



MEALS ON WHEELS

Newsletter

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

DECEMBER 2021

NOVEMBER TOTALS DINING ROOM PICK-UP

Meals served: 3985
Total People served: 176
Average donation: 0.43

HOME DELIVERY

Meals served: 9478
Total People served: 379
Average donation: 0.24

**2021 TOTAL
MEALS SERVED 141,859**



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.

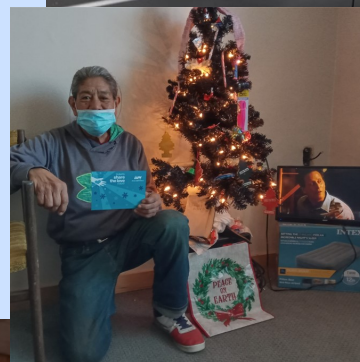
HOLIDAY WISH LIST

Thank You to the **Selah Neighbors Community Group** for their generous donation of 91 gifts to people on our program. They have been sponsoring our Holiday Wish List for the last 3 years and we are so grateful for their generosity.



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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://myppf.org/>

Water

Do you find consuming enough water in a day is challenging? If so, you are not alone. Almost every year my New Year's resolution is to drink more water. Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water helps your body:

- Keep a normal temperature
- Lubricate and cushion joints
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting



Tips for drinking more water:

- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.
- Carry a water bottle with you and refill it throughout the day.

Of course there are many other beverage options besides water, and many of these can be part of a healthy diet. Just remember if your drink of choice contains caffeine, then it does not count as a fluid source since it is dehydrating.



Cyndi Balk, MOW Registered Dietician (RDN)

If you have dietary concerns Cyndi is available to talk with you, call our office at 1-509-426-2601 or toll free number at 1-855-426-2601.

Check out our cooking videos on Facebook: <https://www.facebook.com/PeopleForPeopleWA>



THANK YOU FOR YOUR SUPPORT!
AND IF YOU'RE IN THE MARKET FOR A CAR,
WE HOPE YOU'LL SHARE THE LOVE.

Over the last thirteen years, Subaru and its retailers have helped the Meals on Wheels network deliver **2.5 MILLION MEALS** to seniors in need across the country. You can help that number grow when you purchase or lease a new Subaru during the 2021 Subaru Share the Love Event, November 18, 2021, through January 3, 2022. During this year-end sales event, Subaru of America will donate \$250 to your selected charity, and we hope you'll choose Meals on Wheels.

LEARN MORE AT
WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE