



# MEALS ON WHEELS

# Newsletter

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

**OCTOBER 2021**

## **SEPTEMBER TOTALS DINING ROOM PICK-UP**

Meals served: 4088  
Total People served: 192  
Average donation: 0.42

## **HOME DELIVERY**

Meals served: 9707  
Total People served: 387  
Average donation: 0.29

**2021 TOTAL  
MEALS SERVED 114,202**



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.

## **Healthy Eating Tips**

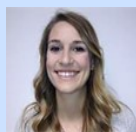
It's that time of year where lots of family gatherings and holiday parties are here. Following are a few healthy eating tips to keep in mind during this holiday season.

**Fats:** Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.



**Salt:** Good nutrition is about balance. Which means not getting too much of certain ingredients, such as sodium (salt). Sodium increases blood pressure, which raises the risk for heart disease and stroke. Try to avoid processed and prepackaged foods, which can be full of hidden sodium. When grocery shopping, look for products that say "low sodium". Lastly, instead of using salt, add delicious flavor to your meals with a squeeze of fresh lemon juice. A dash of no-salt spice blends, or fresh herbs.

**Fiber:** Fiber in your diet not only keeps you regular, it also helps you feel full longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber. Start your day off with a high-fiber breakfast like whole grain oatmeal sprinkled with toasted pecans or walnuts.



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 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://myfpf.org/>

## Recommended Vaccines For Adults

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions.

### Your COVID-19 Vaccine

- COVID-19 vaccines are [safe and effective](#).
- Everyone 12 years of age and older is now eligible to [get a free COVID-19 vaccination](#).
- Learn about the [different vaccines available](#).
- Search [vaccines.gov](#), text your zip code to 438829, or call 1-800-232-0233 to find COVID-19 vaccine locations near you.



### *CDC Expands Eligibility for COVID-19 Booster Shots*

*For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:*

- *65 years and older*
- *Age 18+ who live in long-term care settings*
- *Age 18+ who have underlying medical conditions*
- *Age 18+ who work or live in high-risk settings*

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

- All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.
- Every adult should get a Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) or Tdap booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
- Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)
- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)

Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>