



MEALS ON WHEELS Newsletter

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

NOVEMBER 2019

OCTOBER TOTALS

DINING ROOMS

Meals served: 3227

New people: 28

Average donation: 0.78

HOME DELIVERY

Meals served: 7500

New people: 32

Average donation: 0.30



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.



Share the Love with Vulnerable Seniors This Year

Exciting news! For the 12th year running, the Meals on Wheels network is participating in [the 2019 Subaru Share the Love Event](#). Over the past eleven years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.2 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why People For People Meals On Wheels provides the nutritious meals, friendly visits and safety checks to the seniors in Yakima county. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru [Share the Love Event](#).

HERE'S HOW IT WORKS

This November 14, 2019, through January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, People For People Meals On Wheels will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, Please look into the [Subaru Share the Love Event](#) to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. A few quick and easy ways to do that:

Share this newsletter!

Share our posts about the Share the Love Event on Facebook:

<https://www.facebook.com/PeopleForPeopleWA/>

You can also do this on Instagram @peopleforpeoplewa

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2020. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

Get Ready to Fight

It is crazy to believe that summer is over, but this also means cold and flu season is quickly approaching. Are you ready? This season don't let the flu get you. Take these few simple tips and tricks to keep those nasty flu/cold bugs away.

- There is nothing out there that can completely stop you from catching the flu/cold. There are definitely ways to boost your immune system to give your body the best fighting chance. A good vitamin C regimen can help boost your immune system. Taking vitamin C daily can help make symptoms milder and even shorten the length of time it stays in your system.
- Another way to give your immune system a fighting chance is to increase your fruits and vegetables that are rich in antioxidants, beta-carotene and vitamin C. Some fruits and vegetables that have these powerful nutrients are broccoli, pumpkins, citrus fruit, spinach and sweet potatoes. Amy Cartwright, MS, RD, LDN, who is in private practice in Conyngham, Pa. says, "To fight off infections, you should increase your intake of zinc, which is found in fish, oysters, poultry, eggs, milk, unprocessed grains, and cereals."
- Our diet should contain bacteria in healthy amounts. Debora A. Robinett, MA, RD, CD, owner and president of Health Enhancement Corporation in Tacoma, Washington states, "Including adequate amounts of probiotics or friendly flora is valuable in resorting levels of these healthy bacteria in our body to protect us from other infections. Typically fermented dairy products such as kefir, yogurt—and sauerkraut—provide live cultures but also contain calories, sugar or salt. I generally recommend taking a probiotic as a dietary supplement, especially during the winter months and always after antibiotic use."

Again, there is no magic pill or food that will keep you from getting the cold or flu. There is no research that supports all the products out there claiming they have the magic cure. The best way to fight cold and flu season is to keep your immune system healthy. So this season let's give our bodies a fighting chance by making our immune systems strong.



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.

Diabetes Prevention Orientation- Virginia Mason Memorial Hospital

WHEN: Monday, December 16, 2019 4-4:30 p.m.

What is prediabetes? Prediabetes is a condition where the blood sugar is higher than normal, but not high enough to be diagnosed as type 2 diabetes. Memorial's prevention program helps people lower their risk of type 2 diabetes. Participants meet in groups with a trained lifestyle coach for 16 weekly, one-hour sessions and seven monthly follow up sessions.

How do I know this program is for me? Are you an overweight adult? Do you have family members with diabetes? Have you had gestational diabetes during pregnancy or did any of your babies weigh 9lbs or more at birth? Have you ever been told you have high blood sugar, prediabetes, or borderline diabetes? If you answered yes to any of these, you may be at risk for type 2 diabetes.

If you would like to learn more than this program, you can attend an orientation on the last Monday of each month from 4-4:30 p.m. at Memorial's Community Education Center at 2506 W. Nob Hill Blvd. No registration is necessary for the orientation.

Location: Memorial Education Center 2506 W. Nob Hill Blvd., Yakima

No cost

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