



PEOPLE FOR PEOPLE

# Meals-On-Wheels Newsletter

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

**JUNE 2018**

## MAY NUMBERS

### DINING ROOMS

Meals served: 2867  
New people: 45  
Average donation: .94

### HOME DELIVERY

Meals served: 5736  
New people: 1  
Average donation: 0.39

### **Recognize Where to Turn for Help**

If you are concerned about potential abuse, neglect, or exploitation, talk to someone you trust like your healthcare provider, a friend or trusted family member, so they can help you. You can also reach out to Adult Protective Services in your area via [Eldercare.acl.gov](http://Eldercare.acl.gov) (1-800-677-1116), or you can call 911 if a situation is serious, threatening, or dangerous. For more information, contact the **National Center on Elder Abuse** at 855-500-3537 or at [NCEA.ACL.gov](http://NCEA.ACL.gov).

## PREVENTING ELDER ABUSE & NEGLECT

Practical recommendations for recognizing warning signs and getting help if you or a person you know needs it.

### **Recognize Warning Signs**

Be mindful if the person seems to be in a troubling situation but is reluctant to answer questions about it. If he or she appears hungry, unclean, frightened, frequently bruised, ill, neglected, or often confused, you may want to explore the situation more closely. Sometimes, warning signs for abuse or neglect are as simple as changes in personality such as a lack of interest in activities or unusual nervousness.

### **Recognize Who is at Risk**

It's important to remember that any of us can be affected by abuse or neglect, regardless of age, health status, or our relationships with others. If you don't feel comfortable with the way you perceive someone being treated, it's best to do what you can to address the situation. We can also create a more just society for all people, regardless of age, through policies and programs that help us stay connected to our families, friends, and loved ones and enable us to participate in our communities at all points in our lives.



**WORLD ELDER ABUSE  
AWARENESS DAY**  
Building Strong Support for Elders

**National Center on Elder Abuse**  
855-500-3537 or at [NCEA.ACL.gov](http://NCEA.ACL.gov)

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



## Asian Chicken Salad

### Dressing

- 1/3 C Rice Vinegar
- 2 Tbsp Low sodium Soy sauce
- 2 tsp Maple syrup
- 1 1/2 Tbsp toasted sesame oil
- 1/2 tsp Hot chili oil

### Salad:

- 2 C cooked, shredded, boneless chicken
- 1 Pkg Salad Greens
- 1 C Shredded Carrots
- 1 C Chopped Onions
- 1/2 C Cilantro
- 4 Mandarins
- 1 Pkg Snow Peas
- 1 C Slivered Almonds or Peanuts

### Directions

1. Mix all dressing ingredients in a small bowl.
2. In big bowl mix all salad ingredients well.
3. Add dressing to salad ingredients and mix well.

Prep Time: 20 min.

Makes: 12 cups

www.foodhero.org

## Nutrition Facts

Serving Size 2 cups (271g)

Servings Per Container 6

### Amount Per Serving

**Calories** 180      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 560mg      **23%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 3g      **12%**

Sugars 9g

**Protein** 18g

Vitamin A 90%      • Vitamin C 80%

Calcium 6%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS ARE STILL AVAILABLE, CALL TODAY TO APPLY!

Providing eligible seniors in Yakima County with a \$40 voucher for fresh fruits and vegetables from local farmers and markets.

### Eligibility Requirements

1. 60 years or old, 55+ if you are Native American/Alaska Native
2. Income is below 185% of the federal poverty level.

That means:

- \* \$22, 459 annual or \$1,872 monthly income for 1 person
  - \* \$30, 451 annual or \$2,538 monthly income for 2 people
  - \* Larger households, add \$666 for each additional person
3. A resident of Washington State & live in Yakima County  
Yakama Reservation area call: (509) - 865 - 7164

### HOW TO APPLY

**Dial 2 -1 -1 or 1-877-211-9274** to make an appointment.

Appointments & vouchers will be given out on a first come first serve basis.

ID is required at the appointment.