



Meals-On-Wheels Newsletter

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

November 2016

OCTOBER MEALS

Congregate: **2674**

Number of Congregate
Unduplicated YTD: **599**

Average Cong Donation:
0.88

Home Delivery: **3977**

Number of HD
Unduplicated YTD: **345**

Average HD Donation:
0.45

Choose to Share the Love with Vulnerable Seniors

Exciting news! For the ninth year running, the Meals on Wheels network is participating in the Subaru Share the Love Event. Over for the past eight years, Subaru has donated nearly \$10 million to Meals on Wheels—that's the equivalent of more than 1.4 million meals to seniors across the country!

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in six seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why People For People Meals-On-Wheels provides the nutritious meals, friendly visits and safety checks to the seniors of Yakima County. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Share the Love Event.

HERE'S HOW IT WORKS

This November 17, 2016 through January 3, 2017, for every new Subaru vehicle leased or sold, Subaru will donate \$250 to the customer's choice of participating charities. Meals on Wheels America is one of four national participating charities, and has been since the inception of the event. And through this campaign, as a Member of Meals on Wheels America, People For People Meals-On-Wheels will receive a share of the revenue earned in Washington State.

You might not be in the market to purchase a new car, but if you are—please look into the Share the Love Event to learn more and visit our local Subaru dealer;

Stewart Subaru

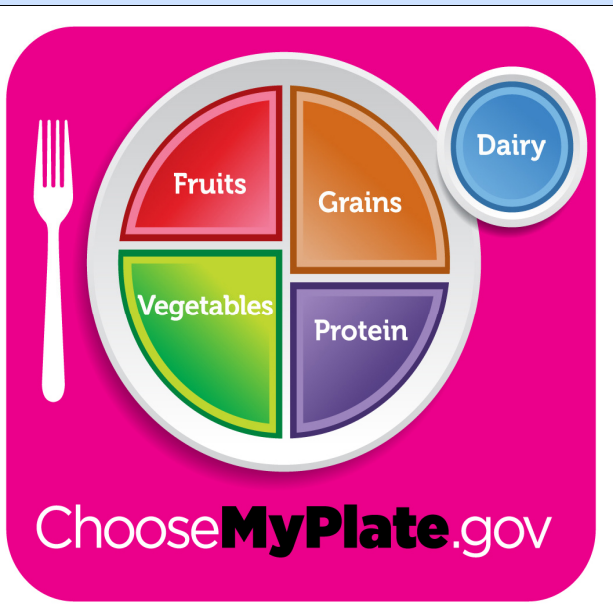
506 Fruitvale Blvd. Yakima (509) 248-5494

If you're not shopping for a new vehicle, you can still help by spreading the word to your family and friends. A few quick and easy ways to do that:

——Share this newsletter!

——Share our posts about Share the Love on Facebook:
People For People

My plate is a reminder to find your healthy eating style and build it throughout your lifetime.



Harman Meal Site Highlight



The site manager for the Harman Senior Center is Terry Fischer, she's been working for MOW for 28 years!

The center offers numerous activities for example: Dancing, exercise, craft and computer classes, billiards/pool, bridge, cribbage, pinochle, trips and tours and they also offer health and wellness services,

for more information please contact the center at (509) 575-6166.

Meals are served Monday thru Friday at 11:30 a.m.

Physical Activity: Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. Here are some ideas.....

- Join a walking group in the neighborhood.
- Walk at you local mall.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the grand kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.
- Attend gentle chair exercise classes or any physical activity class at your local senior center.

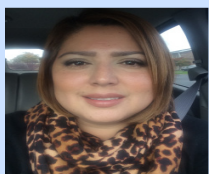
Choosemyplate.gov

KEEPING YOUR MEMORY SHARP

Here are some tips:

- Plan tasks, make “to do” lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time ca cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.
www.nia.nih.gov

Lorena Fernandez
Meals-On-Wheels
Manager



Happy Holidays!

Beginning Nov. 25th through the end of December Bleyhl Farm Stores in Pasco, Grandview, Sunnyside and Zillah have decided to sponsor Meals-On-Wheels for Pets. People can drop off Donations at any of these stores.

And remember-- this holiday season, you can ensure our senior neighbors are not forgotten when you buy or lease a new Subaru at Stewart Subaru or your local Subaru dealership and select Meals on Wheels America as your charity of choice.