

# Food Tips For You and Your Loved Ones

By Donna Deos

Last month we talked about summer tips for you and your loved ones. We talked about hydration which leads me to think about food tips as well.

Lots of times as we age our appetites diminish, as does our desire to prepare meals. Let's face it, cooking for one or two is trickier than for the whole family. When you are used to making a family dinner, but there are only two of you there to eat it, you end up eating it all week and that makes it less appealing. So, here are some food tips for you.

First, you can still make the casserole or family meal recipe. However, instead of putting it in one big dish, put it into 3 small aluminum loaf pans. You can then cook one for dinner now and freeze the other two for another time.

If you are the adult child, make the dinner for yourself and also make a dish for your loved ones. I often "made a plate" for my Mom and swung it by for her to have at her convenience. She loved it because she could get a great well-rounded meal and didn't have to cook it all. Of course, it's also nice to invite people over to have dinner with you too. Remember the days of the family dinners? I hope you are still having these. If not, think about it!

For seniors, having a group of your friends who are still willing to cook but are in the same boat as you can be a great opportunity. You can start a diners group where you take turns cooking and everyone gets some. You make that full casserole but 4 or 5 of you eat it together or separately. It spreads the cooking around and gives you variety too.

Okay, for those of you who have no desire or perhaps talent for cooking anymore, the grocery stores have lots of items you can pick up. I would often get the containers of soup and the little finger sandwiches. They also have salads of all sorts and even full dinners available in reasonably portioned sizes. It doesn't have to be all frozen dinners. There are lots of options out there. You just need to go to the stores and look around. If you don't see what I'm talking about, ask someone.

As my Mom aged and her appetite dwindled, having things she could grab and go with was key. She wasn't very hungry. She wasn't going to cook, but she could make the decision to grab something that appealed to her in that moment and eat it. The key here was for her to have options that she liked, ready to go on plates that were microwavable (if heating was necessary) and that were covered in saran wrap so she could see what it was.

Now, please don't think my Mom was lazy. She most certainly was not. She just wasn't very hungry and her memory was starting to go. She could grab the yogurt or



the apple sauce, the little bowl or dish of left overs or the finger sandwiches and do just fine with them. However, when it was covered in tin foil and she didn't know what it was, she picked something else that was in plain sight.

As our loved ones age things change. Mom was a great cook and loved to entertain and host dinner parties. When this changed and it became too hard for her it was tough on all of us. It's tough to see because I knew it meant that something was up. It was hard for her to give up something she loved.

Another thing we can do to help them keep on keeping on is to make it easier for them. I would often make the lasagna or casserole for her so that she could still have her friends over. Eventually, we changed from lunch to coffee, which included the coffee cake she used to make, that I then made for her. There are little ways in which we can help them have access to the food they want and need and the important lifestyle things they like to do but are no longer able to do. We just need to stop, think about it and find a way.

Two more tips are Meals on Wheels – this gives daily contact with others, easy to heat and eat items, variety and nutrition. It's also someone else daily checking in on your loved ones too!

The second one is take and bake options. Grocery stores, local restaurants and deli's and even Sam's Club has options that you can pick up and take to them. It's an all-around win-win as it just takes your forethought and a bit of time to bring it by.

Okay, that's enough for this month.

Talk again soon! Donna

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## Ledyard National Bank Announces New Senior Vice President, Senior Consumer and Mortgage Lending Officer

Ledyard National Bank is pleased to announce Michael Urnezis as Senior Vice President, Senior Consumer and Mortgage Lending Officer, joining Ledyard's Senior Management Team. Mike comes to Ledyard from Rockford, Illinois, with over two decades of financial services experience.

Prior to joining Ledyard, Mike co-founded Vision Mortgage & Insurance Group in 1999 with offices in the Midwest and Pacific Northwest which he managed until 2012 when Northwest Bank acquired the Group. Northwest Bank retained Mike as Vice President of Mortgage Banking and Business Development. Mike moved to Alpine Bank and Trust Company in 2014 as Vice President, Regional Mortgage Lending. At Alpine he developed and implemented a new wholesale mortgage banking channel designed for community banks in the Midwest.

"Mike brings extensive business development knowledge within the mortgage industry. We are very pleased to have him join our organization as a senior member of our team, and look forward to his leadership role with both our consumer lending and mortgage departments," said Kathy Underwood, President and CEO of Ledyard National Bank.



Michael Urnezis

Mike received his B.S. in Finance from Illinois State University and has served on several nonprofit boards including the Rock River Chapter of the American Red Cross and The Parks Kiwanis and was a member of the Rockford Area Association of Realtors, Independent Community Bankers Association and the Rockford Chamber of Commerce.

Mike is currently residing in Grantham, New Hampshire.

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