



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

Week of November 9, 2020

Dear Senior Center Friends – Curbside Meals Week Thirty-four



THEME of the WEEK: Soup for the Soul

I wonder why it is that a hot bowl of chicken soup soothes the soul? For me, I think it brings back memories of when my mom would take care of me when I didn't feel good. It wasn't so much the chicken soup, it was the way she turned all of her attention to making me feel better. We would color, play cards, and my favorite board game, SORRY. I remember her making sure I had a soft blanket and my pillow was fluffed. She'd get the Vicks jar out and make sure my chest was covered in the gooey, sticky salve. All of this made me feel loved and cared for and it usually included a hot bowl of chicken soup. Today, we are sharing a can of soup with you. I hope you will take it home, warm it up and when you eat it, think about all of us here at the senior center, who care about you. It's the season for flu, colds, and of course we're still concerned about COVID. Watch yourself for symptoms, care for yourself like you would care for another. Be kind to yourself and others, and remember you are loved! Hugs to you all!

Everyone will receive an Emergency Box (E-Box) of food today from the Meals on Wheels program. Please keep this food for those days ahead, when the weather may prevent you from being about to get out for food or others able to reach you with a meal. Included are seven complete meals, so you are prepared when Mother Nature comes to visit, like you know she will.

NEXT WEEK'S THEME: Let's Talk Turkey

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals due to cost.

Lori Wells