



# MEALS ON WHEELS

## Newsletter

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

**JUNE 2023**

### MAY TOTALS

#### DINING ROOMS

Meals served: 2,552

Total People served: 199

Average donation: 0.50

#### HOME DELIVERY

Meals delivered: 11,009

Total People served: 447

Average donation: 0.24

**2023 YTD MEALS SERVED**  
**68,500**

Hello everyone!

My name is Chelsy and I'm the new dietitian here at Meals On Wheels. I have lived in Yakima since I was 9 years old. My parents, siblings, and in-laws all live here, too! My husband, Matt, and I have four kids – three boys (ages 6, 12, 19) and a 15-year-old daughter.



My youngest just finished kindergarten and my oldest is starting his second quarter at Perry Tech. Needless to say, we have a lot going on around our house! I love good food, going for walks with friends, hanging out with family, and reading – when I have time!

I graduated from Washington State University (Go Cougs!) in 2002 with a degree in Food Science and Human Nutrition. I've worked in variety of settings over the past 20 years – the Women, Infants, Children (WIC) and Maternity Support Services programs, cardiac rehab, diabetes and pre-diabetes education, bariatric surgery pre- and post-counseling, grocery store tours, geriatric nutrition at nursing homes, and more!

One thing I love about being dietitian is there is such a variety within the field of nutrition and it rarely involves putting people on diets. I look forward to working on the monthly newsletter articles, cooking videos, and menus for Meals On Wheels. I'll also be visiting the dining rooms, evaluating the kitchens, tasting the food, and hopefully getting to know you all! Feel free to reach out if you have any nutrition related questions or if you have suggestions for the newsletter or video topics.

*If you have dietary concerns, Chelsy 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 or Instagram:**

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

**BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA**



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/>



**CONGRATULATIONS!**

Madelyn Carlson, CEO of People For People received the Patriot Award given by the National Guard on 5/17/23.



Madelyn & Tim

Madelyn exemplifies what it means to lead by example. The culture she has created is top notch! We are grateful for her support and leadership and are thankful for her support of Tim (PFP IT Director)!

About the Patriot award: An employee serving in the National Guard or Reserve, or the spouse of a Guard or Reserve member, may nominate individual supervisors and bosses for support provided directly to the nominating Service member and his or her family. The Patriot Award reflects the efforts made to support citizen warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed.



**SPRING SENIOR DINNER & DANCE**



**MAY 19, 2023  
UNION GAP  
SENIOR CENTER**



**Transportation**

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

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.