



Wheels In Motion

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www.seniorliferesources.org

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

Kristi's Update



September is a month when many of us focus on getting kids back to school, shopping for supplies and clothes, and figuring out new schedules. At our office, we've been brainstorming ways to partner with schools to find volunteer opportunities for staff and students. I'll have to report in the future if we've been successful in that venture.

As I've been getting my own kids ready for the new school year, I've already completed one of the mundane annual tasks that's required for my high school son to return to class: completing a new emergency form. I have to provide phone numbers, physician and health info, and emergency contacts. Although I get tired of completing the form every year, I understand the importance of providing that information.

Providing accurate and up-to-date emergency information is equally important for our seniors. We gather information very similar to what the schools request, and for the same reason. We want to be able to help our seniors as much as possible in the event of an emergency. And we want to be able to contact emergency contacts when we're worried about a client.

In August, we had multiple incidents in which our drivers initiated client rescues. In one case, our volunteer driver called 9-1-1 for a client who had to be transported to the hospital. In another instance, our driver arrived to deliver a meal and found the client on the ground. Although that client didn't require hospitalization, our staff called emergency contacts to make certain they knew to check on their loved one.

Sadly, we had one incident this month in which the main emergency contact phone number provided by the client was no longer accurate. Although we were able to reach the second contact, the client's rescue was greatly delayed because we were unable to reach the closest family member. The client ended up spending 36 hours on the floor before rescue.

No one ever plans to fall or have a heart attack or stroke, but these unfortunate events happen, and it's critical to be prepared. If you're a Meals on Wheels client, please inform us of any changes to emergency contact info. If you're an emergency contact for one of our clients, and you've changed your phone number, please contact us to update your information. Our staff and volunteers work hard to keep clients well-fed and SAFE. Please help us provide the best care possible for our seniors.

Thank you to all our excellent volunteers and staff who work hard to prepare, package, serve, and deliver meals to our clients! We're grateful for the effort and care they put into feeding and caring for our seniors.

I hope September is a happy and safe month for you all.

Kristi Thien
Nutrition Services Director

DOUBLE POINTS

Double the Dollars Challenge

Our Double the Dollars Challenge is going strong! Until September 30, all donations made to Meals on Wheels will be matched by former Board Member Tom Seim & his wife, up to \$10,000! Thank you to the Seim's and all who contribute to this challenge!

September Closures

Monday, Sept. 3: Closed on Labor Day holiday to allow our staff to enjoy time off with their families.



Volunteer Spotlight...Penni Richter, Volunteer Coordinator

General News...

Volunteers, it's that time of year again!! In the next few months I will be scheduling the fall volunteer training sessions. Look for a post-card coming soon in the mail with options for possible meeting opportunities to pick from!



Central Kitchen News...

We will be having some extra activity in the Central Kitchen starting this month with the packaging of frozen meals. Although we cook and package our own low sodium frozen meals, we currently purchase about 3,000 regular frozen meals each month for our clients to eat on the weekends. Our hope is to eventually make all our frozen meals on site. The low sodium meals we make have provided a huge increase in quality and satisfied clients. We've had two "practice" sessions, with a group of 3-5 volunteers

coming into the Central Kitchen in the afternoon to package and seal frozen meals for our home delivery clients. This has been a huge success, and word from the volunteers is that it's a lot of fun! We are working to move forward with this project and adding additional afternoons in the future. Anyone interested in joining in to help, please contact me!



Benton City News...

Our Benton City site is a bright, sunny, homey kitchen and dining room with a wonderful group of staff and volunteers. We have two home delivered meal routes in Benton City and we're looking for a driver to deliver one of those routes on Thursdays. Interested? Know someone who might be? Please let me know!

Prosser News...

We had been in desperate need of drivers for Prosser for quite some time. Thanks to a great article on the front page of the Prosser Record Bulletin, I am happy to say that we have had three volunteers come forward to help out! Still are looking for more!

Thank you for all you do!!

Thank you to ALTC!

Aging and Long Term Care (ALTC) is our local Agency on Aging. They administer Older Americans Act money, and they are a great source of information and assistance for seniors and adults with disabilities. We work hand-in-hand with them.

We are thrilled to announce that ALTC recently contacted us to let us know we'll be receiving significant unexpected funding from them. Some of the funding is designated for non-food items, and we plan to use that primarily for food trays and kitchen supplies. The remainder of the money is designated for meals for seniors.

Our Senior Life Resources Board of Directors has been working on a variety of fundraising efforts to bridge the gap between our traditional funding and the ever-increasing demand for meal service; this unexpected good news has been cause for rejoicing! We still have hard work ahead of us to balance the budget, but we're incredibly grateful for this windfall.



There's always lots going on at Meals on Wheels, and it's hard to use a monthly newsletter to keep up with everything. If you're interested in more timely updates, please check out our Facebook page, which is listed as Mid-Columbia Meals on Wheels.

You Can Help Us Help You!

As we work to secure funding for continued meal service to seniors, we frequently present to service organizations, apply for grants, send out mail appeals, and ask for funding wherever we can. One of our most powerful tools when appealing for money is client pictures and stories.

If you are willing to share your thoughts about how Meals on Wheels has helped you, or if you're willing to let us use your picture for presentations or mailings, please contact our office at 735-1911. We can send a staff member to talk with your and/or take your picture.

Thank you!

Welcome New Volunteers! Thank You for Your Service!

Cafe: Shannon Fetchner & Ian Fetchner

Kennewick: Kevin McAfee & Stephanie McAfee

Transporter: Keith Vendramin & Tom Harper

thank
YOU

SENIOR FARMER'S MARKET UPDATE

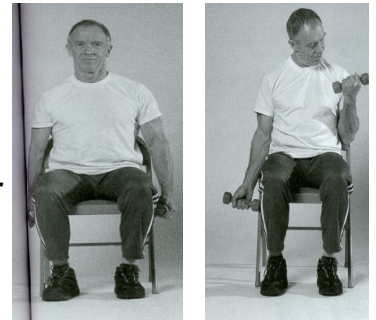
The Senior Farmers Market program is now full, but you may still submit an application. We have a waiting list in case more funding becomes available.

TIPS to Get Moving ...

from *Fitness over Fifty*

BICEPS CURL

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Slowly bend one elbow, lifting weight toward chest. (Rotate palm to face shoulder while lifting weight.)
5. Hold position for 1 second.
6. Slowly lower arm to starting position. Pause.
7. Repeat with other arm.
8. Alternate arms until you have done 8 to 15 repetitions with each arm.
9. Rest; then do another set of 8 to 15 alternating repetitions.



CDC Recommends Flu Vaccinations For Everyone!

As we age, our immune system does not respond as well to vaccinations. A new high dose version intended to increase the immune response in the senior populations and impart greater protection, is now available. Risks associated with the stronger vaccine are the same as with the regular flu vaccine, except there may be an increase in pain at the injection site, and muscle aches and slight fever have been observed.

Flu vaccines are available at the Health District as long as supplies last. Many local pharmacies will also be carrying the vaccine. To locate a clinic, check these resources: (Please be aware, the flu vaccine won't be available until October 1st.)

1. Benton/Franklin Health District: (web address is: www.bfhd.wa.gov/flu/)
Kennewick: 7102 W. Okanogan Place 460-4200
Pasco: 412 Clark Street 460-4200
(Prosser office is now closed)
2. Most pharmacies offer seasonal flu vaccinations. Please contact your local pharmacy to confirm they provide the vaccination, as well as the dates, times, and price available.
3. Your primary healthcare provider may dispense flu vaccinations.

Common Flu Symptoms:

- Fever—usually high
- Fatigue—can be extreme
- Headache
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches



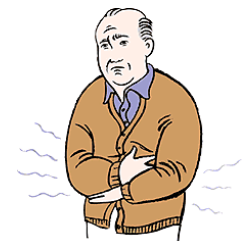
Possible Flu Symptoms:

These symptoms may occur, but are more common for children than adults.

- Nausea
- Vomiting
- Diarrhea

Is it a Cold or the Flu?

- Flu and the common cold are both respiratory illnesses, but they are caused by different viruses.
- Flu and the common cold have similar symptoms, so it can be difficult to distinguish between them.
- Your doctor can give you a flu test within the first few days of your illness to determine whether you have the flu.
- In general, flu is worse than the common cold.
- Symptoms such as fever, body aches, extreme fatigue, and dry cough are more common and intense with the flu.
- Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose.
- Colds do not generally result in serious health problems such as pneumonia, bacterial infections, or hospitalizations.
- Complications from the flu can also include ear or sinus infections, bacterial pneumonia, dehydration, and worsening of pre-existing chronic medical conditions.



National Food Safety Month

Cyndi Balk, Registered Dietitian

According to the Food and Drug Administration (FDA), after age 75 many older adults have a higher chance of contracting a foodborne illness. As we age, our immune system weakens and organs slow down, which causes our bodies to take longer to get rid of harmful pathogens and bacteria. This means that older adults who contract foodborne illness are typically sick for a longer time, which may result in a trip to the hospital or even death. To prevent foodborne illness, the FDA recommends the following 4 steps when preparing food:

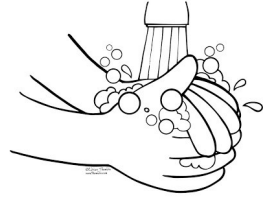
Step 1: Wash your hands, and clean surfaces where you will be preparing and cooking food.

Step 2: Don't cross contaminate raw meat with cooked or already prepared food. It is best to have a cutting board for raw meat and another cutting board for veggies so that cross contamination does not accidentally happen.

Step 3: Cook to safe temperatures. Use a food thermometer to check the internal temperature of cooked foods.



- **Ground Meat and Poultry:** 165 °F
- **Seafood:** 145 °F
- **Eggs:** 160 °F (egg yoke and egg white are firm)
- **Beef, Lamb, Pork, and Veal steaks, Roasts, and chops:** 145 °F w/ 3 min rest time.



Step 4: Refrigerate your food properly. Check your refrigerator to make sure it is at 40°F or below. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Never thaw your food on the counter. Thaw food under cold running water, refrigerator, or microwave.

Finally, the FDA has this great "Check Your Steps" list to review before going grocery shopping:

- Check "Sell-By" date
- Put raw meat, poultry, or seafood in plastic bags.
- Buy only pasteurized milk, soft cheeses made with pasteurized milk, and juices that are pasteurized or otherwise treated to control harmful bacteria.
- When buying eggs, purchase refrigerated shell eggs. If your recipe calls for raw egg whites, purchase pasteurized, refrigerated liquid eggs.
- Don't buy food displayed in unsafe or unclean conditions.



Following these simple steps can significantly reduce the risk of you and/or your loved ones from becoming ill from a foodborne illness.

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 Registered Dietitian, Cyndi Balk, at (509)735-1911 or email cbalk@seniorliferesources.org.

Particulate Masks

Although we're used to enjoying good air quality in our community, fires in Western US and Canada have certainly impacted our recent skies. The good news is that we have respiration masks available for our seniors, volunteers, and staff, and we have probably have enough to share with nearly anyone who needs one. If you need a mask and don't have one, please stop by our office so we can share our supply. If you're a home delivery client and you need a mask, please call your site manager so we can send one to you via your volunteer driver.



Healthy Pets Grant



We're proud to announce that we've received an \$1,800 grant from Meals on Wheels America to support our Healthy Pets program. Healthy Pets provides monthly delivery of pet food to some of our clients who face physical or financial challenges in accessing pet food.

Thank you, Meals on Wheels America!