



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
August 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:

Statehood Day – Friday, August 18, 2017

Labor Day – Monday, September 4, 2017

Columbus Day – Monday, October 9, 2017

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

Three ways to help Hawai'i Meals on Wheels.

Please ask family and friends to remember us through:



Aloha United Way (AUW) **70190**



Combined Federal Campaign (CFC) **48796**



Foodland's Give Aloha campaign will take place **next month** in September.

Throughout the month, Foodland members can make donations of up to \$249 to Hawai'i Meals on Wheels at any Foodland or Sack-n-Save location during checkout. Foodland and the Western Union Foundation will match all customers' donations dollar for dollar. Our nonprofit's designation number will be: **77345**. Everyone's contributions can add up to meals for those who are homebound. Mahalo!

5 NUTRITION TIPS TO HELP WOUND HEALING

BY: DASH HOLLAND, RD

As we get older, wounds such as cuts, scratches or scrapes that break the skin can take longer to heal. Other more serious wounds, such as pressure ulcers, can develop in areas where bones are close to the skin (ankles, back, elbows, heels, hips). Those at high risk include individuals who are bedridden, wheelchair bound or unable to change position. Diabetes can create additional challenges for wound healing as well. Here are 5 simple tips to improve wound healing:

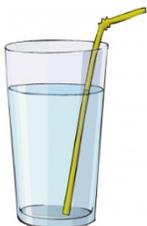


Eat

Top priority is to eat enough calories throughout the day from a balanced diet including protein, fruits, vegetables, dairy and grains. Nutrients obtained from a balanced diet support the body's natural wound healing process.

Get enough protein

Recommended amounts are 20-30g per meal which include meat/ chicken/ fish about the size of a deck of cards. Add protein snacks such as 1 egg, 1 tbsp peanut butter or 1 oz of cheese = 7-10g protein.



Stay hydrated

Drink water or unsweetened beverages such as tea or milk throughout the day. Being dehydrated can slow down the healing process.

Vitamins and Minerals

Some deeper wounds may require additional vitamins and minerals such as vitamin C and zinc for healing. Discuss this with your doctor or a dietitian who can create an individualized meal plan for your specific needs.



Diabetes & Wound Healing

- High blood sugar causes poor circulation of important immune system fighters that can lead to larger wounds and infections.
- Improve blood sugar by eating smaller portions of whole grains with fruit, protein and non-starchy vegetables such as salad or broccoli with meals.
- Limit concentrated sweets such as juice, soda, desserts which can cause a rapid rise in blood sugar.
- Check blood sugar regularly to ensure you're in a safe range.