More Matters” at <http://www.webmd.com/food-recipes/features/fruits-veggies-more-matters>)

Easy Ways to Add Fruits and Vegetables to Your Diet:

1. **Be sneaky.** Add extra fresh or frozen vegetables, such as grated carrot or zucchini, to pasta sauce, meat loaf, chili, soup, or a stew.
 2. **Try something new.** It’s easy to get tired of apples, bananas, and grapes. Try a kiwi, mango, fresh pineapple, or another exotic choice.
 3. **Be a big dipper.** If the natural flavor of carrots, celery, broccoli, or other veggies isn’t enough, try dipping them into hummus or another bean spread, some spiced yogurt, or a bit of ranch dressing. Or slather peanut butter on celery, apple slices, or banana.
 4. **Blend in.** A fruit smoothie is a delicious way to start the day or tide you over until dinner.
- Give them the heat treatment.** Roasting vegetables is easy and brings out new flavors. Cut up onions, carrots, zucchini, asparagus, and turnips, coat with olive oil, add a dash of balsamic vinegar, and roast at 350 degrees until done. Use roasted veggies as a side dish, put them on sandwiches, or add them to salads.



Have an idea or interested in being featured in our newsletter, please contact a Foster Grandparent Committee member for more information.