



HAWAII MEALS ON WHEELS
Client Information Bulletin
April 2018



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 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.

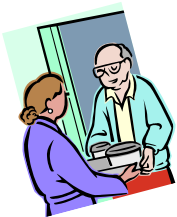
You can now make your meal contribution online at hmow.org/donations/meal-contribution
Save paper! Get your client bulletin by email. Send request to hmow@hmow.org

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

- Memorial Day – Monday, May 28, 2018
- King Kamehameha I Day – Monday, June 11, 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 7, 2018



One more time: **WE ARE ASKING FOR YOUR KOKUA 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. You may also call in your donation or go online to www.hmow.org.



Benefits of Vitamin B12

By: Dash Corpe, RD

An essential vitamin that helps regulate metabolism, assists with red blood cell formation and maintains the central nervous system. B12 is also important for proper function and development of the brain. People over the age of 50 are particularly at high risk for B12 deficiency due to decreased absorption. Supplementation may be needed to ensure a deficiency does not develop.

In older adults, B12 may not be well absorbed due to a decrease in an enzyme called “Intrinsic Factor” that is produced in the stomach. This enzyme with stomach acid helps B12 get absorbed - people on antacids may be at a higher risk for deficiency.

Signs of Deficiency:

- **Magaloblastic Anemia -fatigue, weakness, loss of appetite**
- **Neurological changes -numbness/ tingling in hands & feet**
- **Poor balance, depression, confusion, poor memory**

How much should I be getting?

- Older adults need at least 2.4 mcg per day. B12 may not always be well absorbed from foods, so supplements might be helpful to prevent deficiency. Usually 20% of a supplemental form is absorbed (10 mcg from a 500 mcg supplement) due to limitations from the intrinsic factor. This is a safe amount for most people to take daily - consult your doctor before starting a supplement.

What foods have B12?

Seafood	<ul style="list-style-type: none">• Clams (3 oz) has 84 mcg (1400% daily value)• Tuna (3 oz) has 2.5 mcg (42% daily value)
Beef	<ul style="list-style-type: none">• Top sirloin/ steak (3 oz) has 1.4 mcg (23% daily value)• Beef liver (3 oz) has 70 mcg (1175% daily value)
Dairy	<ul style="list-style-type: none">• Milk (1 cup) has 1.2 mcg (18% daily value)• Cheese (1 slice/ 1 oz) has 0.9 mcg (15% daily value)



Fortified cereals are another great way to increase your B12 intake!

- General Mills Total
- Cheerios
- Post Grape Nuts