



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
June 2018



Kamehameha Day, June 11, 2018

Father's Day, June 17, 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:

- King Kamehameha I Day – Monday, June 11, 2018
- Independence Day – Wednesday, July 4, 2018
- Statehood Day – Friday, August 17, 2018

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

DISASTER PREPAREDNESS FOR SENIORS

With another hurricane season beginning this month, here are a few common-sense measures you can take to prepare for an emergency before it happens:

Your Network:

- Create a network of neighbors, relatives, and/or friends to aid you.
- Make sure your network knows your evacuation plan.
- Make someone in your network has an extra key to your home and knows where you keep emergency supplies.

Your Medication:

- If you take medicine daily, be sure you have enough for two weeks.
- Keep written copies of all of your medication (include dosage, treatment and allergy info in an emergency kit).
- Consider keeping electronic copies of this information on a flash drive even if you don't use a computer often. If you are able to obtain an emergency supply of medication, be sure to establish a plan for rotating your supply so it's up-to-date.



Protect Your Eyes with Healthful Foods

By: Dashed Corp., RD



There are many reasons to eat more fruits and vegetables including maintaining a healthy weight, improved blood pressure, achieving good cholesterol and optimal blood sugar. Now you can add eye health and keeping your vision sharp to the list! Foods rich in lutein and zeaxanthin (antioxidants) can reduce risk for or slow the advancement of Age related Macular Degeneration (AMD) which is common in people 50 years or older.

What should you eat to protect your eyes from AMD?

mg of Lutein and Zeaxanthin per 100g

Kale (cooked) 18.3 mg

Watercress (raw) 12.5 mg

Spinach (raw) 12.2 mg

Peas (cooked) 2.5 mg

Squash (cooked) 2.2 mg

Green lettuce (raw) 1.7
mg



Kale is a superfood when it comes to your eye health and a good source of fiber, vitamin A, C and K. A recent Harvard study found that diets rich in these antioxidants can reduce risk for macular degeneration by up to 40%!

How can you add these foods to your meals to capture the benefits?

Eating 1 frozen block (10 oz) of spinach per week can give you enough. This can be cooked and added to meals or used in fruit smoothies throughout the week!

Recipe: Hidden-Spinach Berry Smoothie – 1 serving

1 cup frozen berries

1 ½ cups fresh spinach or ½ cup frozen spinach (thawed)

½ cup yogurt or milk

1 small banana or apple banana

For more information, please visit

www.glycemicindex.com