



# MEALS ON WHEELS Newsletter

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

## JANUARY 2020

### DECEMBER TOTALS

#### DINING ROOMS

Meals served: 3827

New people: 23

Average donation: 0.65

#### HOME DELIVERY

Meals served: 7405

New people: 40

Average donation: 0.30

### WHAT IS THE 2020 CENSUS?

The 2020 census counts every person living in the 50 states, District of Columbia, and five U.S. territories.

Each home will receive an invitation to respond to a short questionnaire online, by phone, or by mail.

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources such as Meals On Wheels, based on census data.

This count impacts our community with federal and state funding. It determines the number of persons (seniors, children, homeless, etc.) living in our service area and where funding should be allocated.

Please make sure that you submit your questionnaire. To learn more go to: <https://2020census.gov/en.html>



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.

### SAMPLE CENSUS INVITATION LETTER

Dear Resident:

This is your invitation to respond to the **2020 Census**. We need your help to count everyone in the United States by providing basic information about all adults, children, and babies living or staying at this address.

Results from the 2020 Census will be used to:

- Direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Help your community prepare to meet transportation and emergency readiness needs.
- Determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

Respond by April 1 at [url removed]	Your Census ID is: [Census ID removed]
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The Census Bureau is using the internet to securely collect your information. Responding online helps us conserve natural resources, save taxpayer money, and process data more efficiently. If you are unable to complete your 2020 Census questionnaire online, we will send you a paper questionnaire in a few weeks for you to complete and mail back.

The census is so important that your response is required by law, and your answers are kept completely confidential. If you do not respond, we will need to send a Census Bureau interviewer to your home to collect your answers in person. If you need help completing your 2020 Census questionnaire, please call toll-free [phone number removed].

Thank you for your prompt response.

Sincerely,

Steven D. Dillingham  
Director

Enclosures

**Mensaje importante:** Para completar su cuestionario del Censo del 2020, visite [url removed] o llame gratis al [phone number removed].

## This vs. That

At the store there are many items that make all kinds of health claims. How do you choose the best one when they all look so similar? Here are a few simple tips for picking the healthiest option.

1. Always look at your food labels when there is more than one brand to choose from. For example, a name brand peanut butter will contain a few different ingredients than the store brand peanut butter. Choose items with the lowest added sugar, trans fat, saturated fat, and sodium.
2. When fresh produce is not available or practical, choose frozen, canned, or dried produce which can be just as nutritious as fresh produce. When buying canned, or frozen produce, try to pick products that do not contain added salt and are canned in water or fruit that is canned in fruit juice.
3. Beware of sneaky ingredient names for sodium. When people see Disodium guanylate (GMP) they might not think of salt. The same with Disodium Inosinate (IMP) or other confusing names. For a complete list of masked sodium names, look below \*\*. All the different names can make it hard to know how much sodium is truly in your product.
4. Look for the word "WHOLE GRAIN". Lots of products claim to be whole grain, but there is only one way to find out... check that ingredient list. The first ingredient should say "Whole Grain". This rule applies to more than just bread. Look for "whole grain" ingredients with your crackers, pasta, cereal, tortillas and more.
5. Look for that red Heart-Check mark. When you see this on a food package, you can be assured that the product is certified by the American Heart Association to meet specific science-based nutrition requirements.

\*\**Disodium guanylate (GMP), Disodium inosinate (IMP), Fleur de sel, Himalayan pink salt, Kosher salt, Monosodium glutamate (MSG), Rock salt, Salt, Sea salt, Sodium bicarbonate, Sodium nitrate, Sodium citrate, Sodium chloride, Sodium diacetate, Sodium erythorbate, Sodium glutamate, Sodium lactate, Sodium lauryl Sulfate, Sodium metabisulfite, Sodium phosphate, Trisodium phosphate.*



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.**

## People For People 2020 Holiday Schedule

Following are the days we will be closed in 2020. For home delivery, if the holiday falls on a day that we are closed, frozen meals can be picked up or will be delivered the next business day.

- \*New Year's Day—Jan 1
- \*Martin L. King Day—January 20
- \*President's Day—February 17
- \*Memorial Day – May 25
- \*Independence Day (Observed) — July 3
- \*Labor Day—September 7
- \*Veteran's Day—November 11
- \*Thanksgiving—November 26 & 27
- \*Christmas Day— December 25

## JOIN THE FUN!

Decrease your risk of falls & improve your balance



Enhance ® Fitness is a free group exercise class that improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling.

Please refer to attached flyers on locations and contact information. Join us for a life of better health.

This invaluable service is funded by a partnership between WA State Department of Health and Southeast WA Aging and Long Term Care.