

Mid-Columbia



Meals on Wheels

Wheels in Motion

www.seniorliferesources.org

Senior Life Resources
NORTHWEST

Mid-Columbia Meals on Wheels (509) 735-1911
1824 Fowler St, Richland WA 99352



May 2017

Marcee's Corner



AGE OUT LOUD: MAY 2017

May is Older Americans Month. This year the theme is: *Age Out Loud*, and it emphasizes “the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.”

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life during which interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

So, this month, what is it that you want try new or give a second chance? Is it time for a few dance lessons, maybe a cooking class, or resolving to eat better and move more? Or maybe it's time to take that trip you have been thinking about? Maybe it's as simple as mending a few fences or saying *I love you* a little more often.

I see our volunteers Age Out Loud almost every day, delivering meals, working in kitchens, and making people's day a little better with a warm meal and a friendly smile. Each act of kindness adds up to making a better community for us all to live in.

Marcee Woffinden
Nutrition Services Director



Happy Mother's Day!

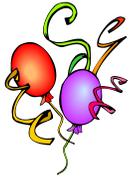
Volunteers—Save the date!

Volunteer Recognition Dinner

Tuesday, June 20, 2016

4—6 pm

More information to follow. Watch for your invitation in the mail!



Meals on Wheels Community Support

Who supports Meals on Wheels? We are often asked this question, and the answer is “many people, businesses, and agencies do!” Here are a few examples:

- Seniors making donations for their meals;
- United Way contributing for home-delivered meals;
- Kennewick and Richland Community Development Block Grants;
- Prosser United Good Neighbor funds;
- Private donations and fundraising;
- Aging and Long Term Care;
- Local Community and Civic Clubs;
- Estate and charitable planned giving;
- Three Rivers Community Foundation.
- Volunteers donating their time.

SENIOR FARMER'S MARKET ANNOUNCEMENT

We are still waiting to hear regarding the funding availability for this program. As soon as we have information, we will pass it along to you. You can call our office to get on the waiting list for the application.



May Closures
Monday, May 29—Memorial Day
holiday



A United Way

Participating Agency



**Welcome new
Volunteer Coordinator
Penni Richter**



I thought I would take this month to introduce myself. I am Penni Richter, and I am your new Volunteer Coordinator! I am new to the Tri-Cities...again, having moved back here in November of 2015. I grew up in Richland and moved away for college a long time ago!! It's nice to be back "home" and to be near all my family once again. My husband, Jon, and I have been in southern California for the last 27 years. We have two wonderful grown daughters.

When I am not working, I enjoy many different things! We love gardening, camping, traveling, and our animals! We have two dogs, and yes...cats!! No, I'm not really a crazy cat lady (well, maybe just a little)! I am involved in the Cat Fancier's Association and spend time as the Breed Council Secretary for the Exotic Shorthair cat. I hold grooming seminars, breeding seminars and teach new Cat Fancy clubs in foreign countries how to put on cat shows!

I am thrilled to be your Volunteer Coordinator. I can't say thank you enough for how wonderful you all are, and I'm amazed at the kind and helpful volunteers we have here! If you are ever near the main office, please stop by and introduce yourself. If you have any concerns or questions, I am here to help you!

I am looking forward to serving you and I wish you a great May!



Welcome New Volunteers!

Thank You for Your Service!

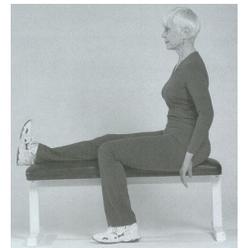
- Kennewick:** Terry Rogerson
- Richland:** Terry Kise
- Pasco:** Kara Bensfield, Kristin Andelin
- Benton City:** Amy Cole
- Kitchen:** Keiko Kawabe, Kathy Mitchell, Kay Slahtasky, Robert Boyles

TIPS to Get Moving . . .

