



# Meals-On-Wheels Newsletter

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

## January 2017

### DECEMBER MEALS

#### DINING ROOMS

Meals served: 3297  
New seniors : 18  
Average Donation: 0.62  
**Year End Totals:**  
**43,236**  
**# of unduplicated**  
**people served: 634**

#### HOME DELIVERY

Meals served: 5178  
New seniors: 29  
Average Donation: 0.43  
**Year End Totals:**  
**49,054**  
**# of unduplicated**  
**people served: : 411**

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves, and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

#### **Carbon Monoxide Poisoning Warning Signs**

- \*Headache \*Weakness \*Nausea or vomiting \*Dizziness
- \*Confusion \*Blurred vision \*Loss of consciousness

If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

#### **Precautions to Take**

- Call an inspector to have your chimneys and flues inspected, preferably annually.
- Open a window (when using a kerosene stove)—just a crack will do.
- Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- Make sure space heaters are at least 3 feet away from anything that

might catch fire, such as curtains, bedding and furniture.

- Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating.

**If there is a fire, don't try to put it out. Leave the house and call 911.**

[www.healthinaging.org](http://www.healthinaging.org)

#### **START WITH SMALL CHANGES.....**

- Make half your plate fruits and vegetables: *focus on whole fruits more; snack on fresh, frozen, canned or dried fruits.*
- Make half your grains whole grains: *find high fiber, whole grain foods by reading the ingredients.*
- Move to low-fat and fat-free dairy
- Vary your protein routine: *select seafood twice a week, add beans, peas, unsalted nuts and seeds, and soy to main dishes.*
- Compare the saturated fat, sodium and added sugars in your foods and beverages: *find products with less saturated fat, Sodium and sugars. Read the nutrition labels.*

[www.choosemyplate.gov](http://www.choosemyplate.gov)



Bleyhl Store delivering pet food.

Thank you for all of your donations.

Left: Liz (MOW Program Coordinator),  
Middle: Katie (Bleyhl) ,  
Right: Ciara (MOW Office Assistant)



## Sunnyside Senior Center Highlight

The dining room manager for the center is Angel Mendez, she's been working for MOW for 3 years. These are some of the activities the center offers to members: Canasta Mon & Sat 12 p.m.-3 p.m., Pinochle Wed & Fri 12 p.m.- 3 p.m., Bingo Tue 1 p.m.- 3:30 p.m., Marble Thu 12 p.m.- 3 p.m., Crafts Thu 12 p.m. - 3 p.m., Pool Table & Dominos daily. ....for more information please

contact the center at (509) 839-4220.

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take this time of year.

### **HYPOTHERMIA**

Hypothermia occurs when your body temperature drops to a dangerous level. **Warning Signs:** cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia. **Precautions to Take**

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress Smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

### **INJURY WHILE SHOVELING SNOW**

It's one of the evils of winter – snow shoveling. Just make sure that if you choose to shovel, you take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

**Ask Your Healthcare Provider** whether shoveling or other work in the snow is safe for you.

### **FALLS**

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

#### **Precautions to Take**

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it or call 211 for assistance.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

[www.healthinaging.org](http://www.healthinaging.org)

Lorena Fernandez  
Meals-On-Wheels  
Manager



*Happy New Year!*

*Since we are starting a new year everyone who eats at the dining rooms will be required to update their personal information. We'll be sending out PIF's to the sites so that you can update them and send them back, we are required to do this once a year. You'll also receive the Grievance Procedures.*

*I would also like to remind everyone that if you have any nutritional questions, we have our dietician Didi Cabusao that can answer those for you by calling our office at (509) 426-2601 or toll free (855) 426-2601.*