



MEALS ON WHEELS Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

AUGUST 2021

JULY TOTALS

DINING ROOM PICK-UP

Meals served: 3904
Total People served: 160
Average donation: 0.53

HOME DELIVERY

Meals served: 9303
Total People served: 363
Average donation: 0.26

**2021 TOTAL
MEALS SERVED 86,833**



Basic Food is a program that helps supplement Washington residents' diets with healthy, nutritious food. Eligible individuals receive an Electronic Benefits Card (similar to a debit card) to purchase food items at the grocery store.

To find out if you qualify, simply dial 2-1-1



USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.

Go Nuts

Have you ever heard someone say, "I don't eat nuts because they are high in fat and calories?" Although this is true, nuts contain healthy fats, fiber and protein that could help curb your appetite and reduce the chances of over eating. Here are a few benefits that might help you consider consuming more nuts.

- High in "good fats"- monounsaturated fats (most nut types) and polyunsaturated fats (mainly walnuts).
- Low in saturated fats
- Good source of dietary protein
- Free of dietary cholesterol
- High in dietary fiber
- Rich in vitamin and minerals



There are many ways to add nuts into your diet. Here are a few you can try.

- Add to hot or cold cereal
- Sprinkle on top of yogurt
- Finish your salad with some toasted nuts
- Bring your pasta to life with some toasted walnuts or pine nuts
- Add to pancakes, breads or muffins



Cyndi Balk, MOW Registered Dietician (RDN)
If you have dietary concerns Cyndi is available to talk with you, call our office @ (509) 426-2601 or toll free (855) 426-2601.
Check out our cooking videos on Facebook:

<https://www.facebook.com/PeopleForPeopleWA>

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability.

	GOOD Air pollution is so low so there is little health risk. It's a great day for everyone to enjoy the outdoors!
	MODERATE People with health conditions should limit spending any time outdoors & avoid strenuous outdoor activities. They may begin to have worsened symptoms.
	UNHEALTHY FOR SENSITIVE GROUPS All of the above &: All sensitive groups should limit spending any time outdoors. People with health conditions may have worsened symptoms. Healthy people may start to have symptoms.
	UNHEALTHY FOR EVERYONE Everyone, especially sensitive groups, should limit time spent outdoors, avoid strenuous activities outdoors, & choose light indoor activities.
	VERY UNHEALTHY FOR EVERYONE Everyone should stay indoors, avoid all strenuous activity, close windows & doors if it's not too hot, set your AC to recirculate, & use a HEPA air filter if possible.
	HAZARDOUS FOR EVERYONE All of the above &: People with heart or lung disease, or those who have had a stroke, should consult their healthcare provider about leaving the area & wearing a properly-fitted respiratory mask* if they must go outdoors. Follow burn bans and evacuation orders.

SENSITIVE GROUPS INCLUDE:

- People with health conditions such as:
 - Asthma, COPD, diabetes, & other heart/lung diseases
 - Respiratory illnesses & colds
 - Stroke survivors
 - Children under 18 & adults over 65
 - Pregnant women
 - People who smoke

KNOW THE SYMPTOMS:

- Watery or dry eyes
- Coughing/wheezing
- Throat & sinus irritation
- Phlegm
- Shortness of breath
- Headaches
- Irregular heartbeat
- Chest pain

If you are experiencing serious symptoms, seek immediate medical attention.

Smoke is harmful to your health

Smoke is made up of gases and particles (also called particulate matter or PM) that can be dangerous if they're inhaled into your lungs. When a temperature inversion occurs, this smoke can be trapped close to the ground.

Smoke can irritate your eyes, nose, and throat. It can make you wheeze, cough, and cause shortness of breath and headache. It can make existing heart and lung conditions worse.

Smoke may make symptoms worse for people who have pre-existing health conditions and those who are sensitive to air pollution. People most likely to have health problems from breathing smoke include:

- People with lung diseases such as asthma or chronic obstructive pulmonary disease (COPD), including bronchitis and emphysema.
- People with respiratory infections, such as pneumonia, acute bronchitis, bronchiolitis, colds, or flu.
- People with existing heart or circulatory problems, such as irregular heart beat, congestive heart failure, coronary artery disease, and angina.

Air pollution from dust, vehicles, woodstoves, wildfires, & industries can seriously impact your health.
*For more health information & how to choose the proper respiratory mask, visit doh.wa.gov/smokefromfires.



January 2018

- People who have had a heart attack or stroke.
 - Infants and children under 18 because their lungs and airways are still developing. They breathe more air per pound of body weight than adults.
 - Adults over age 65 because they are more likely to have unrecognized heart or lung disease.
 - Pregnant women because both the mother and baby are at increased risk of health effects.
 - People who smoke because they are more likely to already have lower lung function and lung diseases.
 - People with diabetes because they are more likely to have undiagnosed cardiovascular disease.
 - People with, or recovering from, COVID-19 because they are more likely to have lower lung and heart function.
- <https://ecology.wa.gov/Air-Climate/Air-quality/Smoke-fire/Health-effects>



MEET BECKI!

Becki is our Sunnyside site manager. Due to the closure of the dining rooms in March 2020 because of the pandemic, like many of our other staff, she has taken on other duties. One of those duties has been calling everyone on our program to remind them of their next day delivery or meal pick-up and to do a safety check. If you are receiving meals from our program you have probably talked to her, now you can put a face to the name.

Thank you Becky for all of your hard work and dedication to our program!

Farmers Market Vouchers are still available on a first come, first served basis for those that are eligible and haven't received any this year. To be eligible for the \$40 vouchers, applicants must meet all of the following:

- Be 60 years and older (or 55+ if Native American/Alaska Native)
- Monthly income must be below \$1,986 for 1 person *or* \$2,686 for 2 people (For larger household, add \$700 for each additional person)
- Be a resident of Washington State and
- Live in Yakima County (Outside of the Yakama Reservation)