



# Meals-On-Wheels Newsletter

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

MAY 2017

APRIL NUMBERS

## DINING ROOMS

Meals served: 2412  
New seniors : 34  
Unduplicated YTD: 418  
Average Donation: 0.93

## HOME DELIVERY

Meals served: 4635  
New seniors: 29  
Unduplicated YTD: 273  
Average Donation: 0.32

## WE ARE NOW ACCEPTING APPLICATIONS FOR THE Senior Farmers Market Vouchers

To be eligible you must meet all of the following:

- 1.) Be 60 years old or older (or 55+ if Native American and/or Alaska Native)
- 2.) Household monthly income must be below:  
\$1,859 for 1 person or  
\$2,504 for 2 people (add \$644 for each additional person)
- 3.) Resident of WA State and live in Yakima County (outside of Yakama Reservation)

Applications are available at:  
MOW office, People For People office, all of our dining rooms and on our website @:  
[www.mealsonwheelsyakima.com](http://www.mealsonwheelsyakima.com)  
For more information call us at  
(509) 426-2601



## WATCH OUT FOR SCAMS!

### IRS Impersonation:

You'll receive a call threatening arrest if you don't pay within a certain amount of time your overdue taxes.

***IRS would never make phone calls asking for bank information or social security numbers, call your local police dept. if you get this type of call.***

### Telemarketing Fraud

When you send money to people you do not know personally or give personal or financial information to unknown callers, you increase your chances of becoming a victim of telemarketing fraud.

Here are some warning signs of telemarketing fraud—what a caller may tell you:

- “You must act ‘now’ or the offer won’t be good.”
- “You’ve won a ‘free’ gift, vacation, or prize.” But you have to pay for “postage and handling” or other charges.
- “You must send money, give a credit card or bank account number, or have a check picked up by courier.” You may hear this before you have had a chance to consider the offer carefully.
- “You don’t need to check out the company with anyone.” The callers say you do not need to speak to anyone including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.
- “You don’t need any written information about the company or their references.”
- “You can’t afford to miss this ‘high-profit, no-risk’ offer.”

***If you hear these or similar “lines” from a telephone salesperson, just say “no thank you” and hang up the telephone.***

[www.fbi.gov/scams-and-safety](http://www.fbi.gov/scams-and-safety)

## ***DON'T BECOME A VICTIM OF MEDICARE CARD FRAUD***

Have you heard that Medicare is sending beneficiaries new cards soon? The target date is not until April 2018, but scammers are already taking advantage of the confusion as a way to commit fraud. Currently, most people's social security number is their Medicare card number, which makes collecting Medicare numbers an easy target for scammers to steal your identity, open new credit cards or take out loans in your name. The new Medicare card number, however, will not be tied to your Social Security number and will provide more security.

### **How do the scams work?**

- \*Some scammers call beneficiaries claiming to be with Medicare and ask to confirm your current Medicare number before you can get your new card.
- \*Others say there is a charge for the new card and are collecting beneficiaries' personal information.

### **HERE ARE THE FACTS:**

- There is no charge for the new Medicare card.
- Medicare will never call you for information, they already have it.

***IF YOU RECEIVE ANY CALLS OR SUSPICIOUS SOLICITATIONS, HANG UP AND CALL THE WASHINGTON STATE SENIOR MEDICARE PATROL with the Statewide Health Insurance Benefits Advisors (SHIBA) Program at 1-800-562-6900.***

You can also connect with a SHIBA advisor in your area if you need help with Medicare benefits. The Yakima Area phone number is 509-902-1114. [www.insurance.wa.gov](http://www.insurance.wa.gov)

## **HEAT EXHAUSTION**

Heavy sweating  
Weakness  
Cold, pale, clammy skin  
Fast, weak pulse  
Nausea or vomiting  
Fainting

### **WATCH FOR THE SIGNS**

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

High body temperature (above 103°F)\*  
Hot, red, dry or moist skin  
Rapid and strong pulse  
Possible unconsciousness

## **HEAT STROKE**

\*104°F taken rectally is the most accurate

## **IT'S HOT OUTSIDE!**

Extremely hot weather can cause sickness or even death.

**STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

**STAY HYDRATED.** Drink plenty of water and don't wait until you're thirsty to drink.

**STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

**KNOW WHEN IT'S HOT!** Check local news for extreme heat alerts and safety tips.

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

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STAY INFORMED.**



Centers for Disease Control and Prevention  
National Center for Environmental Health



Lorena Fernandez  
Meals-On-Wheels Manager

*I would like to give a huge THANK YOU to everyone that purchased raffle tickets and joined us for our dinner and dancing event on Wed. May 24th, it was a big success and I'm already looking forward to next years. I wanted to remind those that have applied for the Farmers Market Vouchers, that we will be mailing them out on June 9th and you should receive them the following week. For those that eat at the dining rooms, they will be sent to the dining room managers to distribute and those on home delivery they will be sent with your driver or the person who picks up your meals, this will help us save money on postage. Stay cool and remember to drink lost of water. Lorena*