



**HOLIDAY CLOSING** All Milestones meal sites are closed on **Monday, February 18** for the Presidents' Day holiday. During this closure, there will be no home delivered meals.

## Make Something Special

### Chocolate Crunch Berry & Yogurt Parfait

*Enjoy dark chocolate and strawberries, both antioxidant-rich foods!*

#### You'll need:

- ♥ 1/2 cup chopped strawberries
- ♥ 1 Tablespoon low-sugar strawberry preserves
- ♥ 2/3 cup fat-free vanilla Greek yogurt
- ♥ 1/4 cup Multi Grain Dark Chocolate Crunch Cheerios

1. In a medium bowl, stir together the chopped strawberries and strawberry preserves.
2. In a medium-sized glass, layer half the yogurt, half of the strawberries, and half the Chocolate Cheerios.
3. Repeat layering with the other half of yogurt, the remaining strawberries, and the rest of the Cheerios.

Entire recipe: 218 calories, 0.5g total fat (<0.5g sat fat), 106mg sodium, 35.5g carbs, 2.5g fiber, 26.5g sugars, 17g protein

*Recipe adapted from [www.verywellfit.com](http://www.verywellfit.com)*

## Multiple Medications Benefit from Review

Polypharmacy is the use of multiple medications that are unnecessary and have the potential to do more harm than good; and it is highly prevalent, especially among adults age 62 and older.

People living with multiple health conditions can quickly accumulate a number of medications to manage their quality of life. If a number of doctors and specialists are involved in your care, and you use more than one pharmacy to fill your prescriptions, it may be helpful to have a review of all your medications to make sure everything you take is necessary and compatible.

All medications have potential negative consequences. The probability of harm increases exponentially with each medication taken. And, there are multiple problems that can result. These include drug reactions, safety events such as falls, difficulty taking medications as prescribed, increased mortality, increased cost, and functional impairment.

Primary care physicians are best suited to oversee medication management and determine if some prescriptions can be changed or eliminated. Ask your doctor for a medication review at least once a year (if not every visit) and include any over-the-counter medications you take.

## February is National Low Vision Awareness Month

Age-related macular degeneration (AMD) is the leading cause of blindness for people over 50 in the Western world. With no known cure, early detection and treatment are keys to saving sight. AMD is characterized by loss of central vision, usually in both eyes. The person may experience a dark or empty spot in the center of their vision, distorted, wavy vertical lines or blurry text.

If you or someone you know has lost some sight to AMD, low vision aids can help you stay independent. Special training, called vision rehabilitation, can provide skills for living with low vision. A low vision specialist will help determine the right combination of aids for your needs. Ask your eye doctor about the possibility of seeing a low vision specialist.