



Meals-On-Wheels Newsletter

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

December 2016

NOVEMBER MEALS

CONGREGATE

Meals served: **2567**

New seniors :**35**

Unduplicated YTD: **634**

Average Donation: **1.00**

HOME DELIVERY

Meals served: **4555**

New seniors: **37**

Unduplicated YTD: **382**

Average Donation: **0.37**

TIPS TO STAYING ACTIVE AS YOU GET OLDER

Staying active can help:

- *Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer.*
- *Improve your strength and balance so you can prevent injuries and stay independent.*
- *Reduce symptoms of depression.*
- *Improve your ability to think, learn, and make decisions.*

Before you start.....If you have a health problems like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

If you were not exercising before, start slowly and gradually build up to doing 30 min at a time.

Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.



Bleyhl Store delivering pet food, pet beds and kitty litter. Thank you for all of your donations.

—AIM FOR 30 MINUTES OF MODERATE AEROBIC ACTIVITIES MOST DAYS OF THE WEEK

Walking fast, dancing, swimming, Zumba, water aerobics

—DO STRENGTHENING ACTIVITIES 2 DAYS A WEEK

**Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.*

**Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath-holding it can cause unsafe changes in your blood pressure.*

—DO BALANCE ACTIVITIES 3 OR MORE DAYS A WEEK

**practice standing on one foot (hold onto chair if you need to at first).*

**Stand up from a sitting position without using your hands.*

**Learn Tai Chi ("ty chee"), a Chinese mind-body exercise that involves moving the body slowly and gently.*

**Sign up for a yoga class, or follow a yoga video at home.
-healthfinder.gov*



Selah Meal Site Highlight

The site manager for the Selah Civic Center is Imelda Hernandez, she's been working for MOW for 9 years.

These are some of the activities the center offers:

Senior Exercise M & Th 10:30am, Pinnacle T & Th 12pm,

Food Bank M-F 9-11 a.m., Clothes bank Tue & Th 12-2 p.m.....for more information please contact the center at (509) 698-7302.

SPECIAL NUTRIENT NEEDS OF OLDER ADULTS: Eating right and staying fit are important no matter what age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D: Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12: Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian if you need a vitamin B12 supplement.

Fiber: Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber.

Potassium: Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.

Know Your Fats: Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

www.eatright.org

INCLEMENT WEATHER NOTICE

The Meals-On-Wheels manager will determine whether the congregate meal sites and home delivered meals will be cancelled for the day due to bad weather. This determination will be made due to the weather, travel and existing road conditions.

If you notice that the weather isn't good outside (snowing, ice, etc.) and are not sure if the sites are open please call our office at (509) 426-2601 before you leave your home (DO NOT CALL THE CENTER YOU'RE REGISTERED TO EAT) .

If we close the meals sites and cancel home delivered meals we will change our voice mail to inform callers about the closure. We'll also contact KNDO, KAPP and KIMA and local radio stations so that they can make the announcement to the public that "People For People Meals On Wheels Yakima" will be closed.

Lorena Fernandez
Meals-On-Wheels
Manager



Thank you to Saints Barbershop, DSHS, Bleyhl Stores and other private donors that donated cash and pet food Donations.

Please remember that if you have any complaints, concerns and/or compliments you're welcome to call me at (509) 426-2602, I'd love to hear from you.

Wishing you all a Safe and Happy New Years!