



MEALS ON WHEELS Newsletter

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

MARCH 2020

FEBRUARY TOTALS

DINING ROOMS

Meals served: 2601

New people: 35

Average donation: 0.85

HOME DELIVERY

Meals served: 7191

New people: 21

Average donation: 0.27

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
 - Cough
 - Shortness of breath
- Seek medical advice if you
- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



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Take a Fresh Look



Basic Food

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, religion, or political belief.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)

Immune Boost

The world is a bit of a scary place right now with the risk of developing COVID19. There are so many claims being made that if you take a certain supplement, eat certain food or use essential oils, you can boost your immune system. I'm sorry but this is just not true. According to Harvard.edu; "Attempting to boost the cells of your immune system is especially complicated... Which cells should you boost, and to what number? So far, scientists do not know the answer. What is known is that the body is continually generating immune cells. Certainly it produces many more lymphocytes than it can possibly use. The extra cells remove themselves through a natural process of cell death called apoptosis — some before they see any action, some after the battle is won. No one knows how many cells or what the best mix of cells the immune system needs to function at its optimum level."

Your body, including your immune system, functions better by protecting it with healthy-living strategies. Here are some that Harvard.edu recommends:

- * Don't Smoke
- * Eat a diet high in fruits and vegetables
- * Exercise regularly
- * Maintain a healthy weight
- * If you drink alcohol, drink only in moderation
- * Get adequate sleep
- * Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly
- try to minimize stress

Although we can't boost our immune system, we can continue to take the steps above to live a healthy lifestyle and decrease our chances of getting sick or help in the fight if we become sick. To learn more on this topic about "immune boosting", check out this link below.

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>



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.

NEED A RIDE FOR SENIOR GROCERY SHOPPING DAYS?
¿NECESITA TRANSPORTE PARA LOS DÍAS DE COMPRA PARA PERSONAS MAYORES?

Just call 509-457-1111 to arrange a ride.

We are here for you!

Solo llame al 509-457-1111 para programar un viaje.

¡Estamos aquí para ayudarle!

SHOPPING LOCATIONS FOR SENIORS LUGARES DE COMPRAS PARA PERSONAS MAYORES		
STORE	DAYS	TIMES
Safeway Yakima <small>1610 W. Lincoln Ave. 2204 W. Hob-188</small>	Tuesday & Thursday Martes y Jueves	7am-9am
Safeway Sunnyside	Tuesday & Thursday Martes y Jueves	7am-9am
Safeway Grandview	Tuesday & Thursday Martes y Jueves	7am-9am
Costco Yakima <small>must be members solo para miembros</small>	Monday - Friday Lunes - Viernes	8am-9am
Rosauers Supermarket Yakima	Tuesday & Thursday Martes y Jueves	7am-9am

Home Office/Oficina Central
304 W. Lincoln Ave., Yakima, WA 98902

Dial 2-1-1 to learn more
Llame al 2-1-1 para más información
www.pfp.org

2020 Census Response Rate Challenge

To increase response to the 2020 Census across the country, the Census Bureau is challenging communities nationwide to complete the census online, by phone or by mail. The online toolkit includes ideas for community leaders to encourage people to beat their 2010 Census self-response rate. **It has never been easier to respond on your own, whether online, over the phone or by mail—all without having to meet a census taker.**

The U.S. Constitution mandates a census of the population every 10 years. The goal of the 2020 Census is to count everyone who lives in the United States as of April 1, 2020 (Census Day). Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and informs how billions of dollars in federal funds will be allocated by state, local and federal lawmakers annually for the next 10 years.

For more information, visit 2020census.gov.