



MEALS ON WHEELS Newsletter

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

OCTOBER 2024

SEPTEMBER TOTALS

DINING ROOMS

Meals served: 2,910

Total People served: 193

Average donation: 0.41

HOME DELIVERY

Meals delivered: 11,160

Total People served: 435

Average donation: 0.25

**2024 YTD MEALS SERVED
126,217**

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. All adults ages 65 years or older should make sure they're up to date on the vaccines listed below. You may need other vaccines based on other factors, too. Talk with your doctor to learn which vaccines are recommended for you.

COVID-19 vaccine

CDC recommends COVID-19 vaccination for everyone aged 6 months and older.

Flu vaccine

All adults need a seasonal flu vaccine every year. Flu vaccine is especially important for people with chronic health conditions.



Pneumococcal vaccine

CDC recommends PCV vaccines for adults who never received a PCV and are age 65 years or older.

Shingles vaccine

Adults 50 years and older get two doses of the shingles vaccine to prevent shingles and complications from the disease.

Respiratory syncytial virus (RSV) vaccine

Adults aged 60 years or older should talk to their healthcare provider about getting a single dose of RSV vaccine.

Td or Tdap vaccine

Every adult should get the Tdap (tetanus, diphtheria, and pertussis) vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years.

Learn more about these vaccines:

[Vaccines by Age](#) | [Vaccines & Immunizations](#) | [CDC](#)

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 (ALTC) 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://myvfp.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.

Celebrating 100 Years



This month, my grandma celebrated her 100th birthday! Reaching this milestone is a true accomplishment—centenarians make up less than 1% of the U.S. population, while the average life expectancy is around 77 years. My grandma's journey offers insights into what contributes to a long, healthy life. Here are three key factors that I believe have helped her thrive for a century.

Social Connections

My grandma still lives independently in California, and my family traveled to celebrate her special day. She was surrounded by family, friends, and neighbors, which brought her so much joy. More than 100 people came to wish her a happy birthday! Throughout her life, maintaining strong social connections has been vital to her well-being. Even though she can't get out as much as she used to, she enjoys regular visits from loved ones who brighten her days with conversation and companionship.

Physical Activity

Gardening and walking two miles every morning were integral to my grandma's routine for many years. Now she remains active within her home, as much as she is able, with the help of a walker. Regular physical activity has numerous benefits, including strengthening muscles and bones, reducing the risk of falls, and boosting mental health. My grandma's commitment to staying active has undoubtedly played a role in her longevity and vitality.

Volunteering

After retiring, my grandma dedicated herself to volunteering at her local hospital several times a week for 25 years. This commitment not only provided her with a sense of purpose but also helped her maintain social connections and boost her happiness. Engaging with others likely contributed to keeping her mind sharp.

I'm thankful for the beautiful reminder my grandma provides about the significance of connection, movement, and purpose in our lives.

Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 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.

Get answers to your Medicare questions



Now is the time to be sure your current Medicare plan is still a good fit for you

If your current plan doesn't offer the benefits and features that you're looking for, or if your health needs have changed, it may be time to take advantage of a Medicare Advantage plan from UnitedHealthcare.

Learn more by attending a UnitedHealthcare Medicare plan meeting

Yakima

10/30/2024

10:00 AM - 11:00 AM

North Town Coffee House
32 N Front St

Yakima

10/30/2024

10:00 AM - 11:00 AM

North Town Coffee House
32 N Front St

Yakima

11/5/2024

11:00 AM - 1:00 PM

Round Table Pizza
1300 N 40th Ave

Yakima

11/12/2024

10:00 AM - 11:00 AM

Tru by Hilton
2424 W Nob Hill Blvd

Yakima

11/13/2024

10:00 AM - 11:00 AM

Yakima Harmon Senior Center
101 N 65th Ave

Yakima

11/14/2024

11:00 AM - 12:00 PM

Willow Cafe & Market
3512 Tieton Dr

Yakima

11/14/2024

2:00 PM - 3:00 PM

Willow Cafe & Market
3512 Tieton Dr

Yakima

11/21/2024

11:00 AM - 12:00 PM

Willow Cafe & Market
3512 Tieton Dr

Let's connect today

1-844-236-3281, TTY 711

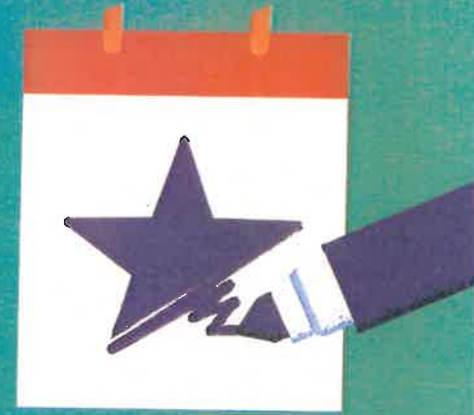
8 a.m. - 8 p.m. local time, 7 days a week

ShopUHC.com



Invitación

Venga a acompañarnos en un encuentro especial



En UnitedHealthcare®, ofrecemos muchos planes Medicare Advantage, incluidos planes para quienes califican para Medicaid. Venga a divertirse mientras descubre el plan de Medicare adecuado para usted. Durante este evento, usted puede:

- **Obtener información de salud**
- **Escuchar una presentación sobre los planes de Medicare**
- **Recibir respuestas a sus preguntas en persona**

11/5/2024
11:00 AM - 1:00 PM
Round Table Pizza
1300 N 40th Ave
Yakima, WA 98908

11/12/2024
10:00 AM - 11:00 AM
Tru by Hilton
2424 W Nob Hill Blvd
Yakima, WA 98902

11/14/2024
11:00 AM - 12:00 PM
Willow Cafe & Market
3512 Tieton Dr
Yakima, WA 98902



Reserve su lugar, ya que los lugares son limitados

La admisión es gratuita. Nos complacería mucho que pueda asistir.

