



# MEALS ON WHEELS Newsletter

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

**JUNE 2021**

## **MAY TOTALS**

### **DINING ROOM PICK-UP**

Meals served: 3493

New people: 23

Average donation: 0.59

### **HOME DELIVERY**

Meals served: 8816

New people: 53

Average donation: 0.26

## **2021 TOTAL**

**MEALS SERVED 61,484**

## **Farmer's Market**

It's officially farmer's market season! Have you ever been to a farmer's market before? If not, it is something you do not want to miss. Here are a few reasons why you should mark your calendar and attend the next farmers market near you!

1. **Flavor:** Farmer's markets offer the freshest food around—usually only hours from the field—so you get top quality, perfectly ripe flavor.
2. **Community:** Festive and lively, farmer's markets are social venues where you bump into friends and meet local farmers face to face. Usually you can get some great tips and tricks about how to best cook your produce from the farmers themselves.
3. **Save Money:** Buying from farmers eliminates the cost of the middleman and pricey shipping, so you get more value for your dollar.
4. **Learning:** Kids and adults alike enjoy exploring first hand how foods are grown, harvested, and eaten by browsing market stalls and talking to farmers.
5. **Increase Nutrition:** Produce displayed in farmers' bins and baskets are beautiful and can increase your appetite. This encourages you to buy more fruits and vegetables.

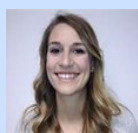


Basic Food is a program that helps supplement Washington residents' diets with healthy, nutritious food. Eligible individuals receive an Electronic Benefits Card (similar to a debit card) to purchase food items at the grocery store.

**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.*



**Cyndi Balk, MOW Registered Dietician (RDN)**

*If you have dietary concerns Cyndi is available to talk with you, call our office @ (509) 426-2601 or toll free (855) 426-2601.*

*Check out our cooking video 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.

## HEAT AND OLDER ADULTS

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Follow [additional tips](#) on how to prevent heat-related illness.

Stay informed

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.
- See attached list of Heat Related Illnesses

### CARETAKER CHECKLIST

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show any signs of heat stress?

