

NUTRITION

Notes



October, 2016

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

Volunteer Bitten By Dog During Meal Delivery

Recently an 89 year old meal volunteer was bitten by a small dog who escaped from the owner's home while the volunteer was delivering their meals. To make matters worse, the volunteer had received a hip replacement in the past few months so there was an added concern about infection.

When we recruit volunteers, they are told that we inform our clients to keep their animals contained between 10 am to 1 pm.

Consequently, meal delivery people do not expect to have contact with clients' pets. For the safety and protection of your pet (even friendly ones), it is important to keep them away from the door or delivery person. Many volunteers don't own a pet, are not physically able to run from or chase down an animal and none of them want to be bitten by a dog or cat. If you need a copy of our dog policy, please call 267-0122. Remember: if your animal bites a meal volunteer your meal will be stopped.

What happens if your animal bites or scratches a delivery person?

1. All reported animal bites in Wichita are investigated by Wichita Police Department personnel at Animal Control.
2. They will need information on your animal's vaccinations. The City of Wichita requires annual rabies vaccinations and yearly licensing of all dogs by pet owners. In Wichita and Sedgwick County all cats must also be vaccinated.
3. Your animal will be quarantined which is a

period of observation, either at home or at an approved location. This means that the animal suspected of a bite or scratch can be

watched to determine if there is any danger of the animal transmitting the rabies virus. The quarantine period for most animals is 10 days from the date the exposure occurred.



What is rabies?

Rabies is an infection of the brain caused by a virus. The disease is usually fatal. In Kansas, rabies is most common in wild animals. Skunks have the disease most frequently, but it also occurs in bats, raccoons, foxes and coyotes. Dogs, cats and domestic livestock occasionally contract rabies from the bite of an infected animal. Rabies appears to come in cycles. This makes it even more important that dogs and cats have current vaccinations against the disease.

Meals on Wheels
is open and we
will deliver meals
on:

Columbus Day-
October 10th



Fall Is Apple Season

By Glenna Harrison, RDN, LD

Fall is the time to bite into a nice, crisp apple—one right off the tree if you grow them or if you have access to an orchard. Otherwise we depend on grocery stores to provide us apples. Stores offer apples year around now, but apples are best in the fall season because that's when most of them ripen naturally and are picked. An exception to this are the green cooking apples which ripen early summer and are great for pies, cobblers, crisps or applesauce.

Today, there are many new varieties of apples—you don't have to be satisfied with Red or Golden Delicious, Jonathan, Granny Smith or McIntosh. Today we also have Fuji, Gala, Honeycrisp, Pink Lady, or Braeburn. You can choose a sweet or tart apple, whichever your preference is. Just make sure the apple is mature or it won't taste sweet. If the apple is too ripe, it can turn mushy.

You probably grew up with the saying, "An apple a day keeps the doctor away." As I studied nutrition I wondered why that saying was so true. An apple offers B vitamins, small amount of Vitamin C and small amounts of minerals. I think the older doctors/nutritionists promoted the saying because of the fiber in the apple. A medium to large apple with the skin has around 5-7 grams of fiber -- a very small one offers around 2.5 grams without the skin. Americans often do not eat enough fiber, so the apple can be an important part of daily nutrition. If it's difficult to eat an apple with the skin, try slicing it into small slices and keep the skin on if you can.

If it's difficult to eat a raw apple, cook the slices slowly in a small amount of water. Add some red hots for color and spice. Cook them as peeled apple slices or mash them into applesauce. The addition of sugar can tend to help the apples mash into applesauce as well. But some apples really don't need much added sugar because of the natural sugars in them.

Fast forward from the old days to 2016. Now we know that apples have beneficial phyto-chemicals. The apple has flavonoids and polyphenols which help protect the body from



the negative effects of free radicals which tend to occur more as we age. These products help fight free radicals and help prevent damage to cell walls and other body components. Did the doctors and nutritionists suspect a further advantage to eating an apple a day other than fiber and other known nutrients??

For full enjoyment of the fall season, select some apples to enjoy raw or cooked. You'll be glad you did.

It's time for our annual survey!

You will receive a survey and an envelope. 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!

2017 Medicare Health and Drug Plan Open Enrollment Period October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. 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.

Memorials And Honors

A. L. Rose Memorial
In Honor of Stephen Heidrick

Food And Drinks Can Interact With Medications

Your doctor and pharmacist can answer questions about your medications. It is important to check with them before making changes.



Helpful information you need to collect:

- Spell the name of the medication and write down when and how often to take it.
- What condition is it being prescribed for? Is the medication absolutely needed?
- Does the medication interact with other medications or other medical conditions?
- Should it be taken at mealtime or between meals? Taken with a full glass of water or milk?
- Are there foods, drugs, or activities I should avoid while taking this medicine?
- What are the common side effects? What side effects should I report immediately?
- When will the medicine begin to work?
- What should I do if I miss a dose?
- Will I need a refill? How do I arrange that?

