



Meals-On-Wheels Newsletter

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

September 2016

AUGUST MEALS

Congregate: **4,329**

Number of Congregate
Unduplicated YTD: **541**

Average Cong Donation:
0.65

Home Delivery: **3,956**

Number of HD
Unduplicated YTD: **288**

Average HD Donation:
0.60

Congregate Meal Sites:

Provides seniors a chance to meet new friends and enjoy healthy, nutritious meals in friendly surroundings.

Home Delivery:

Delivers meals to seniors that are homebound, unable to prepare a meal for themselves and have no one to prepare a meal for them.

Pet Food:

For active low-income participants in either of our programs, pet food is provided to those that request it.

Welcome to our first newsletter!

We will be printing a newsletter every month letting you know what's going on with the program and tips on staying healthy.

People for People took over Yakima County Food Services on July 1st, 2011 and re-named it Meals-On-Wheels. We just celebrated our 5 year anniversary!

We provide services to Yakima County with 6 congregat meal sites, home delivery and pet food programs.

HOW CAN I FOLLOW A HEALTHY EATING PLAN?

- Have low-fat, low-sugar snacks on hand.
- Select a mix of colorful vegetables each day.
- Eat breakfast every day.
- Choose whole grains more often.
- Choose fresh fruit more often than fruit juice.
- Use fats and oils sparingly.
- Limit foods and beverages that are high in sugar.

Better Health and You-Tips for Adults

Union Gap Meal Site Highlight

Lydia Warehime is the UG Site Manager. She has been working for the City of Union Gap for 13 years, she will be retiring in October, with her last day being September 30th. We wish her the very best and a wonderful retirement!

The Union Gap Senior Center is located inside the Ahtanum Youth Park, we have about 25 seniors that attend. In August we served 355 meals with 3,260 meals served year to date.

What is Malnutrition?

Nutrition imbalance that affects both overweight and underweight Individuals. Presence of two or more of the following characteristics:

- * Insufficient energy intake
- * Weight loss
- * Loss of muscle mass
- * Loss of subcutaneous fat
- * Diminished functional status
- * Localized or generalized fluid accumulation

Malnutrition may physically appear as:

- * Skin Rash
 - * Wounds
 - * Puffy feet
 - * Sunken cheeks
 - * Poor fitting dentures
 - * Dry mouth or chapped lips
 - Appearance of loss of muscle mass, particularly in the upper arms.
 - Appearance of weight loss, such as clothing that is too large or drooping, sagging skin.
- www.nutritionandaging.org



I've been working for MOW for 5 years. I have a 14 year old son, Abram and I've been married to Sergio for 14 years. We've lived in Union Gap for 11 years and have 2 dogs, Rocky & Max. I enjoy reading and working on my garden on my time off.

On October 13th we have the annual audit by ALTC. We've been really busy preparing for it. Please call me if you have any questions or concerns at (509) 426-2602.

Lorena Fernandez

Meet Our Team:

Lorena Fernandez,
Program Manager
Liz Garcia,
Program Coordinator
Ciara Ramon,
Office Assistant
Denise Sundberg,
Southeast Cook/Site Manager
Imelda Hernandez,
Selah Cook/Site Manager
Elizabeth Moran,
Grandview Cook/Site Manager
Terri Fischer,
Harman Site Manager
Angel Mendez,
Sunnyside Site Manager
Gloria Alexander,
Sunnyside Sub-Site Manager
Virginia Calderon,
Sub-Site Manager
Sergio Ramos, *Warehouse Supervisor*
Dave Burke, *Home Delivery Driver*
Terry Casey, *Home Delivery Driver*
Didi Cabusao, *Dietician*