



Meals-On-Wheels Newsletter

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

October 2016

SEPTEMBER MEALS

Congregate: **4001**

Number of Congregate Unduplicated YTD: **566**

Average Cong Donation: **0.63**

Home Delivery: **3603**

Number of HD Unduplicated YTD: **300**

Average HD Donation: **0.56**

If you witness a life-threatening situation involving a senior or adult with disabilities, **dial 911**. Contact your local Adult Protective Services (APS) agency any time you observe or suspect the following:

- Sudden inability to meet essential physical, psychological or social needs threatening health, safety or well-being
- Disappearing from contact with neighbors, friends or family
- Bruising or welts on the skin, (physically abused elders are much more likely to display bruises than seniors injured by accident)
- Fingerprints or handprints visible on the face, neck, arms or wrists
- Burns from scalding, cigarettes, or in shapes of objects such as an iron
- Cuts, lacerations or puncture wounds
- Sprains, fractures or dislocations
- Internal injuries or vomiting
- Appearing with torn, stained, bloody clothing
- Appearing disheveled, in soiled clothing or inappropriately attired for climate
- Appearing hungry, malnourished, disoriented or confused

As Meals-On-Wheels employees we are required by law to immediately report the abuse, abandonment, neglect and financial exploitation of a vulnerable adult to APS.

www.napsa-now.org

Easy Snack Ideas

- low-fat or fat-free yogurt
- fresh, canned, or dried fruit
- sliced vegetables or baby carrots

Quick Breakfast Ideas

- oatmeal with low-fat or fat-free milk or a soy-based drink, topped with walnuts and fresh or dried fruit
- a slice of whole-wheat toast with a thin piece of low-fat cheese
- fruit smoothie made with frozen fruit and low-fat yogurt high-fiber, low-sugar cereal with a soy-based beverage or fat-free milk.

EAT LESS OF THESE FOODS

The Government's dietary guidelines recommend that you limit foods such as these:

- sugar-sweetened drinks and desserts
- foods with butter, shortening, or other fats that are solid at room temperature
- white bread, rice, and pasta that are made from refined grains

Better Health and You-Tips for Adults

WELCOME Cristina Galvan!

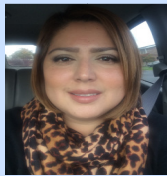
she's the new site manager for the City of Union Gap Senior Center. Cristina grew up in Toppenish, she's bilingual (English/Spanish) and has been involved in the field of education as well as doing catering throughout the Yakima Valley. Meals are served at 11:30 a.m. M/T/Th/F. The following are the activities the center offers during the week:
Mondays: 10-10:30am-Stretch & Exercise Tuesdays: 9-11am-Penny Bingo
Wednesdays: Memorial Hospital My Health/My Life Class (6 wk program starts 11/9)
Thursday: 9-11am-Penny Bingo Friday: 9-11am-Penny Bingo

Health insurance fraud

1. Never sign blank insurance claim forms.
2. Never give blanket permission to a medical provider to bill for services rendered.
3. Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
4. Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
5. Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
6. Give your insurance/Medicare identification only to those who have provided you with medical services.
7. Keep accurate records of all health care appointments.
8. Know if your physician ordered equipment for you.

www.ncoa.org

Lorena Fernandez
Meals-On-Wheels
Manager



The annual audit on Oct. 13th went very well.!

We will be closed on Nov. 11th in observance of Veterans Day and Nov. 24th & 25th in observance of Thanksgiving .

Reminder that all of our sites will be open on Wed Nov. 23rd and we will also be delivering meals, this is the only Wednesday out of the whole year that we do this.

On behalf of the MOW Staff we wish you all a Happy Thanksgiving!

MOW Staff at PFP Agency In-Service Training-Super Hero Theme

