



# MEALS ON WHEELS Newsletter

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

## APRIL 2024

### MARCH TOTALS

#### DINING ROOMS

Meals served: 2,581

Total People served: 184

Average donation: 0.30

#### HOME DELIVERY

Meals delivered: 11,458

Total People served: 426

Average donation: 0.20

**2024 YTD MEALS SERVED**  
**41,374**



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.*

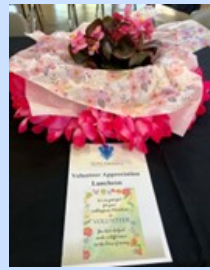
## APRIL IS VOLUNTEER APPRECIATION MONTH!

We held our Annual Volunteer Appreciation Luncheon on Friday April 19  
Thank you volunteers for your time & dedication!



Thank you to the following sponsors for their donations towards the luncheon

- Majors
- Starbucks
- Denny's of Sunnyside
- Fiesta Foods of Sunnyside
- Suede Salon
- Purr Restaurant
- Mom's Candy Apples
- MAK Daddy Coffee Roasters
- Round Table Pizza
- Little Caesars Pizza
- Outback Espresso
- Health Alliance
- St. Johns Cheesecakes
- Ahtanum Berry Patch
- Papa Bairds
- Johnson Orchards Bake Shop
- Viera's Bakery
- Panera Bread
- Dutch Bros
- Abby's Pizza
- Zullee Mediterranean Grill
- Nob Hill Bowling



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 (ALTC) 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/>



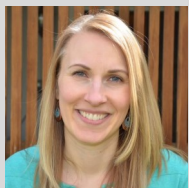
## SIMPLE TIPS FOR STRESS MANAGEMENT

On a scale from 1 to 10, how would you rate your stress level right now, with 1 being very low stress and 10 being very high? If you're on the higher end of the scale, take a deep breath and read on!

April is Stress Awareness Month. We all experience stress in our lives. Even though stress is often unavoidable, how we respond to it is key in determining how it will affect our health. Developing healthy coping strategies can limit the negative effects of stress.

Tips to manage stress (try one or more!):

- Breathe deeply, with long exhales.
- Go outside and get some fresh air.
- Take a walk or do some gentle stretching.
- Connect with others. Call or visit a friend.
- Laugh more! Watch a movie or TV show that makes you laugh.
- Do a small act of kindness for someone else.
- Keep a journal to help you let go of pent-up feelings.
- Notice little things that bring you delight or joy, such as the first sip of coffee, a blooming flower, a beautiful sunset, a silly pet, or unexpected humor.
- Listen to music that makes you happy or calm.
- Drink a glass of water or a warm cup of tea.
- Prepare a healthy meal or snack for yourself.
- Consider what you can control in your life and try to let go of the rest.
- Spend time in prayer or meditation.
- Take a nap or get a full night's sleep.



*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>

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.