

NUTRITION Notes



August 2018

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

New Trial Program: Meal Menu Choice

Starting August 2nd we began serving a choice option on Tuesdays and Thursdays. These meals will be served once a month in rotation only on Tuesdays and Thursdays: chicken dinner, roast beef dinner, a club sandwich meal, chef salad, ham & cheese sandwich meal, roast beef sandwich meal, chicken sandwich meal, and a chicken wrap meal.

During the initial trial period this year, we will not charge for the Choice options. However, due to the increased cost of these larger portions, a \$2.00 donation per Choice meal would be helpful.

If you are interested in participating in the Choice meals, you must call 267-0122. We will

let you know if you are one of the fifty people selected for the initial trial phase of this program.

Fall Menus

Autumn begins in September which is just around the corner. We are already considering which menu items would be preferred in cooler temperatures. Please call 267-0122 to discuss your preferences or suggestions for these menus.

New Medicare Cards

Medicare started mailing new Medicare cards in April. All people receiving Medicare will get a new card with a unique number instead of your Social Security number. They are doing this because it is now required by law to take your Social Security number off your Medicare card in order to protect your information. Your new card will be mailed to you automatically (you don't need to do anything unless you need to update your address).

The cards for people living in Kansas are just now being mailed. It should take about 1 month to reach everyone. Your new card is a paper card as they are easier for providers to copy and it saves the taxpayers money.

What do you do when you receive your new card?

- Destroy/shred your old card and start using the new card immediately.
- Carry your new Medicare card with you as your health care providers will ask for it.

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Need a Fan?

The Meals on Wheels program has received several donated 20 inch box fans. We are distributing these to meal participants who need a fan and can't afford to purchase one. If you are in this situation, call your Meals on Wheels caseworker at 267-0122 to see if we can provide one.

Eat To Satisfy Your Hunger

By Glenna Harrison, RDN, LD

Are you hungry all the time? If so, you might have high metabolism. If that's not the problem, here are some tips to help you feel fuller longer. Some hunger occurring 2.5-3 hours after eating is somewhat normal because blood sugar drops after food is digested. A small snack is appropriate at that time----but we don't usually need a large snack

One way to increase satiety (absence of hunger) is to include protein at every meal. Even a little fat is good to increase satiety. Protein and fat take longer to digest than carbs. Other than meat and eggs, milk, cottage cheese, cheese, yogurt, nuts, tofu, beans and other legumes are good sources of protein. If you tend to "crash" between meals, plan ahead for a protein snack around 2.5 hours after you've eaten a meal. Examples of snacks are peanut butter and crackers, peanut butter or cream cheese in celery, peanut butter and raisins on apple slices. Cheese can be used instead of peanut butter.

Maybe you aren't hungry, maybe you're dehydrated. Drink water throughout the day. When you drink enough water, the kidneys and liver work better. When you don't drink enough water, you might feel hungry and your brain doesn't work as well.

Maybe you haven't gotten enough sleep. When you are tired, you may find yourself eating to give you more energy. So try to get the 8 hours of sleep that's recommended.

The (gut) actually sends out hormones to tell your brain that you've had enough to eat or you haven't had enough to eat. But if you don't have a diverse mix of bacteria in your gut, you may not get the signal in the brain that you're full. This is all linked to probiotics and the work of the gut that I wrote about in the April newsletter.

Just walking through the kitchen or having food visible in the kitchen can be a visual cue that maybe you are hungry and could eat something whether you're physiologically hungry or not. Learn to decipher visual (psychological) cues from the physiological cues.



Since we are supposed to eat a lot of fruit and vegetables, try to work them in as snacks. Everyone is different, so try some different snacks and meal combinations and see what works for you to satisfy your hunger at meals and between meals. Limit the snacks to the bare minimum so the snacks don't cause weight gain (unless you need to gain weight).

Special Occasion & Memorial Gifts

Donations given in memory or in honor of someone special are a wonderful 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 in July:
Eugene Rogers
Herschel Putman
Ken Bozarth

Via Christi HOPE

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

Dehydration - A Serious Problem for Seniors

There are several reasons why dehydration is a common issue for seniors. Many seniors have health conditions and medications that cause changes in how they deal with heat or make them more likely to become dehydrated. The amount of water in the body decreases with age and you can lose up to 10 cups of water just sweating, breathing and urinating. There are also age related changes in kidney function and the ability to notice change in body temperature. Additionally, seniors can experience a decrease in their sense of thirst. Dehydration in seniors can lead to urinary tract infections, low blood pressure and even hospitalization.

Mild Symptoms Of Dehydration:

Feeling thirsty is one of the first warning signs. Sometimes feeling hungry is actually a sign of dehydration.

