



# MEALS ON WHEELS Newsletter

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

## FEBRUARY 2021

### JANUARY TOTALS

#### DINING ROOM PICK-UP

Meals served: 3418

New people: 8

Average donation: 0.60

#### HOME DELIVERY

Meals served: 9205

New people: 46

Average donation: 0.28

### 2021 TOTAL

**MEALS SERVED 12,623**

## Where can I find support for my mental health and well-being?

This can be a stressful time. It is normal that you or your loved ones might feel anxious, sad, scared or angry. You are not alone. It is okay to seek out and ask for help. The resources here are a good place to start.

If you are experiencing excess stress due to COVID-19, call Washington Listens ([833-681-0211](tel:833-681-0211)) for support and resources.

### Crisis support

- Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line provides confidential text access from anywhere in the U.S. to a trained crisis counselor. Text HOME to [741741](tel:741741) (24/7/365)
- Crisis Connections is a 24-hour crisis line that connects people in physical, emotional and financial crisis to services. Call 866-4-CRISIS ([866-427-4747](tel:866-427-4747))
- Teen Link: call or text 866-833-6546
- National Disaster Distress Helpline: 800-985-5990 or text "TalkWithUs" to 66746.



### Self Care

- If you need someone to talk to about stress due to COVID-19, call Washington Listens at 1-833-681-0211. Someone is available to talk from Monday – Friday, 9 a.m. to 9 p.m. and weekends from 9 a.m. to 6 p.m. TTY and language access services are available.
- Ingredients of Resilience -attached flyer
- CDC guidance to support your mental health and well-being
- Warm Line for people living with emotional and mental health challenges: 877-500-WARM (877-500-9276)
- Smartphone apps
- Care for your coronavirus anxiety (Shine)

For the links to the above info go to: <https://coronavirus.wa.gov/information-for/you-and-your-family/mental-and-emotional-well-being>

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.



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.*

## National Nutrition Month

March is national nutrition month. This year's theme for the Academy of Nutrition and Dietetics is "Personalize Your Plate". The Academy of Nutrition and Dietetics explains their theme as follows: "There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are."

This year the Academy of Nutrition and Dietetics has created weekly tips (quoted below) for improving your plate. Each week I encourage you to take a look at these tips and see how you can incorporate them into your life.

### Week One: Eating a variety of nutritious foods every day!

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Avoid distractions while eating.
- Take time to enjoy your food.

### Week Two: Plan your meals each week!

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful eating at school and at work.
- Plan healthful eating while traveling.

### Week Three: 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 flavor and foods.

### Week Four: 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 nutrition.

For more information on "Personalize Your Plate" please visit <https://www.eatright.org/food/resources/national-nutrition-month>



 Cyndi Balk, MOW Registered Dietician (RDN)  
If you have dietary concerns Cyndi is available to talk with you, call our office  
@ (509) 426-2601 or toll free (855) 426-2601.  
Check out our new cooking videos on Facebook: <https://www.facebook.com/PeopleForPeopleWA>