



MEALS ON WHEELS Newsletter

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

AUGUST 2022

JULY TOTALS

DINING ROOM PICK-UP

Meals served: 2,204
Total People served: 168
Average donation: 0.38

HOME DELIVERY

Meals served: 13,427
Total People served: 515
Average donation: 0.18

**2022 TOTAL
MEALS SERVED 97,220**



Basic Food is a program that helps supplement Washington residents' diets with healthy, nutritious food. Eligible individuals receive an Electronic Benefits Card (similar to a debit card) to purchase food items at the grocery store.

To find out if you qualify, simply dial 2-1-1



USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.

Berry Good For You

Blueberries, blackberries, raspberries and strawberries are among the tastiest and nutritious fruits you can eat. They're loaded with fiber, and they pack a strong punch of antioxidants and other important vitamins and nutrients that gives our body the fuel it needs. Here are 5 reasons to eat more berries:

1. Rich in antioxidants

Blueberries, blackberries, and raspberries have the highest antioxidant activity of any fruit. In addition to protecting your body's cells, plant compounds found in berries may reduce risk of disease.

2. Full of fiber

Fiber can help slow down digestion, leading to reduced feelings of hunger and increased feelings of satisfaction and fullness. Try a scoop of berries on a cup of low-fat cottage cheese or low-fat yogurt at snack time.

3. Great for heart health

Berries can lower cholesterol levels and improve heart health. Mixing and matching berries into your favorite cereal or oatmeal recipes is a great way to help lower cholesterol and increase your intake of fruits.

4. Available year-round

Blueberries, raspberries, strawberries and blackberries can typically be found at your local grocer throughout the year. They also add a dash of color to your snacks and meals during the cold winter months. Berries don't last super long in the fridge, but you can freeze them to use later in smoothies and juices.

5. Low-calorie snack

The calorie count for 1 cup of berries ranges from 50-80 calories. This makes for a great snack that is packed with fiber to help you feel satisfied until your next meal.



Cyndi Balk, MOW Registered Dietician (RDN)

If you have dietary concerns Cyndi is available to talk with you, call our MOW office at (509) 426-2601 or toll free (855) 426-2601. Check out our cooking videos on Facebook:

<https://www.facebook.com/PeopleForPeopleWA>

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A MOW

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability. <https://myfpf.org/>

REMINDER

OUR 5K/10K WALK/JOG/RUN FUNDRAISER IS ON SATURDAY 9/17/22, FROM 9AM-2PM AT COWICHE CREEK BREWERY (514 Thompson Rd. Cowiche).

ALL PROCEEDS BENEFIT THE PEOPLE FOR PEOPLE MEALS ON WHEELS COMMERCIAL KITCHEN PROJECT

FOR INFORMATION ABOUT THE EVENT PLEASE

VISIT: <https://mypfp.org/cowichebrewrun/>

OR CALL OUR MEALS ON WHEELS OFFICE AT (509) 426-2601.

PLEASE SHARE INFO WITH YOUR FRIENDS & FAMILY



REPORTING ELDER FINANCIAL ABUSE

There are four steps to help protect your loved ones from financial abuse:

- 1.) Prevent
- 2.) Recognize
- 3.) Record
- 4.) Report

What is financial abuse?

Financial abuse is when someone takes or misuses another person's money or property for the benefit of someone other than that person. For example, neighbors, caregivers, professionals, and even family or friends may take money without permission, fail to repay money they owe, charge too much for services, or not do what they were paid to do. Financial abuse sometimes called financial exploitation—is a form of elder abuse. To learn how to recognize the signs of financial abuse, read the guide on protecting people who live in nursing homes and assisted living communities at https://files.consumerfinance.gov/f/documents/cfpb_preventing-elder-financial-abuse_friends-family-guide.pdf

As a family member or friend, you are in a unique position to help protect your loved ones from financial abuse. If you suspect financial abuse, you should report your suspicions to the appropriate authorities. This resource explains how to report elder financial abuse at https://files.consumerfinance.gov/f/documents/cfpb_preventing-elder-financial-abuse_friends-family-guide.pdf

Where should I report financial abuse?

If you suspect elder financial abuse, report it to Adult Protective Services (APS). APS are social services programs in each state, in WA State <http://www.aasa.dshs.wa.gov/APS/reportabuse.htm> or call 1-877-734-6277. They serve older adults and adults with disabilities who need help due to abuse, neglect, or exploitation.

If there is an urgent risk of harm to your loved one or someone else, you should call 911 right away. Otherwise, you can call the non-emergency number for your local police or Sheriff's office to file a report. Some state laws define elder financial abuse as a specific type of crime. Financial abuse may also involve other crimes such as theft, fraud, forgery, embezzlement, or money laundering.

For more info go to: <https://www.consumerfinance.gov/consumer-tools/educator-tools/resources-for-older-adults/reporting-elder-financial-abuse-guide/>