



# Meals-On-Wheels Newsletter

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

## FEBRUARY 2018

**JANUARY NUMBERS**

**DINING ROOMS**  
 Meals served: 3679  
 New People : 46  
 Average Donation: .61

**HOME DELIVERY**  
 Meals served: 5684  
 New People: 39  
 Average Donation: 0.44

**YOU'RE GETTING A NEW MEDICARE CARD!**  
 You asked and Medicare listened. You're getting a new Medicare card!

- Between April 2018 and April 2019, Medicare will mail each new person a new card.
- The new cards will NOT have Social Security numbers anymore.
- This will help keep your information more secure and help protect your identity.
- The new card won't change your coverage benefits.
- There is NO charge for your new card

**HERE'S HOW YOU CAN GET READY:**

- Make sure your mailing address is up to date. If your address needs to be updated contact Social Security at [ssa.gov/myaccount](http://ssa.gov/myaccount) or 1 (800) 772-1213. TTY users can call 1 (800) 325-0778.
- Beware of anyone who contacts you about your new Medicare card. Medicare will never ask you to give personal or private information to get you new Medicare number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

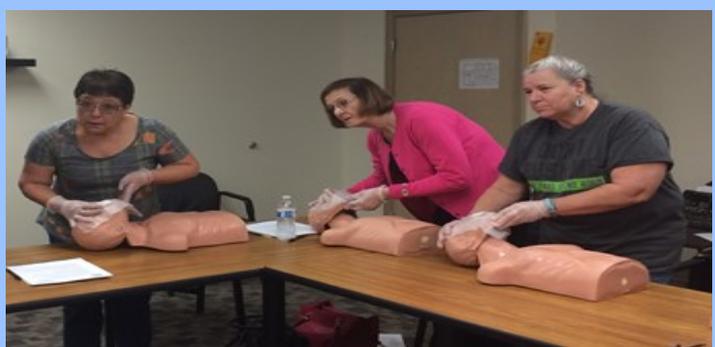
For more information about Medicare, the new cards or to report any Medicare card scams, or other Medicare-related fraud activities, contact your the Office of the Insurance Commissioner (SHIBA) at (509) 902-1114

**MOW STAFF**



**CPR/  
FIRST AID  
TRAINING**

**Wed Feb. 21st 2018**



# National Nutrition Month

I can't believe it's almost March and that means it's National Nutrition Month. This year the Academy of Nutrition and Dietetics has selected a March theme of **“Go Further with Food”**. Nutrition is the fuel that keeps us going each day. Think about it, if you don't put gas in a car it cannot run, and same is true with putting food in your body. Food is fuel, but it's the type of food that we put in our bodies that gives us the fuel to go further.

Many of you have expressed your frustrations with trying to cook for 1-2 people. It can be hard to cook in small amounts and not have left overs that you eat for the next week. The Academy of Nutrition and dietetic has also made this one of their key points in learn to use what you have and cut down and food waste.

Below are the key messages that the Academy of Nutrition and Dietetics wants each of us to remember. Under each key point I have added some examples.

**Include a variety of healthful foods from all the food groups on a regular basis.**

**Fruits-** Apples, Bananas, Berries, Peaches, Cherries, Oranges, etc.

**Vegetables-** Broccoli, Carrots, Green Beans, Spinach, Bell Peppers, etc.

**Protein-** Chicken, Beef, Tofu, Legumes, Salmon, Eggs, etc.

**Grains-** Brown Rice, Whole Wheat Bread, Oatmeal, etc.

**Dairy** (nonfat or low fat)- Milk, Calcium Fortified Soy Milk, Yogurt, Cheese, etc.

**Consider the foods you have on hand before buying more at the store.**

Write down the food that you currently have at home and see if you can make a recipe for any of it. Example: Mini Cobbler- an apple, some oats, sugar, oil/butter

**Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.**

Winco is a great place to get only what you need and not an ounce more with their large bulk food section. They have grains, cereals, seasonings and much more.

**Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.**

Calculating portion sizes can be a pain to do at each meal. MyPlate was created to help make it easy to control portion sizes but also to get in all your food groups.

**Continue to use good food safety practices:**

**Clean:** Wash hands and surfaces often

**Separate:** Separate raw meat and poultry from ready-to-eat foods

**Cook:** Cook food to the right temperatures

**Chill:** Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)

**Find activities that you enjoy and be physically active more days of the week.**

Start your morning off with a nice walk around your neighborhood, strengthen your legs by standing and sitting in a sturdy chair, look for exercise classes at a community center near you.

**Realize the benefits of healthy eating by consulting with registered dietitian nutritionist (RDN).**

**RDN's can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preference and health-related needs.**



If you have any questions about your diet, please feel free to contact me (Cyndi Balk) your dietitian at (509) 426-2601 or email [cbalk@pfp.org](mailto:cbalk@pfp.org).