

# NUTRITION

Notes



Senior Services  
OF WICHITA

May, 2016

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

## Memorial Day Closing

The Meals on Wheels kitchen and office will be closed:

Memorial Day- Monday, May 30th

Prior to the holiday you will receive a shelf stable microwavable Hormel meal. Use this meal on the 30th.



## Bad Weather: Meal Cancellation Information

Sometimes the meal program has to cancel due to spring storms.

If there is a tornado warning, flooding or hail around delivery time, listen to KFDI or the television stations for information about possible meal cancellation. You should have a 2 day supply of nonperishable food that we already delivered labeled for emergencies. For questions--- call 267-0122.

## Tornado Season Is Here!

Are you prepared for disasters like floods, tornadoes, house fires or power outages? Have you thought about the best escape routes from your home or where to take shelter within your home? Do you have an emergency contact card with phone numbers? Do you know where the shut-off valves are for your gas, electricity and water? If they require a special wrench or tool, is it handy? Do you have water and food for your pets?

Some suggestions for emergency supplies:

- Food (doesn't spoil or require cooking and has a long shelf-life)
- Manual can opener
- Whistle/signal flare (will help people locate you)
- Dust mask, plastic sheeting and a rain slicker
- Duct tape, utility knife and trash bags
- Pair of walking shoes and a change of clothing
- Blanket or sleeping bag
- Hand sanitizer, toilet paper, incontinence supplies
- Fire extinguisher
- Cash and identification (wallet/purse)

First aid supplies:

- Small scissors and tweezers
  - Anti-bacterial ointment
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## Toss Up A Great Salad For Mother's Day!

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

Happy Mother's Day to all those moms, grandmothers, great-grandmothers and great-great-grandmothers! My mother is very special to me and I love her with all my heart!

May is also National Salad Month and with the warmer weather here, there's no better time to mix up a great salad. When we think of "salad," we think of a traditional side salad or green salad. I encourage you to experiment - add different vegetables, fruit, protein, pastas and beans.

**Build Your Powerhouse Salad:** A salad can pack in many nutrients, antioxidants, phytochemicals and fiber in just one bowl. Nutrients in this bowl include potassium, magnesium, Vitamin A, Vitamin B, Vitamin C, Vitamin E, Vitamin K, iron, calcium, magnesium, fiber, protein, and much more depending on your fixings. Side note - if you are taking Warfarin or Coumadin, blood thinners, you don't have to avoid these darker colored fruits and vegetables, but you do have to be consistent with amounts. For example - eat some darker greens or other high vitamin K food each day instead of eating a large spinach salad one day and no other high vitamin K food that rest of the week. Sporadically eating high levels of vitamin K foods messes up the INR level.

Start with the base layer - Start with the greens and instead of using only iceberg lettuce, try mixing in darker greens like spinach, kale or other lettuces, such as field greens salad mix. To make it easy - use the bagged lettuces, spinach and other greens. Grab several handfuls and add to the bowl.

Next layer - other vegetables and fruit. Add your favorite veggies for flavor and crunch-cucumbers, tomatoes, shredded carrots, radishes, colored peppers, broccoli

and cauliflower.

Fruits can add a sweetness to your salad. Try citrus fruit like Mandarin oranges and

grapefruit or go with sliced strawberries or fresh raspberries. Dried fruit such as raisins and craisins add a nice texture.

Next layer, protein - the staying power if salad is a main entrée. Try some plant protein such as beans, like garbanzo, black or pinto beans. These add protein, fiber and flavor to any salad. Low fat cheese, deli meat, tuna, chicken breast, boiled eggs, cottage cheese, other fish or left over meats are also great sources of protein. Nuts and seeds add some protein and a good kind of fat.

Mix all these layers together and add the dressing. Don't go overboard here, some dressing can add an extra 150-200 calories to that nice salad. Try a vinaigrette type of dressing or a low fat version of your favorite dressing.

Make a salad that will last for several meals to save time and energy.

Happy Mother's Day and here's to making a great salad!!



### Happy Mother's Day

Would you like to visit Botanica? Mothers get in free of charge on Sunday, May 8, 2016. The gardens are located at 701 Amidon. They're open Mother's Day from 11:00 am to 5:00 pm.

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## Community Rewards

You can help Meals on Wheels and Senior Services by using your Dillon's shopper's card.