Examples of food and drink interactions:

Grapefruit's Effect On Cholesterol And Some High Blood Pressure Meds

Grapefruit juice or fresh grapefruit can increase the amount of some cholesterol-lowering drugs (statins) in your blood which could increase the side effects. Grapefruit can also effect the breakdown of calcium channel blockers (some high blood pressure medications) which can increase the risk of serious side effects. Tangelos can have the same effects as grapefruit.

Warfarin And Vitamin K

Eating foods rich in vitamin K can decrease the effectiveness of the blood-thinning medication Warfarin (Coumadin). Vitamin K is found in green leafy vegetables such as kale, collards, spinach, turnip greens, Brussels sprouts, broccoli, scallions, asparagus, and endive.

Acetaminophen And Alcohol

The pain reliever acetaminophen (like

Tylenol) mixed with two or more alcoholic drinks per day can increase liver toxicity.

Insulin And Alcohol

Alcohol can increase or prolong the effects of insulin or diabetic pills which can lead to low blood sugar that lasts as long as 8 to 12 hours. Symptoms of low blood sugar include nervousness, sweating, trembling, intense hunger, weakness, palpitations, confusion, drowsiness or even coma.

Antibiotics And Dairy

Dairy products such as milk, yogurt, and cheese can delay or prevent some antibiotics from being absorbed by the body. Read your medication information sheet to determine if this is an issue and if it can be prevented by taking the antibiotic one or two hours before or after a meal.

Digoxin And High-Fiber Or Herbs

Fiber, especially wheat bran, can reduce the effectiveness of Digoxin (Digitalis, Digitek, Lanoxin) because it can slow down the absorption of these drugs. Ginseng and St. John's Wort can also create problems when used with these medications. It's important to discuss this with your physician. The signs of digoxin toxicity include a yellow tint to vision and the appearance of halos around objects, as well as weakness, confusion, dizziness, and nausea and vomiting.

Tyramine And Monoamine Oxidase Inhibitors

Foods containing tyramines, such as some red wines, malt beer, smoked fish, aged cheeses, and dried fruits can cause serious problems when mixed with this older type of antidepressant.

Iodine And Antithyroid Drugs

Dietary sources of iodine are seafood, seaweed, iodized salt and to a lesser extent in eggs, meat, and dairy products. A high-iodine diet could lead to higher doses of antithyroid drugs used to treat hyperthyroidism.

Safety Tip

You might receive calls or literature about Medicare open enrollment. All these solicitations are not honorable. Make sure you have a legitimate source of information or you initiated the call before you share your Medicare information or social security number.

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

Suggested donation:
 \$10.00 monthly

OCTOBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham & Scalloped Potatoes Casserole Peas & Onions Sourdough Roll Fresh Fruit	4 Chicken Pasta Casserole with Mixed Vegetables Fruit Muffin Mixed Fruit	5 Braised Beef Tips Mashed Potatoes & Gravy Green Beans Pears	6 Crusted Italian Fish Mac & Cheese Broccoli Garlic Bread Tartar Sauce Mandarin Oranges	7 Harvest Chili Oyster Crackers Hot Fruit Cobbler Corn Muffin Lettuce Salad with Dressing
10 Hot Turkey Sandwich on Bun Breaded Tomatoes Pineapple	11 Meatloaf Mini Baked Potatoes Glazed Carrots Dinner Roll	12 Ham and Beans Spinach Corn Muffin Peaches & Pears	13 BBQ Chicken Parslied Potatoes Asparagus Cuts Fruited Jello	14 Beef Enchilada Spanish Rice Hot Cinnamon Apples Lettuce, Tomato, Onion in a Cup
17 Hamburger on Bun Parmesan Roasted Potatoes Broccoli Apple Sauce	18 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Pudding	19 Pork Chop with Mushroom Sauce Rice Pilaf Winter Blend Vegetables Cranberry Sauce	20 Breaded Fish Oven Fries Hushpuppies Cole Slaw Hot Fruit Tartar Sauce	21 Tater Tot Casserole Roll Hot Fruit Compote V-8 Juice
24 Beef Stroganoff with Noodles Peas and Carrots Whole Grain Roll Fruit Cup	25 Pork Roast with Onion Gravy Cornbread Dressing Cauliflower Apple Crisp	26 Turkey Lasagna Casserole Garlic Biscuit Hot Fruit Lettuce Salad with Dressing	27 Beef-Vegetable Stew Biscuit Peaches	28 Sweet & Sour Chicken Oriental Rice Oriental Veg. Mandarin Oranges
31 Bats & Cobwebs Corn Spiced Baked Apples Brownie		New items or recipes are underlined.		

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