

NUTRITION

Notes



Senior Services
OF WICHITA

September, 2016

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

Need a Fan?

The Meals on Wheels program still has several 20 inch box fans. We are distributing these to Meals on Wheels and Roving Pantry participants who have a need for one. If you need a fan, call Meals on Wheels at 267-0122 to see if we can provide one.



Flu Vaccines Available

It's time to start thinking about flu vaccinations.

Flu is a highly contagious viral infection. An annual flu vaccination is recommended for most seniors since influenza (flu) viruses are constantly changing. A new flu shot, containing the strains of the virus that are expected to occur, is produced every year. According to Walgreens, these shots inject a dead or weakened form of the flu into your bloodstream which enable your system to form antibodies to fight off the flu. So, if you get the flu, it should be a milder case with less risks of serious health complications. If you have questions about the vaccination, check with your doctor.

The vaccine for the coming flu season is already available and Medicare covers the cost of this vaccination according to local Walgreens. They provide flu shots on a walk-in basis in their pharmacies.

Walgreens will be at our Senior Centers to give shots. Call the centers for dates, reservations and times. You will need to bring your Medicare card.

LABOR DAY



LABOR DAY HOLIDAY!
We will not deliver meals on
MONDAY- SEPTEMBER 5TH

You should have received a Hormel meal package on August 30th. Please use it for your meal on the 5th. Call 267-0122 if you have questions.

*You Are Invited To Attend
Our 48th Annual Meeting
at
Senior Services, Inc. of Wichita
200 S. Walnut
September 20th, 2016
3:00 p.m.
Guest Speaker: Dawson Grimsley
Reception after the program.*

Sept. 23rd at Northeast Center
2121 E. 21st 269-4444
Orchard Park Center
4808 W. 9th 942-2293
Linwood Center
1901 S. Kansas 263-3703
Downtown Center
200 S. Walnut 267-0197

Sodium and Your Diet

For many of us, adding salt (sodium chloride) to our cooking or the food on our dinner plate is an automatic reflex - even before we've tasted it!

We also love salted foods - look at the consumption of salted peanuts, pretzels, potato chips, and popcorn across North America. As well, processed foods and restaurant prepared foods typically contain a LOT of salt. Too much sodium intake can contribute to high blood pressure, which is one of the major risk factors for heart disease.

If you have congestive heart failure, it is essential to restrict the salt in your diet. If you are taking blood pressure medication, limiting sodium intake can improve the effectiveness of your drugs. For either of these, your doctor should be giving you guidance on how much sodium you should have per day.

According to the Institute of Medicine, older people and those with chronic diseases, including high blood pressure, diabetes, and kidney disease, are especially sensitive to the blood pressure-raising effects of salt and should consume less than normally recommended amounts. Again, make sure to be talking with your doctor about how much sodium is right for you.

Even if you are in perfect health, it's wise to limit it as part of a heart-healthy diet. For the healthy individual, one should have a goal for about 2300 mg of sodium per day.

Changing your diet:

Your palate may be accustomed to salty flavors - so when you first cut down your sodium intake, you may find that things taste bland. Give it a few weeks - you'll be surprised at how much you grow to enjoy food without salt - plus there are many other flavorful seasonings you can use and enjoy - lemon, garlic, ginger, chili, and other herbs and spices. Citrus fruits (lemons, orange, tangerine, and lime) add zing and flavor to almost any dish.

- Eat fresh foods. Buy fresh fruits and vegetables. If you can't buy fresh, frozen is the next best alternative.
- Avoid processed foods. Make your own sauces, pizza, spaghetti, and soups.
- Omit the salt in recipes.



- Use fresh herbs. If you are using fresh herbs, you can generally use three times more fresh than dried herbs.
- If you don't have time to cook, choose sodium-reduced soups, sauces, pastas, etc.
- Avoid buying salty snacks. Buy unsalted nuts, crackers or rice cakes. Pop your own popcorn (plain kernels not the microwave bags).
- Throw away your salt shaker. Experiment with other seasonings. Use pepper!
- Avoid soy sauce. You can get low-sodium tamari sauce.
- Read labels. Check the quantity of salt, sea salt, seasoned salts, sodium and anything that starts with the word sodium followed by ascorbate, benzoate, caseinate, citrate, erythorbate, nitrate, bicarbonate, propionate, saccharin and phosphate. Avoid monosodium glutamate (MSG).
- When eating out, ask for your food to be prepared without salt.
- Check out the nutritional information for fast foods. For example, not only does McDonald's deluxe breakfast have 1,920 mg of sodium, but it has 60% more than the daily recommendation for cholesterol, a whopping 94% of your daily recommended fat and contains a huge percentage of saturated fat.

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.

