

Client Information Bulletin April 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 the homebound elderly and disabled.

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 <u>WILL</u> be delivered on the following upcoming holidays:

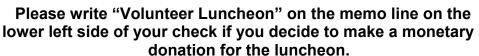
Good Friday – Friday, April 14, 2017 Memorial Day – Monday, May 29, 2017 King Kamehameha I Day – Monday, June 12, 2017

If you RECEIVE meals on these days and <u>DO NOT</u> 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.





MAY IS OLDER AMERICANS MONTH! The following are 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



ANTI-INFLAMMATORY FOODS

By: Dash Holland, RD

Do you have arthritis, cardiovascular disease, high blood pressure or just desire overall good health? Eating foods that decrease inflammation may help!

Plant-based foods contain phytochemicals (natural chemicals) that can reduce inflammation. Dark leafy vegetables are a great source of these! Try: Spinach, Kale or Broccoli



Minimize saturated fats typically found in processed meats (canned meats, hot dogs, bacon). Eat lower fat dairy products Try: Lean Beef, Chicken, Turkey, Pork loin, Part skim mozzarella



Eat foods high in Omega 3 fatty acids. These can counteract other proinflammatory foods. Try: Salmon, Tuna, Oysters, Walnuts or Fish Oil Supplements



Add spices for flavor! Many contain natural chemicals that reduce inflammation. Try: Turmeric, Ginger, Cinnamon, Garlic, Cayenne, Black Pepper



Minimize refined grains when possible like pasta, white bread and white rice. Try: Brown Rice, Whole Wheat Pasta, Quinoa or Barley