



Special DELIVERY NEWSLETTER

FEBRUARY 2021



Dear Friends,

You are part of the community that Meals on Wheels Diablo Region depends on to keep vulnerable seniors in their homes, nourished, safe, and with dignity. It is important we stay in touch with you, so in March, we will introduce our quarterly print newsletter. This quarterly newsletter will be mailed, but will still be available by going to our website. Instead of getting one large newsletter online every month, we'll share more frequent shorter communication via email as events occur. If we don't have your address and would like to be added, please contact Rachel Heggen at rheggen@mowdr.org.

Please enjoy this last full version of our email newsletter and look forward to a Special Delivery coming to your mailboxes soon!

Sincerely,



Caitlin Sly
Executive Director

FEED THE SOUL CAMPAIGN HALFWAY TOWARD GOAL

Meals on Wheels Diablo Region's Feed the Soul Campaign is already halfway to meeting its goal of raising \$28,000 in 28 days so we can provide breakfast to 4,600 seniors! With less than two weeks to go, Executive Director Caitlin Sly says she's been inspired by the generosity of the community and corporate sponsors. "Covid-19 has demonstrated that our community cares about food insecure seniors. I'm hoping that more people will help us meet our goal by February 28th so we can provide that extra meal to hungry seniors."

Many seniors divide the one daily meal we deliver so they will have food for lunch, dinner, and something left at night to take with their medicine. MOW Diablo Region believes that no senior should be forced to ration food. A Breakfast Bag contains fresh fruit, yogurt, cereal, oatmeal, string cheese, hard boiled eggs, coffee, and tea. Enough food to keep seniors fed throughout the day, healthy and safe at home.

Please join our sponsors NBC Bay Area, Telemundo 48, Chevron, CSAA Insurance Group and Mt. Diablo Resource Recovery by making a [donation today to the Feed the Soul Campaign](#). Help Meals on Wheels Diablo Region provide 4,600 breakfasts to seniors who will wake up each day and know that, because of your generosity, they won't have to worry about being hungry.



MAKING VALENTINE'S SPECIAL

Meals on Wheels Diablo Region Friendly Staff assembled beautiful Valentine Bags for the 40 Friendly Visitor clients who have been receiving Friendly Calls because of the pandemic. Cindy Chow and Naomi Clark wrapped personal protective equipment, donated by Kaiser Permanente, in festive Valentine tissue paper, and added handmade Valentine's Cards and a goody bag of crackers, tea, raisins, Belvita snacks and chocolate.

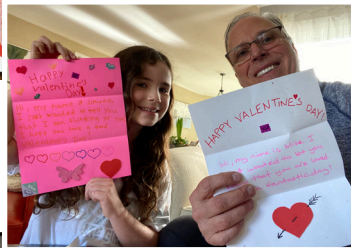
A VALENTINE'S TRADITION GETS SOME HELP FROM LOCAL CHURCH

This year marks a decade that the Clayton Valley Garden Club has donated beautiful Valentine plants for local seniors as part of their "Blossoms for Barbara" initiative. Blossoms for Barbara was started by Garden Club member, Linda Karp, in memory of her mother, Barbara. Because of Covid-19, the Club couldn't assemble the plants this year, but local teenagers from the Church of Latter-day Saints came to the MOW Diablo Region office to wrap each plant in pretty foil and pair cards with each plant. The plants were delivered with meals to homebound seniors to let them know everyone is thinking of them this Valentine's Day.



CARDS OF LOVE AND JOY

Every year, to commemorate Martin Luther King, Jr. Day, employees from Kaiser Permanente commit to a Day of Service. This year over 100 Kaiser volunteers made Valentine's Cards for the seniors we serve. All cards were made remotely and many even got their children involved in the project. Four boxes of handmade cards arrived at our office and each card will bring love and good cheer to our isolated clients for Valentine's Day.



SENIORS CAN STAY FIT AND CONNECTED

Meals on Wheels Diablo Region recently purchased 40 computer tablets, through a grant awarded by Share the Spirit East Bay, a project of the Bay Area News Group – East Bay Times. The tablets will be loaned to our clients for 10 weeks so they can stay connected, access online health care appointments, and participate in MOW Diablo Region's online exercise classes. "Since Covid-19, many more of our clients are isolated both physically and digitally," says Meals on Wheels Diablo Region Executive Director, Caitlin Sly. "These tablets will allow seniors to connect to the outside world and stay fit through our online exercise classes."



MAKING HOME A SAFE PLACE

Edwin had managed his diabetes fairly-well over time, until he began to lose his vision. At 63, he has 10 percent of vision in his left eye and his right eye is deteriorating as well. He's had many eye surgeries, one as recently as last summer.

Because of Edwin's vision loss and his wife Poon's mobility issues due to Parkinson's Disease, living safely and independently in their home has become a challenge. They both realized that they needed some help. "We heard that Meals on Wheels Diablo Region provided services like Fall Prevention in addition to meal delivery, so we contacted them."

