



Meals-On-Wheels Newsletter

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

SEPTEMBER 2017

AUGUST NUMBERS

DINING ROOMS

Meals served: 2952

New seniors : 38

Unduplicated YTD: 562

Average Donation: .74

HOME DELIVERY

Meals served: 5153

New seniors: 47

Unduplicated YTD: 368

Average Donation: 0.34

The following are walk-in locations that offer vaccination services:

Walgreens

Yakima:

4001 Summitview Ave #1

610 W Yakima Ave

6400 W Nob Hill Blvd

Safeway

*Yakima:

2205 N 5th Ave

1610 W Lincoln Ave

5702 Summitview Ave

*Sunnyside: 613 S 6th St

*Grandview:

610 E Wine Country Rd

Rite Aid

*Yakima

12 N 9th Ave

2204 W Nob Hill Blvd

5606 Summitview Ave

*Union Gap: 2519 Main St

Older Adults & Vaccination

Flu season is already upon us. It's another reminder that "shots"—also called vaccinations or immunizations are very important. Almost all adults need certain immunizations to reduce the risk for getting or spreading certain serious diseases. The following are the Health in Aging Foundation's essential vaccination recommendations for older adults.

Take a Shot at...INFLUENZA

While almost everyone 6-months-old and older should get a flu shot, the Centers for Disease Control and Prevention (CDC) notes that flu vaccination is especially important for people who are 65-years-old or older, living in a nursing home, or living with serious health conditions (heart disease, diabetes, asthma, lung disease, or HIV). That's because these people are at a high risk for having serious complications if they get the flu. Be sure to ask your healthcare professional for more details.

Take a Shot at...PNEUMONIA

Most people 65-years-old or older should get a pneumococcal shot that protects against pneumonia and blood and brain infections. Talk to your healthcare professional about different types of pneumococcal vaccines.

Take a Shot at...TETANUS/DIPHTHERIA

The tetanus/diphtheria shot protects against two potentially deadly bacterial infections. A second, different form of the vaccine also adds protection against pertussis (also called whooping cough). People generally need this immunization once every 10 years, so check with your healthcare professional to be sure you're up-to-date

Take a Shot at...SHINGLES

The shingles (or herpes zoster) shot protects against the development of painful skin rashes/blisters caused by a viral infection. The CDC recommends this vaccine for most adults 60-years-old and older.

<http://www.healthinaging.org>

How Relocation Might Help Seniors Live Longer After Losing A Love One By Jackie Waters

While many seniors may be currently looking to relocate, the seniors who could arguably benefit the most from a relocation are seniors who have recently lost a spouse. These seniors will have a lot of grief and hurt to work through. Research has shown that unresolved grief has a tremendous impact on our immune systems and life spans. This is especially true for senior citizens, and what's worse: the risk seems to increase as we age.

A new home environment that has no previous connection to a deceased spouse may help ease some of the pain of losing a loved one. As it turns out, it might also potentially improve their health and longevity. If you're currently helping a senior loved one work through this difficult process, here are some words of advice:

Selling a Home

Due to the time, effort and emotions involved, it is best to start preparing emotionally and psychologically for the move as early as possible. Before starting the moving process, you should also have a discussion on any repairs that need to be done for the home.

As with any moving process, you may need to do some home renovations to make the home ready to be sold. When it comes to relocating a senior after the death of a spouse, the process will most likely be slow and, at times, difficult due to the emotions involved.

Buying a New Home

When considering what type of home would be best suited for your senior loved one, take into account the size of the home, how easy it will be to keep clean and maintain, and also how accessible it will be for your loved one. For example, will there be stairs? If so, will there be a stair lift? You might also consider whether your loved one should downsize and move to a smaller space, a nursing home, or a senior living community. In consideration of this option, be sure to research the potential value of the home, the costs involved with moving to a care facility or community, and what costs may need to be covered by an additional income.

Helping Your Loved One Grieve

While helping your senior loved one deal with the loss of a spouse, there are some things you can do to make the process easier on everyone involved. First, you should avoid using phrases like, "move on" or "get over it." You never really "get over" the death of a spouse or completely "move on" from the pain that it causes. Instead, over time, you learn to live with the grief, and move *through* the pain instead.



I'd like to send a huge THANK YOU! to the United Way volunteers; Bonnie, Angie, Esther, Yesenia and Amanda for volunteering on September 27th at our office/warehouse. We appreciate all of your help.
~Lorena Fernandez
Meals on Wheels Manager

Sympathy is great, but you can go beyond simply saying, "I'm sorry for your loss." You can also offer empathy and compassion for your loved one. Let them know that you are there to love and support them, no matter how alone they might feel.

Allow yourself and your loved one to take time to grieve. Take time to make home renovations and prepare the home to sell. Take time to find the perfect new home for your loved one. Take all the time you need. You'll know when the time is right to move forward. Good luck.

<https://www.focusonthefamily.com/family-q-and-a/life-challenges/moving-forward-after-the-death-of-a-loved-one> — <http://www.nextavenue.org/moving-beyond-grief-after-losing-spouse/> — <https://www.redfin.com/blog/2016/11/where-you-can-and-cant-pay-for-seniorliving-by-selling-a-home.html> — <http://vancouver.sun.com/news/staff-blogs/when-a-loved-one-must-enter-a-nursing-home-tips-from-a-top-geriatric-expert> — <http://www.independent.co.uk/life-style/health-and-families/health-news/why-the-elderly-can-go-downhill-after-the-loss-of-their-partner-9722041.html> — <https://www.youtube.com/watch?v=1Ewvgu369Jw>