from *Fitness over Fifty*

HAMSTRING STRETCH

1. Sit sideways on bench or other hard surface (such as two chairs placed side by side.)
2. Keep one leg stretched out on bench, straight, toes pointing up.
3. Keep other leg off of bench with foot flat on floor.
4. Straighten back.
5. If you feel a stretch at this point, hold the position for 10 to 30 seconds.
6. If you don't feel a stretch, lean forward from hips (not waist) until you feel stretching in leg on bench, keeping back and shoulders straight. Omit this step if you have had a hip replacement, unless surgeon/therapist approves.
7. Hold position for 10 to 30 seconds.
8. Repeat with other leg.
9. Repeat 3 to 5 times on each



**Chipotle Mexican Grill
Meals on Wheels Fundraiser
CAUSE AN EFFECT**

Chipotle Mexican Grill is hosting a Fundraiser to benefit Meals on Wheels!

Join us for dinner at Chipotle on
May 12, 4—9 pm.
Let your cashier know that you support
Meals on Wheels, and Chipotle will donate
50% of the evening's proceeds to
Meals on Wheels!

Chipotle is located at
1102 N Columbia Center Blvd, Ste C in
Kennewick



Visit us on Facebook! Please visit our Mid-Columbia Meals on Wheels page on Facebook to keep up with all the latest exciting news about our agency.

The Perfect Combo

Cyndi Balk, Registered Dietitian

Calcium is a common word we hear as we age. So, why is it so important? Our bodies need calcium for our heart, muscles, and nerves, but it is also needed for our bones. Many published studies have shown that low levels of calcium can lead to osteoporosis and an increase in bone fractures. Although there are many other factors that can lead to osteoporosis, adequate calcium intake can play a big part in helping to prevent it.



On average, older adults need around 1000-1200 mg per/day of calcium according to the National Institute of Health. It is important to note that your body can only absorb about 500 mg of calcium at a time. If you are taking a supplement, be sure to not take more than 500 mg of calcium in the morning and 500 mg in the evening to get the best absorption. Be sure to ask your doctor what dose is best for you!

Vitamin D also plays a big role in calcium absorption. If our bodies do not get enough Vitamin D, we cannot produce enough of the hormone called calcitriol. This results in low levels of calcium absorption from our diet, which causes calcium to be pulled from stores in our skeleton. This causes our bones to be weaker, which is the exact opposite of what we want to achieve. So be sure to get in your daily dose of calcium and vitamin D!

Cyndi

Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please feel free to call our dietitian, Cyndi Balk, at (509)735-1911 or email cbalk@seniorliferesources.org.

Professional personal care,

to support independent living at home.

From meal preparation, to transportation, errands, homemaking, medication reminders or respite for family caregivers, these and other personal care services are available to secure the support you need in your own home.



Our local professional staff will welcome your call at:

Clarkston/Lewiston 758-1458
Walla Walla 529-9541 Tri-Cities 735-7840



homecareservices.us.com

A Program of Senior Life Resources, an ALTC and Yakama Nation Contractor.

Take a Fresh Look Basic Food

WHAT IS BASIC FOOD?

Formerly known as the food stamp program, Basic Food helps people afford a nutritious diet by providing eligible households an electronic benefits card and monthly benefits to buy food at participating grocery stores.

How much income can I have and be eligible for Basic Food Benefits?

You may be eligible for Basic Food if your household income (before taxes or other deductions) is less than the amounts listed below.

| Household | Monthly Income |
|-----------|----------------|
| 1 | \$2,010.00 |
| 2 | \$2,707.00 |
| 3 | \$3,403.00 |
| 4 | \$4,100.00 |

GETTING BASIC FOOD IS EASIER

- * You may apply in person at a local office, by mail or online at www.foodhelp.wa.gov
- * Phone interviews are available and can help verify any required information.
- * You can call toll-free 1-877-501-2233 for more information or to request an application.
- * More than half of all applications are approved in less than 6 days.
- * Calling 2-1-1 can help seniors walk through the application process.

THERE ARE ADDITIONAL BENEFITS WHEN YOU RECEIVE BASIC FOOD

Besides monthly benefits to buy food, receiving Basic Food qualifies you for low-cost local phone service through the Washington Telephone Assistance Program.

People getting Basic Food can learn more by calling 1-888-700-8880.