



# Food for Thought

JUNE/JUL/AUG 2021



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## Six Easy Tips to Help You Save!

By Energy Trust of Oregon

### Tip #1: Keep Your Heat Dialed In

- Heating and cooling systems are the largest energy expense in most homes. During cooler months, we recommend keeping your heat dialed to 65-68 degrees during the day and 58-60 degrees at night. If you have air conditioning, set your thermostat to 72 degrees in the summer.
- A smart thermostat can help make these changes automatically, saving you \$35-45 each year.

### Tip #2: Check Your Air Filter

A dirty air filter makes your heating system work harder, costing you more money. Change or clean HVAC filters regularly.

### Tip #3: Air Getting Out? Seal it

- Caulk small holes and cracks around ducts, pipes, exhaust fans, vents, sink and bathtub drains, fireplaces and under countertops.

- Use weather stripping to seal up drafty windows and doors.

### Tip #4: Save Water, Save Energy

- Water heating is the second largest household energy expense after heating and cooling, costing the average household \$200 – \$400 each year.
- Wash and rinse laundry with cold water and only run full loads whenever possible.
  - Set your water heater to a maximum of 120 degrees.
  - Switch to a water-saving WaterSense labeled showerhead, which can save up to \$55 a year in energy and water costs.

### Tip #5: It's a Bright Idea to Check Your Lighting

- Lighting accounts for up to 20% of a home's electricity use. Switch to energy-efficient light bulbs to save.
- ENERGY STAR™ certified LED

bulbs can save you about \$80 over the life of each bulb. LEDs are up to 85% more efficient and last at least 15 times longer than traditional bulbs.

### Tip #6: Stay Cool this Summer

- Use light-colored window coverings to help reflect heat away from your home.
- Close windows and window coverings in hot weather during the day to keep hot air out. Open windows at night or early morning to let cool air in.
- Use window fans to pull cool air in and draw warm air out. A box fan or window-mounted fan on the north side or shady side of your house can draw in cool air. A second fan on the opposite side of the house can blow hot air out.
- Skip the oven and cook on your stovetop or grill outside.

*For additional information and resources, visit [energytrust.org](http://energytrust.org).*



## How to Keep Hydrated This Summer

Summer is finally here and we can look forward to some hot weather in July and August. While we may be reveling in the warmer weather, don't forget to drink plenty of fluids.

For adults, a half-gallon — 64 ounces, or eight (8-ounce) glasses — is recommended. You may need more if you're exercising or the weather is especially hot. Your best defense against dehydration is prevention. Follow these tips to stay safe and healthy, especially when temperatures increase:

**Don't wait till you're thirsty to drink.** By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.

**Flavor your water.** If plain water tastes boring to you, you can add flavor with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks (especially if you're doing intense exercise). Just make sure to limit caffeine, sugary sodas and alcohol.

**Eat water-rich fruits and vegetables.** Certain fruits and vegetables contain plenty of water in addition to healthful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery,

zucchini and tomatoes.

**Stay inside when it gets too hot.** On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping center, movie theater or public library. Avoid sun exposure, especially between 10 a.m. and 2 p.m., when the rays are strongest. Plan outdoor activities in the early morning or evening.

**Dress for the weather.** Wear light, loose-fitting clothing that lets your skin breathe. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn.

**Be aware of the signs of dehydration (below).** If anyone in your family is ill, pay attention to how much they're able to drink — especially young children and older adults. Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration to appear.

