



Mid-Columbia Meals on Wheels

August
2018

Wheels In Motion

Senior Life Resources
NORTHWEST

1824 Fowler St, Richland WA 99352

(509)735-1911

www.seniorliferesources.org

It's not about us. It's about the people we serve.

Kristi's Update

200,000 of anything seems like a lot to me. 200,000 wasps in my attic might force me to move, but 200,000 honeybees in a hive might provide a nice bonus income from the honey. 200,000 is an important number to us here at Meals on Wheels this year. Our service numbers are up more than 10% from a year ago, which means that we expect to serve more than 200,000 meals in 2018!

Annual growth of more than 10% for any business is quite extraordinary, and we're unbelievably proud of the dedicated volunteers, donors, and staff who have supported this growth. They've been working long, difficult, stress-filled shifts as they try to cover more ground than ever, particularly in these summer months when volunteers travel to spend time with family.

We're grateful that we're able to serve 10% more people who need us, and we're thrilled and privileged that we have our excellent kitchen facility that can absorb that volume. But with growth of this size comes the need for more funding, more volunteers, and more community support. The list below shows just some of the ways you can help support our agency so we can continue to serve nutritious meals to local seniors:

- Volunteer with Meals on Wheels as a driver, a meal packager, a server, a transporter, or an office helper.
- Support our mission through your contributions toward your meals.
- Help spread the word of our need for volunteers and funding.
- Become a monthly partner to provide ongoing financial support.
- If you're a client, please cancel meals that you don't need.
- Please encourage every amazing Meals on Wheels volunteer you meet.
- Ask your place of work or worship to sponsor (financial support) or adopt (deliver) a route.
- Ask if you can post our Volunteer flier (page 2) at a store, coffee shop, hairdresser, or other business.
- Remember us in your estate planning.
- Encourage people you know to become Meals on Wheels volunteers.

As we move forward in 2018, Meals on Wheels will continue to work diligently to find ways to fund and staff our program because we believe in our mission: *To preserve and enhance the quality of life at home, with dignity and care.* Working together as a community, we can fulfill this mission.

Please don't hesitate to contact me if you wish to become involved in our program as a client, a volunteer, a donor, or in some other capacity. Thank you for your support and Happy August to you all!

Kristi Thien
Nutrition Services Director



Meet Aubree Downing!



Hello all! I'm Aubree, the new Community Development Specialist for Meals on Wheels. My background is in the nonprofit sector, public relations/marketing, and event planning, and I am very excited to call Tri-Cities my new home. When I am

not working, I can be found at the local dog park throwing the ball for my puppy, making memories with family and friends, or out volunteering. I am very excited to meet all of you, and I'm honored to work for this wonderful organization.

Frozen Meals

If you're a home delivery or dining center client who receives frozen meals to eat on weekends, you will notice a change starting in August. In an effort to reduce waste and cost, drivers and site managers will ask you each week if you need frozen meals for the upcoming weekend.

We certainly want anyone who needs the frozen weekend meals to have them, but if you already have a freezer full of meals, or if you know friends or family will be taking care of your weekend meal needs, we'd like you to decline our frozen meals until you've had a chance to use up what you have. We'll be glad to resume the frozen meal deliveries as soon as you're ready for more. Due to food safety concerns we are not able to take back meals that have already been delivered.

Our goal is to continue to serve every senior who needs service without ever putting anyone on a waiting list. Working together as good stewards of our funding helps us continue this valuable service for all seniors.



Welcome New Volunteers!

Thank You for Your Service!

Cafe: Pam Derryberry, Tanager Stanhope

Administration: Joanne Gracio



SENIOR FARMER'S MARKET UPDATE

The Senior Farmers Market program is now full, but you may still submit an application. We have a waiting list in case more funding becomes available.



On Tuesday, August 21, at 1:30 pm, Pasco Fire Department will provide a FREE 1-hour Fire and Fall Prevention program for older adults. The event will be part of Pasco Recreation's Dessert Social, so there will be yummy treats to enjoy! The presentation will be held at the Pasco First Avenue Center, 505 N 1st Avenue.

