



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
March 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.

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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.

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

Prince Kuhio Day – Thursday, March 26, 2015

Good Friday – Friday, April 3, 2015

Memorial Day – Monday, May 25, 2015

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

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**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.

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The Hawaii Potters Guild will be holding their biennial **EMPTY BOWL** fundraiser this year. Proceeds from this event will be donated exclusively to Hawaii Meals on Wheels! Community organizations island wide have created over 5,000 handcrafted bowls for sale. Twenty-seven restaurants will also be serving delicious soups. If you would like to support Hawaii Meals on Wheels, please come to 445 & 449 Cooke Street in Kakaako on Saturday, April 11, 2015, from 6:00 – 9:00 pm. Call 988-6747 to buy advance tickets.



## **Beyond Basic Nutrition: Meal deliveries benefit seniors, report says**

By David Orenstein

**March 2, 2015 – In a randomized, controlled trial commissioned by Meals on Wheels America, a Brown University public health researcher found that home-delivered meals provide health and psychological benefits to seniors beyond basic nutrition.**

**PROVIDENCE, R.I. [Brown University] — Kali Thomas, assistant professor (research) of health services, policy, and practice, has shown that meal deliveries can help seniors stay in their homes and save some states money, but in a new report she documents that the service also provides psychological and health benefits, particularly for seniors who live alone.**

**Meals on Wheels America asked Thomas to conduct a study, with funding from AARP. “We structured this study...to determine what effect home-delivered meals may have for older adults, beyond merely providing essential nutrition,” Thomas said. “What we found is that there were statistically significant differences in health benefits...with the highest gains recognized among participants living alone who had face-to-face contact via daily deliveries.”**

**In the study, hundreds of seniors on the waiting list to receive home-delivered meals in eight sites around the country, including in Rhode Island, received personally delivered fresh meals daily, or weekly bulk deliveries of frozen meals, or simply remained on the waiting list. Seniors in each group answered questions about their physical and mental health at the beginning of the study and again after 15 weeks.**



**The study identified several benefits. Seniors living alone who received meals showed statistically significant reductions in feelings of isolation, an effect that was greater if they received meals daily rather than weekly. They also felt significantly less lonely, were less worried about staying in their homes, and said they felt safer. The research also found that those receiving meals experienced fewer falls and hospitalizations.**

**Thomas said that based on her personal experience as a driver and as the family member of a meals recipient, she was not surprised to see benefits she observed anecdotally emerge as significant in a rigorous trial.**

**“My granny, who lived to be 98 years old while still independent in her home, was grateful for the meals and enjoyed the visits with her meals delivery person,” Thomas said. “It was because of her experience that I began volunteering and had the opportunity to witness firsthand the benefits that Meals on Wheels provides. Our research supports the hypothesis that the delivery, in addition to the meal itself, has numerous positive impacts on clients’ lives.”**