



MEALS ON WHEELS Newsletter

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

APRIL 2020

MARCH TOTALS

DINING ROOMS

Meals served: 3455

New people: 48

Average donation: 0.37

HOME DELIVERY

Meals served: 7749

New people: 69

Average donation: 0.27



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.

Benefits of Legumes

Legumes (also known as pulses) are a group of plant foods which aren't just for vegetarians! They contain a wide variety of nutrients and are a very healthy and economical food for everyone to include as part of a balanced diet. Legumes are...

High in dietary fiber... helps keeps bowels healthy

- 1 Cup cooked lentils= 16g fiber 64% daily recommended value
- Drink lots of water

Source of Soluble Fiber... helps lower blood cholesterol levels

- Cheerios lowers cholesterol
- Legumes have been shown to help lower total cholesterol, LDL Cholesterol
- Total Cholesterol should be <200, LDL <100

Contain Carbs... Low glycemic index-brakes down slowly and helps you feel fuller longer

- Great for diabetics... helps prevent and manage diabetes

Great source of protein as a substitute for meat:

- 1 cup beans= 14g protein

Other **benefits of legumes** include:

- High in B-group vitamins, iron, calcium, phosphorous, zinc and magnesium
- Good source of folate
- Good source of antioxidants
- Very Low fat

Examples of legumes include:

- Split peas
- Kidney beans
- Baked beans (navy beans)
- Soybeans
- Chickpeas
- Four bean mix
- Red, green or brown lentils.



You can buy lentils in the supermarket either dry (which need to be soaked before cooking) or you can buy them canned. Including legumes into your healthy eating plan doesn't mean you have to eat completely different meals. Add them to some of your favorite recipes like casseroles or soups for added protein and fiber.



Cyndi Balk, MOW Registered Dietician

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

Outbreaks can be stressful: The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. For information about how the virus spreads call the WA State Dept of Health at 1-800-525-0127. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Take care of yourself and your community: Taking care of yourself, your friends & your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body:
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Need help? Know someone who does? If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others you can:

**Call 911 *Visit the Disaster Distress Help line *Call 1-800-985-5990, or text TalkWithUs to 66746*

**Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224 For more info visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#risk>*



WE LOVE OUR VOLUNTEERS! We couldn't do it without each and every one of you! Thank you so much for all that each and every one of you does.

In 2019 we had 11,535 hours of time donated by 113 volunteers. This year for everyone's safety, due to the COVID19 pandemic we decided to cancel our Annual Volunteer Luncheon.

The following businesses donated gift cards. We added all volunteers names in a drawing for the gift cards. The names drawn were:

1. Bob's Burgers: Jessa C.
2. Dickey's BBQ (2): William S, and Joshua K.
3. MOD Pizza: Jerry B.
4. Miner's: Ruth M.
5. Rush Coffee: Jessica S.
6. Denny's (2): Charlene A. & Rebecca L.
7. Domino's (2): Shirley B. and Phyllis K.
8. Rosauers: Sarah D.
9. Manhattan Station Espresso: Sandy G.
10. Wildhorse Resort & Casino: Lyndsie Tremble

Message from Leslie Richards,
Recreation Program Supervisor
Harman Center at Gaillon Park

Hi, just wanted to spread the word about the **Senior Hotline** at the Harman Center. Our main phone number is (509)575-6166.

We do not want our Seniors in the community to feel isolated during this time, so if they need someone to talk to, please give us a call at the Harman Center. If we do not answer, just leave a message and we will return your call.

Also, the Harman Center staff has begun Zoom Classes and making videos on Facebook for seniors to enjoy or participate in. Please check out our website at <https://yakimaparks.com/senior-center/> for our Zoom Classes information or keep up with our Facebook page, **Yakima Harman Center and HC Trips & Tours** to keep up with all of the latest news or videos. Hope you are all having a wonderful day!

Thank you,
Leslie Richards