**Dehydration symptoms:** Keep an eye out for any of these signs of dehydration:

- Darker-than-usual urine
- Not urinating despite steadily drinking water
- Muscle cramps
- Bad breath
- Fatigue
- Fever or chills
- Craving sweets
- Dry mouth/skin
- Fast heartbeat
- Irritability
- Confusion
- Drowsiness



## Farmers Markets Offer Fresh, Local Produce and More

Farmers markets are in full swing and all carry a wide variety of local fruit and veg. But farmers markets go far beyond produce! Farmers markets:

- **Preserve America's rural livelihoods and farmland.** Farmers markets provide one of the only low-barrier entry points for beginning farmers, allowing them to grow their businesses.
- **Stimulate local economies.** Growers selling locally create 13 full-time farm operator jobs per \$1 million in revenue earned. Those

- that do not sell locally create three.
- **Increase access to fresh, nutritious food.** Several studies have found lower prices for conventional and organic produce at farmers markets than at supermarkets.
- **Support healthy communities.** Farmers market vendors educate their shoppers. Four out of five farmers selling at markets discuss farming practices with their customers, and three in five discuss nutrition and how to

prepare food.

- **Promote sustainability.** Three out of every four farmers selling at farmers markets say they use practices consistent with organic standards. For information about farmers market vouchers available to low-income seniors in Oregon, visit [oregon.gov](http://oregon.gov) or for Washington, visit [doh.was.gov](http://doh.was.gov). To locate a farmers market near you, visit [oregonfarmersmarkets.org](http://oregonfarmersmarkets.org) or [clark.wa.gov/public-health/farmers-markets](http://clark.wa.gov/public-health/farmers-markets)

## Planned Giving Might Be For You

Meals on Wheels People depends on donations from the community for more than 60 percent of its annual operating budget — and every gift counts! Whether it is \$5 or \$5,000, every donation provides nutritious meals to homebound elderly throughout our community. Some of you may want to give, but do not have the capacity to do so now. Did you know you can leave a gift to Meals on Wheels People through your will or estate? It's an easy way to provide a gift without impacting your current budget. If you would like more information about how you can make a planned gift to Meals on Wheels People, please contact:

Chief Development Officer, Tony Staser at 503.953.8133 or email [tony.staser@mowp.org](mailto:tony.staser@mowp.org)

## June is Pride Month

Every year, during the month of June, the LGBT (lesbian, gay, bisexual and transgender) community promotes their dignity, equal rights, self-affirmation and strives to increase society's awareness of the issues they face. Across the globe, various events are held as a way of recognizing the influence LGBT people have had around the world. These events take place in June because it is when the Stonewall Riots occurred in 1969.

The riots were prompted by a raid that took place during the early morning of June 28, 1969 at the Stonewall Inn in Greenwich

Village, Manhattan. The raid sparked a riot among bar patrons and neighborhood residents as police roughly hauled employees and patrons out of the bar, leading to six days of protests and violent clashes with law enforcement. The Stonewall Riots served as a catalyst for the gay rights movement in the United States and around the world.

Several prominent LGBT community members have been long-time supporters of Meals on Wheels People, including Darcelle and Poison Waters. Darcelle served as honorary chair of our Meal-A-Gram event in the

1990s and often delivered. Poison Waters has hosted both our 50th Anniversary Gala last September and the Stride for Seniors Closing Ceremony in April. And, in response to requests from the LGBT community several years ago, Meals on Wheels People established a dining center specifically for them at the Metropolitan Community Church in Portland. While we will be unable to participate in the traditional Pride festivities at Waterfront Park this year due to the ongoing pandemic, Meals on Wheels People is a proud supporter of diversity, equity and inclusion in all its forms.

# Meals on Wheels People Centers

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

# 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.

## Celebrate This Summer

**Juneteenth – June 19.** Juneteenth is a combination of the words “June” and “Nineteenth” and recognizes the day that Major General Gordon Granger arrived in Texas in 1865 to inform residents that slavery had been abolished.

**Father’s Day – June 20.** Traditionally celebrated on the third Sunday in June, Father’s Day honors fathers and paternal bonds and was first celebrated on 1910.

**Independence Day – July 4.** The Declaration of Independence was formally signed on this day in 1776 leading to the American Revolution and the establishment of the United States.



Visit our website for information & news:

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

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