



# MEALS ON WHEELS Newsletter

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

## FEBRUARY 2020

### JANUARY TOTALS

#### DINING ROOMS

Meals served: 2700

New people: 28

Average donation: 0.84

#### HOME DELIVERY

Meals served: 7586

New people: 36

Average donation: 0.44

## Do you know...Common Signs and Symptoms of Stroke

All of the major symptoms of stroke appear suddenly and need to be taken seriously.

The most common symptoms of stroke can be remembered by the acronym **F.A.S.T.**



**F** = Face: Is one side drooping down?

**A** = Arm: Can the person raise both arms, or is one arm weak?

**S** = Speech: Is speech slurred or confusing?

**T** = Time: Time is critical, call 9-1-1 immediately!

Other symptoms of stroke include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

### Call 911, Time Lost is Brain Lost

Even one of these signs may mean you or someone else is having a stroke.

If you or someone you are with have any one of these symptoms, it's important to act F.A.S.T. and call 911 right away. Treatments can be given in an ambulance or shortly after arriving at a hospital that can stop a stroke by quickly dissolving a blood clot in an ischemic stroke, or stopping the bleeding of a hemorrhagic stroke.

There is a short period of time after the symptoms start, when serious damage can be prevented. Rehabilitation after a stroke helps people overcome disabilities that result from damage to the brain. Source: <https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Stroke>



## 2019 TOTALS

\* Dining rooms meals served: 39,177

Unduplicated participants: 567

\* Home Delivery meals delivered: 87,789

Unduplicated participants: 616

\* Emergency shelf stable meals: 265

\* Farmers Market vouchers distributed: 810

\* Pet food, toys, blankets and beds distributed to 79 homebound seniors and 146 pets.

\* Christmas Wish List gifts distributed: 32

\*96 received heaters, fans, walkers, canes, household items, wheelchair, micro-waves and hygiene items.

**March is National Nutrition Month!** It's a month where we take a minute to pause and consider our nutrition. Where do you think your nutrition needs improvement? Where do you think you are doing great in your nutrition?

This year the theme is "Eat Right Bite By Bite". The point of this is to know that you don't have to be restrictive or overwhelmed in order to have good nutrition. Just by making small changes in your diet can get you on the right path to meeting your health goals. The following is a list of ways to improve your nutrition "Bite By Bite" from eatright.org.

- Eat a variety of nutritious foods every day
  - Include healthful foods from all food groups
  - Hydrate healthfully
  - Learn how to read Nutrition Facts Panels
  - Practice portion control
  - Take time to enjoy your food
- Plan your meals each week
  - Use a grocery list to shop for healthful foods
  - Be menu-savvy when dining out
  - Choose healthful recipes to make during the week
  - Enjoy healthful eating at school and at work
  - Plan healthful eating while traveling
- Learn skills to create tasty meals
  - Keep healthful ingredients on hand
  - Practice proper home food safety
  - Share meals together as a family when possible
  - Reduce food waste
  - Try new flavors and foods
- Consult a Registered Dietitian Nutritionist (RDN)
  - Ask your doctor for a referral to an RDN
  - Receive personalized nutrition advice to meet your goals
  - Meet RDNs in a variety of settings throughout the community
  - Find an RDN who is specialized to serve your unique needs
  - Thrive through the transformative power of food and nutrition



For more information and helpful tips to improve your nutrition, go to <https://www.eatright.org/>



Cyndi Balk, MOW Registered Dietician

***If you have dietary concerns Cyndi is available to talk with you, call our office @ (509) 426-2601 or toll free (855) 426-2601.***



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.