



MEALS ON WHEELS

Newsletter

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

JULY 2024

JUNE TOTALS

DINING ROOMS

Meals served: 2,640

Total People served: 195

Average donation: 0.27

HOME DELIVERY

Meals delivered: 11,445

Total People served: 447

Average donation: 0.23

2024 YTD MEALS SERVED
83,517

HEAT STROKE

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Fatal if treatment delayed

First Aid: Take the following steps to treat a person with heat stroke:

- Call 911 for emergency medical care.
- Stay with the person until emergency medical services arrive.
- Move the person to a shaded, cool area and remove outer clothing.
- Cool the person quickly, using the following methods:
 - With a cold water or ice bath, if possible
 - Wet the skin
 - Place cold wet cloths on the skin

Soak clothing with cool water

- Circulate the air around the person to speed cooling.
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water. <https://www.cdc.gov/>

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/>



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.

SUMMER HYDRATION TIPS

Our bodies are made of 60% water. Water is necessary for your joints, body temperature, mood, immune system, digestion, and waste removal. Choosing hydrating foods and beverages will boost your overall health and well-being.

Five Tips for Staying Hydrated

1. Drink a glass of water when you first wake up each morning.
2. Sip water throughout the day, even before you feel thirsty. Keep a water bottle with you.
3. Add ice, fresh mint, lemon slices or other fruit in your water if it helps you drink more.
4. Eat plenty of fruits and vegetables, which are 80-95% water. These foods also provide other nutrients, such as potassium, that play a role in fluid balance. Here are some ideas to get more fruits and vegetables each day:
 - Make smoothies with berries, pineapple, oranges, peaches, or kiwi.
 - Eat salads with lettuce, cucumber, tomatoes, celery, peppers, or other veggies.
 - Add vegetables to soups and sandwiches.
 - Enjoy fresh fruit for snacks. Watermelon, cantaloupe, strawberries, apples, pears, grapes, and oranges are all high in water.
5. Limit dehydrating foods like salty snacks, processed foods, and alcoholic beverages.

Watch out for signs of dehydration such as dark-colored urine, urinating and sweating less than usual, muscle cramps, bad breath, confusion, dry mouth/skin, headache, weakness, dizziness, constipation, and feeling tired.

By drinking plenty of fluids and eating water-rich foods, it will keep you hydrated and feeling your best all summer long.



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

Farmers Market voucher cards are still available for those that have not received one this year. Call our office if you qualify an \$80 card. Cards can be used at selected farm stands and farmers markets for fruit, vegetables and honey. Qualifications are:

- You must be 60 years and older (55+ if you are Native American/Alaska Native)
- Your monthly income is below \$2,322 for 1 person and \$3,151 for 2 people
- You must be a resident of WA state and live in Yakima County (outside of the Yakama reservation)



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.