



MEALS ON WHEELS Newsletter

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

AUGUST 2023

JULY TOTALS

DINING ROOMS

Meals served: 3,197

Total People served: 183

Average donation: 0.28

HOME DELIVERY

Meals delivered: 11,002

Total People served: 427

Average donation: 0.20

2023 YTD MEALS SERVED
96,105

Thank You Lower Yakima Valley Association of REALTORS for your donation of \$2,000!

With this donation we were able to provide 7-day weekly frozen meals to 32 seniors in our home delivery program in the Lower Yakima Valley.



With the contribution made by the Lower Yakima Valley Association of REALTORS® meals provided for a one week period will be at no cost to the People For People Meals on Wheels program and its recipients in the Sunnyside, Grandview and Mabton communities.



Lower Yakima Valley
Association of REALTORS®

The Lower Yakima Valley Association of REALTORS® is a professional trade organization whose members are licensed real estate brokers located primarily in the Lower Yakima Valley area—Benton City, Prosser, Grandview, Mabton, Sunnyside, Othello, Toppenish and Vantage. Today, members of our Association are active in many areas throughout the community including a wide variety of voluntary boards, commissions and charity foundations—devoting thousands of hours to help enhance the quality of life in the Valley.



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.

REMINDER

IF YOU RECEIVED A FARMER MARKET VOUCHER CARD MAKE SURE TO USE IT ALL BY THE END OF OCTOBER. THE CARDS EXPIRE ON OCTOBER 31, 2023.

IF YOU NEED THE LIST OF WHERE YOU CAN USE YOUR VOUCHER CARD, CALL OUR OFFICE AT (509) 426-2601.

WE ARE OUT OF VOUCHER CARDS BUT ARE STILL TAKING APPLICATIONS. THOSE WHO APPLY WILL BE ADDED TO THE WAITLIST AND WILL BE CALLED IF WE RECEIVE ADDITIONAL CARDS.



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/>

Stay Sharp with the MIND Diet

Do you want to keep your brain sharp and functioning at its best? Research has shown that some foods can boost your brain health and may protect against age-related problems like Alzheimer's disease and other types of dementia. The MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) provides lists of foods to eat and foods to limit. Even if you can't do it all, each step in the right direction can have a positive benefit for your brain!

Foods to include:

- Green leafy vegetables (kale, spinach, collard greens, etc.) – at least one serving daily
- All other vegetables – 2 or more servings per day
- Berries (strawberries, blueberries, raspberries, blackberries) – 2 or more servings per week
- Nuts – 5 or more servings per week
- Beans (black beans, pinto beans, kidney beans, lentils) – 4 or more servings per week
- Whole grains (oatmeal, quinoa, brown rice, whole wheat pasta, 100% whole wheat bread) – 3 or more servings per day
- Olive oil – daily
- Fish/seafood – 1 or more servings per week. Choose fatty fish such as salmon, mackerel, herring, and sardines.
- Poultry – 2 or more servings per week
- Wine – no more than one glass per day

Foods to limit:

- Butter/margarine – less than 1 tablespoon daily
- Cheese – less than once per week
- Red meat – 3 or fewer servings per week
- Fried foods – less than once per week
- Sweets and pastries – 4 or fewer times per week



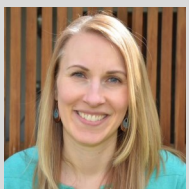
Spinach Berry Smoothie

-1 cup spinach -1 cup milk of choice -1 cup frozen mixed berries -1 banana (fresh or frozen)

Optional add-ins: Greek yogurt, protein powder, nuts or seeds, avocado, other fruit

Add all ingredients to a blender and blend until smooth. If you don't have a high-powered blender, you may want to first blend the spinach and milk together before adding the rest.

Source: www.simplegreensmoothies.com



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 DE MOW



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.