1-855-850-5051, TTY 711

De 8 a.m. a 8 p.m., hora local, los 7 días de la semana



Los planes están asegurados a través de UnitedHealthcare Insurance Company o una de sus compañías afiliadas. For Medicare Advantage Plans: Una organización de planes Medicare Advantage que tiene un contrato con Medicare. For Dual/Special Needs Plans: Una organización de planes Medicare Advantage que tiene un contrato con Medicare.

¿Necesita adaptaciones para personas con necesidades especiales en las reuniones, llame al 1-855-850-5051, TTY 711.

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CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager to win prize by 11/22/24

I T B O O G E Y M A N I S
A T M U M M Y Y R A C S S
G M R U C T H F U B P E N
R Y N I R T O S L I M E R
A N D E C C A A R U E G E
V O A N Y K C I T W R H T
E T Z R A K T S O E N O S
S E O E A C O L C I S S N
T L M B T C L O K A O T O
O E B O B A E P P S T C M
N K I T H A M R E S D K C
E S E C T U X M W I T C H
L D B O P H S I L U O H G

By Jimmy and Evelyn Johnson - www.qets.com

Black
Boogeyman
Candy
Cat
Costume
Ghost
Ghoulish

Gravestone
Halloween
Monster
Mummy
October
Pumpkin
Scary

Skeleton
Spirit
Spooky
Treat
Trick
Witch
Zombie

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager to win prize by 11/22/24

S E N I R A M E T H E W I L L I
N G H O N O R N G E S R O L A V
S R E O N F A M E A R N A V Y I
C E C A A S V E T E R E R A N M
T M I E R S T O V S C U A C O N
N E F C E R I A F O I S O D N O
E M I R T A R C A E O F E C O I
M B R O E B I S O L R E O U I T
T E C F V Y T R D R R C O R T A
I R A E U G T I F F N T R E A R
M Y S C U H E L P O A S E S C I
M A R A N R E D A E R T H P I M
O E R P M O U R Y U A C L E D D
C D A S S T I M N G S C E C E A
G R A T I T R U D E T A E T D P
L N G Q T A Y C C L R Q C Q T V

By Jimmy and Evelyn Johnson - www.qets.com

Admiration
Air Force
Army
Brave
Casualty
Coast Guard
Commitment

Courage
Dedication
Freedom
Honor
Marines
Navy
Peace

Remember
Respect
Sacrifice
Soldier
Space Force
Valor
Veteran



Give Them More
of the
Good Stuff!

Potato Basics



Russet bake, mash, roast

Potatoes are loaded with
vitamin C and potassium.

Purple boil,
steam, roast,
salads, soups,
stews



White all ways



For best results,
match the type of
potato with the
suggested ways of
cooking them.

Red boil, steam, roast,
salads, soups, stews



Yellow all ways



New, Petite
(any potato harvested young)
boil, steam, roast



Fingerling bake, steam, roast

Store Well Waste Less

- Potatoes keep best where it is dark, cool and well ventilated.
- Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- Store in a cool place but not in the refrigerator. Temperatures

below 45 degrees F can change flavor and texture.

- Store in a paper bag or a plastic bag with holes that allow air flow.
- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.
- Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts, bruises, sprouts or green skin.
- Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- Potatoes are also available frozen, canned and dehydrated.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:



Enjoy Potatoes

Potato Pals

Ingredients:

- 1 pound **potatoes**, cut in cubes
- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced

Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cooking time: 20 minutes

Go to
FoodHero.org
for easy, tasty
potato recipes

Cheesy Potato Soup

Ingredients:

- 1 cup chopped **onion**
- ¼ cup chopped **celery**
- 1 teaspoon **vegetable oil**
- 2 cups diced **potatoes**
- 2 cups low-sodium chicken **broth**
- ¼ teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1½ cups low-fat **milk**, divided
- ¾ cup (3 ounces) shredded **cheddar cheese**
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onion and celery in oil until onion pieces are clear, about 3 to 5 minutes.
2. Add the potatoes, broth and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 10 minutes

Cook time: about 40 minutes

Mashed Potatoes

1. In a medium saucepan, cover with cold water 1½ pounds of potatoes, peeled (if desired) and cubed (about 6 cups).
2. Bring to a boil and simmer until potatoes are soft, about 15 minutes.
3. Drain and mash potatoes, then stir in ½ cup low-sodium broth or milk, 2 Tablespoons low-fat plain yogurt or sour cream, ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon pepper and 1 Tablespoon margarine or butter, if desired.
4. Serve hot. Makes about 4 cups.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- scrub potatoes under running water.
- choose their own potato toppings for a quick meal.