



FOOD *for* THOUGHT

SEPTEMBER/OCTOBER 2021



September is Fall Prevention Month

More than one in four adults aged 65 and older experience a fall each year. While most falls result in limited injury, some can lead to fractures, hospitalizations, nursing home admission, or even death. Because experiencing one fall doubles your chances of falling again, the best way to stay healthy and mobile is to prevent falls before they occur. (CDC)

With the arrival of colder weather and winter months come slick surfaces and increased hazards that can lead to potentially life-threatening falls.



Prevent falls with these simple tips:

1. Remove clutter

Take a look around your home and evaluate high-risk tripping hazards. Electric cords, boxes, newspapers, loose floorboards or carpeting, and furniture placed in high-traffic areas all contribute to in-home falls.

2. Make it nonslip

Place sturdy, nonslip doormats inside and outside of your entry doors and wipe your shoes whenever coming and going. This prevents tracking excess rain and moisture into your home, which can make surfaces slippery and dangerous. Bonus: Consider a pair of nonslip house shoes or slippers to improve your traction around the home. Sensible shoes may also reduce joint pain!

3. Avoid loose-fitting clothing

While you might be tempted to bundle up this winter, steer clear of loose-fitting clothes that bunch around your ankles or drag on the ground. This extra fabric can make you more likely to trip and fall. Instead, opt for better-fitting and properly hemmed clothing.

4. Improve lighting

Both inside your home and outside, ensure all walkways are well-lit. Any steps or areas with uneven surfaces – such as an area where tile meets carpet – present extra risks.

5. Talk to your doctor

Especially if you have experienced a fall, tell your primary care physician right away. They can conduct a fall assessment, looking for medical issues or medications that may increase your chance of falling.

Falls pose a significant threat to the health and independence of older adults. By following the tips above, and asking for support from your loved ones or local care agencies, you can ensure your safety through the fall, winter, and all year long.

View **FoodforThought** in *full color* online at:

 mowp.org/foodforthought

Flu Season is Here

With the pandemic still lingering, it's more important than ever to reduce the spread of other respiratory illnesses like the flu. You can do your part this fall by staying current on your immunizations. Visit your doctor's office or nearest pharmacy to get a flu shot today!

For more information, call the Oregon Flu Hotline: **800-978-3040**.

Need additional help? Let us know.



Prepare for Sweater Weather

Fall is one of our favorite seasons here at Meals on Wheels People. Nothing beats the crisp, cool temperatures, clear blue, sunny skies, and the red and orange hues that delight us outside. Our eyes light up for pumpkin spice everything—candles, scones, lattes, and more. But, what also comes with this time of year is a real reminder to prepare for the cold, wet, and dark weather that lies ahead.

Pull out your warm everything.

Now is the time to bring out your warm clothes and jackets, warm up your bed with flannel bedding or extra warm blankets, and add a few fuzzy throw blankets to your couch or favorite chair.

Stock up on kitchen essentials.

Make sure you have your favorite teas, hot cocoa, soups, or chili—things that warm you up on the inside when you get extra chilled.

Get your brain ready.

As the nights get longer, it's good to have some fun hobbies or your favorite TV shows queued up for enjoyment. Grab a few puzzles or books, maybe some cards, and find a good TV series or documentary to keep you entertained during the cold and rain.

Connect with friends and family.

Lastly, make a list of a few friends or family members you want to call each week—or grab some note cards and write to a pen pal. You can also join the Meals on Wheels People Friendly Chats program and meet new friends through weekly phone chats.

Call your local center or notify your meal delivery driver you'd like to sign up for Friendly Chats.



Easy Baked Zucchini

Perfectly tender-crisp zucchini topped with parmesan cheese.

🕒 15 minutes ✂ Serves 4

Ingredients

2 medium zucchini sliced into ½" rounds
1 tablespoon olive oil
½ teaspoon Italian seasoning
salt & pepper to taste
⅓ cup parmesan cheese shredded, divided

Instructions

1. Preheat oven to 425°F.
2. Toss zucchini slices with olive oil, seasoning, salt & pepper and about 2 tablespoons of the parmesan cheese.
3. Place on a baking sheet and top with remaining parmesan cheese. Bake 5 minutes.
4. Turn oven to broil, place pan near the top and broil 3-5 minutes or until cheese is melted and zucchini is tender-crisp.



