



Meals-On-Wheels Newsletter

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

JANUARY 2018

DECEMBER NUMBERS

DINING ROOMS

Meals served: 3371
New People : 23
2017 Year End: 621
Average Donation: .69

HOME DELIVERY

Meals served: 6554
New People: 18
2017 Year End: 463
Average Donation: 0.41

2017 TOTALS

Total meals Served:
102,221

- home delivery meals delivered 65,926
- dining rooms meals served 36,284
- *859 farmers market vouchers were distributed**
- *408 emergency stable meals were given to both dining room and home delivery seniors**
- *128 pets were fed year-round to seniors pets & received pet blankets, toys, food bowls & treat**
- *126 homebound seniors received year-round supplies such as: shoes, heaters, fans, canes, walkers, fire alarms, shirts, household & hygiene items,**

Happy New Years!

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

~ Carl Bard

Shop Savvy

Cooking for 1-2 people can be quite the challenge. Many times, when cooking for just a couple people it can be hard to not be wasteful.

Another problem people run into is buying far larger quantities than one need. Here are a few tips to help you shop smarter and buy smaller.

- Most foods we buy don't come in packs of one or two. See if you can find someone who may want to split the cost and the quantity with you so that whatever you buy won't go bad before you use it.
- Most stores have a bulk section. Start there first. Often you can find what you need for cooking and only get what you need, and not an ounce more.
- Try to shop for produce that doesn't breakdown quickly. Lettuce, tomatoes, and soft fruits are just a few of the foods that break down quickly and you will likely not get a chance to eat it before it goes bad.
- Buy frozen produce whenever possible. This allows you to only use what you need and store the rest for another time. Frozen produce is great because it is picked at the peak of its ripeness and frozen immediately to preserve its freshness.

Here are a few items in the bulk food section that you get in any amount you need. Flour (whole wheat, white, bread, gluten free), Sugar, Pasta (white, wheat, gluten free), Rice (white, wheat), Dried Beans, Nuts (Cashews, almonds, pecans, etc), Oats, Cereal (All different kinds), Dried Fruit (apricots, raisins, cranberries, etc.), Spices.



**By: Cyndi Balk, People For People MOW
Registered Dietician**

If you would like to talk Cyndi about your dietary concerns, she is available Friday mornings, call our office @ 426-2601 to schedule an appointment.

Keeping an Eye on Glaucoma Awareness

January is **National Glaucoma Awareness Month**, an important time to spread the word about this "sight-stealing" condition. **Glaucoma is the medical term for a group of eye disorders that damage the optic nerve**, which sends messages from your eye to your brain so you can see. Glaucoma is the second most common cause of blindness in the U.S., and it usually affects people later in life.

What Causes Glaucoma?

Glaucoma is usually caused when the pressure of fluid inside the eye increases. A liquid called intraocular fluid is produced inside the eye and fills the cavity behind the eye's lens. Normally, this drains out through the eye's drainage system. When you have glaucoma, however, the fluid either drains too slowly or stops draining altogether. There are several forms of glaucoma.

What Should I Look For?

Warning signs for glaucoma can include:

Extreme eye pain

Vision loss

Blurred vision

Seeing colored rings around lights

Redness in the eye

A "hazy" appearance to the eye

Nausea or vomiting

If you have these symptoms seek emergency medical treatment immediately.

What Should I Do?

Glaucoma can't be prevented, it usually doesn't have tell-tale symptoms, and the vision loss it causes can't be reversed. **If it is diagnosed early, though, ongoing treatment can preserve your vision.** Because early diagnosis is so important, you should get regular eye exams that include a check for glaucoma.



Ray

**WELCOME!
NEW HOME DELIVERY
VOLUNTEERS:**



Tamie

We are still looking for volunteers to help serve meals, clean or set up at the dining rooms, at our office/warehouse to bag pet food and for delivering meals to seniors on the home delivery program Contact Todd Chaffee, volunteer coordinator @ (509) 961-9276 or (509) 426-2601 if you or someone you know is interested in volunteering for our program.