



MEALS ON WHEELS Newsletter

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

JUNE 2022

MAY TOTALS

DINING ROOM PICK-UP

Meals served: 2,142
Total People served: 170
Average donation: 0.48

HOME DELIVERY

Meals served: 12,309
Total People served: 504
Average donation: 0.29

**2022 TOTAL
MEALS SERVED 66,838**



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.

Blueberries

Did you know there are several varieties of blueberries? Just like the different varieties of apples can be sweeter, tarter and crispier, so can blueberries. I learned a lot about them when I would go to u-pick blueberry farmers around the Yakima valley.

Did you know, Blueberries are rich in antioxidants and phytochemicals? Research has shown these are associated with cardiovascular health, cognitive health, cancer and diabetes prevention? Let's look at a few more health benefits of blueberries.



- Fiber: Heart healthy, feeling full, staying regular, and keeping cholesterol in check.
- Vitamin C: A healthy immune system.
- Vitamin K: Bone metabolism, regulating blood clotting (*talk with your doctor if you are on blood thinners before consuming blueberries*).
- Manganese: Converting proteins, carbs and fats into energy, and bone development.

This summer put on some sunscreen and head out to your nearest u-pick blueberry farm. Try the different varieties and see which blueberry is your favorite. A few of my favorite locations to pick blueberries are:

Novak Blueberries
530 Murray Rd
Yakima

Sloop Orchards
3803 Old Naches Hwy
Yakima

Blueberry Hills Berries
1540 West Wapato Rd
Wapato



Cyndi Balk, MOW Registered Dietician (RDN)
If you have dietary concerns Cyndi is available to talk with you, call our office at 1-509-426-2601 or toll free number at 1-855-426-2601.

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. <https://myppf.org/>

TIPS FOR PREVENTING HEAT-RELATED ILLNESS

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



STAY COOL

- **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall, senior center or public library, even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department or 2-1-1 to see if there are any heat-relief shelters in your area.

Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home. Check with MOW to see if fans are available.

- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

Tip: Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels, these products work best.

STAY HYDRATED

- **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

-Warning: If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

-Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Keep Your Pets Hydrated: Provide plenty of fresh water for your pets, and leave the water in a shady area.

STAY INFORMED

- **Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

<https://www.cdc.gov/disasters/extremeheat/heattips.html>