**MEALS ON WHEELS**

**Newsletter**

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

**MAY 2023**

**APRIL TOTALS**

**DINING ROOMS**
- Meals served: 2,348
- Total People served: 194
- Average donation: 0.43

**HOME DELIVERY**
- Meals delivered: 11,166
- Total People served: 436
- Average donation: 0.21

**2023 YTD MEALS SERVED**
- 45,276

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**Typical Symptoms of Urinary Tract Infections (UTIs)**
- Urine that appears cloudy or dark
- Bloody urine
- Strong or foul smelling urine
- Night Sweats, shaking or chills
- Frequent or urgent need to urinate
- Low-grade fever
- Pain or burning during urination
- Feelings of pressure in the lower abdomen

**Lesser-Known UTI Symptoms in Elderly Individuals**

Older adults may not exhibit any of the hallmark signs of UTI listed above because their immune systems are unable to mount a significant response to the infection. On top of the lack of noticeable symptoms, many seniors do not or cannot express their discomfort to their caregivers.

Since elders’ bodies respond differently to infection, it is important to look for atypical signs and symptoms. A marked change in mental state is one tell-tale symptom of UTIs in the elderly, but it is often mistaken for the early stages of dementia or Alzheimer’s disease, according to the National Institute on Aging (NIA). Indicators of infection in seniors include the following symptoms, especially if their onset is sudden:

- Confusion or delirium
- Agitation
- Hallucinations
- Other unusual behavioral changes
- Dizziness
- Poor motor skills or loss of coordination
- Falling

Acute behavioral and/or functional changes are often the only symptoms that present in the elderly, so it is crucial for family caregivers to keep an eye out for these sudden changes in behavior and mental state.


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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.

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/
HOW TO SHOP AT FARMERS MARKETS

It’s that time of year again and the farmers markets are kicking into full gear. I want to give you a few tips and tricks so that you can make the most out of your trip to the farmers market. By going to the farmers market, you can get a variety of color in your diet. These colorful foods come packed with fiber, antioxidants and vitamins, which are great for your health!

• **Morning vs. Afternoon**
  If you come early to a farmers market, you will likely beat the heat and the crowds of people and be the first to get the best produce before it sells out. On the other hand, if you’re not picky and just looking to get a great deal then come to the market in the afternoon. Often the farmers do not want to pack up all the produce that they brought, so they usually will give you a great deal to get rid of it!

• **Right Season?**
  If you’re looking for cherries in August, then you have come at the wrong time of the season. If you have a specific type of produce you are looking for, be sure to look up the months that it will likely be ripe and available at the farmers market. You can also ask the farmers what will be coming to the market for the next few weeks, that way you will not be disappointed.

• **More Is Better**
  Often the more you buy of a certain item, the better your deal will be. If you are thinking of canning or making some freezer jam, then the farmers market is a great place to get the things you need at a better price.

• **Ripening**
  Remember, if you buy everything that is at its peak ripeness then you will have to eat all of it quickly before it goes bad. I like to buy a few items that are ripe and ready to eat, and a few items that are medium firm. By getting a variety of ripened produce it allows you to have it all week without spoiling before you get a chance to eat it.

• **Ask For Help**
  If you are not sure how to pick out the best cantaloupe or watermelon, just ask for help. The farmers are more than willing to help you pick out whatever produce you need. Additionally, if you are unsure of a certain produce item, just ask! Most farmers love to tell you about the newest variety of produce they have grown. This allows you to learn something new and possibly try new produce as well.

• **Find the Deals**
  Often several vendors will be selling a few of the same items. Take a walk and see what all the vendors are selling. For example, you may find that one vendor is selling watermelon that is cheaper at one stand than another.

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](https://www.facebook.com/PeopleForPeopleWA)*

**BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MEALS ON WHEELS**

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.