



MEALS ON WHEELS Newsletter

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

MARCH 2021

FEBRUARY TOTALS

DINING ROOM PICK-UP

Meals served: 3282

New people: 25

Average donation: 0.43

HOME DELIVERY

Meals served: 8227

New people: 41

Average donation: 0.33

2021 TOTAL

MEALS SERVED 24,132

Oral Hygiene

We only have 1 set of adult teeth and we must protect them and clean them so that we do not lose them. It is also important to keep our bodies healthy with proper nutrition and healthy lifestyle habits. A good healthy lifestyle should include good oral health. We have been told since we were very little that it is important to brush our teeth to prevent tooth decay and as we age it continues to remain the same. The only way to prevent tooth decay and periodontal disease is by proper brushing and flossing of our teeth.

Periodontal disease is a major concern for dentists when working with senior patients. What exactly is periodontal disease you might ask. Well, “Peri” means around and “odontal” refers to teeth, so periodontal disease is an infection in the structure around your teeth. The main culprit to the start of periodontal disease is the bacteria that is in dental plaque. Therefore, it is so very important to brush your teeth regularly and often.

Periodontal disease has been linked to serious health problems such as heart attacks, diabetes, strokes and some cancers. Dr. Jennifer Rearrick DDS states, “by avoiding high fats and sugar, and getting regular cleanings, this will help decrease the risk for periodontal disease tremendously.” Dr. Rearrick also recommends if you have history of periodontal disease, diabetes, heart disease or stroke you should be going to your dentist for cleanings every 3-4 months. Healthy seniors are advised to see a dentist every 6 month. Dr. Rearrick recommends you change out your tooth brush every 3-6 months or after being sick. Now that you know the facts about good oral hygiene, take the steps today to set up your next dental appointment.



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, religion, or political belief.



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 new 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.

Adult Protective Services (APS)

APS is dedicated to serving vulnerable adults. They investigate reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults in Washington State. They collaborate with other agencies to offer protective services as needed. Their goal is to promote lives free of harm while respecting individual choice.



Recognize the Signs of Adult Abuse

- **Neglect and Self-Neglect:**

- *Lack of food and water *Dirty clothing and changes in personal hygiene

- *Unusually messy home *Lack of Medication

- **Financial Exploitation:**

- *Basic needs not met *Bills not paid *Unexplained financial changes *Unusual purchases

- **Physical Abuse:**

- *Bruises, black eyes, and welts *Broken bones, cuts, and sprains

- *Sudden changes in behavior *Caregiver refusal to leave adult alone

- **Mental Abuse:**

- *Threatening significant harm *Derogatory names, insults, profanity, and ridicule

- *Harassment and humiliation

- **Sexual Abuse:**

- *Unusual bruising on thighs and chest *Unexplained STDs

- *Withdrawn from social interactions and panic attacks *Unexplained behavior changes

Who is considered a vulnerable adult?

The State of Washington defines a vulnerable adult by law as a person who is:

- 60 years of age or older who has the functional, mental, or physical inability to care for himself or herself; or
- Found incapacitated under chapter 11.88 RCW; or
- Who has a developmental disability as defined under RCW 71A.10.020; or
- Admitted to any facility; or
- Receiving services from home health, hospice, or home care agencies licensed or required to be licensed under chapter 70.127 RCW; or
- Receiving services from an individual provider; or
- Who self-directs his or her own care and receives services from a personal aide under chapter 74.39 RCW.

Not sure if someone is considered a vulnerable adult? Report your concerns anyway. APS will take care of the rest.

To make an APS report call 1-877-734-6277, online report or for more information go to

<https://www.dshs.wa.gov/altsa/adult-protective-services>