

NUTRITION

Notes



Senior Services
OF WICHITA

July, 2016

Published monthly for the clients of Meals on Wheels and Roving Pantry



The Meals on Wheels kitchen and office will be closed:

Independence Day- Monday, July 4th

Prior to the holiday you will receive a shelf stable microwavable Hormel meal.



Need a Fan?

The Salvation Army may be able to provide one. Call 263-2769 for information on availability and pick up location. You will not qualify for a fan if the Salvation Army has assisted you in the past two years. If they have a fan available for you, you will need to bring proof of income, ID and proof of address.

The Meals on Wheels program recently received a small number of 20 inch box fans. We will distribute these fans to Meals on Wheels participants who have the greatest need. For more information, contact your Meals on Wheels caseworker at 267-0122.

Summer Drink Changes!

During the hot summer months, you will receive shelf stable milk or calcium fortified juice. The shelf stable milk should be delivered on Monday, Wednesday and Friday. The juice should be delivered on Tuesday and Thursday throughout the summer months.

Unfortunately you can't order the option you prefer. All 900+ clients will receive the option that we provide daily. Please do not question volunteers; call 267-0122 if you have comments.

Project Deserve

Project Deserve is a program that provides financial assistance to current Kansas Westar Energy customers with active service in their name. Depending on your eligibility, you might qualify for a one-time payment toward the amount due on your energy bill of up to \$300.00. Assistance is determined based on need and subject to the availability of funds.

To qualify for up to \$300:

You must be 65 years or older.

OR

You must receive permanent disability income from SSI or SSD.

If you do not meet the qualifications above, you might qualify for up to \$100 if:

The total household income of all members meets the income guidelines. For example, a one person household must be below \$1,154 a month.

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Summer Meals And Snacks

By Diane Greenleaf-Kisner, MS, RDN, LD, CDE

Remember that saying, “if you can’t stand the heat, get out of the kitchen”? The summer heat is upon us which can zap our energy and eating hot foods just doesn’t sound very appealing but we still need to eat. What should we do?

The number one thing we need to do in the summer heat is to drink. Keeping hydrated in the heat, even if we are indoors most of the time, is very important. Try to drink at least 8 glasses of fluid each day, more if you are outside and sweating. Water is the number one beverage but other fluids can count also. If it is hard to get in the fluids, fill a pitcher of water, keep it in the refrigerator and drink from it all day, it should be empty by the end of the day. If you drink something else, take that amount from the water pitcher. To give the water flavor, add slices of lemons, limes or other fruit or add a little juice in the water for extra flavor.

Cool summer meals and snacks include:

- Sandwiches are great this time of year – choose whole grain bread, add deli meat, low fat cheese, leftover meats or peanut butter. Top with mayo, mustard, avocado, lettuce and tomato. Add cut up veggies or slices of tomato to round out that meal.
- Tomatoes and peppers are abundant this time of year – add to cottage cheese with a side of fruit. Very refreshing!
- Cucumbers are also in season – make a cucumber, onion and vinegar salad, add a grilled hamburger patty or chicken breast and oh so good!!
- Salads are so nice and refreshing – try a variety of lettuces, add your other favorite vegetables. Make enough for several meals. Add some protein such as deli meat, canned tuna, boiled egg, beans, cottage cheese, cheese or leftover meats and low fat salad dressing. A side of crackers and fruit and you have a satisfying meal.
- Yogurt with fruit or added fruit with low fat granola and a few nuts makes a very light breakfast.
- Boil several eggs at one time and add to a

salad or eat with some cut up vegetables and/or fruit for a great snack.

- Sliced peaches with a dollop of yogurt for an afternoon snack is refreshing.
- Freeze grapes and other fruit and eat for a wonderfully cool snack. Add a few nuts or a slice of cheese for staying power.
- Freeze yogurt and let thaw a little for a slushy, nutritious snack.
- Smoothies are great this time of year – Blend fruit, yogurt or milk with ice and you have a quick cool breakfast or snack.

Take advantage of the fruits and vegetables that are in season and add a protein for a great meal or snack. Great protein sources are lean meats, chicken, turkey, fish, cottage cheese, cheese, beans, nuts, peanut butter, yogurt and eggs.

Stay cool for the summer!

Advance Voter Registration

Primary election is 8/2/16. Registration deadline is 7/12/16. The registration card MUST be postmarked by 7/12/16 to be effective for this primary election.

Registration cards and Application for Advanced Voting Ballot are available at Senior Services of Wichita at 200 S. Walnut or by calling 267-0122 ext. 201.

Questions or additional information should be directed to the Sedgwick County Election Office at 660-7300.

Project Deserve

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You will need these items to determine your eligibility:

- Verification (within the past 30 days) for each source of income in the household.
- Current utility bill
- One other utility bill/phone bill in your name at the address on the application.

The Center of Hope determines eligibility for this program and they can be reached at 219-2121. Meals on Wheels also has copies of this application. If you would like one, call 267-0122.

Want to Save Money on Your Electric Bill?

- Turn off everything not in use — lights, computers, etc.
- Many electrical devices such as DVD players, TVs, computers and phone or game chargers, can't be switched off completely (they consume electricity) without unplugging them or turning off a power strip. A surge power strip makes it easy to turn off everything at once.
- Computers should be shut down when not used for 2 hours or longer. Otherwise, use the "sleep" or "energy saver" mode. Screen savers don't save energy and can prevent your computer from going into "energy saver" mode.

