



**HAWAII MEALS ON WHEELS**  
Client Information Bulletin  
October 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 is the amount needed to insure that you 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:

Columbus Day – Monday, October 12, 2015  
Veterans Day – Wednesday, November 11, 2015  
Thanksgiving – Thursday, November 26, 2015  
Christmas Day – Friday, December 25, 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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The University of Hawai'i Elder Law Program (UHELP) will once again hold its annual

**'NITE' OF THE 'LIVING WILL'**

Thursday, October 29<sup>th</sup>, 2015 at 1:00 pm at the William S. Richardson School of Law Library

During this daylight presentation of our annual Halloween event, the University of Hawai'i Elder Law Program will present a talk about medical treatment decision-making and advance care planning to include informed consent/informed refusal, individual instructions for health care, durable powers of attorney for health care, comfort care only-DNR bracelets/necklaces and Provider Orders for Life-Sustaining Treatment (POLST).

The public, especially *kupuna*, family caregivers, service providers, students and faculty are invited. Tea and little treats will be served. Donations to cover the cost of this hydration and nutrition accepted. The William S. Richardson School of Law Library is located at 2525 Dole Street at UH Manoa. Parking is available in the parking structure for \$5.00. **Call 956-6544 to save a seat or e-mail: [uhelp.edu@gmail.com](mailto:uhelp.edu@gmail.com)**

# Trust Your Gut!

By: Dash Holland, Registered Dietitian

Eating a diet high in fiber may not only improve gut health, but can help reduce risk of Inflammatory Disease, Diabetes and Cardiovascular Disease!

## How does it work?

Fiber feeds Gut Microbes

Fiber is also known as



Some SCFAs go to the liver and reduce Cholesterol

While others go to tissues where they signal cells to inhibit fat formation & burn fat! This leads to less fat in the blood stream.



Gut Microbes Produce Short Chain Fatty Acids (SCFAs)  
-Helps maintain a healthy colon



SCFAs can Lower Blood Glucose Through Hormone Regulation



## How Much Fiber is Best?

Diet HIGH in Fruits & Vegetables: 6-8 Servings per day:

- 1 Serving = 1 small Apple, Orange, Banana, ½ cup Berries
- Small Salad, ½ Cup Steamed veg, 1 cup Raw Vegetables

Eat Whole Grains with every Meal:  
Whole Wheat Bread, Brown Rice,  
Whole Wheat Pasta

Include Nuts & Seeds every Day:  
A handful of Almonds, Cashews or  
Walnuts make an excellent snack!

Beans, Peas and Lentils every Day:  
1 – 2 cups Cooked Beans  
Azuki, Black Beans, Soy Beans, Long Beans, Red  
Lentils