



Meals-On-Wheels Newsletter

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

FEBRUARY 2019

JANUARY TOTALS

DINING ROOMS

Meals served: 3628

New people: 24

Average donation: 0.57

HOME DELIVERY

Meals served: 7722

New people: 34

Average donation: 0.26

CHRONIC DISEASE MANAGEMENT

Why it is Important to Know Your Type

Diabetes type confusion:

Type 1 diabetes is often mistakenly thought of as a childhood disease. However, it is estimated that half of all new type 1 diagnoses develop after the age of 20.

In addition, people with type 1 are living longer, healthier lives than ever before. This means there's a robust population of older adults with type 1 diabetes. Some older adults with diabetes are running races, while others reside in nursing homes. The key to living well into old age with diabetes is to make sure to get personalized care that meets you where you are. Regardless of diabetes, safety becomes increasingly important for all seniors.

A problem older adults encounter in getting good care is the assumption of type 2 diabetes instead of type 1 diabetes by health care professionals.

Because type 2 is more prevalent than type 1, people with type 1 diabetes must insist that all of their providers, caregivers, and family members know what type of diabetes they have and how to treat it.

Be clear about your diabetes type:

Make sure all your health care providers, caregivers, and family members know what type of diabetes you have and how to treat it.

They need to know that if you have type 1 diabetes and do not get insulin, you can become seriously ill within hours. This information should be in your electronic medical record and recorded on smartphone health information apps.

Also, wear a medical ID that says "Type 1 Diabetes—Insulin." Having an insulin pump can signal that someone has type 1 diabetes, but people with type 2 diabetes can also have insulin pumps, so it is best to spell this information out clearly.
Source: American Diabetes Association, www.diabetes.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.

March is National Nutrition Month 2019

It's national nutrition month and a time to look at our nutrition and see how we can improve our health through good nutrition and exercise. Nutrition is a powerful tool that can provide energy and longevity to our lives if we fuel our bodies the right way.

Proper nutrition includes eating a variety of fruits and veggies, eating appropriate portions sizes (If you struggle with portion control checkout choosemyplate.gov for great tips), and finally getting good exercise.

These are just a few things to look at that can make a big change to your health. Below is a list of key messages created by the Academy of Nutrition and Dietetics for good health habits.

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



Cyndi Balk, MOW Registered Dietician

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

