



Food for Thought

DECEMBER 2020

A bimonthly newsletter for our valued clients.

View **Food for Thought** in *full color* online at:
mowp.org/foodforthought

Peer-to-Peer Connect: Have You Connected Yet?

Do you find it hard to meet new people? Do you miss visiting with your friends and family? Are you looking for a social activity or hobby? You're not alone. Meals on Wheels People created the Peer-to-Peer Connect program to help.

The goal of this program is to connect you with other community members in a group setting over the phone.

The groups are a chance for people who receive Meals on Wheels to talk with each other and share experiences. There are about five people in each group, along with a Meals on Wheels People employee who hosts the conversation. Groups discuss lots of different topics: childhood memories, hobbies, career experiences and periods of history. What would you like to talk about?

If you are interested in joining one of our Peer-to-Peer Connect groups, please contact Dori, or email us at connect@mowp.org. We love hearing your ideas and topics you want to discuss.

Peer-to-Peer Connect: Dori
Social Connection Program Coord.
971-277-3316

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.





Washougal Center Delivers Library Materials to Homebound

Beginning last month, Meals on Wheels People Washougal Center began a pilot program with Fort Vancouver Regional Library to deliver library materials to our Meals on Wheels People participants. Staff at the Washougal Center are very excited to see this partnership take off! The program is in a test phase and we are monitoring how it is working. During the

pandemic, our participant have felt even more isolated, so this is a great way to provide an additional connection to the community. We hope to expand this program to other centers in the Vancouver area in the near future.

Can't Get Out to See Holiday Lights? We Can Help!



Meals on Wheels People is excited to provide you with an opportunity to view some iconic holiday light displays from the comfort of your own home. Take a tour of the Oregon Zoo Lights, observe the 12 days of Christmas lit up at the PIR Winter Wonderland, or view the historic Pittock Mansion decorated in Holiday décor. The first 100

participants to register for this experience will receive a Cozy Care Package courtesy of Vital Life Foundation. Internet access and a computer or tablet are required to view the light shows. Technical assistance is available. To learn more or to register, contact:

Charlotte at 503-953-8176

Friendly Chats VS Wellness Calls

You might be asking, "what's the difference?" Friendly Chats are phone calls with volunteers for those looking to connect. A volunteer will call you once a week and chat about all sorts of topics. Wellness Calls are there to make sure you're safe and receiving meals.

Introducing: *Dear Jean*

Do you have a question about our program or a struggle that others might have as well?

**Email our advice column at
dearjean@mowp.org**

We'll feature a few questions in future Food for Thought.

Dear Jean:

I am a senior living alone and feel uneasy about opening my door to strangers.
How do I know it is safe to answer my door for Meals on Wheels?
Thank you -- CONCERNED

DEAR CONCERNED: Rest assure that the knock on your door should be within the delivery window supplied by your center.

If your meals don't arrive during the scheduled window, contact your home delivery manager to make sure there wasn't a service disruption or the volunteer accidentally missed you.

Most volunteers will announce themselves as "Meals on Wheels" after knocking and will attempt to call the number on file if no one answers.



Wishing you a joyous holiday season
with peace and cheer in the New Year!

From all of us at
Meals on Wheels People





Are You Prepared for a Disaster?

Older adults are among the most vulnerable when disaster strikes. Here are some tips to help you prepare for an emergency or natural disaster.

Have an emergency communications plan

- Create a group text or a phone call chain. In a call chain, you make a first call to one person, who then calls the next person, and so on.
- Keep contact information complete and up to date. Have the current numbers of people you'll need to contact in an emergency. Make sure these people have your phone number, and the numbers of nearby friends or neighbors. Keep an extra copy for when you go out, ideally in a wallet or purse.
- Choose a meeting place in case of evacuation. Learn where evacuees go for medical care or emergency supplies of medications. Get a map of evacuation zones to keep in your car.
- Go over your emergency plan with family and friends and practice to make sure it is ready for use if needed. Pick two meeting places, one near home and the other outside the neighborhood, where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting places if available.

