



HAWAI'I MEALS ON WHEELS Client Information Bulletin January 2017



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 \$6.50 of this going to food preparation costs.

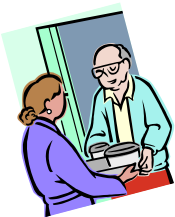
Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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

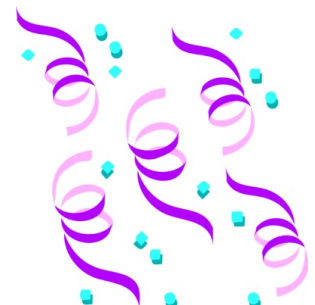
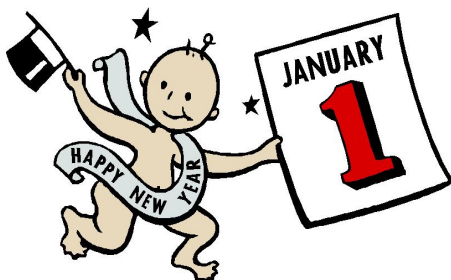
Dr. Martin Luther King Jr. Day – Monday, January 16, 2017
Presidents' Day – Monday, February 20, 2017
Prince Kuhio Day – Monday, March 27, 2017

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 8, 2017



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.





Home Safety Tips for Seniors and Caregivers

Please use the following home safety tips for seniors to help your loved one stay safe.

General Home Safety

- Consider a medical alert or a buddy system.
- Keep a fire extinguisher and smoke detector on every floor.
- Always get up slowly after sitting or lying down. Take your time, and make sure you have your balance.
- Use a correctly measured walking aid.
- Remove or tack down all scatter rugs.
- Remove electrical or telephone cords from traffic areas.
- Avoid using slippery wax on floors.
- Wipe up spills promptly.
- Avoid standing on ladders or chairs.
- Have sturdy rails for all stairs inside and outside the house, or, if necessary, purchase a stair lift.

Bathroom Safety

- Leave a light on in your bathroom at night.
- Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom.
- To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.
- Mark cold and hot faucets clearly.
- Use door locks that can be opened from both sides.
- If possible, bathe only when help is available.

Kitchen Safety

- Keep floors clean and uncluttered.
- Store sharp knives in a rack.
- Store heavier objects at waist level.
- Store hazardous items separate from food.
- Avoid wearing long, loose clothing when cooking over the stove.
- Make sure food is rotated regularly. Check expiration dates.

Drug Safety

- Review your medicines frequently with your doctor or pharmacist and when you take new medication.
- Make sure medicines are clearly labeled.
- Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.
- Dispose of any old or used medicines.
- Have medication dispensed in a bubble pack or convenient dispenser.
- Check with your doctor. Never borrow prescription drugs from others.
- Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs.