



MEALS ON WHEELS Newsletter

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

JANUARY 2022

DECEMBER TOTALS

DINING ROOMS

Meals served: 2,279

Total People served: 177

Average donation: 0.37

HOME DELIVERY

Meals delivered: 14,191

Total People served: 461

Average donation: 0.23

**2022: SERVED 172,834
MEALS TO 1,258 PEOPLE**



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.

SODIUM CHLORIDE

Did you know the #1 cause of death in the United States for both men and women is heart disease? What if I told you that you can help lower your chances of getting heart disease by only consuming the recommended amount of salt each day.

Salt, also known as sodium chloride, is about 40% sodium and 60% chloride. We use salt in more ways than just enhancing flavor in our food. Salt is a food preservative, as bacteria can't thrive in the presence of a high amounts of salt. The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. It is estimated that we need about 500 mg of sodium daily for these vital functions, according to Harvard.edu. However too much sodium in the diet can lead to high blood pressure, heart disease, and stroke. According to Harvard.edu, most Americans consume at least 1.5 teaspoons of salt per day, or about 3400mg of sodium, which contains far more than our bodies need.

Too much sodium can cause the kidneys to have trouble keeping up with excess sodium in the blood. As sodium accumulates, the body holds onto water to dilute the sodium. This increases both the amount of fluid surrounding cells and the volume of blood in the bloodstream. Increased blood volume means more work for the heart and more pressure on blood vessels. Over time, the extra work and pressure can stiffen blood vessels, leading to high blood pressure, heart attack, and stroke. It can also lead to heart failure.



In this new year, I challenge you to be more mindful of your sodium intake and lower your chances of developing heart disease.

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.

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WHAT SHOULD I KNOW ABOUT THYROID PROBLEMS?

Your thyroid gland is a small structure in your neck that plays a huge role in your health. This gland produces hormones that are essential to the functioning of vital organs such as your brain, heart, kidneys, and liver. Thyroid problems are more common with age, and more likely in women than in men. This Thyroid Awareness Month, get the facts you need for managing your thyroid health

BASIC FACTS ON THYROID DISORDERS

- HYPOTHYROIDISM

Hypothyroidism is a disorder in which your thyroid doesn't produce enough thyroid hormone. In older adults, hypothyroidism is often asymptomatic early on but, if left untreated, can lead to other serious health problems such as heart disease, nerve damage, and loss of muscle control. [Learn about common symptoms to look out for.](#)

- HYPERTHYROIDISM

Hyperthyroidism is a disorder in which your thyroid gland produces a level of thyroid hormone that is too high, which can speed up your body's metabolism and cause a wide range of symptoms such as increased sweating and irregular heartbeat. People with hyperthyroidism run an increased risk of osteoporosis, or "thinning bones." For this reason, it's particularly important to get enough calcium and vitamin D, which are essential to bone health.

[Learn more about lifestyle and management](#)

- THYROID NODULES

Thyroid nodules are solid or fluid-filled lumps that form in the thyroid gland. Many thyroid nodules cause no obvious symptoms and most people don't realize they have a nodule until their healthcare provider detects it during a routine check-up. Sometimes, though, a nodule can get large enough for you to see, or it may press on your throat, making it uncomfortable or difficult to breathe or swallow. Most cases of nodules are benign. However, thyroid nodules become cancerous in about 10% of cases.

[Learn more about the common causes of thyroid nodules and risk to look out for](#)

- TOOLS AND TIPS

Check out [What To Ask: Thyroid Problems](#) for helpful questions to ask your healthcare provider.

See the [Living with Multiple Health Problems: What Older Adults Should Know](#) tip sheet for valuable insights into medical management in older adults.

For more information go to:

<https://www.healthinaging.org/a-z-topic/thyroid-problems/basic-facts>



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.