



HAWAI'I MEALS ON WHEELS

Client Information Bulletin

August 2014



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 \$6.00 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:

Statehood Day – Friday, August 15, 2014
Labor Day – Monday, September 1, 2014
Columbus Day – Monday, October 13, 2014

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. Throughout the month of September, 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!



Beat the Heat By Staying Hydrated!

By: Dash Holland, Dietetic Intern and Dinner Kaimuki Volunteer



A University of Chicago study found that 40% of heat-related deaths in the U.S. were among people over 65 years of age.

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 decreases with age.
- ❖ Muscle holds water, so as muscle mass decreases, so does overall body water.

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, but typical amounts start at 48 ounces per day.
- ❖ Drink a full glass with medications.
- ❖ Keep water bottles or a water cooler close by so that it is easy to use.
- ❖ 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 drinking enough.