Stock an Emergency Medical Kit

- Keep a three- to six-day supply of your medications along with an up-to-date medication list. The list should include the medication names (brand and generic) and the dosage of all your current medications.
- Keep an insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in this freezer for the emergency medical kit.
- Keep medical equipment together and ready to go. Examples: blood sugar monitoring equipment, blood pressure cuff, hearing aids/hearing aid batteries, and an extra pair of eyeglasses and/or dentures.
- Prepare written information about any routine treatments or therapies you require. Include instructions when appropriate.
- Always carry extra copies of Medicare, Medicaid or other insurance information with you.

Prepare a Disaster Kit

- Water. At least 1 gallon per person per day.
- Food. At least a three-day supply of canned and dried foods that won't spoil per person.
- Basic supplies. A manual can opener, flashlight, batteries, waterproof matches, knife, resealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers.
- Local and regional maps in case roads are blocked and you need to take detours.
- Change of clothing and blankets. A complete set of clothing per person: a long-sleeved shirt, long pants, shoes, a coat and weather appropriate outerwear.
- Cash. Keep at least \$50 on hand.
- Basic hygiene products. Soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes and a few trash bags.



About:

Dear Jean

You might remember the popular advice column “Dear Abby” created by Pauline Phillips in 1956. Newspapers ran the column for decades and Abby answered a range of topics. Since we can’t legally use the pseudonym “Dear Abby”, our advice column honors one of our Meals on Wheels People founders, Jean Wade, who cared deeply about helping our homebound elderly.

Email your questions to
dearjean@mowp.org

Dear Jean:

It is getting very cold and I am very concerned about my heating bill. I am a senior, low income...is there help out there?

-- TURN UP THE HEAT

DEAR TURN UP THE HEAT:

If you’re worried about your heating bill or paying other utilities, know that there is help out there for you! During this pandemic, most utility providers have suspended service disconnections and are waiving late fees for customers. Many utilities provide assistance to those struggling to pay their bills. Simply call the number on your bill and ask the customer service representative what options they offer.

In addition to asking your utility provider for assistance, there are two organizations in Oregon that can help pay utility bills for low income customers: Oregon House & Community Services and Oregon Energy Fund.

The Oregon House & Community Services offers help through the Low Income Home Energy Assistance Program (LIHEAP). You can see if you qualify by visiting their website:

www.oregon.gov/ohcs

OR call 503-986-2000

The Oregon Energy Fund distributes energy assistance funds through partner agencies and nonprofits in Oregon. You can find assistance in your county by visiting their website and click on “Where to Apply”.

www.oregonenergyfund.org

OR call 971-386-2124

In Washington, you can apply for the Low Income Home Energy Assistance Program (LIHEAP) through Clark Public Utilities. Visit their website or call the number below to apply for assistance.

www.clarkpublicutilities.com

OR call 855-353-4328



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	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



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

Forest Grove

2037 Douglas St.
Forest Grove OR 97116
503.359.4818

Tigard

8815 SW O'Mara St.
Tigard OR 97223
503.620.4613

Battle Ground at Padden Parkway

11912 NE 95th Street
Vancouver, WA 98682
360.666.9158

Hillsboro

6701 NE Campus Way
Hillsboro OR 97124
971.808.7885

Two Rivers

9009 N Foss Avenue
Portland OR 97203
503.953.8210

Beaverton

5550 SW Hall Blvd
Beaverton OR 97005
503.643.8352

Luepke

1009 E McLoughlin
Vancouver WA 98663
360.699.6325

Washougal

1681 C Street
Washougal WA 98671
360.210.5666

Belmont

4610 SE Belmont St.
Portland OR 97215
503.953.8146

Martin Luther King, Jr.

5325 NE MLK Blvd.
Portland OR 97211
503.953.8207

Cherry Blossom

740 SE 106th Ave.
Portland OR 97216
503.256.2381

Multnomah Village

7710 SW 31st Ave.
Portland OR 97219
503.244.3873

Elm Court

1032 SW Main St.
Portland OR 97205
503.953.8214

Thelma Skelton

1814 SE Bybee
Portland OR 97203
503.953.8210



Visit our website for
information & news:

➔ mowp.org

Follow us!



feedingseniors



mealswheelspppl



mealswheelspppl



mealsonwheelspeople