



MEALS ON WHEELS Newsletter

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

NOVEMBER 2020

OCTOBER TOTALS

DINING ROOM PICK-UP

Meals served: 3642

New people: 17

Average donation: 0.47

HOME DELIVERY

Meals served: 8124

New people: 37

Average donation: 0.40

YTD TOTAL MEALS 119,821



Share the Love with Vulnerable Seniors This Year

Exciting news! For the 13th year running, the Meals on Wheels network is participating in [the 2020 Subaru Share the Love Event](#). Over the past twelve years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 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 Organization Name provides the nutritious meals, friendly visits and safety checks to the seniors of area. 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 19, 2020, through January 4, 2021, 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, Organization Name 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!

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 19, 2020, through January 4, 2021, 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, 2021. 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.

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability.



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.

Cranberries

I don't usually see cranberries take center stage until the holidays are near. This is unfortunate because cranberries are packed with amazing health benefits. According to cranberries.org "Cranberries were recognized by the 2015-2020 Dietary Guidelines for Americans as a nutrient-dense fruit. Just an 8-ounce glass of cranberry juice cocktail contains 137% of the daily value of vitamin C." Cranberries.org lists the potential benefits of cranberries as follows:

- Reducing incidence of certain infections
- Promoting heart health
- Protecting the urinary tract
- Supporting digestive health
- Decreasing inflammation association with chronic disease and aging



According to cranberries.org "Current research indicates that approximately 10 ounces of cranberry juice cocktail is needed daily to achieve the bacteria-blocking benefits that ward off UTIs, ulcers and gum disease. The illustrations below show the equivalent amounts of other cranberry products needed to achieve these bacteria-blocking health benefits."

The next time you are at the grocery store, I challenge you to grab some form of cranberries and add it to your meal this week. It can be as simple as sprinkling dried cranberries on your salad or having a small glass of cranberry juice with your meal.



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.



2-1-1 A Simple way to Connect to Assistance

2-1-1 is a free confidential community service and your one-stop connection to the local services you need including utility assistance, food, housing, healthcare, childcare, elder care, legal assistance and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial the three-digit number 2-1-1 on your phone and get connected M-F, 8am-5pm, to a specialist that can assist you. You can also visit the 2-1-1 website at WA211.org to search for resources anytime, day or night.

2-1-1 can also provide information on COVID-19 testing locations.

How 2-1-1 Works

Dial 2-1-1 from anywhere in Washington State and you will reach a highly trained information and referral specialist who will assess your needs and provide a list of referrals to available resources in your community. Washington 211 has a database of over 27,000 resources to help you find the right services. Referrals are usually given over the phone or can be emailed or text to you. TTY for the deaf and hard of hearing and interpreter services are also available in 140+ languages.