

2018  
Happy New Year!

## HAWAI'I MEALS ON WHEELS

Client Information Bulletin

January 2018

### CANCELLING MEALS



2018 Year of Dog

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 is \$16.00. This includes food, delivery, and program administration costs with an average of \$6.50 of this going to food preparation.

Our voluntary client contribution requests to you are \$5.00. This does not cover the average costs of meals.

You can now make your meal contribution online at [hmow.org/donations/meal-contribution](http://hmow.org/donations/meal-contribution)  
Save paper! Get your client bulletin by email. Send request to [hmow@hmow.org](mailto:hmow@hmow.org)

---

---

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

Dr. Martin Luther King Jr. Day – Monday, January 15, 2018

President's Day – Monday, February 19, 2018

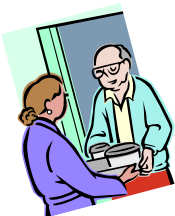
Prince Kuhio Day – Monday, March 26, 2018

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

---

---

### Annual Volunteer Luncheon on April 28, 2018



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.

---

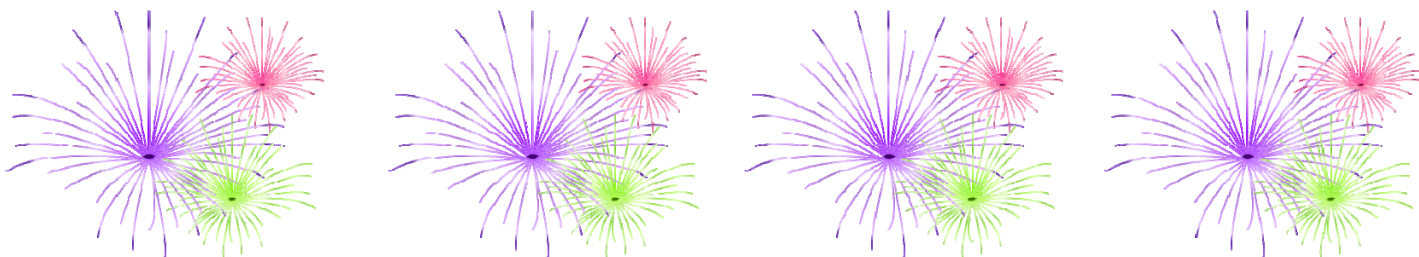
---



# Setting S.M.A.R.T. Goals for the New Year

By: Dash Corpe, RD

Instead of making a New Year's resolution that may easily be broken, try setting small SMART goals to improve your health!



## Specific

**Specific:** Define your goal by asking: Who? What? Where? When? Ex. *"I will walk 40 minutes through my neighborhood 5 days per week."*

## Measurable

**Measurable:** Next, ask yourself how this can be measured. Ex. *"I will write down the number of minutes walked each day on my calendar."*

## Attainable

## Realistic

## Timely

**Attainable:** Does this goal help you achieve your long-term goals? Is this goal important to me? Ex. *"It is important that I increase my physical activity to lose weight and lower my risk for a heart attack."*

### S.M.A.R.T. Goal Example:

*"I will drink 16 ounces of water with meals at least 2 times per day every day of the week. I will record my progress on a calendar to see if I reach my goal."*

**Realistic:** Is this goal reasonable? Do I need to make it simpler to achieve? Ex. *"I can reasonably walk 40 minutes Monday through Friday in the morning since my weekday schedule is usually the same and less predictable on the weekends."*

**Timely:** Set a time frame to reach the goal. *"Within 2 weeks I will be walking 40 minutes at least 5 days per week."*

