



Food for Thought

FEB-MAR 2021

A bimonthly newsletter for our valued clients.

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

February Is American Heart Month

Each February, the National Heart, Lung and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. Although death rates for heart disease have decreased by more than 70 percent in the last 50 years, more work needs to be done—and you can help! There are dozens of ways to spread heart health messages during February and beyond. Here are a few:

- Wear red on the first Friday of February for National Wear Red Day to raise awareness about heart disease and encourage others to do the same.
- Start a walking club at your place of worship or in your neighborhood.
- Host a socially-distant potluck meal and encourage everyone to bring a heart healthy dish and copies of the recipe.
- Sign a social support contract with three family members or friends who also want to lose weight.
- Plan a date to go on a hike or cook a heart healthy meal with your loved one on Valentine's Day

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.



Daylight Savings Time Begins in March!

Don't forget to set your clocks ahead one hour on Saturday night, March 13, for Daylight Savings Time.

Tips for Dry Winter Skin Care

For many people, the cold clear days of winter bring more than just a rosy glow to the cheeks. They also bring uncomfortable dryness to the skin of the face, hands, and feet. For some people, the problem is worse than just a general tight, dry feeling: They get skin so dry it results in flaking, cracking, even eczema (in which the skin becomes inflamed). Here are five tips to boost your winter skin care regime:

1. Moisturize More. You may have found a moisturizer that works just fine in spring and summer. But as weather conditions change, so, too, should your skin care routine. Find an “ointment” moisturizer that’s oil-based, rather than water-based, as the oil will create a protective layer on the skin that

retains more moisture than a cream or lotion.

2. Slather on the Sunscreen.

Sunscreen isn’t just for summertime. Winter sun – combined with snow glare – can still damage your skin. Try applying a broad-spectrum sunscreen to your face and your hands about 30 minutes before going outside.

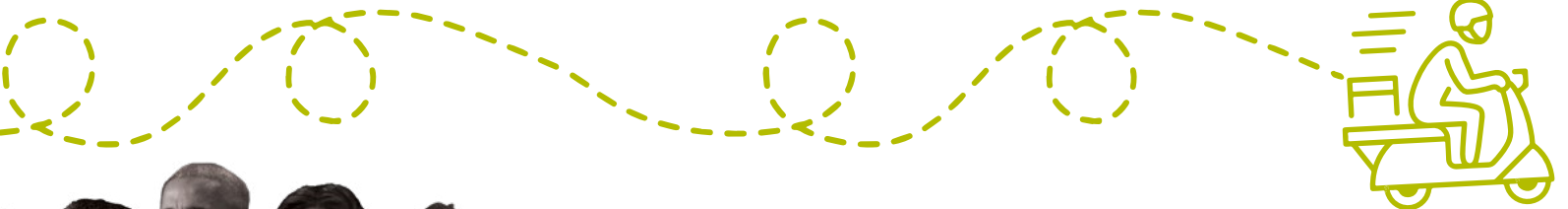
3. Give Your Hands a Hand. The skin on your hands is thinner than on most parts of the body and has fewer oil glands. That means it’s harder to keep your hands moist, especially in cold, dry weather. This can lead to itchiness and cracking. Wear gloves when you go outside; if you need to wear wool to keep your hands warm, slip on a thin cotton glove first, to

avoid any irritation the wool might cause.

4. Hook Up the Humidifier.

Central heating systems (as well as space heaters) blast hot dry air throughout our homes and offices. Humidifiers get more moisture in the air, which helps prevent your skin from drying out. Place several small humidifiers throughout your home; they help disperse the moisture more evenly.

5. Grease Up Your Feet. Yes, those minty foot lotions are lovely in the hot summer months, but during the winter, your feet need stronger stuff. Try finding lotions that contain petroleum jelly or glycerine instead.



Equity & Diversity Corner: Black History Month

February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing the central role of black in U.S. History. This year’s theme is The Black Family: Representation, Identity and Diversity.

PDX Concierge Expands Service Area

PDX Concierge, a free grocery delivery service for the elderly, disabled and immunocompromised, has recently expanded its service area to include Portland, Vancouver, Battle Ground, Camas, Ridgefield, Beaverton, Hillsboro, Forest Grove, Tigard, Tualatin, Sherwood, Lake Oswego and Gresham.

PDX Concierge was created during COVID-19 to serve the vulnerable in our community. What began with just one student helping his grandmother has now expanded to include most of the Portland metro area. PDX Concierge is staffed by 50 student volunteers who shop and deliver groceries free of charge for those in need.

- No charge reimbursement system
- Competent & honest student volunteers
- PPE guidelines strictly adhered to
- References gladly given
- EBT taken, food bank deliveries available

For more information, or to register for their service, visit pdxdeliver.com, call 971.347.7778 or email pdxconcierge2020@gmail.com

Benefits of Getting a COVID-19 Vaccine According to the Centers for Disease Control and Prevention

The COVID-19 vaccination will help keep you from getting COVID-19

- All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19. Learn more about the different COVID-19 vaccines at [cdc.gov](https://www.cdc.gov).
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

COVID-19 vaccination is a safer way to help build protection

- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
- Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency

Use Authorization (EUA).

- Getting COVID-19 may offer some natural protection, known as immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts don't know for sure how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.

COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

Lunar New Year:

2021 is the Year of the Ox. The Lunar New Year celebration kicks off the evening of Feb. 11 and concludes with the Lantern Festival on Feb. 26.

International Women's Day:

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Originally launched in 1911, International Women's Day is always set on Mar. 8.



Stride for Seniors Returns in April

Join us for our Stride for Seniors Walk on Saturday, April 24. Because of the COVID-19 pandemic, we will be unable to get together at Portland International Raceway, but that won't break our stride! Register as a "Walker In Spirit" and raise funds with your friends and family. Encourage others to register and donate. Visit strideforseniors.org or talk with the Meals on Wheels People staff who deliver your meals to get involved.



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

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



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