



HAPPY NEW YEAR

HAWAII MEALS ON WHEELS
Client Information Bulletin
January 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 costs per meal average \$13.00. This includes food costs and administrative costs, with an average of \$6.50 of this going to food preparation costs.

Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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

- Dr. Martin Luther King Jr. Day – Monday, January 19, 2015
- Presidents’ Day – Monday, February 16, 2015
- Prince Kuhio Day – Wednesday, March 25, 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



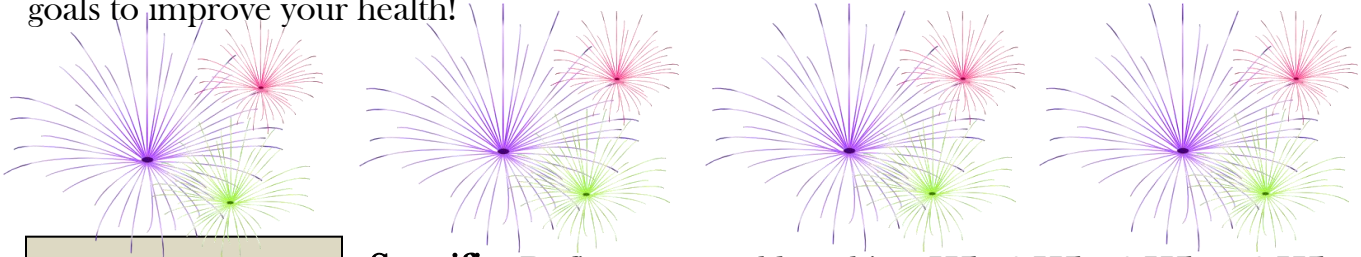
Tell your Family and Friends! WE WILL BE ASKING FOR YOUR KOKUA AGAIN TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS.
Please write “Volunteer Luncheon” on the memo line on the lower left side of your check if you decide to make a monetary donation for the luncheon.

****Last month, we received a generous donation of twenty-four (24) 8 Fl. Oz. bottles of Ensure Active Nutrition Milk Chocolate Shakes from a walk-in donor. We would like to give these 24 bottles away. We will have them delivered to whoever wants them on a first come, first serve basis. Please call our office at 988-6747 if you would like one of these Ensure bottles.****

Setting S.M.A.R.T. Goals for the New Year

By: Dash Holland, Sodexo Dietetic Intern

Instead of making a New Year's resolution that may easily be broken, try setting small SMART goals to improve your health!



Specific

Specific: Define your goal by asking: Who? What? Where? When? Ex. *"I will walk 40 minutes through my neighborhood 5 days per week."*

Measurable

Measurable: Next, ask yourself how this can be measured. Ex. *"I will write down the number of minutes walked each day on my calendar."*

Attainable

Attainable: Does this goal help you achieve your long-term goals? Is this goal important to me? Ex. *"It is important that I increase my physical activity to lose weight and lower my risk for a heart attack."*

Realistic

S.M.A.R.T. Goal Example:

"I will drink 16 ounces of water with meals at least 2 times per day every day of the week. I will record my progress on a calendar to see if I reach my goal."

Timely

Realistic: Is this goal reasonable? Do I need to make it simpler to achieve? Ex. *"I can reasonably walk 40 minutes Monday through Friday in the morning since my weekday schedule is usually the same and less predictable on the weekends."*

Timely: Set a time frame to reach the goal. *"Within 2 weeks I will be walking 40 minutes at least 5 days per week."*

