

Sunday, June 18, 2017



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
June 2017



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 voluntary contributions enable us to continue serving nutritious meals to the homebound elderly and disabled.

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 voluntary 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:

King Kamehameha I Day – Monday, June 12, 2017

Independence Day – Tuesday, July 4, 2017

Statehood Day – Friday, August 18, 2017

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

Disaster Preparedness for Seniors

With another hurricane season beginning this month, here are a few common sense measures you can take to prepare for an emergency before it happens:

Create a network of neighbors, relatives, and/or friends to aid you in an emergency. If you anticipate needing assistance during a disaster, talk to your family, friends and others who will be a part of your personal support network. Make sure everyone knows how you plan to evacuate your home and where you will go in case of a disaster. Make sure that someone in your network has an extra key to your home and knows where you keep emergency supplies.

If you take medicine on a daily basis, be sure you have enough of what you need to make it on your own for at least a week. Keep written copies of all of your prescriptions, over-the-counter medications and orders for medical equipment, including dosage, treatment and allergy info in an emergency kit. Also, consider keeping electronic copies of this information on a flash drive. This could be useful for others even if you don't use a computer often. If you are able to obtain an emergency supply of prescription medications or consumable medical supplies, be sure to establish a plan for rotating your supply so it's up-to-date.



BEAT THE HEAT BY STAYING HYDRATED!

By: Dash Holland, RD

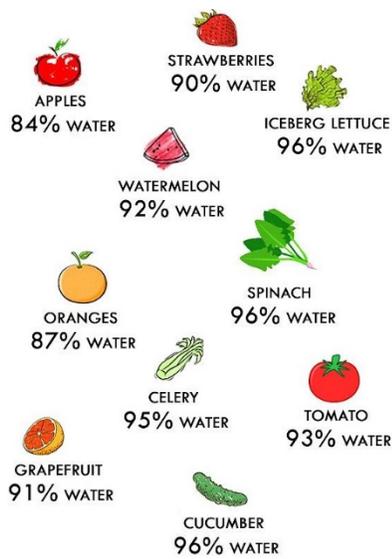


With the summer Hawaiian heat, your water needs are greatly increased!

Why does this happen?

- ❖ Sense of thirst decreases with age.
- ❖ Medications contribute to dehydration.
- ❖ Kidneys release more water as urine with age.
- ❖ If it's hard to move around the home or no one is available to bring water, this can make it more difficult to get enough fluids.
- ❖ Ability to notice changes in body temperature decrease with age.
- ❖ Muscle holds water, so as muscle mass decreases, so does overall body water.

EAT HIGH WATER CONTENT FOODS



What can I do?



- ❖ Use a water bottle to measure how much water you drink throughout the day. Talk to your doctor to make sure you are drinking the right amount. Typical amounts start at 48 ounces per day.
- ❖ Drink a full glass with medications.
- ❖ If you don't like water, try other hydrating beverages such as decaf iced tea, cucumber & lemon water, milk, or sports drinks.
- ❖ Look at your urine: if it is dark – drink more! Light yellow means you are likely drinking enough.