

# NUTRITION

Notes



Senior Services  
OF WICHITA

November 2018

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 22nd**

**Day after Thanksgiving - November 23rd**

You will receive 2 nonperishable meals prior to the holidays. Keep these meals and use one on the 22nd and one on the 23rd.

## **HAPPY THANKSGIVING!**

**Happy Veterans Day  
November 11th!**

**A special “Thanks” to all of  
our veterans!**



**Daylight Savings Time is ending -  
November 4th!**

Set your clocks back one hour before bed on Saturday, November 3rd. Otherwise, you might not be up in time to receive your meal on Monday.

**Would a gift card(extra money)  
help this holiday season?**

If you qualify, Operation Holiday will provide a gift card to you (1 per household).

To qualify, you must:

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

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 5, 2018 - November 30, 2018

## Winter weather is on the way!

During October we delivered a one day nonperishable meal supply on the 30th. **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 the first part of November.

If you eat the two day supply that we provide, we will not be able to bring out anything else on days we cancel due to bad weather. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

**If you do not receive the emergency meal supply by December 10th, please call 267-0122 to let us know.**



## **2019 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. The open enrollment period is a time to review your plans. If your current plan does not cover your medications or if you would like to determine if they are available at a lower cost, 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 2019 plans online at [medicare.gov](http://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.

## **Holiday Gift List**

We are still taking names for our Holiday Gift list. Usually community members call us and want to purchase items like Depends, Ensure, clothing and groceries for low income Meals on Wheels clients during the holidays. If you have a need, **call 267-0122** to get on our list. However, we can't guarantee that you will be selected.

## **The Cold Weather Rule**

**Effective: November 1, 2018 through March 31, 2019**

The Kansas Corporation Commission wants Kansans to have electric, gas, and water services during the winter. Under the Cold Weather Rule, utility companies can't disconnect a customer's gas or electric service when temperatures are forecast to be at 35 degrees or below over the next 24 hours (except in certain circumstances). This rule applies only to residential customers of electric, natural gas, and water utility companies under the KCC's jurisdiction. Utilities must inform customers of the Cold Weather Rule payment plan and other available payment plans. In addition, utilities must send a written notice 10 days in advance of disconnection of service.

So, if you have a past due utility bill and are at risk for disconnection, you need to contact your utility to make payment arrangements. To prevent service interruptions when the temperature is 35 degrees or above:

1. Inform the utility if you are unable to pay the bill in full.
2. Agree to pay 1/12 of the overdue amount of your bill, plus 1/12 of your current bill, all disconnection and connection fees, and agree to pay the remainder in equal payments over the next 11 months; or Negotiate a payment plan to pay the overdue amount off quicker than 12 months.



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

## Nutrition and Hypoglycemia

By Glenna Harrison, RDN, LD

The last two articles have been on Diabetes, Type I and Type II, dealing with high blood sugar (hyperglycemia). This article addresses hypoglycemia or low blood sugar. The two forms of hypoglycemia are Reactive and Fasting.

Reactive hypoglycemia is described as a low blood glucose from a blood test, as well as symptoms such as irritability, nervousness, headache, sweating, and confusion 2 to 4 hours after eating a meal, especially a meal high in simple sugars. The cause of reactive hypoglycemia is unclear, but it may be overproduction of insulin by the pancreas in response to rising blood glucose (sugar). Alcohol intake can also cause hypoglycemia.

Fasting hypoglycemia usually is caused by pancreatic cancer which may lead to excessive insulin secretion. In this case blood glucose falls to low concentrations after fasting for about 8-20 hours. This form of hypoglycemia is rare.

A true diagnosis of hypoglycemia is a blood test indicating 40-50 mg. or less blood glucose/100 mL plus exhibiting some of the hypoglycemic symptoms mentioned above. True diagnosis is rare.

Hypoglycemia can also occur with diabetics if they have taken an oral glycemetic agent or insulin, but then failed to eat a meal. The medication lowers the blood sugar which can cause hypoglycemia and symptoms, sometimes severe, can occur. The symptoms will be similar to the symptoms mentioned above for Reactive Hypoglycemia. If a person shows some beginning signs of low blood sugar, milk, honey, orange juice, or the hormone gluagon can be given to quickly raise the blood glucose. If the hypoglycemic symptoms aren't addressed, sometimes the person will black out. Medical help needs to be summoned or the hypoglycemia can be treated as mentioned when the person "comes to."

It is normal for healthy people to have some hypoglycemic symptoms, such as irritability, headache, and shakiness if they haven't eaten for a prolonged period of time.

If you sometimes have symptoms of hypoglycemia, although you don't have an official diagnosis, the standard nutrition therapy is one we all could follow. You need to eat regular meals, making sure you have some protein and fat in each meal and including complex carbohydrates with some fiber. Avoid meals or snacks that contain little more than simple carbohydrates (sugars).

If symptoms continue, try small protein-containing snacks between meals or fruits and juice. Fat, protein, and soluble fiber in the diet tend to moderate swings in blood glucose. Lastly, moderate your caffeine and alcohol intake.



### SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or as an appreciation of someone special are a wonderful way to honor someone.

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 October:

Wanda J Davis

WD Gordy

Eloise Heckman

Beckie Lewis

**Gift in Honor of All Volunteers**

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

Suggested donation:

\$10.00 monthly

## NOVEMBER, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
New items or recipes are underlined.			1 <u>New York Style Beef Frank on Bun</u> Sauerkraut 3 Bean Salad Cherry Whip	2 Pork Stew Hot Spiced Apricots Mini Croissant Oatmeal Pie Cookie
5 Scalloped Turkey Peas & Carrots Mini Muffin Mandarin Oranges	6 Minestrone (Bean) & Tortellini Soup Prince William Vegetables Cornbread Pears	7 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Biscuit Pumpkin Fluff	8 <u>Beef a la King</u> Normandy Veg. Tropical Salad Mini Muffin	9 Pork Roast Au Gratin Potatoes Cauliflower Roll <u>Blueberry Ambrosia</u>
12 Biscuit & Gravy Sausage Patty Hashbrown <u>Hot Applesauce with Spiced Apples</u> V-8	13 Chicken Taco Salad w/Lettuce, Tomato, Cheese Frito Chips Refried Beans Salsa & Sour Cream Packet Plums	14 Beef Patty with Brown Gravy Twice Baked Potato Mixed Vegetable Wheat Roll Cherry Salad	15 Wild Rice with Turkey Brussels Sprouts Sourdough Roll Yogurt with Mixed Berries	16 Frito Chili Pie Mexican Corn Hot Peach Cobbler Lettuce Cup with Dressing
19 Chicken Fried Steak Mashed Potatoes & Gravy California Blend Roll Applesauce	20 Beef Stir Fry Rice Oriental Vegetables Fortune Cookie Orange	21 Turkey & Gravy Sweet Potato Casserole Peas & Onions Cranberry Sauce Pumpkin Pie	23  <b>HOLIDAY</b>  (Use meal provided)	24  <b>HOLIDAY</b>  (Use meal provided)
26 Beef Ravioli Zucchini & Yellow Squash Garlic Knot Mixed Fruit	27 Tuna Casserole with Peas Biscuit Carrot/Raisin Salad Peaches	28 Pork Ribette on Bun Steak Fries Hot Spiced Apples Pickles/Onions Black Eyed Pea Salad	29 Roast Beef on Texas Toast Mashed Potatoes & Brown Gravy Normandy Veg. with Cheese Cherry Cobbler Lettuce Cup/ Dressing	30 Chicken Parmesan Noodles Broccoli Whole Grain Roll Pineapple

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