

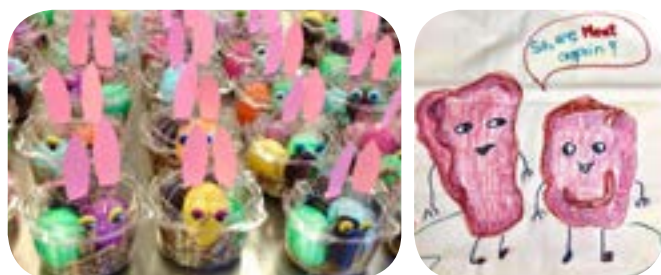
# CNNECTIONS

THE QUARTERLY CLIENT NEWSLETTER OF MEALS ON WHEELS OF RIDGEFIELD, CT

SPRING 2019

Happy Spring! Everything is starting to bloom, the weather is getting warmer, and our drivers are happy they don't have to deal with snow and ice (for a while!). We hope you enjoyed the delicious Easter meal, sponsored by the Ridgefield Lions Club, and the Easter treats and cards made by local families and our kitchen team.

We're getting ready for some upcoming events in May...the RVNA Health & Wellness Fair on May 4 (next page), our annual guest bartender night at Gallo Ristorante on May 9 and the Town's Memorial Day Parade on May 27. Please stop by and say hello if you see us at any of these events. We've also been working on our annual town-wide newsletter -- watch your mailboxes in early May. Enjoy the next few months and we'll be in touch again in the summer!



## SPRING MENU HIGHLIGHTS

Yes, soup has ended. But we hope that the spring menu will make your taste buds happy. We will be using lots of fresh asparagus, broccoli and zucchini. Chicken roulade, chicken/broccoli pasta, eggplant parmesan, homemade stuffed shells, pasta primavera, beef stir fry and shepherd's pie are on the menu. We hope you liked the corned beef and hash -- the egg on top made it look special. We like to hear what you think about the meals -- please let us know if you have any feedback. Enjoy!

## "CRIS'S CORNER"

*From our Kitchen Operations Manager, Cris Nichols*



The decorated bags have stepped up a notch. We have a group of adults who are contributing their crafty touches and many programs that allow children to put their creative designs on the bags. We know this special touch is so appreciated.

The "Baking Bunch," who bake on Mondays have been trying out some new dessert recipes. The jelly roll, pumpkin cake, peanut butter cookies, and chocolate chip banana cake have been big successes. We will continue to bake a variety of desserts during the spring. Also, fresh fruit cups will soon be part of the dessert rotation again.

As the weather turns warmer, please make sure any coolers you leave outside for us are cleaned. A few less spider webs would make the drivers who deliver your delicious meals happy. Coolers are a great idea to help deter roaming wildlife and may keep your food safe until you've returned.

If you need to reach me, just call 203-438-8788 or email [mowridgefield@gmail.com](mailto:mowridgefield@gmail.com).



**MEG WHITBECK**  
*Our Consulting Dietitian*  
**HIGHLIGHTS THE RVNA HEALTH & WELLNESS FAIR**  
*Saturday, May 4th*



We all know how important it is to check-in regularly on our health, but it's not always easy to get appointments, find the time and make it happen. Behold... the annual RVNA Health & Wellness Fair, one-stop shopping for screenings, experts, information and fun. Join RVNA on Saturday May 4th from 10:00am-2:00pm for a wealth of health-related activities including carotid artery screenings, cholesterol testing, blood pressure checks, blood glucose screening, vision and hearing exams and oral cancer testing. You can "Ask the Experts" – a podiatrist, dermatologist, physical therapist, dentist and nurses – about pressing medical concerns and curiosities. With 50+ expert exhibitors, kid-friendly activities for the whole family, and food samples provided by MOW, you don't want to miss it. We look forward to seeing you there!



**CLIENT PROFILE**

**ZIGGY & AENNE GRUBER** will celebrate 64 years of marriage this July. Both from Germany, they met in Stamford in 1954 and moved to Ridgefield when Ziggy started work ten years later at what is now Pamby Motors. When they first came to look at the town, Aenne said "it was like a wilderness. I was worried I would have to move the underbrush aside to see if the sun was out."



Ziggy is 89 and Aenne is 88. When Aenne decided she wasn't able to cook or drive anymore, they signed up for MOW. "I am not a cook. All at once the roles reversed," says Ziggy. "But I don't like to go shopping, I never did."

And how do they like MOW? "The people who bring the meals are very nice. And there are things I never have eaten before, like broccoli," says Ziggy, "Now I enjoy it, and it is good to be healthy." "It is a relief not to have to worry about food for most of the week," says Aenne. But she has the bigger picture in mind: "For me, the best thing that ever happened to me in all my life is him."



**COMMISSION ON AGING SPEAKER SERIES**

The Commission on Aging holds monthly meetings which feature a topic of interest for seniors. All meetings are open to the public and held at Town Hall in the small conference Room on the lower level. The speakers start at 3:00PM and refreshments are provided by MOW at each meeting. Anyone requiring special accommodation due to disability is asked to contact Chris Robertson at 203-438-6165.



*Here are the dates and topics:*

**May 20th:** Understanding the Effects of Dementia

**Jun 17th:** Fraud Alert – Beware of Fakes and Scammers

**Jul 15th:** Senior Protective Services

**Aug 19th:** Naturopathic Approaches to Common Health Concerns

**Sep 16th:** Sept 16th: Ridgefield Police Department

**Oct 21st:** Medicare Review

**Nov 18th:** Eating for Health (MOW and RVNA)

**Dec 16th:** Alternative Modalities and Ancient Healing Wisdom