



Meals-On-Wheels Newsletter

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

JANUARY 2019

DECEMBER TOTALS

DINING ROOMS

Meals served: 4063

New people: 29

Average donation: 0.57

HOME DELIVERY

Meals served: 6506

New people: 27

Average donation: 0.28

2018 Total Meals Served: 116,066

	<u>Dining Rooms</u>	<u>Home Delivery</u>
<u>Meals Served</u>	42, 239	73,827
<u>People Served</u>	637	508

Farmers Market Vouchers: **756** Emergency Shelf Stable Meals: **207**
Pets Fed: **143** 74 people received: heaters, shoes, fans, recliner, walkers, microwaves, fridge, canes and hygiene items



BE AWARE! There is another phone scam currently trying to take advantage of innocent people. Earlier this afternoon, a local victim came to the police station to report what had happened.

The victim received a call from a man who claimed to be from the Social Security Administration (SSA) office. The male said his name was "Paul Nelson" and provided a badge number of "30544". "Paul" told the victim that due to the government shutdown, SSA needed him to send two blank checks to the following address: 17148 Eric Dr. Spring Lake, MI 49456. Paul then asked for the male's checking account number.

The victim also said the number that showed up on his caller ID was "1-800-772-1213", which is the real Social Security Administration phone number.

Scammers are now able to change their numbers on caller ID to make it appear as though they are actually calling from a legitimate business line. Please be cautious whenever providing personal information over the phone and know that the real SSA will never ask you to send a blank check!

Yakima Police Department 1/24/19

Take a Fresh Look



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.

MOW office had a report of a scam from a person who attends a dining room. She said a male called, asking for her personal information because they were going to mail her insurance cards. She called her insurance, Coordinated Care and they stated that they were not issuing cards.

If you get one of these calls, don't give them any personal information, call the company directly if you have questions.

Love Your Heart

February is American Heart Month. How have you been protecting your heart with the start of a new year? Did you know according to the National Heart, Lung and Blood Institute (NHLBI), heart disease is the leading cause of death in the United States and is responsible for 630,000 Americans dying each year.

Here are some ways to keep your heart healthy:

- Know your cholesterol and blood pressure levels: Avoid eating saturated fats like butter and fried foods and instead replace it with healthy unsaturated fat like olive oil, nuts, and avocado. This small change can help reduce your cholesterol levels. Contact your doctor to find out what your cholesterol and blood pressure levels are.
- Stay active! According to the World Health Organization, “Older adults should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75mins of vigorous intensity aerobic physical activity throughout the week”.
- Watch your sodium intake: The American heart association recommends that you have no more than 2300mg of sodium per day.

Since next month is Valentine’s Day, make sure to love your HEART!



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.***



Older Adult Falls

Falls are a growing health problem for older adults, and there are many myths about falling. The most important message we can share with our communities is that falls are preventable.

Falls in Washington State

- One in three Washington residents over age 65 fall each year
- Falls and fall-related injuries account for more than half of all injury-related deaths of adults aged 65+ in Washington State, and 70% of all injury-related deaths for adults aged 85+
- From 2011-2016, Washington State had the 14th-highest rate of fall-related deaths in the nation for adults age 65+, and the 5th highest rate of self-reported falls.
- The total number of deaths from falls and fall-related injuries has more than doubled in the last 15 years, from 393 in 2000 to over 943 in 2017
- In 2016 there were 19,060 hospitalizations for falls among adults age 65+.
- 25% of all fall-related hospitalizations for adults age 65+ are for people with a diagnosis of dementia

Things you can do to prevent falls

- Perform balance and strengthening exercises at least three times a week.
- Always wear shoes that fit your feet well and have solid, non-skid soles.
- Have your doctor or pharmacist review your medications for fall-related side effects.
- Have your vision checked by an eye doctor every year, and wear glasses if prescribed.
- Ask your doctor to do a fall risk screening, and tell them if you have fallen recently.
- Make your home safer by putting grab bars in the shower, adding rails on both sides of your stairs and removing throw rugs.
- Ask your healthcare provider about taking Vitamin D supplements.

Source: Washington State Department of Health website