



PEOPLE FOR PEOPLE

Meals-On-Wheels Newsletter

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

DECEMBER 2018

NOVEMBER NUMBERS

DINING ROOMS

Meals served: 4063

New people: 29

Average donation: 0.57

HOME DELIVERY

Meals served: 6506

New people: 27

Average donation: 0.28

New Year's Resolutions

It's almost new year, which means it's good to start setting new goals to accomplish in 2019! We all have areas in our life that we can improve on. For me its drinking more water, yes you heard it, this dietitian is terrible at drinking enough water. If you are having trouble thinking of some goals this year, here are some to consider below.

Eat more fruits and veggies

Try to cut back on the potato chips and candy and start snacking more on easy to grab fruits and veggies, like baby carrots and apples.

Get moving!

You don't have to workout for hours. Even just walking laps in your house for 15-20 mins can make an improvement in your health, as well as your mood! Also I recommend checking your insurance plan and see if you are eligible for the "SilverSneakers" program. This Program allows access to several gyms around your area.

Check-ups

It is important to have yearly health check-ups with your Dr. If you are one of those people that doesn't like to go to the doctor, I encourage you to go. A quick check-up could save your life!

Drink Water

Drinking plenty of water throughout the day can be hard. Try drinking a glass of water every time you walk into the kitchen or use the restroom. Another way to drink more water is to fill a water bottle and put lines on it. During the day drink to the next line after an hour has passed. If you have a smart phone there apps that you can get to remind you to drink water.

These may seem so silly but by making these few simples changes, they can greatly improve your health.



Cyndi Balk, MOW Registered Dietician

If you have dietary concerns Cyndi is available to talk to you. Call our office @ (509) 426-2601 or toll free (855) 426-2601.



Best Wishes
for
Peace & Joy
this Holiday
Season
&
a New Year
of Health,
Happiness
and Prosperity



Share the Love with Vulnerable Seniors This Year

Exciting news! For the eleventh year running, the Meals on Wheels network is participating in [the Subaru Share the Love Event](#). Over the past ten years, Subaru and its retailers have helped Meals on Wheels to deliver nearly 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 of 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 15, 2018, through January 2, 2019, 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 in Washington State.

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 Share the Love on Facebook: People For People

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you buy 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 15, 2018, through January 2, 2019, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. Certain participating retailers may make an additional donation to the Hometown Charities selected. Purchasers/lessees must make their charity designations by January 31, 2019. 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.