Dry or sticky mouth or thick (gummy) saliva
Smaller quantities of urine or dark colored urine

Muscle cramping

Headaches

Sleepiness or lethargy

Irritability

Consult a doctor if you experience severe cramping (usually leg, back or stomach); have a rapid, weak pulse or rapid breathing,

Tips to Stay Hydrated:

Keep a glass of water on the nightstand or end-table

Use a straw - causes people to drink more than sipping

Use a container with the ounces marked
Drink 8 ounces of fluid every time medication is taken

Add flavorings or strawberries, lemons, cucumbers to improve water's taste

Unless prohibited by your doctor-- men need more water (125 ounces) and women need 91 ounces.

Heavier people need more water.

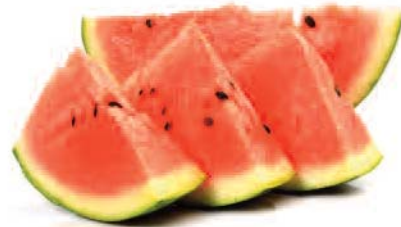
More water is needed during hot, humid weather.

Alcohol dehydrates the body.

Most people get 20% of their water from food.

Fruits and vegetables can have a high water

content; for example, melons, oranges, apples-84%, bananas-74%, cucumbers, broccoli-91% and carrots.



Medicare Cards

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- Guard your new card-only give your new number to doctors, pharmacists, etc.
- Remember that your new card doesn't change your Medicare coverage or benefits.
- Keep your Medicare Advantage Card and use it if you are in a Medicare Advantage Plan.

Guard Against Scams:

- Medicare will never call you uninvited and ask for personal information in order to get the new card.
- Scam artists may use this change in cards to try to get you to give your old card number, personal information or your new card number.
- If someone asks you for your information, for money, or threatens to cancel your health benefits—HANG UP & DON'T GIVE THEM YOUR INFORMATION!

If you don't get your new Medicare card by April 2019 or if you have questions, call 1-800-MEDICARE (1-800-633-4227) or visit Medicare.gov.

Call To Cancel When You Will Not Be Home

Meals on Wheels is reimbursed only for meals delivered to people who qualify. If you are in the hospital or anywhere else between 10 a.m. and 1 p.m., please call our office. When a family member, spouse or anyone else eats your meal, our meal program might have to bill for this meal as we can't bill our funding source.

Meals are delivered between 10 a.m.-1:00 p.m.

Suggested donation:
\$10.00 monthly

AUGUST, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheeseburger on Bun Scalloped Potatoes Cherry-Berry Compote Coleslaw	2 Peach Glazed Turkey Roast Sweet Potatoes California Blend Wheat Roll Melon Cup	3 Tator Tot Casserole Vegetable Medley Dinner Roll Fruit/Spinach Salad
6 Southwest Chicken on Flour Tortilla Spanish Rice Corn/Tomato Salad Fiber Fruit Mix Salsa Packet	7 Italian Fish Mac & Cheese Peas & Onions Hushpuppies Fruit Yogurt	8 Scalloped Turkey Dressing Glazed Carrots Dinner Roll Ambrosia Salad	9 Pizza Noodle Bake Green Beans Garlic Roll Blueberries & Granola	10 Cold Meal Ham & Cheese Wrap Macaroni Salad Coleslaw Tropical Fruit Salad
13 Low sodium Teriyaki Chicken over Rice Oriental Veggies Mandarin Oranges Cookie	14 Turkey Hot Dog on Bun Steak Fries Summer Blend Vegetables Yellow Apple	15 Baked Ham Sweet Potatoes Corn Muffin Hot Pineapple & Granola Black Eyed Pea Salad	16 Cold Meal Tuna Salad on Sourdough Roll Sliced Tomatoes Cheese Cubes Grapes	17 Taco Burger On Bun Corn Hot Spiced Peaches Lettuce Salad with Dressing Salsa Packet
20 Beef Tip Stroganoff over Noodles Broccoli Roll Pears	21 Fried Chicken Rissolle Potatoes Mixed Vegetables Wheat Roll Butterscotch Pudding	22 BBQ Ribettes Skillet Fried Potatoes Veg. Picnic Salad Biscuit Hot Cinnamon Apples	23 Turkey Rice Casserole Peas Dinner Roll Fruit Salad	24 Cold Meal Deli Sandwich on Rye Roll Lettuce/Tomato Broccoli Salad Cottage Cheese Apricots
27 Omelet Biscuit & Turkey Sausage Gravy Hot Cherry Compote V-8 Juice	28 Beef Ravioli Italian Blend Veg. Garlic Knot Plums	29 Cold Meal Roast Beef Sandwich Marinated Tomato Salad Potato Salad Vanilla Pudding	30 Smothered Chicken Seasoned Rice Parslied Ranch Cauliflower Roll Peach Salad	31 Pork Fritter Mashed Potatoes & Gravy Green Beans Cornbread Muffin Strawberries & Cream

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

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