



# MEALS ON WHEELS

# Newsletter

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

## SEPTEMBER 2021

### AUGUST TOTALS

#### DINING ROOM PICK-UP

Meals served: 4076  
Total People served: 178  
Average donation: 0.51

#### HOME DELIVERY

Meals served: 9493  
Total People served: 385  
Average donation: 0.35

#### 2021 TOTAL

**MEALS SERVED 100,402**



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.

### Quinoa

Have you ever heard of or tried quinoa before?

Quinoa is a type of edible seed that comes in various colors including black, red, yellow and white. Though technically a seed, Quinoa is classified as a whole grain and is a good source of plant protein and fiber.

Once cup of cooked quinoa provides about 8 grams of protein and 5 grams of fiber. Unlike some plant proteins, quinoa is a complete protein, meaning that it contains all nine essential amino acids that our bodies cannot make on their own.

When making quinoa be sure to rinse it first. This helps to remove any remaining saponins that could cause your quinoa to taste bitter. Quinoa is prepared similar to rice using two parts liquid to one part dry quinoa. One cup of dry quinoa will yield 3 cups cooked quinoa. Add the quinoa to a pot and bring to a boil on high heat. When a rolling boil is reached, reduce heat to low. Cover the pot and simmer for about 15 minutes or until tender. You may notice a little white "tail" unfold when it is fully cooked; this is the nutritious germ. Fluff with a fork and enjoy!

I encourage you to give quinoa a try by replacing your rice with quinoa at your next meal!



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>



### Quinoa & Black Bean Soup

-1 Tbsp Olive Oil -1/2 chopped onion -2 Tbsp minced garlic  
-4 C veggie broth -1/2 C rinsed quinoa -1 tsp chili powder  
-1/2 tsp cumin -1 can black beans, rinsed and drained  
-1 can diced tomatoes -1/2 C corn -1/4 C minced cilantro

Directions: Heat oil in pot, add onion & garlic. Cook over medium heat until tender. Add broth, quinoa, chili powder & cumin. Bring to a boil then reduce heat and simmer for 10min. Add rest of ingredients, heat through.

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.

SYMPOMTS	COVID-19	FLU	COLD	ALLERGIES	IS IT COVID-19 OR IS IT THE FLU?
 Cough	Often	Often	Sometimes	Sometimes	COVID-19 symptoms might be confused with the flu, common cold, or even allergies. But COVID-19 and flu can be serious and lead to hospitalization, severe illness, and even death.
 Fever	Often	Often	Rarely	Never	
 Shortness of breath	Sometimes	Sometimes	Rarely	Rarely	
 Body aches	Sometimes	Often	Rarely	Never	
 Headache	Sometimes	Often	Sometimes	Sometimes	Thankfully, both are preventable through vaccination. The Department of Health has developed a helpful PDF chart to identify common symptoms of each illness.
 Fatigue	Sometimes	Often	Sometimes	Sometimes	
 Sore throat	Sometimes	Sometimes	Sometimes	Sometimes	
 Loss of taste or smell	Sometimes	Rarely	Rarely	Rarely	<a href="http://www.doh.wa.gov">www.doh.wa.gov</a>

# My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



## Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



## If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule

- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



## Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood

- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



## Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family

- Medications
- Brain stimulation therapies

For help finding treatment, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



National Institute  
of Mental Health

[www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp)