MEALS ON WHEELS Newsletter

Promoting quality of life through improved nutrition and socialization opportunities

OCTOBER 2026

SEPTEMBER TOTALS

DINING ROOMS
Meals served: 3,092
Total People served: 343
Average donation: 0.79

HOME DELIVERY
Meals delivered: 9,686
Total People served: 379
Average donation: 0.31

2026 YTD TOTAL MEALS SERVED 113,743



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, call our PFP Resource Connection line at (509) 271-1344

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.

RECOMMENDED VACCINES FOR OLDER ADULTS

Older adults (typically age 65 & older) are recommended to receive the following routine and specialized immunizations according to the National Institute on Aging and the CDC Adult Immunization schedule.

- **COVID-19:** Updated annual doses (adults 65 and older are generally recommended 2 or more doses of the current-season vaccine depending on risk).
- **Influenza (Flu):** Annual vaccination, with high-dose or adjuvanted flu vaccines preferred for people aged 65 and older.
- **RSV (Respiratory Syncytial Virus):** A single dose for adults aged 60 and older (or specific age/risk criteria such as 75+).
- **Pneumococcal (Pneumonia):** Pneumococcal vaccination for adults aged 50 and older (or specific risk-based schedules for older adults).
- **Shingles:** A two-dose series of the Shingrix vaccine for healthy adults aged 50 and older.
- **Tdap or Td:** A tetanus, diphtheria, and pertussis booster shot every 10 years.
- **Hepatitis B:** Recommended for adults through age 59, and shared clinical decision-making or risk-based for older adults.

Other Vaccines: Travel-specific vaccines or catch-up doses (such as MMR or varicella) depending on health history and lifestyle.

Consult your healthcare provider or local pharmacist to verify which specific immunizations match your medical history.
https://www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults
https://www.cdc.gov/vaccines/imz-schedules/adult-easyread.html

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 (ALTC) 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://mypfp.org/

FOODS FOR BETTER SLEEP

A good night's sleep is just as important for your health as regular physical activity and a nutritious diet. Poor sleep can harm your mood, thinking, immune function, heart health, and may raise your risk of obesity and diabetes.

Food plays an important role in how well you sleep. Healthy snacks and lighter meals can help your body relax, support steady blood sugar levels, and improve the quality of your sleep. Better sleep also makes it easier to avoid cravings for unhealthy foods the next day.

Your body needs certain nutrients to make serotonin and melatonin, the hormones that help you fall asleep and stay asleep. Eating balanced meals throughout the day supports these hormones and promotes restful sleep.

Give your body time to digest before going to bed, about 2-3 hours between dinner and bedtime. If you need an evening snack, choose something light with protein and fiber to keep your blood sugar steady overnight.

- **Evening Snack Suggestions:** Pumpkin seeds + raisins, Greek yogurt + berries, Hummus + veggies, Cheese + apple slices or grapes, Toast + avocado, Hard boiled egg + popcorn (light or no salt/butter), Cottage cheese + peaches or pears, Banana + peanut butter, Oatmeal + chia seeds, Warm milk + cinnamon, Tuna salad + whole grain crackers, Whole grain cereal + milk.

- **What to Avoid Before Bed:** Large, heavy meals , Sugary foods (soda, cake, candy, desserts), Rich high-fat foods, Highly processed snack foods, Alcohol (it may make you sleepy at first, but prevents deep sleep), Caffeine (after 2:00 PM).

- **Additional Tips for Better Sleep:** Get outside in natural light early in the day, Be active throughout the day, Have a relaxing bedtime routine: dim lights, light reading, soft music, or gentle stretching, Sleep in a cool room.







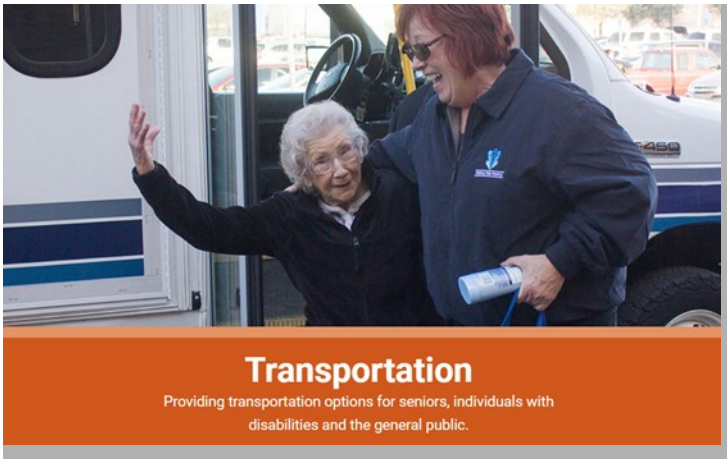





Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 426-2601 for a referral.

Check out our newsletter on Facebook or Instagram:
https://www.facebook.com/PeopleForPeopleWA

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW



People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 for more information.

WORD SEARCH PUZZLE FUN!

Finish both sides & show your driver or site manager to win prize by 11/20/26



Baked Goods

Word Search

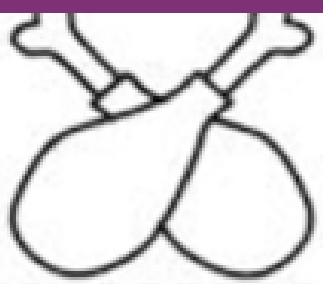
B L U E B E R R Y S C O N E K R B A L X N
M U C B J R S O N I O N B A G E L T Z X K
O B U I O L G N C A R R O T C A K E L M S
N S P O F D I K I F Z A U B L Q F N S P P
K G C O Z M S B W C L H R I B A K L A V A
E G A Y G H S C P S K E S L E M O N B A R
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A V E B C O C L T S X X N Z E O C G P H M
D Y W M J H T A F H P I V I R E D N P E U
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L H E C M N W É J T O Y E Q N E A R S O I
A P S P H W N C T C T H J F U C I K T I N
J I E G Y L S L R A C E R T W A J P R S K
B N U N K L R A I K N H S S G N S C U S Y
C O Q K W S G I P E E G D X Y P R X D A Q
D G O I N U F R U I T T A R T I O O E N Q
N F C K S A L M O N D T O R T E X K L T T

ALMOND TORTE
APPLE STRUDEL
BAKLAVA
BISCUIT
BLUEBERRY SCONE
BRAN MUFFIN
BROWNIE
CARROT CAKE
CHEESECAKE
CHOCOLATE ÉCLAIR
CINNAMON ROLL
CROISSANT
CUPCAKES
DOUGHNUT
FRUIT TART
GINGER SNAPS
LEMON BAR
MONKEY BREAD
ONION BAGEL
PEACH COBBLER
PECAN PIE
SHORTCAKE
SNICKERDOODLE
SUGAR COOKIES

Free printable courtesy of WordSearchAddict.com

WORD SEARCH PUZZLE FUN!

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BBQ Foods

Word Search

K L K M T L R S T E A K K A B O B S G B Z
D Q L K L Z K I P E R P E M H H G Z H G S
N N E I Z N S P B O N Z T M F E D F L T B
Q Z X F I M B H P E S D B R V W R C M E A
L C L L Z E F D T P Y W E M G Q U C P H B
S A T R F B E T O K U E I R Q L M L P A Y
W O D P U L U H A L G T S M L V S I O M B
H S T K L B C E S L E L I T R O T H R B A
G O C U K K T S A K E E B S E I I L T U C
U C P R R S N H S Y O G D V R A C N E R K
N R O O K A S I O Q C N O T I N K M R G R
M P P N E X R E S H E U H F T W S P H E I
P G A B U B B B Q T M Y S J L G A S O R B
N L Q A F X I Q N H V V M K Z A Y E U S S
F B Z E V R B R A T W U R S T T M R S A V
B F E V T Y U A V F U G W M R R K B E O A
I B F R Q B B A S M O K E D S A U S A G E
D N O C H I C K E N W I N G S H U Y P V G
T H V V O F P V T H S T L O U I S R I B S
S M O K E D S A L M O N O C R F L T P C G
G R I L L E D C H I C K E N E R G F P T Y

BABY BACK RIBS
BBQ BEANS
BEEF BRISKET
BRATWURST
BURNT ENDS
CHICKEN WINGS
DRUMSTICKS
FLANK STEAK
GRILLED CHICKEN
HAMBURGERS
HOT LINKS
LEG OF LAMB
PORK BUTT
PORK CHOPS
PORTERHOUSE
PULLED PORK
RIBEYE STEAK
SHORT RIBS
SMOKED SALMON
SMOKED SAUSAGE
ST. LOUIS RIBS
STEAK KABOBS
TENDERLOIN
TRI TIP

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