Senior Expo 2016

Central Plains Area Agency on Aging
event: Senior Expo 2016
September 22nd --- 9 am to 3 pm

Free rides between the 3 locations:
Botanica, The Wichita Gardens- 701 N.
Amidon
Exploration Place - 300 N. McLean Blvd.
The Wichita Art Museum - 1400 West
Museum Boulevard

No admission charge. Enjoy
informational booths and interactive
exhibits, free health screenings, a 50's
fashion show, tour the 3 museum locations
and more!

Return To Regular Milk

Returning to regular milk September
12th!

The hot summer months are over, so we
will begin the delivery of refrigerated milk
on September 12th. Please call us at 267-
0122 to let us know which of the summer
options you liked the most-shelf stable
milk, fruit juice, or alternating them. Your
opinions will help us determine what to
send next summer.

National Centenarians Day

National Centenarians Day on
September 22nd celebrates those who are
100 years of age or older! Meals on
Wheels serves three people who are 100 or
older.

Our staff would like to wish them a
happy Centenarians Day. Please take a few
moments on September 22nd to honor
anyone you know who has reached 100!

Memorials And Honors

Tuy Le Tran Memorial
In Honor of Mary Sommerhauser

Do You Qualify For A Discount Off Your Telephone Bill?

The FCC established the Lifeline
program in 1985 to ensure that qualifying
low-income consumers could afford phone
service and the security it provides.

Kansas Lifeline Service Program offers
eligible customers a discount of up to
\$17.02 off their monthly local telephone
bill. Lifeline is limited to one wireline or
wireless discount per household. Lifeline
from AT&T is available wherever AT&T local
service is offered.

If you live in Kansas, the following
programs will qualify you to receive
Lifeline: (documentation of income from 3
consecutive months or previous year tax
return required)

- Supplemental Nutrition Assistance (SNAP)
- Medicaid
- Supplemental Security Income (SSI)
- Temporary Assistance to Families
- General Assistance
- Food Distribution Program (United Tribes of Kansas & SE Nebraska, Inc.)
- Free School Lunch Program
- Federal Public Housing/Section 8
- Low Income Home Energy Assistance Program (LIEAP)
- Income at or below 150% of the 2016 federal poverty level
 - 1 person= \$17,820 maximum yearly income
 - 2 person= \$24,030 maximum yearly income

For more information, call your local
telephone company.

Via Christi HOPE

If you are a member of Via Christi HOPE
or if you are joining the program, your
Meals on Wheels service could change.
Please call 267-0122 to discuss these
changes.

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

Suggested donation:
\$10.00 monthly

SEPTEMBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
New items/recipes are underlined on the menu.			1 Turkey Tetrizzini Glazed Carrots Fruit Cobbler Tossed Salad with Dressing Dinner Roll	2 Chili Dog on Bun Oven Fried Potatoes Vegetable Medley Berries & Cream Cookie
5 Labor Day Holiday (Use food provided)	6 Pizza Burger on Bun Tater Tots Italian Green Beans Pears	7 Tuna Salad in Sliced Tomatoes Cheese Cubes Whole Grain Crackers Grapes Brownie	8 Roasted Turkey Cornbread Dressing Asparagus Cuts Whole Wheat Roll Cranberry Sauce	9 Ham and Swiss on Bun Baked Chips Three Bean Salad Fruited Jello
12 Country Baked Steak Mashed Potatoes & Gravy Green Beans Biscuit Plums	13 <u>Firefighter's Chicken Spaghetti</u> Mexicali Corn Dinner Roll Tropical Fruit	14 Waffles Pork Links Oven Fried Potatoes Berry Yogurt Parfait	15 Beef Ravioli Italian Vegetable Blend Garlic Bread Peaches	16 <u>Beef Reuben Melt on Rye Roll</u> Sauerkraut Sweet Potatoes Cantaloupe
19 Chicken & Noodles Peas and Carrots Whole Grain Biscuit Fresh Fruit Cup	20 Asian Beef Steamed Rice Oriental Vegetables Mandarin Oranges Fortune Cookie	21 Baked Fish Mac & Cheese Seasoned Broccoli Mixed Fruit	22 Pork Tenderloin Au Gratin Potatoes Brussel Sprouts Muffin Cinnamon Apples Slices	23 Meatball Sub Spinach Tossed Salad & Dressing Cauliflower Hot Peach Crisp
26 Turkey and Rice Harvard Beets Biscuit Fruit Cocktail	27 Veggie Burger on Bun Lettuce and Tomato Oven Baked Fries Baked Beans Fresh Fruit	28 Pan Seared Chicken Oven Baked Yams Corn Cobbett Cheesy Biscuit Cinnamon Applesauce	29 Beef Tacos Lettuce, Cheese, Tomatoes Refried Beans Taco Sauce Pineapple	30 BBQ Ribbettes Roasted New Potatoes Steamed Broccoli Corn Muffin <u>Apple-Cranberry Salad</u>

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