



Meals-On-Wheels Newsletter

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

MARCH 2019

FEBRUARY TOTALS

DINING ROOMS

Meals served: 2818
New people: 23
Average donation: 0.74

HOME DELIVERY

Meals served: 6265
New people: 21
Average donation: 0.31



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.

Boost The Brain

Our brain is something we use every day. Just like our cars need the right fuel to run properly, so does our brain.

So are you fueling your brain in the best way possible? According to Harvard Health Publishing, research has found that the food that helps your heart and blood vessels is the same food that also helps your brain!

Below is a list of foods that Harvard.health.edu has found to make the biggest impact on your mental function.

Green Leafy Vegetables- A few of these veggies include spinach, broccoli and Kale. Green leafy veggies contain vitamin K, lutein, folate, and beta carotene which are good for brain health.



Fatty Fish- Fatty fish contain omega-3 fatty acids which are great for the heart but it also has a great impact on the brain, especially when it comes to memory loss. Try to choose fish that are low in mercury, such as salmon, cod, canned light tuna, and Pollock.



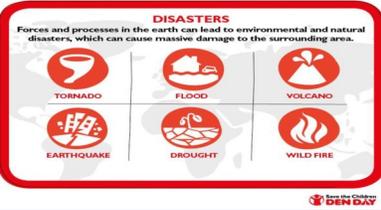
Berries- Berries get their natural pigment from something called flavonoids. Research shows flavonoids had been linked to improved memory.

Walnuts- Walnuts contain a type of omega-3 fatty acid called lpha-linolenic acid which helps lower blood pressure but also was linked to higher test scores. During a study done in 2015 it showed higher consumption of walnuts was linked to higher test scores!



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.



Planning for a Disaster- Tips on addressing Medical Needs

In a disaster, people with special medical needs have extra concerns. This information will help you and your family prepare for a disaster.

Medications

- Always have at least a three-day supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.
- Store your medications in one location in their original containers.

Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical supplies

- Have an extra three-day supply of any medical supplies you use, such as bandages, ostomy bags or syringes.

Electrically powered medical equipment

- For all medical equipment requiring electrical power beds, breathing equipment or infusion pumps check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

Oxygen and breathing equipment

- If you use oxygen, have an emergency supply (enough for at least a three-day period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions and medications.

Intravenous (IV) and feeding tube equipment

- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.

Have written operating instructions attached to all equipment.

Emergency bag

- In the event that you have to leave your home, keep a bag packed at all times that contains:
 - A medication list.
 - Medical supplies for at least three days.
 - Copies of vital medical papers such as insurance cards and power of attorney.

People who can help

- An important part of being prepared for a disaster is planning with family, friends and neighbors.
- Know who can walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home health care provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.
- Keep a list handy of people who can help and their phone numbers.

Source: Washington State Department of Health website



All of our dining rooms will be closed Wednesday April 10th to celebrate our volunteers at our Annual Volunteer Luncheon
THANK YOU TO ALL OF OUR VOLUNTEERS FOR ALL OF YOUR HARD WORK!