

NUTRITION

Notes



Senior Services
OF WICHITA

November, 2016

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

Thanksgiving Holidays!

Meals on Wheels is closed and will not deliver meals on:

Thanksgiving Day- November 24th
Day after Thanksgiving- November 25th

You will receive 2 nonperishable meals prior to the holidays. Keep these meals and use them on the 24th and 25th.

Happy Thanksgiving!

Christmas Gift List

During November and December we often receive calls from people in the community who want to provide a Christmas gift to a senior who is receiving Meals on Wheels. Typically they are interested in seniors who are having a difficult time financially which causes them to go without necessary things. Items that were provided in the past include: Depends, cans of food, a blanket, a shirt or sweat pants. If you would like to be added to our Christmas wish list, call 267-0122.

If people call in this year, then we'll use this list to determine if we can find a match for your request. Adding your name does not guarantee that your request will be fulfilled.

Daylight Saving Time Is Ending!

November 6th
Set your clocks back one hour before you go to bed on Saturday, November 5th.



Would Extra Money Help This Holiday Season?

Operation Holiday will provide a gift Dillons card to you (1 per household). if you qualify. To qualify, you must-

- Be age 18 or older and live in Sedgwick County.
- Have not applied for another holiday program.
- Be a member of the applying family (household) who meets the income guidelines listed below.

Maximum gross monthly household income (must be able to provide proof):

1 Person = \$1,600 • 2 People = \$2,000

To apply: call - 267-0122. Your Meals on Wheels caseworker will be able to complete an application from November 7th - 22nd.

Veterans Day



A special "Thanks" to all our veterans!

Happy Veterans Day!

Meals will be delivered on Veterans Day, November 11th.

Umami—The Fifth Taste Sensation

By Glenna Harrison, RDN, LD

You've probably heard of the four taste sensations—sweet, sour, salty, and bitter. Now a fifth taste sensation has been identified—UMAMI. Umami is a Japanese word meaning “pleasant savory taste.” This sensation can be described as a pleasant “brothy” or “meaty” taste. Umami was first proposed as the scientific term to identify the taste sensation of glutamates and nucleotides in 1908, but the term wasn't widely accepted until 1985 in the U. S. A.

The various tastes of sweet, sour, salty, bitter and umami are recognized by the brain. For example, when the umami taste receptors on the taste buds come in contact with glutamate or nucleotides, the sensation is delivered to the brain via a specific nerve and the umami taste is recognized. This sensation cannot be described by the other four taste sensations.

Foods that promote the Umami taste sensation from glutamates or glutamic acid include: kelp, cheeses, green tea, seaweed, sardines, shell fish, fresh tomato juice, peas, corn, mushrooms, tomatoes, oysters, potatoes, Chinese cabbage, duck, soybeans, chicken, spinach, mackerel, carrots, beef, beets, and milk.

There is an increase in the umami effect when several foods with glutamates or glutamates along with nucleotides are combined. An example would be steak with mushrooms, tomatoes, mushrooms and cheeses in an Italian meal, or wine or tomato sauce with beef. Ripening, aging, or fermenting foods can also increase the umami effect. An example would be a very ripe tomato combined with aged Parmesan cheese and fermented wine. Fermented or aged foods such as cheeses, fish sauce, soy sauce, wine, or yeast extracts increase the umami effect.

Umami has a mild, but lasting aftertaste that is difficult to describe. It induces salivation and a fullness effect on the tongue.

Like the other basic tastes, umami is pleasant only within a relatively narrow concentration range. The optimal umami taste also depends on the amount of salt present in the food. But you can have a pleasant umami

effect with low-sodium foods. The umami effect with low-sodium rated a higher taste score than a low-sodium food without umami products in it. (1)

You might have recognized the glutamates as being part of Monosodium Glutamate, marketed as “Accent R food enhancer.” Accent R was used to enhance flavor. But monosodium glutamate had a bad connotation of also increasing the sodium in foods. So people stayed away from Accent R. Accent advertises that it has 60% less sodium than salt. If you use some monosodium glutamate food enhancer, omit the salt in the recipe. In fact for most recipes, you can omit the salt in the recipe (be careful with bread recipes).

Some population groups may benefit from umami taste because their taste and smell sensitivity can be decreased by age and also by medications. Foods contributing to the umami sensation may help to promote good appetite and good nutrition.

So with Thanksgiving arriving in November, there are plenty of Umami foods to enjoy: turkey and turkey broth, mushrooms, peas, corn, potatoes, cheeses, and wine. Focus on these healthy and taste-satisfying foods and then it might be easier to pass on the desserts!!!

References:

(1) Roininen, K, Lahteenmaki, K, Tuorila, H, “Effect of Umami Taste on Pleasantness of Low Salt Soups During Repeated Testing, Physiology and Behaviors, Sept. 1996, 60(3); 953-958.

(2) Nutrition News, “Kansas Beef Council Nutrition and Health Publication,” (2008), p. 1.

It's Time For Our Annual Survey!