National Hispanic Heritage Month

National Hispanic Heritage Month is celebrated from September 15 through October 15 by recognizing and appreciating the history, culture, and contributions of the U.S. Hispanic and Latine (gender-neutral term) communities.

The momentum of the 1960's Civil Rights Movement pushed for the recognition of Latine and Hispanic communities. Initially, it was introduced as a week-long commemoration in 1968 by CA Congressman George E. Brown. It was not until 1988 that President Ronald Reagan extended it to a month-long celebration.

The timing of Hispanic Heritage Month coincides with the independence of several Latin American nations, such as Mexico who gained its independence on September 16, 1810. Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua would later gain their independence on September 15, 1821.

Today we celebrate and highlight the achievements of the Latine and Hispanic community like Sylvia Mendez, who, eight years before *Brown v. Board of Education*, played a role in the first federal court case ruling segregation of public schools was unconstitutional in *Mendez v.*

Westminster and Sonia Sotomayor, the first Latine Supreme Court justice. Other notable Hispanic and Latine-Americans include actor and playwright Lin-Manuel Miranda, artist Jean-Michel Basquiat and activist, Dolores Huerta.

Today the Hispanic and Latine population is the largest ethnic minority in the U.S., making up one-fifth of the U.S. population. Hispanic and Latine influences contribute to American life and culture as we see them represented in music, food, art, politics, literature, and more.

Building An Emergency Kit

An emergency can happen at any time and it is important to be prepared. Make sure you have an emergency kit with necessary food, water, and supplies that can last a few days.

You can purchase pre-made disaster or emergency kits or build your own. Included is a list of basic, and additional COVID-specific items to consider based on your individual needs.

As you put your kit together, make sure to store items in airtight plastic bags and put everything into plastic bins or backpacks that are easy to carry and store.



Per CDC guidelines, a basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand-crank radio and an NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a

- backup battery
- Masks, soap, hand sanitizer, and disinfecting wipes
- Prescription medications
- Non-prescription medications like pain relievers or antacids
- Prescription eyeglasses and contact lens solution
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important documents such as insurance policies, and bank account records saved electronically or in a waterproof container
- Sleeping bags or warm blankets
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Personal hygiene items
- Paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, or puzzles

Meals on Wheels People Centers

Ambleside	600 NE 8th, Rm 155 Gresham OR 97030 503.953.8212
Battle Ground at Padden Parkway	11912 NE 95th Street Vancouver, WA 98682 360.666.9158
Beaverton	5550 SW Hall Blvd Beaverton OR 97005 503.643.8352
Belmont	4610 SE Belmont St. Portland OR 97215 503.953.8146
Cherry Blossom	740 SE 106th Ave. Portland OR 97216 503.256.2381
Elm Court	1032 SW Main St. Portland OR 97205 503.953.8214
Forest Grove	2037 Douglas St. Forest Grove OR 97116 503.359.4818
Hillsboro	6701 NE Campus Way Hillsboro OR 97124 971.808.7885
Luepke	1009 E McLoughlin Vancouver WA 98663 360.699.6325
Martin Luther King, Jr.	5325 NE MLK Blvd. Portland OR 97211 503.953.8207
Multnomah Village	7710 SW 31st Ave. Portland OR 97219 503.244.3873
Thelma Skelton	1814 SE Bybee Portland OR 97203 503.953.8210
Tigard	8815 SW O'Mara St. Tigard OR 97223 503.620.4613
Two Rivers	9009 N Foss Avenue Portland OR 97203 503.953.8210
Washougal	1681 C Street Washougal WA 98671 360.210.5666

COVID-19 & Meal Deliveries Reminder

We continue to maintain our safety measures in response to COVID-19 and will continue to suspend hand-to-hand delivery. We ask that you, and those who deliver to you, keep a six-foot distance from each other. Please ensure you, or whoever answers the door in your household, wear a mask during meal delivery.

If you or anyone in your household has tested positive for COVID-19, please notify us immediately at **503.736.6325** so we can move you to a staff-only, no-contact delivery route. Feel free to give us a call if you need more masks delivered with your meal delivery as well. We greatly appreciate your understanding and flexibility. Your health, safety and well-being are our highest priority.



We want to hear from you!

We love sharing stories of inspiration, connection, and life-changing relationships with our community. If you have a story you'd like to share about the friendships or connections you've made at any of our dining centers, meal deliveries, or even volunteers calling you through our Friendly Chats program, we want to hear from you!



Call Jeremy at 503.953.8105 to share your story.

Visit our website for information
and news: mowp.org



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