



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
May 2015



**CANCELLING MEALS**

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

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Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our average cost per meal is \$12.10 to have each meal produced and delivered. This includes food and administrative costs, which total the amount needed to insure we have hot, healthy home-delivered meals.

Our client contribution requests to you are \$5.00. Please kokua if you can!

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**HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:**

Memorial Day – Monday, May 25, 2015  
King Kamehameha I Day – Thursday, June 11, 2015  
Independence Day – Friday July 3, 2015

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

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**Mahalo for all of your donations to our annual**  
**Volunteer Appreciation Luncheon!**



**MAY IS OLDER AMERICANS MONTH**

The following are organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:



**SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700**

**UHELP (University of Hawaii Elder Law Program): 956-6544**

# TOP 5 FOOD AND DRUG INTERACTIONS

By: Dash Holland, Sodexo Dietetic Intern

# 1



Grapefruit juice can increase absorption of “statins”, used to reduce blood pressure. It can also lower or increase the blood level of other drugs such as antihistamines, thyroid hormones and stomach acids.

# 2



Green leafy vegetables high in vitamin k can increase the body’s ability to clot blood. This can interact with the drug Coumadin (warfarin) if you suddenly eat more than normal of vegetables high in vitamin k. Eating foods with vitamin k isn’t bad as long as you are consistent and visit your clinic or doctor on a regular basis.

# 3



**Natural black licorice** contains glycyrrhize which can deplete the body of potassium and increase sodium. When potassium is low, it can cause digoxin, used to treat Heart Failure, to increase in potency and possibly cause irregular heartbeats. It can also decrease the effectiveness of medicines used to treat high blood pressure and the blood thinning drug, Coumadin (warfarin). Artificially flavored black licorice does not contain glycyrrhiza, so it will not interact with these medications.

Foods that contain **Tyramine** such as aged cheeses, chocolate, smoked/ cured meats, fermented soy products (like Shoyu) and draft beers can interact with MAOIs used to treat depression and some drugs used to treat Parkinson’s disease. Ask your Pharmacist if you are unsure if the drug you are taking may interact with these foods.

# 4



**Salt substitutes** containing potassium-chloride can interact with digoxin for Heart Failure, decreasing its effectiveness. It can also interact with ACE inhibitors used for high blood pressure and cause a dangerous increase in potassium levels in the blood. People with chronic kidney disease should also avoid excess potassium-chloride to prevent high blood levels as well.

# 5

