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HEART HEALTHY AGING

World Heart Day is September 29th and was created in 2012 to inform and educate the public about heart disease. Heart disease is the No. 1 leading cause of death in America. It is also a major cause of disability.

While age-related changes can lead to heart disease, it is becoming clear that many risks associated with heart disease are influenced as much by lifestyle as by age. It is widely accepted that a nutritious diet and exercise are the most important things you can do to prevent or improve heart disease; however, current research shows there are other lifestyle factors contributing to conditions of the heart that are often overlooked. Below are some practical ways you can reduce your risks.

Stress management: Practice daily stress management techniques, including relaxation, breathing, and meditation.

Social support: Look for ways to stay connected to friends and family members. One hour of social support each week helps you to process stress and stay aware of any changes in your feelings and mood.

Proper Rest: Without long, deep periods of rest, certain chemical are activated that keep the body from achieving extended periods in which your heart rate and blood pressure are lowered. Getting enough rest allows your heart to rest, too.

References:

<https://www.world-heart-federation.org/world-heart-day/>
<https://www.nia.nih.gov/health/heart-health-and-aging>

(OVER)

YOUR DELIVERIES – ADAPTING WITH CORONAVIRUS

Please read below the changes we are implementing to our delivery methods. These changes will be in effect until further notice.

When in-person deliveries are necessary, our **volunteers will hang your meals on your doorknob in a new single-use plastic bag, ring the doorbell and knock to let you know your meals have been delivered.** If you must have in-home delivery, your volunteer will keep the appropriate distance as suggested by the CDC.

Delivery drivers will sanitize their hands and wear a new pair of protective gloves when making each delivery. **Please note:** Drivers wearing gloves is used as a precautionary measure and should not be considered reason for alarm.

You have the option of receiving a **box of non-perishable, shelf-stable food** to ensure you can maintain your required caloric intake. If interested, please contact client services at **317.252.5558**.

ENSURE

Meals on Wheels offers cases of Ensure delivered to our clients at a reduced rate. Ensure can benefit patients who are at nutritional risk. We are offering three types: **Ensure (\$21/case), Ensure Plus (\$24/case) Glucerna Shakes (\$36/case).**

The flavors we have are: Strawberry, Vanilla, Chocolate and Butter Pecan.

Call Meals on Wheels at 317.252.5558 with questions.

EMERGENCY CONTACT

It is important that we keep our clients' emergency contact information up-to-date. This emergency contact person needs to be available between 9 AM and 5 PM weekdays.

If there has been a change in your emergency contact's phone number, please call the Meals on Wheels office at 317.252.5558 to update your records. **Thank you!**