



MEALS ON WHEELS Newsletter

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

NOVEMBER 2022

OCTOBER TOTALS

DINING ROOMS

Meals served: 2,327

Total People served: 188

Average donation: 0.45

HOME DELIVERY

Meals delivered: 12,633

Total People served: 502

Average donation: 0.26

2022 YEAR TO DATE

MEALS SERVED 142,094

HALOWEEN FUN AT THE DINING ROOMS!

Sunnyside Senior Center



Selah Civic Center



Take a Fresh Look



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.

Grandview Community Center



Henry Beauchamp Community Center

The Salvation Army



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://mypfp.org/>

EATING DURING THE HOLIDAYS

Every year, around this time, I like to share some holiday tips. I feel it is an important refresher to enjoy the holidays without food guilt, as well as being mindful of the food we are consuming. Below are some helpful tips that I have shared before, but also some new ones that I have added this year!

- **Hydrate.** When going to a holiday party, make sure you have had plenty of water throughout the day. Sometimes we can confuse hunger with thirst. This can cause us to be extra snacky when we really are craving a large glass of water.
- **Bring a healthy dish.** If you are contributing to the meal, try to bring one healthy dish so that you can be sure there is one healthy option to choose from.
- **Skipping does not create balance.** You may think if you skip a meal then it will save calories to splurge later. Unfortunately, this can backfire and often cause someone to consume more calories from over eating. Try a filling snack like an apple or nuts to help curb your appetite.
- **Talk more, eat less.** It's easy to talk near the snack table. Try to catch up on life with friends and family away from the food so that you don't start mindless snacking while you visit.
- **Eat veggies.** Fill up on the veggie first before eating anything else on your plate. This will start to suppress your appetite so that you will feel full sooner.
- **Enjoy every bite.** Eating your favorite holiday treats once a year, in moderation, will likely not make or break your waistline. Try to eat slowly and savor every bite!
- **Splurge wisely.** When dinner is served, try to only choose foods that are your FAVORITE and skip foods that you would likely eat year-round.
- **Get moving.** During the holidays we tend to consume more calories than we would during other times in the year. Grab the family and take a walk together before or after meals to help burn some extra calories that were consumed.
- **HoliDAY.** Last but not least... we are celebrating a holiDAY not holiMONTH. Enjoy the holidays but remember that every day is not a holiday. Try to get back on track with your healthy eating the day after the holiday or party.



Cyndi Balk
MOW Registered Dietitian (RDN)

If you have dietary concerns Cyndi is available to talk with you, call our MOW office at (509) 426-2601 or toll free (855) 426-2601 for a referral.

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

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW



The [#ShareTheLoveEvent](#) is back to help deliver meals and support to America's seniors!

For every new vehicle bought or leased between November 17 and January 3, Subaru of America and Subaru retailers will donate \$250 when you choose [#MealsOnWheelsAmerica](#) as your charity of choice.

We are excited to announce that we have partnered with [McCurley Subaru](#) for the [#ShareTheLoveEvent](#). If you or someone you know is in the market to purchase or lease a new Subaru, check out McCurley of Yakima at 506 Fruitvale Blvd. in Yakima or <https://www.mccurleysubaruyakima.com/>.

To learn more check out <https://www.subaru.com/share>



Food Hero for Older Adults

Focus on Fats



Everyday aerobic activities – such as walking or dancing – can also help you manage or prevent heart disease.

The fat in food helps your body absorb vitamins A, D, E and K, which are important for healthy aging.

The unsaturated fats in fish include heart-healthy omega-3s. Eat 4 ounces of fish twice a week.

Examples of lean meats are pork loin, beef round and 90% lean ground beef, pork and turkey.

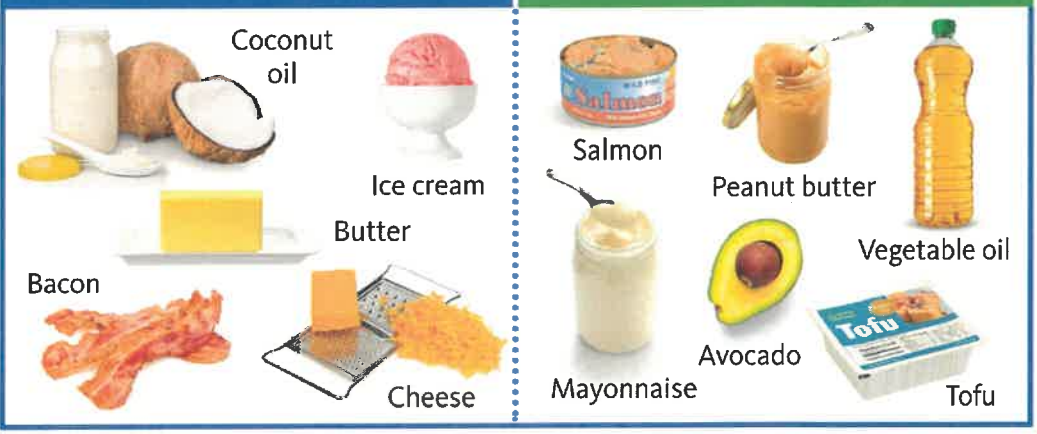
Enjoy a variety of foods from all groups and make them a part of your everyday routine.

