

# Food for Thought

AUGUST 2020



## A Reminder About Non-Contact Delivery

Please remember to:

- Stay inside until the volunteer driver has backed away at least six feet from your entry
- Keep at least six feet from your volunteer driver at all times
- Wear a mask if you have one
- Never let the volunteer driver into your home. If you are having trouble getting your meal inside, contact your center staff. They will be happy to assist within the proper safety protocols.



## Friendly Chat Available to Help You Connect

Sometimes you just need a good chat. But the ability to connect with family, friends and neighbors has been severely reduced since the spring when the pandemic began. That's why we developed the Friendly Chat program – to provide our participants with the opportunity to have a good conversation on a regular basis. Friendly Chat matches vetted, trained volunteers to with homebound participants to talk about anything from sports to the weather. Topics are kept light and away from today's hot button issues. Volunteers will talk about hobbies or pastimes each may have in common, travel, cooking, you name it. Participation is voluntary. If you haven't registered for Friendly Chat and would like to, please contact your center staff or let your volunteer delivery driver know. We will get you connected to an eager friendly volunteer.

## Resources Available by Phone

We've put together a helpful list of phone numbers you might need.

If you are having suicidal thoughts or know someone who is, please dial 911 immediately.



Organization	Contact Info	Need Addresses	Area Served
211 Info	211	Information & Referral	All
REACH Community Development	503-501-5733 www.reachcdc.org	Housing	All
Aging & Disability	855-ORE-ADRC	Information & Referral	Oregon
Aging & Disability	360-725-2300	Information & Referral	Washington
Veterans Crisis Line	800-273-8255	Crisis support	All
Oregon Crisis line	503-469-8620	Crisis support	Oregon
Clark County Crisis line	800-626-8137	Crisis support	Washington



## Wellness Checks: Why Do I Get a Call Weekly?

During the COVID-19 pandemic, Meals on Wheels People has reduced the number of delivery days to protect both homebound seniors and volunteers. This new delivery system has provided our staff a chance to connect with participants in a new way. Because we can no longer see each person five days a week, we developed the Wellness Check to ensure we are providing not just nutrition, but a daily check-in. Each participant who receives weekly meals is also eligible to receive a Wellness Check call from their center staff or volunteers. This enables us to fulfill our vision that no senior will go hungry or experience social isolation.

If you do not wish to receive Wellness Check calls, please tell the staff member or volunteer when you receive this call and you will be removed from the call list. If you have previously decided not to participate in the Wellness Check program, but would like to now, please give your center a call and we will be happy to enroll you.



## Free, Safe Grocery Delivery by PDX Deliver

We are a group of high school volunteers who deliver groceries for free to anyone who is elderly, immunocompromised, or otherwise affected by COVID-19, such as first responders. We go to Trader Joe's, Costco, Fred Meyer, and more! You can reimburse us for the groceries at the door; no extra charge! We will follow PPE precautions utilizing gloves, masks, and social distancing. Limited delivery areas in Oregon only; please call to see if you are in our delivery area.

[www.pdxdeliver.com](http://www.pdxdeliver.com) • 971-347-7778 • [pdxconcierge2020@gmail.com](mailto:pdxconcierge2020@gmail.com)



## Not Going to be Home for Your Meals on Wheels Delivery?

Please call your neighborhood center by 9 a.m. to leave a voicemail letting us know. With only a few center staff at each location and thousands of meals to deliver each day, we are not always able to answer the phone. Please leave a message; we check voicemail regularly and will call you if we have questions. Reminder: we cannot leave meals unattended or deliver outside of our normal delivery window.



## How to Stay Connected During a Pandemic

We are working on ways to help you connect with the outside world while you're safe at home. We are currently testing a new program called Peer to Peer Connect. This program connects our homebound participants with each other through a common interest or hobby. We are currently testing two groups:

- Book Share
- Where Were You When



If you have other ideas you think we could provide, please talk to center and they will pass your ideas along.

## Meal Deliveries Take Place Monday Through Thursday

Meals on Wheels People has modified its delivery schedule. Meals are now delivered just once a week Monday through Thursday. Our Central Kitchen, Central Office and neighborhood centers are closed on Fridays.



Make sure to say thanks to our incredible volunteers who continue to deliver meals safely!

## What To Do With Extra Food Received With Meals

We have had the good fortune to be able to deliver additional food along with your meals in the past few months. Our Food Service Committee has come up with a few ideas on how you can use this extra bounty:

- Extra milk and bread? How about French toast for dinner?  
It's quick and easy and you can add fruit to make it a healthy snack.
- Try bread pudding in a mug for a quick dessert. Here's how:  
<https://www.biggerbolderbaking.com/bread-butter-pudding-mug-recipe/>
- Extra potatoes? A plain baked potato is a healthy food, especially when it is consumed with its fiber-rich skin. Though potatoes may be thought of as a fattening food, a medium, unsalted plain baked potato with skin has only 160 calories and is naturally fat- and cholesterol-free. Adding some toppings like broccoli can add to your daily vitamin intake. You can microwave for five minutes then turn for five minutes more (make sure to prick the potato with a fork first).





## Neighborhood Dining Centers To Remain Closed For Now

We know many of you are anxious to return to your neighborhood Meals on Wheels People dining center for weekday lunches. We are abiding by all state and county regulations that apply to restaurants, which limit indoor dining at this time. Until that situation changes, our dining centers will remain closed to ensure the safety of both our senior diners and our volunteers. We will keep you updated as circumstances change. Thank you for your understanding.

### Meals on Wheels People Centers:

#### **Ambleside**

600 NE 8th, Rm 155  
Gresham OR 97030  
503.953.8212

#### **Hillsboro**

6701 NE Campus Way  
Hillsboro OR 97124  
971.808.7885

#### **Battle Ground**

912 East Main Street  
Battle Ground WA 98604  
360.666.9158

#### **Luepke**

1009 E McLoughlin  
Vancouver WA 98663  
360.699.6325

#### **Beaverton**

5550 SW Hall Blvd  
Beaverton OR 97005  
503.643.8352

#### **Martin Luther King, Jr.**

5325 NE MLK Blvd.  
Portland OR 97211  
503.953.8207

#### **Belmont**

4610 SE Belmont St.  
Portland OR 97215  
503.953.8146

#### **Multnomah Village**

7710 SW 31st Ave.  
Portland OR 97219  
503.244.3873

#### **Cherry Blossom**

740 SE 106th Ave.  
Portland OR 97216  
503.256.2381

#### **Tigard**

8815 SW O'Mara St.  
Tigard OR 97223  
503.620.4613

#### **Elm Court**

1032 SW Main St.  
Portland OR 97205  
503.953.8214

#### **Two Rivers**

9009 N Foss Avenue  
Portland OR 97203  
503.953.8210

#### **Forest Grove**

2037 Douglas St.  
Forest Grove OR 97116  
503.359.4818

#### **Washougal**

1681 C Street  
Washougal WA 98671  
360.210.5666



Visit our website for more  
information & news:



[mowp.org](http://mowp.org)