All Tri-Cities senior citizens are invited to attend.

Older adults are at high risk of fire and falls. The Remembering When program, developed by the National Fire Protection Association (NFPA), teaches through trivia, humor, and nostalgia, providing seniors with ideas to protect themselves from fires and falls. The focus is on fun, but the safety messages are serious. The presentation will include a hands-on smoke alarm demonstration.



Double the Dollars Challenge

**Through September 30, 2018
Up to \$10,000**



Let's Double our Dollars:

A personal invitation

Tom and his wife Della, longtime supporters of Meals on Wheels, are once again ready to show support with the Double the Dollars Challenge.

"I value Meals on Wheels and the people it serves. We care enough that my wife and I will match dollar for dollar up to \$10,000 through September 30, 2018."

- You give \$100, they give \$100
- \$25 becomes \$50
- \$500 becomes \$1000

And with enough support

- \$10,000 will become \$20,000
- "That's 2,800 meals!"

Meals on Wheels not only provides seniors with warm, balanced meals, but also friendly well-being checks. So be sure to donate and share this challenge with everyone you know, and on your donations make sure to note:

Double the Dollars Challenge

Meals on Wheels is a program of Senior Life Resources NW, a local 501c3 non-profit service agency.

Thank You!

We hope everyone in the community will contribute what they can to help us reach our goal of raising \$10,000, to be doubled to \$20,000!

And we offer 100,000 thank-you's to Tom and

Managing Diabetes

Cyndi Balk, Registered Dietitian

We are always learning new things in our chosen field of work. One of the first things I learned after college graduation was how many people have been surprisingly misinformed about diabetes. When asking clients about diabetes their answers were most often, "Well, all I know is I can't eat carbs or sugar anymore." Unfortunately this is what a lot of people believe about diabetes. It causes them to give up trying to manage their blood sugars because they feel that they have to give up the simple pleasures of eating good-tasting food in order to manage diabetes! This is absolutely false! Here are 3 things to think about when managing your diabetes:

1. Counting Carbs

Everyone, even diabetics, needs carbs. It is important for a diabetic to count carbs, but even high carb foods are not completely off limits; it just may mean a smaller portion of the high carb item. It is important to remember that women should eat 45-60g of carbs at each meal and men should eat 60-75g of carbs at each meal, according to the Academy of Nutrition and Dietetics.

2. Blood Sugars

Talk to your doctor about how often you should be checking your blood sugars. According to the American Diabetes Association, people with diabetes should have a glucose level of 80-130mg/dl before a meal and 180mg/dl within 1-2 hours after the beginning of the meal. Another important blood test for diabetics is A1C, which measures diabetes management over the past 2-3 months, and a good level for a diabetic is less than 7%.

3. Medication

If your doctor has started you on medication for managing your diabetes, it is very important that you take it. Even if you feel good and think your blood sugar is under control, it is important to be consistent with your medication. Being consistent with your medication will help to keep your blood sugars consistently under control and you feeling your best.

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.

Summer cooking demo



Many thanks to Lamb Weston and Chef Derek and Chef Miguel for their great summer salad demo. More than 20 attendees enjoyed generous samples and heard about new ideas at the July 17 event. Thank you, and we look forward to hosting future collaborative events!



Senior Life Resources
NORTHWEST

Mid-Columbia Meals on Wheels Senior Dining Center Donation Policy

If you are age 60 or older, meals are provided by **donation only**. Our suggested donation is \$2.75 per meal, but please donate what you can comfortably afford. Your donation is strictly confidential and may be more or less than the suggested \$2.75.

**Thank you for your support of
Meals on Wheels!**

If you have questions about this policy, please contact our office at 735-1911



Annual Client Surveys

We'll be asking for all clients to complete annual surveys later this month. Please complete them as honestly as possible to help us continue to improve our service!