



MEALS ON WHEELS

Newsletter

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

JULY 2020

JUNE TOTALS

DINING ROOMS

Meals served: 4048

New people: 15

Average donation: 0.72

HOME DELIVERY

Meals served: 8859

New people: 20

Average donation: 0.33



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.

August Produce Highlight

There is a lot of amazing produce that comes out in August. Some of my favorites are peaches and nectarines! Did you know that $\frac{1}{2}$ cup of peaches or nectarines has vitamin A, vitamin C and fiber. A $\frac{1}{2}$ cup of peaches or nectarines is about half of a one medium peach or nectarine and only around 58 calories. Did you know that Vitamin A helps with good vision, fight infection and keep your skin healthy. Also Vitamin C helps your body heal cuts and wounds. Fiber helps with constipation, feeling full and keeping normal blood sugar levels. Try adding peaches or nectarines to your oatmeal, yogurt, smoothies, or salads! Good local peaches only come around once a year so eat them while they last!

Peach Arugula Salad

Ingredients:

4 cups baby arugula
3 medium ripe peaches, pitted and sliced
3/4 cup diced yellow bell pepper
3 tbsp chopped walnuts
1 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1/2 tbsp fresh squeezed lemon juice
1/8 tsp lemon zest
1/8 tsp kosher salt
fresh black pepper, to taste



Instructions:

Place the arugula in a large bowl, top with peaches, yellow pepper and walnuts. In a small bowl whisk the olive oil with the balsamic, lemon juice, salt and pepper and drizzle over the salad.

<https://www.skinnytaste.com/peach-arugula-salad/>



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.

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.

WHY ARE OLDER ADULTS MORE PRONE TO HEAT STRESS?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

STAY COOL, STAY HYDRATED

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

STAY INFORMED

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

- Get medical help right away if:
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