A certified Occupational Therapist from MOW Diablo Region's Fall Prevention Program visited Edwin and Poon and assessed the

risk factors that could contribute to a fall. "The Fall Prevention program educates clients and their families about potential risks and works to ensure independence and safety in the home," says MOW Diablo Region Fall Prevention Manager, Michele Alba. "Three bathroom grab bars and a railing for the garage steps were professionally installed by our team at Edwin's home."

Edwin and Poon feel much safer now. "They did a real top-notch job! It's nice to have the support of an organization like Meals on Wheels Diablo Region," says Edwin.

For more information about Meals on Wheels Fall Prevention program visit our website at <https://www.mowdiableregion.org/fall-prevention> or call 925.937.8311 X-301.

6 Strategies to Live a Heart-Healthy Lifestyle



When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

1

Learn Your Health History

Know your risks and talk to your family and doctor about your health history.

2

Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

3

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

4

Quit Smoking

Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.

5

Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

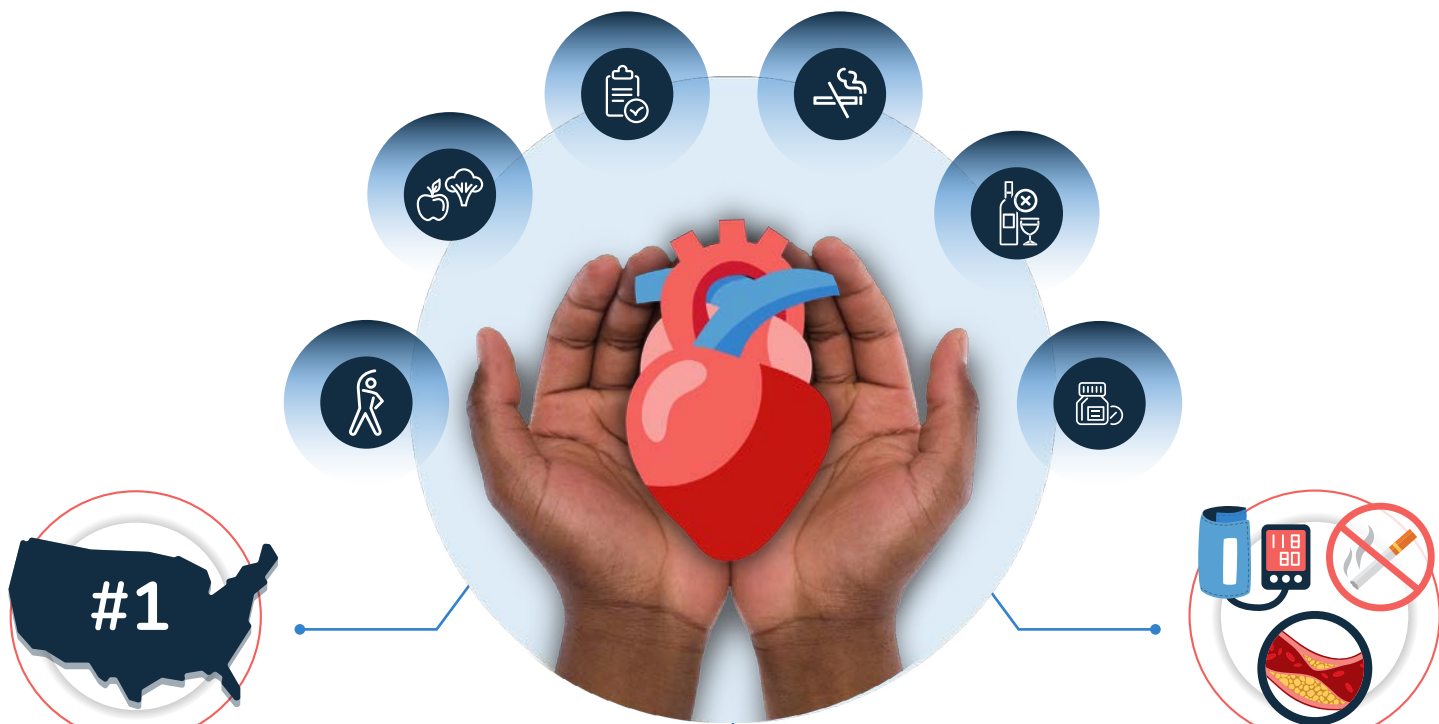
6

Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

KNOW YOUR LDL CHOLESTEROL LEVELS

High levels of LDL, often called "bad," cholesterol, show no signs or symptoms but cause fatty build up in the arteries which can lead to heart attack and stroke. Know your levels and talk to your doctor about what they mean for you.



Heart disease is the **#1 cause of death** in the United States, and you could be at risk.

The **3 major risk factors** for heart disease are high blood cholesterol, high blood pressure, and smoking.

Talk to your doctor!

Preventing high blood cholesterol begins with understanding your risk. A first step is to get screened and know your family's heart health history.

People who have high blood cholesterol may need to take cholesterol-reducing medicines. Your doctor can answer questions about medicines and other ways to manage high blood cholesterol.

Managing your cholesterol should be an ongoing conversation with your doctor as you work through a management plan together.

Learn more about keeping your heart healthy by visiting www.cdc.gov/heartdisease/prevention.htm.

