



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

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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.

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

Memorial Day – Monday, May 29, 2017  
King Kamehameha I Day – Monday, June 12, 2017  
Independence Day – Tuesday, July 4, 2017

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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**MAHALO FOR ALL OF YOUR DONATIONS TO OUR**  
**ANNUAL VOLUNTEER APPRECIATION 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**



# MEMORY BOOSTING FOODS

BY: DASH HOLLAND, RD



Foods that boost memory and brain health encourage good blood flow to the brain – much like what you need to nourish and protect your heart. Research has found the Mediterranean diet can help keep brains sharp. Foods included in this diet are low in saturated fat and high in vitamins and minerals, which help support a healthy lifestyle.

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## EAT YOUR VEGGIES

Getting adequate vegetables, especially cruciferous ones, has been shown to slow down memory decline in older adults.

Broccoli, cabbage, kale and other dark leafy greens are all great choices to eat daily. Include broccoli in stir-fries or eat a kale salad with lunch.

## INCLUDE BERRIES AND CHERRIES

Berries – especially dark ones like blueberries, blackberries and cherries are rich in anthocyanins and other flavonoids that may boost memory. Enjoy a handful as a snack or have with cereal for breakfast. You can reap these benefits from fresh, frozen or dried berries.

## GET ADEQUATE OMEGA-3 FATTY ACIDS

Research supports DHA, a type of omega 3 fatty acid, found in seafood and algae can improve brain function. DHA is the most abundant fatty acid in the brain and is needed in the diet regularly to maintain good brain health. Eating fish such as salmon once a week can provide enough DHA. If you don't eat fish, discuss supplementation with your doctor.

## WALNUTS

Already known for positive impact on heart health, walnuts also may improve working memory. Snack on a handful to satisfy afternoon hunger or add to a salad (perhaps a kale salad). They also provide extra protein which is also important as we age.

### *Recipe*

#### **Roasted Broccoli & Walnuts**

Pre-heat oven to 450°  
Add 3 bunches of broccoli to large rimmed baking sheet.

Sprinkle red pepper flakes, 6 cloves chopped garlic and olive oil to coat the broccoli.

Roast until broccoli stems are lightly golden brown, 15-18 minutes.