



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
May 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
Independence Day – Wednesday, July 4, 2018

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



MAHALO FOR ALL OF YOUR DONATIONS TO OUR
ANNUAL VOLUNTEER APPRECIATION LUNCHEON!



REMINDER TO ALL CLIENTS: STOP SWAPPING FOOD TRAYS

We understand that some of our clients swap food trays with our volunteers when accepting their meals. However, as per food and safety laws, we cannot allow this practice. We must abide by all proper food handling procedures as required by the Food and Drug Administration and have asked all volunteers to ensure the proper procedures. We also ask our clients to ensure this practice.

Please keep your own tray for sanitary purposes. If you have any questions about this, please feel free to call our office at 988-6747.

MAY IS OLDER AMERICANS MONTH! The following are two organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:

SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700



UHELP (University of Hawaii Elder Law Program): 956-6544

TOP 5 FOOD AND DRUG INTERACTIONS

By: Dash Corpe, RD

1



Grapefruit juice can increase absorption of “statins”, used to reduce blood pressure. It can also lower or increase the blood level of other drugs such as antihistamines, thyroid hormones and stomach acids.

2



Green leafy vegetables high in vitamin k can increase the body’s ability to clot blood. This can interact with the drug Coumadin (warfarin) if you suddenly eat more than normal of vegetables high in vitamin k. Eating foods with vitamin k isn’t bad as long as you are consistent and visit your clinic or doctor on a regular basis.

3



Natural black licorice contains glycyrrhize which can deplete the body of potassium and increase sodium. When potassium is low, it can cause digoxin, used to treat Heart Failure, to increase in potency and possibly cause irregular heartbeats. It can also decrease the effectiveness of medicines used to treat high blood pressure and the blood thinning drug, Coumadin (warfarin). Artificially flavored black licorice does not contain glycyrrhiza, so it will not interact with these medications.

Foods that contain **Tyramine** such as aged cheeses, chocolate, smoked/ cured meats, fermented soy products (like Shoyu) and draft beers can interact with MAOIs used to treat depression and some drugs used to treat Parkinson’s disease. Ask your Pharmacist if you are unsure if the drug you are taking may interact with these foods.

4



Salt substitutes containing potassium-chloride can interact with digoxin for Heart Failure, decreasing its effectiveness. It can also interact with ACE inhibitors used for high blood pressure and cause a dangerous increase in potassium levels in the blood. People with chronic kidney disease should also avoid excess potassium-chloride to prevent high blood levels as well.

5