Choose meals and snacks with less saturated fat to help lower your risk for heart disease.

Instead of saturated fat → choose unsaturated fat

Saturated fat is found in animal foods such as high-fat meats and full-fat dairy products. It is also in coconut, coconut oil, palm and palm kernel oil.

Unsaturated fat is found in plant foods such as nuts, seeds, avocado, tofu, mayonnaise and liquid vegetable oils. It is also in fish, such as tuna, salmon, mackerel and sardines.



Tips for eating less saturated fat:

- Check the Nutrition Facts label on packaged foods. Aim for less than 20 grams of saturated fat each day.
- Choose lean proteins more often, such as beans and peas, tofu, poultry, fish and lean meats.
- Go light with cheese on pizza and sandwiches.
- Choose sweets like ice cream and brownies less often.
- Try a spread of nut butter, mayonnaise or avocado instead of butter or cream cheese.

Nutrition Facts	
1 serving per container	
Serving size	1 sandwich (128g)
Amount per Serving	
Calories	400
<small>% Daily Value*</small>	
Total Fat 26g	33 %
Saturated Fat 10g	50 %
Trans Fat 0g	
Cholesterol 120mg	40 %
Sodium 610mg	27 %
Total Carbohydrate 29g	11 %
Dietary Fiber 2g	7 %
Total Sugars 5g	
<small>Includes 0g Added Sugars</small>	0 %
Protein 13g	



Classics Stay Strong

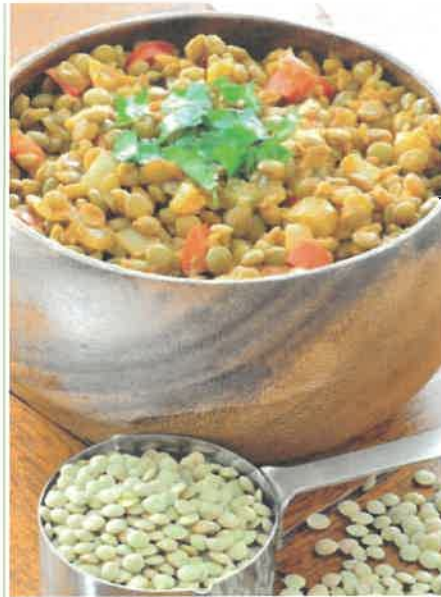
Use liquid oil or soft margarine instead of butter or stick margarine when preparing foods.

Vegetable oils made of mostly unsaturated fat include canola, corn, sesame, soybean and olive.

Eggs are a healthy protein food. They are budget-friendly and easy to cook.

Remove skin from chicken or turkey and trim extra fat from meat.

Choose low-fat milk and yogurt and part-skim cheese such as mozzarella and cotija.



Nutrition Facts

4 servings per container	
Serving size	1/2 cup (144g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 3mg	15%
Potassium 354mg	8%
Vitamin A 49mcg	5%
Vitamin C 18mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lentil Taco Filling

Lentils provide protein and fiber and are easy to cook. Enjoy in tacos, wraps or salads.

Makes 2 cups **Prep time:** 30 minutes

Cook time: 30 minutes

2 teaspoons **vegetable oil**

½ cup chopped **onion**

½ cup chopped **bell pepper** (any color)

1 clove **garlic**, minced or ¼ teaspoon garlic powder

½ cup dried **lentils**, rinsed

4 ½ teaspoons **chili powder**

1 teaspoon **cumin**

½ teaspoon **oregano** (optional)

1 ¼ cups low-sodium **broth** (any flavor)

½ teaspoon **salt** (optional)

Directions

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, about 20 to 30 minutes. Add water, if needed, to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
6. Refrigerate or freeze leftovers within 2 hours.

Note

Lentils come in different shapes and sizes and have different cooking times. Check the package or bulk bin for how long to cook the type you buy. Our photo shows green lentils.

Adding Calories with Fat

- Health and dental conditions that come with aging can make it hard to eat enough calories to maintain muscle strength and body weight.
- Including more unsaturated fat is a helpful and healthy way to add calories.
 - Add nut butter or tofu to smoothies.
 - Drizzle extra oil on salads and vegetables.
 - Add extra mayonnaise to tuna or chicken salad.
 - Add chopped nuts to hot cereal, muffins and salads.