Thermostat/Lights/AC Units

- Raise daytime thermostat in the summer, even one degree helps.
- Install a programmable thermostat and program it to increase temperatures at night or when you are away. It takes the same amount of time for the temperature to reach 70 degrees whether the thermostat is set at 70 degrees or at 90 degrees.
- It will feel cooler when fans move the air. Remember to turn them off when the room is unoccupied to save energy.
- Inspect, clean or change furnace filters once a month.
- Routine cleaning/maintenance on the air conditioner can reduce operating costs.
- Replace incandescent light bulbs with CFLs or LEDs. Efficient lighting uses a fraction of the energy and lasts longer. Leaving an incandescent light on actually uses more energy than turning it off and on as needed. If you are using a compact fluorescent light bulb, it should be left on if it will be needed within 5 minutes. Turning CFLs on and off frequently can shorten the life of the bulb. For best performance, be sure to seek out high-quality ENERGY STAR CFL bulbs.
- Keep light fixtures clean. Dust can obstruct light output by as much as 25%.

Kitchen/Cooking Tips

- Wait until you have a full load to start the dishwasher and clothes washer.
- Use pots and pans that fit the burners -

small pans on small burners.

- Minimize heat in the kitchen by using a toaster oven or microwave which cost less to operate than heating a large oven.
- When replacing appliances, look for those that are ENERGY STAR rated.

General Tips

- Close window shades and curtains on sun exposed windows.
- Reduce the time spent with your doors and windows open.
- Close vents to unoccupied rooms.
- Run the bathroom exhaust fan while showering to reduce humidity.
- Set water heater to 120°F.
- Caulk and weather-strip any cracks around windows or doors.
- Put more insulation in your attic if it has less than 6 inches of cellulose or 7 inches of fiberglass insulation.
- Add storm windows or doors.
- Be sure the clothes dryer is sealed and vented to the outside.
- When planting/replacing trees, remember to consider a location that will provide shade for your home.

(Information courtesy of Westar Energy)

Memorials And Honors

Marlene Nadeau
In Honor of Karen Rowland
Carolyn Laughlin
In Honor of June F. Ast
Terry Florentin
Dorothy Doll
Elizabeth Erickson
Helen Hicks
Tuy Le Tran

Important Notice

Meals on Wheels is only reimbursed for meals delivered to people who qualify. If you are in the hospital or anywhere else and you let someone else eat your meal, then the meal program will be at risk for billing meals to people who don't qualify. If our funding sources refuse to pay for these meals, then we will have to bill you. Please call when you will not be home between 10 am - 1 pm.

Meals are delivered between 10 a.m. - 1:00 p.m.
Please be home or call 267-0122.

Suggested donation:
 \$10.00 monthly

JULY, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
New items or recipes are underlined on the menu.				1 Cheeseburger on Bun Lettuce/Tomato/Pickle BBQ Baked Beans Potato Salad Fruit Salad
4 Independence Day Holiday	5 Chef Salad with Dressing Crackers Fresh Melon Shelf Stable Milk Cheese Stick	6 Oven Fried Chicken Roasted New Potatoes Glazed Carrots Dinner Roll Fresh Fruit Cup	7 BBQ Pork Ribbette on Hoagie Vegetables <u>Macaroni Coleslaw Salad</u> Cinnamon Apple Crisp	8 Meatloaf Mashed Potatoes & Brown Gravy Green Beans Whole Wheat Roll Peaches
11 Cheese Omelet with Vegetables Sweet Potato Tots Blueberry Muffin Fresh Grapes	12 Chicken Bowtie Pasta Casserole Vegetable Blend Tossed Salad Hearty Dinner Roll Peaches and Pears	13 Crunchy Fish Taco & Pineapple Salsa Asian Slaw Sweet Corn Tropical Fruit Salad Brownie	14 <u>Chicken Tortellini Salad</u> Pea Salad Mini Croissant Fresh Fruit Cup	15 Polish Sausage with Peppers Au Gratin Potatoes Vegetables Strawberries Whole Grain Dinner Roll
18 Chicken Spinach Salad with Dressing Whole Grain Roll Plums	19 Peach Glazed Turkey Medallions Scalloped Potatoes Carrots Muffin Apricots	20 Tuna Salad on Croissant <u>Cucumber Salad</u> Watermelon Oatmeal Cookie	21 Chicken and Dumplings Peas and Onions Biscuit Cinnamon Apples	22 Dijon Pork Cutlet Brown Rice Zucchini Wheat Roll Cantaloupe
25 Turkey, Spinach, Cranberry Roll-Up Garden Salad with Dressing Pretzel Chips Fresh Fruit Cup	26 <u>Beef Taco Noodle Casserole</u> Zucchini and Onions Corn Bread Muffin Fresh Pineapple	27 BBQ Smokies Potato Casserole <u>Amish Broccoli Salad</u> Biscuit Fruit Compote	28 Teriyaki Chicken Fried Rice Stir-Fry Veggies Mandarin Oranges Fortune Cookie	29 Lasagna Green Beans Garlic Bread Peaches and Cream

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES-----REFRIGERATE IMMEDIATELY