



Meals-On-Wheels Newsletter

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

APRIL 2017

Senior Farmers Market Nutrition Program

Eligibility for \$40 worth of checks:

- 1.) Age 60+ for non-Native Americans (Age 55+ for Native Americans)
- 2.) Must be a resident of Washington State & live in Yakima County
- 3.) Low income: * \$22,311 Annual or up to \$1,859/month for 1 person
* \$30,044 Annual or up to \$2,504/month for 2 people
(add \$644 for each additional person)

How to Apply:

If you're eligible, beginning May 1st we will start accepting completed applications. They will need to be turned in or postmarked by June 2nd, 2017. You can:

- * Stop by our office to pick up an application at the address below.
- * Or go online at our website to print application
www.mealsonwheelsyakima.com
- * Or pick one up from your nearest Meals-On-Wheels dining room (hours are 9:30 a.m. – 12:30 p.m.)

Your completed application MUST be postmarked by 6/2/17

Mail completed and signed applications to:

People for People Meals-On-Wheels
1008 W Ahtanum Rd Ste 3
Union Gap, WA 98903

Vouchers will be given out on a first come first serve basis, if you qualify for the vouchers they will be mailed June 9th 2017.

If you don't qualify a letter will be mailed to you informing you of the reason you didn't qualify.

Would you like a \$20 GIFT CARD?

FREE Oral Health Screening for adults ages 65+

Henry Beauchamp Community Center (1211 S 7th St. Yakima)
Tuesday May 16th, 2017 from 9 a.m. – 1 p.m.

*To register call: Meals-On-Wheels (509) 426-2601
or Toll Free (855) 426-2601

Take Home: Dental care supplies
\$20 gift card
List of local dentists

Washington Dental Service
Foundation
Community Advocates for Oral Health

MARCH NUMBERS

DINING ROOMS

Meals served: 2380
New seniors : 47
Unduplicated YTD: 384
Average Donation: 0.85

HOME DELIVERY

Meals served: 4810
New seniors: 27
Unduplicated YTD: 245
Average Donation: 0.41

QUESTIONS ABOUT IMMUNIZATIONS?

You may be at risk for different diseases which could be prevented by being vaccinated.

Walgreens will be at the Henry Beauchamp Community Center

*(1211 S 7th St. Yakima)
Wed May 3rd, 2017
12-12:30 p.m.*

They will be discussing available immunizations. We hope you can attend and bring any questions you may have.





Home Deliver (HD) Driver

Terry Casey has been working for MOW for almost 3 years, he enjoys visiting with seniors on his home delivery route and loves working for the program because "It's very rewarding for him to give back to our seniors" On Monday April 24th, Terry arrived at a seniors house to deliver her meals when he noticed that she was on the ground, incoherent and looked like if she had spent the night on the floor, he immediately went to check on her and called 911. Terry stayed with her until the ambulance arrived to evaluate her. Thank you Terry for being so caring and compassionate.



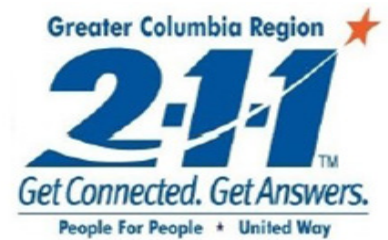
Households of any size may be eligible to receive food assistance.

Eligible households receive an Electronic Benefit Card (EBT) to purchase food items at participating businesses each month.

People who receive the minimum amount often save the monthly allotments up over several months to cover groceries during a time of year money may be more tight.

The income guidelines below are effective 04/1/17.

Household Size	Monthly Income
1	\$ 2,010
2	\$ 2,707
3	\$ 3,403
4	\$ 4,100
5	\$ 4,797
6	\$ 5,493
7	\$ 6,190
8	\$ 6,887
9	\$ 7,583
10	\$ 8,280
Each Additional member	+ \$ 697



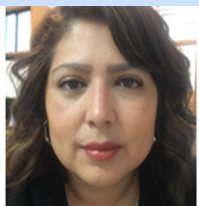
WHAT IS BASIC FOOD?

Basic Food (formerly known as Food Stamps) is a USDA program that helps people make ends meet and improve their diet.

Questions about eligibility? Ready to apply? Or need to renew your benefits? Just call 2-1-1 or (877) 211-5445 for free from any phone!

Increase your access to healthy food today!

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.



Lorena Fernandez
Meals-On-Wheels Manager

We are currently selling raffle tickets for the chance to win lots of exciting and fun prizes! All proceeds from the raffle tickets will go towards the Meals-On-Wheels program.

If you're interested in purchasing tickets you can stop by our office at 1008 W Ahtanum Ste. 3 Union Gap 8 a.m.-4 p.m., the People For People office at 302 W Lincoln Ave Yakima 8 a.m. - 5 p.m. or any of our dining rooms: Henry Beauchamp Community Center, Harman Senior Center, Union Gap Senior Center, Selah Civic Center, Sunnyside Senior Center and Grandview Senior Center between 10 a.m.-12:30 p.m.

We'll also be hosting a Dinner & Dance event at the Ahtanum Youth Park Activities Center Wed May 24th from 4:30-7:30 where we'll be doing the drawing for the raffle tickets at 6 p.m.

People over 60 are free for this event (Registration required by calling our office at 509-426-2601) and \$10.00 for people under 60. Tickets can be purchased at the addresses above or online at

Eventbrite: Meals On Wheels Dinner & Dance. I hope you can all join us at this fun event. Lorena