



# MEALS ON WHEELS Newsletter

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

**MAY 2019**

## APRIL TOTALS

### DINING ROOMS

Meals served: 4240

New people: 37

Average donation: 0.55

### HOME DELIVERY

Meals served: 6741

New people: 39

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.

## In-Home Fall Prevention

### HOME MODIFICATION

Home hazards make older people more likely to fall.<sup>28</sup> Here is an extensive but not exhaustive list for reducing home hazards.<sup>29,30</sup>

#### ENSURE THE HOME'S ENTRY IS SAFE AND THE FIRST FLOOR IS ACCESSIBLE

- Create a zero-step access that has adequate light and coverage above the door from the weather
- Add or repair railings at the entrance
- If possible, add/adapt so the first floor contains a full bath, bedroom and laundry

#### CREATE CLEAR, STURDY PATHWAYS

- Fix loose or uneven steps
- Fix loose handrails and make sure there are handrails on both sides of the stairs
- Widen doorways and hallways
- Remove throw rugs
- Pick up objects on the floor
- Coil cords or affix them to the wall

#### REDUCE CHANCES OF SLIPPING IN THE BATHROOM

- Install grab bars in the tub, shower and next to the toilet
- Install a comfort-height toilet
- Install a curbless, walk-in shower with grab bars and a bench (can be fold-up)
- Put a non-slip rubber mat in the tub or shower

#### MAKE THE KITCHEN ACCESSIBLE

- Move the most-often used items within easy reach
- If renovating, consider an under-counter microwave, a refrigerator with the freezer at the bottom, pull-out cabinets and at least one counter that is lower
- Ensure a non-slip floor
- Use lever-style faucets and door handles and "D-shaped" drawer handles

#### IMPROVE LIGHTING AND ELECTRICAL

- Install a light above the stairway
- Have an electrician install light switches so there are switches at the top and bottom of the stairs. Install light switches that glow in the dark.
- Install motion sensors so light comes on when a person enters the room
- Place a lamp close to the bed
- Install a light for the path from the bed to the bathroom
- Make sure all hallways, stairs and paths are well lit and clear of books, shoes, etc.
- Install a smoke detector and replace the battery twice a year
- Make sure there is a carbon monoxide detector near all bedrooms

#### ORGANIZE

- Keep emergency numbers handy (911, poison control, family member or friend to call in emergency, healthcare provider's office)
- Put a phone near the floor in case you fall and can't get up
- Get a steady stepstool
- Cluster the often-used items in lower cabinets

### THE DANGER OF FALLS



**1 in 4 seniors fall every year**

**20%** 1 out of 5 falls causes a serious injury



**An older adult is treated in the emergency room for a fall every 11 seconds**

**2x** Falling once doubles your chance of falling again

[https://www.mealsonwheelsamerica.org/docs/default-source/misc/olderadultsandinhomesafetyreport\\_final.pdf?sfvrsn=ab54a13b\\_2](https://www.mealsonwheelsamerica.org/docs/default-source/misc/olderadultsandinhomesafetyreport_final.pdf?sfvrsn=ab54a13b_2)

## Summer Farmers Market

Summer is right around the corner and that means farmers markets are starting to pop up again! I love farmers markets because of the large variety of produce that is picked at its peak of freshness and highest nutrition capacity. Let's take a look at a few items you will likely see at the farmers market that you will definitely want to take home!



**Peppers:** Peppers come in a variety of colors! Peppers are very versatile and can be eaten raw or cooked. They are great in salads because they add lots of vibrant colors. Peppers are great for adding fiber and antioxidants to your diet!

**Cantaloupe:** Nothing beats a delicious, ripe cantaloupe! Cantaloupes are high in vitamin C, Vitamin A and folate. If you are having a hard time picking out the perfect cantaloupe, just ask the vendor. They are always happy to help their customers out!

**Cherries:** Are you looking for a fruit that has anti-oxidants and anti-inflammatory properties? Well then look no further than cherries! Cherries are a good source of vitamin C and polyphenols that contain these properties.



**Zucchini:** Zucchini's are one of my favorite veggies. They're very versatile in dishes, have a mild flavor and are usually quite inexpensive! Zucchini's are an excellent source of vitamin C as well!

These are a few fruits and veggies you will find at the farmers market that are great for your health! Just look around and pick out a variety of fruits and veggies of all different colors. Lastly, I challenge you to find a fruit or veggie that you have never seen or tried before and ask the vendor how to eat or cook it. Who knows it may be your new favorite fruit or veggie!



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.*



alzheimer's  association®

## healthy living for your brain and body

tips from the latest research

### an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Wednesday, June 12, 2019**

**11:30 a.m. to 1:00 p.m.**

**Highgate Senior Living**

**5605 W. Chestnut Ave., Yakima, WA 98908**

**Free and open to the public. Lunch provided by Highgate Senior Living.**

**Pre-registration required by calling Mandy Ketchum at Highgate at 509.972.4141 or Lisa Barrett at the Alzheimer's Association at 509.301.4107.**