



MEALS ON WHEELS Newsletter

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

NOVEMBER 2024

OCTOBER TOTALS

DINING ROOMS

Meals served: 3,035

Total People served: 203

Average donation: 0.39

HOME DELIVERY

Meals delivered: 11,538

Total People served: 448

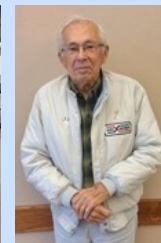
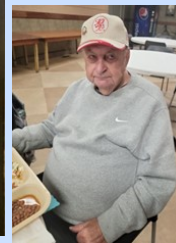
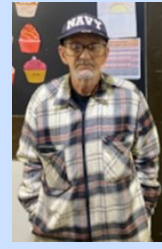
Average donation: 0.21

**2024 YTD MEALS SERVED
141,534**



We were honored to have done the catering for 800 meals for veterans and their families at the Veteran's Standdown on October 19

**THANK YOU TO OUR VETERAN'S
FOR THEIR SERVICE & SACRIFICE**



HALLOWEEN PICTURES FROM OUR DINING ROOMS



**WE'RE EXCITED TO ANNOUNCE THAT WE
HAVE STARTED SERVING MEALS AT THE
TIETON SENIOR CENTER ON TUES & THUR**



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://mypfp.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.

SODIUM AND POTASSIUM BALANCE

Sodium is a mineral we often hear about, but what do you know about potassium?

Both sodium and potassium are essential electrolytes that help maintain fluid and blood volume in the body. They also play critical roles in nerve and muscle function. While sodium is necessary for bodily functions, consuming too much can raise your blood pressure and contribute to hypertension. In contrast, potassium can help lower blood pressure, reducing the risk of heart disease and stroke. Potassium-rich foods may help offset some of sodium's harmful effects on the body.

The general recommendation for sodium intake is 2,300 mg or less per day from all food and beverages. This is equivalent to one teaspoon of table salt. The recommended daily intake of potassium is 2,600 mg for women and 3,400 mg for men. However, most people tend to consume too much sodium and not enough potassium.

One way to bring sodium and potassium into balance is to limit your consumption of packaged and restaurant foods, which tend to be high in sodium, and instead focus on eating more fruits and vegetables. The **Dietary Approaches to Stop Hypertension (DASH)** eating plan offers helpful guidelines to improve both blood pressure and overall health. The DASH plan emphasizes foods like fruits, vegetables, whole grains, low fat dairy, fish, poultry, beans, and nuts.

Here are some excellent sources of potassium:

- **Baked potato** (1 medium): 941 mg
- **Prune juice** (1 cup): 707 mg
- **White beans** (½ cup): 595 mg
- **Plain yogurt** (1 cup): 579 mg
- **Sweet potato** (1 medium): 542 mg
- **Atlantic salmon** (3 ounces): 534 mg
- **Orange juice** (1 cup): 496 mg
- **Acorn squash** (½ cup): 448 mg
- **Banana** (1 medium): 422 mg
- **Dried apricots** (¼ cup): 378 mg
- **Avocado** (½ cup): 364 mg
- **Milk** (1 cup): 342 mg



It's important to note that if you have kidney disease, you may need to limit both sodium and potassium intake. In cases of kidney dysfunction, these minerals can accumulate in the blood, which can be harmful to your health, make sure to check with your doctor before making any dietary changes.

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



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.