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager for a prize by 12/23/22

Have fun!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T H K C A R T A R E C C O S
F O O T B A L L R E W S A Y
A T E L A M P G F C W L A Y
S S B A L S G L N I H A W H
C N A I O A O N M I G E L E
I O S C L G B M I N N P R D
T T E L E L I Y I T O N T Y
S N B I E N I H E O N G U R
A I A M G S S A L L N U M R
N M L B I I N E R I L S H I
M D L I F N T S I D S O U C
Y A C N G N I K I H S E V S
G B S G C E S K A T I N G X
B Z N F V T R A C I N G N D

Archery	Golf	Skating
Badminton	Gymnastics	Skiing
Baseball	Hiking	Soccer
Billiards	Hunting	Swimming
Climbing	Pool	Tennis
Fishing	Racing	Track
Football	Running	Volleyball

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager for a prize by 12/23/22

Have fun!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

L S E V O L G A K R A P A U
J A N U A R Y S C A R F G Y
E H G T B L I Z Z A R D E R
R T I N F I R E P L A C E E
S B A T I S H D E S S I T P
W E U K T K R N N T C A F P
O L H O S A A O A I N R E I
N L O T Z D W B C R R E B L
S B I Z V F E L E S S B R S
W H I I L C E B N I T M U E
R L O A F S I R O K M E A T
B H K V E H H D U S M C R A
N E F A E C E N E Y L E Y F
B R H B T L L Q Y R Z D N X

Baking	February	Scarf
Bell	Fireplace	Shovel
Blizzard	Gloves	Skate
Blizzard	Hibernate	Skis
Boots	Icicles	Slippery
Cider	January	Snow
December	Parka	Snowflake



Join the Fun!

*Decrease your risk of falls and
improve your balance!*

Location:
**WA Fruit Community
Center**
602 N 4th St
Yakima, WA
**For more
information**
Denisse Rodriguez

denisser509@gmail.com
or **(509) 910 0038**

with questions or to enroll.



Enhance®Fitness is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling.

Join us for a life of better health.

This invaluable service is funded by a partnership between WA State Department of Health and Southeast WA Aging and Long Term Care

Sign up today!

Classes are
**Mondays, Tuesdays, and
Thursdays**
10:00 am to 11:00 am
No fee to attend





No Costo Para Asistir-Gratis

Unase a la Diversion!

*Disminuye el riesgo de caidas y
mejore su balance!*

Ubicación:

Centro de Comunidad WA
Fruit en Parque Miller
602 N 4th St Yakima, WA

Para más información de
como inscribirse o
preguntas llame a
Denisse al (509) 910-0038 o
correo electrónico
denisser509@gmail.com



Enhance®Fitness es una clase de ejercicio a grupales que mejora su equilibrio, flexibilidad, densidad osea resistencia, coordinacion y agudeza mental y disminuye el riesgo de caidas.

Únase con nosotros para una vida de mejor salud

Este valioso servicio esta financiado por una asociación entre el Departamento de Salud del Estado de WA de Envejecimiento y Atención a Largo Plazo del Sureste de WA (ALTC).

Firmese Ahora!

Clases son
Lunes, Martes, y Jueves
10:00 am to 11:00 am



Union Gap Senior Center Activities



***Monday-Friday 9am-12pm: card games, puzzles, paint, and/or color**

***Tuesdays & Fridays 9am-10:45am: Penny Bingo**



****Coming Soon: Exercise Class on Mondays, Wednesdays & Thursdays from 10am-11am*** (Funded by a partnership between WA State Department of

Health and Southeast Washington Aging and Long Term Care)

Exercise Instructor Lee

***Monday-Friday 11am-11:30am: Lunch is served by Meals**

On Wheels, register for meals at (509) 426-2601 by 3pm.



(Funding for Meals On Wheels 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)

**COME JOIN US!! GET INVOLVED
AND STAY HEALTHY!!**



1000 Ahtanum Rd. Union Gap(Inside Ahtanum Park-no parking fee)

Centro de Mayores de Union Gap - Actividades



***Lunes - Viernes 9am - 12pm: juegos de cartas, rompecabezas, pintura y/o color**

*** Martes y viernes 9am - 10:45am: Penny Bingo**



***Próximamente: Clase de ejercicios los lunes, miércoles y**

jueves de 10am - 11 am. (Financiado por una asociación entre el Departamento de Salud del Estado de Washington y Southeast Washington Aging and Long Term Care) **Instructor de ejercicio, Lee**

*** Lunes - Viernes 11am - 11:30am: El almuerzo es servido por Meals On**

Wheels, regístrese para comer antes de 3pm, llame a (509) 426-2601.



(Los fondos para Meals On Wheels son proporcionados por la Ley de Estadounidenses Mayores y los Servicios de Envejecimiento y Discapacidad del Estado de Washington a través de una subvención de la Conferencia de Gobierno de la Oficina de Envejecimiento y Cuidado a Largo Plazo del Sureste de Washington)

**VEN Y UNETE CON NOSOTROS!
PARTICIPA Y MANTIENETE SALUDABLE!**



1000 Ahtanum Rd. Union Gap (Adentro del parque Ahtanum - no costo estacionar)