



MEALS ON WHEELS Newsletter

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

SEPTEMBER 2022

AUGUST TOTALS

DINING ROOM PICK-UP

Meals served: 2,199

Total People served: 180

Average donation: 0.54

HOME DELIVERY

Meals served: 13,183

Total People served: 523

Average donation: 0.25

2022 TOTAL

MEALS SERVED 112,602

SQUASH IT

The air in the morning has started to get cooler. It appears fall is just around the corner. Around this time of year, we begin to see different types of “winter” squash at the grocery stores.

“Winter” squashes are uniquely beautiful with ribbed or bumpy skins, irregular shapes, and vibrant colors ranging from yellow to orange to dark green or even multi-toned. Winter squashes have a denser texture and flavor with firm flesh. They hold up well in hearty soups, stews, casseroles, breads, and desserts.

While each squash variety boasts a slightly different nutritional profile, they share several strong health benefits. Squash are good sources of vitamin A, C, and B vitamins; they’re rich in minerals such as potassium and magnesium. Lastly, they are a great source of fiber.

This fall, try to incorporate squash into some of your favorite soups and casseroles to boost your nutritional intake.

Squash recipe in back & link below:

<https://www.errenskitchen.com/winter-squash-soup/>



Cyndi Balk
MOW Registered Dietitian (RDN)

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

Check out our cooking videos on Facebook:

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

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A MOW

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/>



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.

WINTER SQUASH SOUP

-2 Tbsp Butter -1 Tbsp Olive Oil -1 L Chopped Onion -2 Stalks Chopped Celery
-2.5 Lbs Winter Squash (peeled deseeded & cut into chunks) -1 Tbsp Honey -5 C Chicken Stock -Chopped Fresh Parsley

- 1.) Melt the butter and oil in a large saucepan. Add the onions and celery, and gently cook until really soft about 15 mins.
- 2.) Add the squash and cook, stirring for 5 mins.
- 3.) Add the honey and chicken stock, bring to a simmer and cook until the squash is tender.
- 4.) Remove from heat and using a hand blender, blitz until smooth (adding a bit more stock or water if the soup is too thick).
- 5.) Season to taste with salt and pepper. Reheat before serving, sprinkle with chopped parsley.



Nutrition Information:

*Calories: 346kcal (17%) | Carbohydrates: 51g (17%) | Protein: 10g (20%) | Fat: 13g (20%)
Saturated Fat: 5g (31%) | Cholesterol: 24mg (8%) | Sodium: 507mg (22%) | Potassium: 1405mg (40%)
Fiber: 6g (25%) | Sugar: 16g (18%) | Vitamin A: 30400IU (608%) | Vitamin C: 62.8mg (76%)*

WHAT VACCINES ARE RECOMMENDED FOR ADULTS 50 AND OLDER

Almost 1 in 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
- Pneumococcal conjugate vaccine (PCV15 or PCV20), which protects against serious pneumococcal disease and pneumonia (recommended for all adults 65 years or older who have never received a pneumococcal conjugate vaccine); if PCV15 is used, it should be followed by a dose of pneumococcal polysaccharide vaccine (PPSV23), which also protects against serious pneumococcal disease

In addition, the hepatitis B vaccine is recommended for all adults age 19 through 59 years, and adults age 60 years or older with risk factors for hepatitis B infection. Adults aged 60 years or older without any known risk factors for hepatitis B infection may get the hepatitis B vaccine. The vaccine provides protection from hepatitis B which can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.

Talk with your doctor or other healthcare provider to find out which vaccines are recommended for you at your next medical appointment.

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>