



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
April 2015



CANCELLING MEALS

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our average cost per meal is \$12.10 to have each meal produced and delivered. This includes food and administrative costs, which total the amount needed to insure we have hot, healthy home-delivered meals.

Our client contribution requests to you are \$5.00. Please kokua if you can!

HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:

Memorial Day – Monday, May 25, 2015
King Kamehameha I Day – Thursday, June 11, 2015
Independence Day – Friday July 3, 2015

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

Annual Volunteer Luncheon on May 2, 2015



Tell your Family and Friends! WE ARE ASKING FOR YOUR KOKUA TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS. Please write "Volunteer Luncheon" on the memo line on the lower left side of your check if you decide to make a monetary donation to the luncheon.



MAY IS OLDER AMERICANS MONTH! The following are organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:



SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700

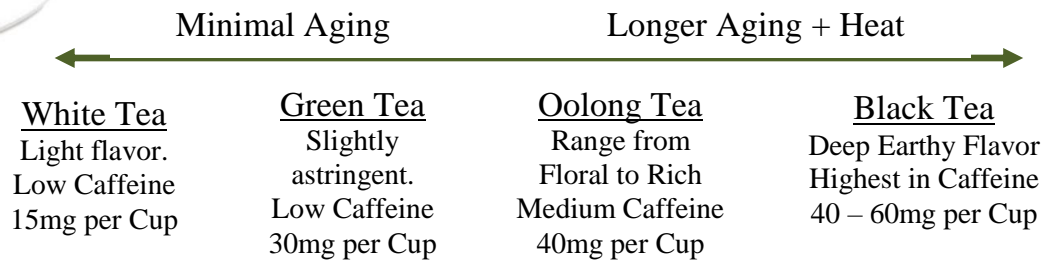
UHELP (University of Hawaii Elder Law Program): 956-6544

BENEFITS OF TEA

By: Dash Holland, Sodexo Dietetic Intern



Since its discovery in 2737 B.C. China, tea has become popular in cultures around the world for its power to soothe, restore and refresh.



HEART HEALTH

Flavanoids in black, oolong and green teas reduce oxidation of LDL (“bad”) cholesterol which lowers blood clotting, blood pressure and cholesterol. This decreases risk for a heart attack!

HYDRATION

Tea works just as well as water for staying hydrated. Consuming less than 400mg of caffeine per day does not cause extra fluid losses. This would be equivalent to 6 cups of tea per day.

ORAL HEALTH

Decreases tooth decay and loss over time. Tea lowers the pH on the teeth which suppresses bacteria growth. Tea plants also contain fluoride from the soil that may also help with oral care.

REDUCE CANCER RISK

Polyphenols found in white and green teas can reduce colorectal cancer risk. White and green teas undergo less processing allowing them to retain more antioxidants and polyphenols than black tea varieties. There is limited research showing tea’s benefits for other types of cancer.

What about Herbal Teas?



Herbal teas do not contain any caffeine and are made up with herbs/ plants that don’t come from the tea plant.

Chamomile Tea: Contain antioxidants that can reduce complications from diabetes (vision and kidney health).

Hibiscus Tea: May lower blood pressure if drinking at least 3 cups per day.

For more information, visit eatright.org