



MEALS ON WHEELS Newsletter

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

FEBRUARY 2023

JANUARY TOTALS

DINING ROOMS

Meals served: 2,379

Total People served: 186

Average donation: 0.62

HOME DELIVERY

Meals delivered: 11,982

Total People served: 447

Average donation: 0.32

**2023 YTD MEALS SERVED
14,361**

American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health.

There are many ways to encourage good heart health according to the U.S. Department of Health and Human Services:

- Get active
- Eat Healthy
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

This month the CDC foundation has started a campaign called, “Live to the Beat”. I encourage you to check out the website link below. “Live to the beat” has many resources to help your family, and friends learn how to control their blood pressure, manage their cholesterol and blood glucose levels, move more, eat healthier, stress less, work with their health care team, and quit smoking.

<https://www.livetothebeat.org>



Cyndi Balk, MOW Registered Dietitian (RDN)

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

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://mypfp.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.

7 SALTY MYTHS BUSTED

- 1. Myth: Eliminate sodium completely for good health.**
Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.
- 2. Myth: Sea salt has less sodium than table salt.**
Sea salt is very popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.
- 3. Myth: I usually don't salt my food, so I don't eat too much sodium.**
About 71% of sodium Americans consume is estimated to come from processed and restaurant foods – not the saltshaker. That's why it's so important to compare nutrition Facts labels and serving sizes.
- 4. Myth: High levels of sodium are only found in food.**
Some over-the-counter medications contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium [over-the-counter products](#).
- 5. Myth: Lower sodium foods have no taste.**
There is a rich world of creative and flavorful alternatives to salt. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!
- 6. Myth: My blood pressure is normal, so I don't need to worry about how much sodium I eat.**
The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.
- 7. Myth: I don't eat a lot of salty food so I don't eat too much sodium.**
Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.

For more information go to: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>



People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 or Dial 2-1-1 for more information.

Transportation

Providing transportation options for seniors, individuals with disabilities and the general public.