



MEALS ON WHEELS Newsletter

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

FEBRUARY 2022

JANUARY TOTALS DINING ROOM PICK-UP

Meals served: 3420
Total People served: 143
Average donation: 0.37

HOME DELIVERY
Meals served: 10,070
Total People served: 399
Average donation: 0.26

**2022 TOTAL
MEALS SERVED 13,490**



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

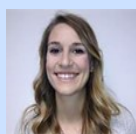


USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.

Don't Shake It

Salt adds flavor to our food. Unfortunately, too much salt can be a bad thing. The 2020-2025 Dietary Guidelines for Americans recommend that Americans consume **less than 2,300 milligrams (mg) of sodium** per day as part of a healthy eating pattern. Here are a few tips for controlling your sodium intake.

- **Read the labels:** The nutrition label shows you how much sodium is in packaged foods. Choose lower sodium foods, especially if you have high blood pressure, diabetes, or kidney disease.
- **Add Salt After Cooking:** Adding salt after cooking can help lower your sodium intake, especially if you tend to grab the salt shaker to salt your food at most meals. If your food has been cooked with salt, taste your food before adding salt from the shaker.
- **Look for cue words:** Items that are "pickled," "brined," or "cured" tend to be high in sodium. Include these foods in your meals sparingly.
- **Go easy on the sauce:** Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium from these can add up quickly.
- **Spice it up:** Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list. Also favorite salt substitute of mine is fresh lemon juice.
- **Eat fruits and veggies:** Enjoy a variety of fresh and frozen fruits and vegetables. Almost all of them are naturally low in sodium. Look for canned vegetables labeled "no added salt."



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>

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/>

STROKE SYMPTOMS

Spot a stroke F.A.S.T.

FACE DROOPING: Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Other Stroke Symptoms.....Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

<https://www.stroke.org/en/about-stroke/stroke-symptoms>

HEART ATTACK SYMPTOMS

1. CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

2. LIGHTEADEDNESS, NAUSEA OR VOMITING

3. JAW, NECK OR BACK PAIN

4. DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, shoulders, the back, neck, jaw or stomach.

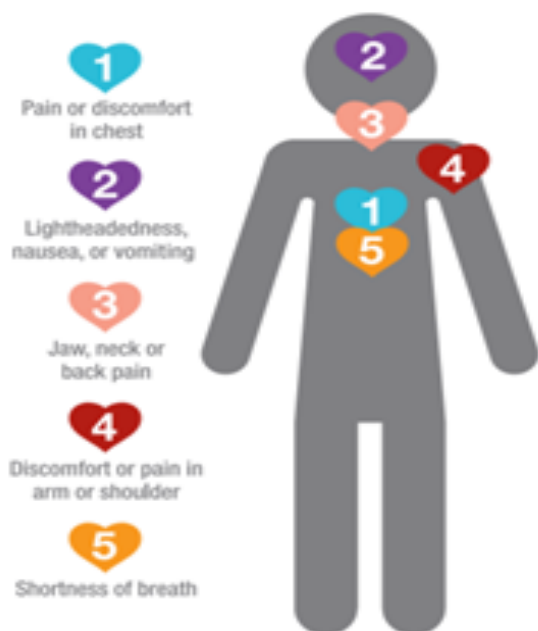
5. SHORTNESS OF BREATH

with or without chest discomfort.

<https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>



Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).