



# MEALS ON WHEELS Newsletter

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

## NOVEMBER 2023

### OCTOBER TOTALS

#### DINING ROOMS

Meals served: 3,828  
Total People served: 216  
Average donation: 0.30

#### HOME DELIVERY

Meals delivered: 13,664  
Total People served: 435  
Average donation: 0.27

**2023 YTD MEALS SERVED**  
**142,693**

### November National Diabetes Month: Diabetes Symptoms

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual...more info [Diabetes Symptoms | CDC](https://www.cdc.gov/diabetes/symptoms/)



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.*



### SUBARU SHARE THE LOVE

Get a great vehicle and support a great cause!

With every new Subaru purchased or leased, Subaru and its retailers are donating a minimum of \$300 to charities, like Meals On Wheels from November 16 through January 2.

Since the Subaru Share the Love Event began in 2008, Subaru and its retailers have donated more

than 4.3 million meals and friendly visits to seniors served by local Meals on Wheels programs nationwide.

For more information, visit [www.MealsOnWheelsAmerica.org/ShareTheLove](http://www.MealsOnWheelsAmerica.org/ShareTheLove)

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/>

## The Wonders of Walking

Did you know November is Diabetes Awareness Month? Many factors are involved in the prevention and management of diabetes, but one of the simplest things you can do is to go for a walk!

Here's how it works. When you have prediabetes or diabetes, insulin often doesn't work as well as it should. Insulin is an important hormone produced by the body to control levels of glucose (sugar) in your bloodstream. Think of it this way: Insulin is like a key that opens the doors to the cells throughout the body where glucose is to be used. 'Insulin resistance' is the term used when this key isn't working right. Walking (and other forms of exercise) helps the key work properly, which allows the glucose to be used by the cells for energy and keeps it from building up in the blood.

The American Diabetes Association recommends 150 minutes of physical activity per week, which is 30 minutes 5 days a week. However, any amount of movement throughout your day can be beneficial. Even a 10 minute walk can boost your health and well-being.

10 Reasons to Take a 10 Minute Walk (whether you have diabetes or not!):

1. A walk after meals helps with digestion and reduces blood sugar
2. Getting outside can boost your mood and reduce stress
3. Walking can help you sleep better
4. Sunlight exposure helps your body produce vitamin D
5. Walking gives you time to think, meditate, or pray
6. It reduces screen time and relaxes your eyes
7. A walk can curb cravings for sweets
8. Walking with a friend, spouse, or family member is an opportunity for social connection
9. It strengthens bones and muscles, and improves balance and coordination
10. Going for walks can boost your immune system and decrease your chance of getting sick



Although it's important to do a variety of different exercises, walking is often one of the easiest to do, requiring no special equipment. Even during the colder months, getting outside for fresh air and movement is still important. Be sure to dress appropriately and wear layers in case you get too warm.

Don't forget to drink water before and after your walk, even in the winter when you may not feel as thirsty. Happy Walking!

*Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 426-2601 for a referral.*

**Check out our cooking videos on Facebook or Instagram:**

<https://www.facebook.com/PeopleForPeopleWA>

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



People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 or Dial 2-1-1 for more information.

### Transportation

Providing transportation options for seniors, individuals with disabilities and the general public.