



Food for Thought

APR-MAY 2021



View **Food for Thought** in *full color* online at:

mowp.org/foodforthought

Join us for our *reimagined* Stride for Seniors

Our fourth annual Stride for Seniors will allow individuals and teams to safely walk at a variety of locations throughout the Portland-Vancouver metro area. We hope you will join us!

The walk will kick off at 9 a.m. on Saturday, April 24, 2021, when participants pick up their walker shirts and prizes at one of four drive-through kiosks. Next is walking! We've put together two dozen adventure walking trail options that range from half-mile

strolls to six-mile hikes. Trails are set up for socially-distant walking so you can safely stroll with your team. We'll have a fun surprise at the start of each trail and the opportunity to take photos. The timing of your walk is completely up to you.

Our closing ceremony will be live-streamed at 3 p.m. from our Central Office. You'll be treated to a special performance by our Precision Ladle Drill Team and we'll provide a recap of our

fundraising efforts, announce trophy winners and share photos of individuals and teams from the adventure trails. To register as a walker, join a team or just learn more, visit strideforseniors.org.



COVID-19 and 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.

A Fall Isn't Just a Fall

by Dr. Preston Peterson | NW Permanente



Falls become more common with increasing age, affecting one in every three adults over the age of 65. Most falls result in limited injury, but some falls can lead to fractures, hospitalization, nursing home admission, or even death. If there is no serious injury from a fall, the tendency among many people is to dismiss the fall as an unimportant event. This can be a missed opportunity for a discussion with your primary healthcare team.

Experiencing one fall puts you at risk for future falls. Like other medical conditions, decreased balance and falls are actually

a medical problem that should be discussed with your primary care physician or care team. Falls are often due to multiple factors which, when combined together, decrease your body's ability for balance recovery. When we are young and lose balance, our bodies have better systems in place to recover balance and prevent an actual fall. This ability can be lost in later years, often due to medical problems or medications.

It is important to tell your primary care physician if you have had a fall or you are worried about falls. Any fall related to a loss of consciousness, confusion or head injury should be reported immediately. Your primary care physician may conduct a falls assessment, looking for medical issues or medications that increase your chance of falling. Your physician may look at medications that increase fall

risk, check blood pressure in both sitting and standing positions, evaluate vision, check sensation in your feet, watch your gait, and consider the need for a device (e.g. cane or walker) to help your balance. Other things could be considered, such as a referral to physical therapy.

There are some simple things that you can do to reduce fall risk:

- Remove common trip hazards in your home (loose rugs, cords, clutter)
- Make sure you have good lighting at home. Add night lights in areas where you move around at night.
- Consider a home safety assessment. Some local home care agencies offer a free or low-cost assessment.
- Stay active with walking or chair exercises. Try a Tai Chi class, as practicing Tai Chi shows strong evidence for preventing falls.



Recipe of the Month: Roasted Sweet Potato

Sweet potatoes are both nutritious and delicious and easily prepared at home. Here's a simple recipe for roasting sweet potatoes at home.

Ingredients:

- Four 8-ounce sweet potatoes
- Extra-virgin olive oil, for rubbing and drizzling
- Kosher salt and freshly ground black pepper
- Shaved Parmesan, for serving (optional)

Preparation:

1. Preheat the oven to 425F
2. Wash the potatoes well and pat dry. Poke holes all around each potato using a fork.
3. Rub the potatoes all over with oil, then sprinkle liberally with salt and pepper. Place the potatoes on a baking sheet or aluminum foil and roast until tender when pierced with a fork, 40 to 45 minutes.
4. Transfer the potatoes to a plate and serve with shaved Parmesan and a drizzle of olive oil.



Asian Pacific & Pacific Islander Heritage Month

Asian American and Pacific Islander Heritage Month honors the contributions and influences of AAPI Americans who have enriched the culture, history, and success of the United States. The month of May was chosen to commemorate the arrival for the first Japanese immigrants to the United States in May of 1843 and the completion of the transcontinental rail road in May of 1969 which was mainly laid by Chinese immigrants. History was made in 2020 when Kamala Harris was elected the first Asian American vice-president of the United States.

Passover

Passover marks the Exodus of the Children of Israel from Egyptian slavery, when God “passed over” the houses of the Israelites during the last of the 10 plagues. It is traditional for Jewish families to gather on the first night of Passover for a Seder meal featuring unleavened bread, wine and several symbolic foods and to retell the story of the Passover using a Haggadah. Passover began on March 27, 2021.

Easter

Easter commemorates the resurrection of Jesus Christ from the dead. In Western Christianity, Easter is preceded by Lent, a period of fasting and penitence in preparation for Easter, which begins on Ash Wednesday and lasts 40 days. Easter is set for April 4, 2021.

A Message from a Supporter:

*You are never alone—
brighter days are
ahead and the storm
is passing. This is
my dog Betty. She is
the speed queen on the
playground swing.*



Take the Right Steps Virtual Workshop Now Available

During these times, we are all looking for ways to keep safe by avoiding injuries. Legacy Health is here to help with the Take The Right Steps Workshop.

This online workshop will not only help you avoid falls, it will provide free safety equipment to all class participants.

Take the Right Steps Workshop is a one-hour class that will build confidence and empower you to manage your own health. The

class will focus on risk factors that may contribute to falls:

- Medication side effects
- Poor vision
- Poor balance
- Difficulty walking
- Home hazards

To register, or for more information, call 503.413.2826 or visit <https://www.legacyhealth.org/services-and-resources/resources/classes-events/safety-and-injury-prevention-education/senior-falls.aspx>

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



Neighborhood Dining Centers To Remain Closed For Now

We all want to return to having lunch together in our dining centers, but we all also want to stay safe and healthy. Dining centers will remain closed until we are confident of the safety for senior diners, volunteers and staff. We will keep you updated. Thank you for your understanding and patience.

Try our stupendously tasty gourmet popcorn!

To make a purchase, visit pdxpop.com or call 503.736.6325 x 8094



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 mowp.org

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