Go to [www.dillons.com/community-rewards](http://www.dillons.com/community-rewards). The community rewards screen will direct you on how to sign up. Select Senior Services, Inc. of Wichita (#72530) and click "Save."

Then, when you shop and scan your plus shopper's card, Dillon's will give a contribution to Senior Services- no cost to you! Tell your family and friends so they can help support Senior Services, Inc. of Wichita, too.



## Are You A Full-Time Caregiver For Someone Age 60 Or Older?

The In-Home Respite Care Program at Senior Services could provide you with some relief. We have trained, caring workers who could provide three hours of weekly assistance. The fee for this service is \$10.00 per hour. For more information, call Dolores at 267-1771 ext: 233.

## Memorials

Hilda Maxine Bartel  
Sherril "Sherry" Rush  
A. E. Poole  
Betty Jean Scruggs

In Honor of Mary Sommerhauser

## Via Christi HOPE

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

## Tornado Safety

Watch for tornado danger signs:

- Dark, often greenish clouds
- Wall cloud
- Cloud of debris
- Large hail
- Funnel cloud
- Roaring noise

The safest place to be is an underground shelter, basement or safe room. If none is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.

- Mobile homes are not safe during tornadoes or other severe winds.
- Do not seek shelter in a hallway or bathroom of a mobile home.
- If you have access to a sturdy shelter or a vehicle, abandon your mobile home immediately. Go to the nearest sturdy building immediately.

## Disaster

*(continued from page 1)*

- Adhesive tape (2" wide)
- Adhesive bandages-various sizes
- Sterile gauze pads-various sizes
- First aid manual

## We Listen To Your Comments!

Call us any time at 267-0122 with suggestions for Meals on Wheels. You can also mark your comments on your menus and return them.

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

Suggested donation:  
 \$10.00 monthly

**May, 2016**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 BBQ Pork Sandwich Potato Wedges Ranch Style Beans Coleslaw Hot Fruit Compote	3 Scalloped Turkey Rice Harvard Beets Fruit Cup Croissant	4 Mac & Cheese Vegetable Blend Biscuit Romaine Salad with Dressing Tropical Fruit Mix	5 Chicken Tenders Mashed Potatoes & Gravy Seasoned Broccoli Dinner Roll Blushing Pears	6 <u>Mother's Day</u> Sour Cream & Noodle Bake Green Beans Garlic French Bread Strawberries Angel Food Cake
9 <u>Crunchy Baked Fish</u> Twice Baked Potato Vegetable Blend Roll Mandarin Oranges	10 Cheese Omelet Turkey Sausage Glazed Carrots Muffin Mixed Berries	11 Chicken Parmesan over Noodles Italian Green Beans Soft Breadstick Peaches	12 Glazed Ham Scalloped Potatoes Seasoned Peas Muffin Applesauce	13 Taco Salad with Refried Beans Mexican Rice Salsa <u>Fresh Pineapple</u>
16 Smothered Pork Chop Wild Rice Pilaf Zucchini Wheat Roll Tropical Fruit Salad	17 <u>Ranch Chicken &amp; Pasta Bake</u> Mixed Vegetables Tossed Romaine Salad with Dressing Hot Fruit Cobbler	18 Cranberry Meatballs Au gratin Potatoes Asparagus Cuts Rye Dinner Roll Peach Cup	19 (Cold Meal) Turkey Salad Whole Grain Crackers Cheese Cubes Cucumber/ Tomato Salad Fresh Grapes Oatmeal Cookie	20 <u>Armed Forces Day</u> Cheeseburger on Bun Sweet Potato Fries Corn <u>Fruited Yogurt Parfait</u>
23 Turkey Biscuit Bake Coined Carrots Warm Fruit Crisp Tossed Salad with Dressing	24 Filet of Fish Seasoned Rice Capri Vegetables Muffin Fresh Grapes	25 Salisbury Steak Roasted Red Potatoes Green & Gold Beans Roll Mandarin Oranges	26 Cheese Stuffed Shells Italian Vegetables Tossed Salad with Dressing Garlic Biscuit Cinnamon Apples	27 <u>Memorial Day</u> Oven Fried Chicken Cheesy Hashbrowns Broccoli Whole Wheat Roll <u>Fresh Watermelon</u>
30 <b>Memorial Day</b>  No Meal Delivery  (Use food provided)	31 (Cold Meal)  Roast Beef & Cheddar Sandwich on Bun Three Bean Salad Grapes Cookie Mayo and Pickle			New items or recipes are underlined on the menu.

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