We have not sent our annual survey yet. However, you will receive the survey and an envelope in the next few weeks. It is very important that you complete this survey and return it to us. The sources of funding that help pay for your Meals on Wheels want everyone to return one!

Please return your survey! Your opinions are important to us!

Winter Weather Is On The Way!

During October we delivered a one day nonperishable meal supply. Save this meal supply for bad weather days when we can't deliver. It does not need to be refrigerated. We will send another one day supply in the coming weeks. If you eat the two day supply provided, we will not be able to bring out anything else on days we cancel. If you did not receive the meal supply, please call 267-0122. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

2017 Medicare Health and Drug Plan Open Enrollment Period

The open enrollment period for Medicare D Drug Plan or Medicare Health (Advantage) Plan runs through December 7th. It is a time to review your prescription drug plan coverage. If your current plan does not cover your medications or if you want to check for lower costs, then you will want to compare drug plans. If you're satisfied with your current coverage, you don't need to do anything. You can compare 2017 plans online at medicare.gov.

If you need assistance, call 267-0122 ext. 201 for Lisa.

Safety Tip:

You might receive calls or literature about open enrollment. These solicitations may not be from an honorable source. Make sure you have a legitimate source of information or you initiated the call before you share your Medicare information or Social Security number.

Special Occasion & Memorial Gifts

Donations given in memory or in honor of someone special are a wonderful way tribute. When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing or to the family of someone being remembered. The amount of the gift is not mentioned. Donations in any amount are appreciated.

Memorials established in October:
Robert Ruvalcaba
Ray Katzenmeier

The Cold Weather Rule

November 1, 2016 through March 31, 2017

The Kansas Cold Weather Rule provides special payment and disconnection procedures for residential natural gas customers with unpaid accounts throughout the dates listed above. A utility shall not generally disconnect a customer's service during the dates above when the National Weather Service forecasts that the temperature will be below 35 degrees within a 48-hour period. The Kansas Gas Service is required to give notice 10 days in advance of discontinuing service.

To prevent service interruptions when the temperature is 35 degrees or above, or to have service restored regardless of temperature, you must comply with the following conditions:

1. Inform the utility if you are unable to pay the bill in full.
2. Provide the utility with sufficient information to enter into a monthly payment agreement.
3. Pay one-twelfth of the total account balance, including all disconnection or reconnection fees, plus any required deposit installment.
4. Enter into an 11-month payment plan to pay the remainder of the account balance, plus the current bill. You may select the Equal Payment Plan for current and future consumption.
5. Apply for federal, state and/or local energy-assistance funds.

Please Call

You can leave a message or meal cancellation information on the answering machine (available 24 hours every day) by dialing 267-0122. Leave your message after the agency message plays and you hear the beep.



MEALS ARE NOT LATE UNTIL 1:00 p.m.

Suggested donation:

\$10.00 monthly

NOVEMBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sliced Ham Cornbread Stuffing <u>Spinach & Cheese Casserole</u> Hot Peaches Cookie	2 Oven Fried Chicken Rosemary Potatoes Corn Biscuit Apricots	3 Fish Mac & Cheese Winter Veg Blend Muffin Fruited Yogurt	4 Roast Beef & Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Blueberries
7 Pork Roast with Gravy Wild Rice Broccoli Dinner Roll Pineapple	8 Meatballs with BBQ Cranberry Glaze Scalloped Potatoes Vegetable Blend Potato Roll Waldorf Salad	9 Parmesan Chicken Baked Potato Peas Garlic Bread Tapioca Pudding with Fruit Cocktail	10 Hamburgers French Fries Carrot Sticks Cinnamon Apples Cookie	11 Chicken & Noodles Green Beans Soft Bread Sticks Pears
14 <u>Hot Turkey Salad Casserole</u> Beets Mini Croissant Fruit	15 Sausage & Tortellini Soup Peas & Onions Cinnamon Roll Peaches	16 Italian Chicken Wild Rice Blend California Blend Vegetables Whole Wheat Roll Pineapple Fluff	17 Frito Chili Pie Corn Lime Gelatin with Pears	18 Beef Stew with Vegetables Biscuit Hot Apple Crisp Tossed Salad with Dressing
21 Meatloaf Baked Potato Glazed Carrots Roll <u>Cherry Cola Salad</u>	22 <u>Light & Hearty Tuna Casserole</u> Green Beans Biscuit Mandarin Oranges	23 Turkey with Gravy <u>Crunchy Sweet Potato Casserole</u> Peas Pumpkin Pie Cranberry Sauce	24 NO MEAL DELIVERY Thanksgiving Day	25 NO MEAL DELIVERY Thanksgiving Holiday
28 Chicken Fried Steak Mashed Potatoes & Gravy Vegetable Blend Roll Chocolate Pudding	29 Chicken & Rice Casserole Parslied Carrots Dinner Roll Mixed Fruit	30 <u>Creamy Meatball Casserole</u> Hot Fruit Compote Soft Bread Sticks Tossed Salad with Dressing		New Menu Items are Underlined.



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