

NUTRITION Notes



October 2018

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

It's Time For Our Yearly Survey!

In either October or November you will receive a survey and an envelope in your milk sack. The funders that help pay for your Meals on Wheels service would like everyone to return one! So, it is very important that you complete this survey and return it to us. Your opinions are important to us!

New 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. Due to the increased cost of these larger portions, a \$2.00 donation would be appreciated. If you are interested in participating or would like more information about the Choice meals, call 267-0122.

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. Each year Medicare health and drug plans can make changes in things like cost, coverage, and which providers and pharmacies are in their networks.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If your health or drug plan is changing, you should make sure your plans will still meet your needs in 2019. If you're satisfied that your current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything.

You can compare 2019 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 certain plans or about enrolling in a specific plan during 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.



Columbus Day

Deliveries on Columbus Day

Meals on Wheels will be open and delivering meals:
Columbus Day- October 8th

Nutrition and Diabetes Mellitus, Type II

By Glenna Harrison, RDN, LD

About 8% of Americans with diabetes have Type I diabetes that I wrote about last month. The more common type of diabetes is Type II with more than 91.2% of those having diabetes or approximately 24 million people having the disease in America. A small percent has another type of diabetes. There has been a huge increase in the number of diagnoses of Type II diabetes, possibly related to the increase in obesity in America, since 80% of this disease is related to obesity. Type II diabetes usually begins after age 40 but has even been diagnosed recently in children with the increase in childhood obesity and inactivity. Minority populations such as Latino/Hispanic, African-Americans, Asian Americans, Native Americans, and Pacific Islanders are at particular risk. This type of diabetes is genetically linked, but not with the output of insulin of the pancreas, instead with the insulin receptors on the cell surfaces of certain body tissues, especially muscle tissue. In this case, blood glucose is not being transferred from the blood into cells, so the patient develops hyperglycemia (high blood glucose) as a result of the glucose molecules remaining in the bloodstream. The pancreas attempts to increase insulin output to compensate, but there is a limit to its ability to do this.

Symptoms of diabetes include:

1. Excessive thirst
2. Excessive urination
3. Excessive hunger
4. Unexplained weight loss or (or in some instances, weight gain)
5. Blurred vision
6. Tingling in hands and feet
7. Frequent infections
8. Poor wound healing
9. Impotence

Symptoms five-nine show up after a period of time of uncontrolled blood sugars.

As the disease develops, pancreatic function can fail, leading to reduced insulin output. Because of the genetic link for Type II diabetes, those who have a family history should be careful to avoid risk factors such as

obesity, avoid a diet rich in animal and other solid fats, an excess of sweets, and inactivity. A person should be tested regularly for hyperglycemia (too much sugar in the blood).

Since 80% of Type II diabetes is related to obesity, the number one treatment should be to attain a healthy weight and increase activity. Any weight loss will benefit the person. Obesity and eating sweets aren't a direct cause of diabetes, but obesity with oversized adipose cells simply increases the risk for insulin resistance by the body. Certain oral medications can help control blood glucose. Adequate chromium intake is also important for blood glucose regulation.

If diet and oral medications don't control the Type II diabetes, then insulin may be prescribed. Currently this becomes the treatment in about half of all cases of Type II diabetes. Regular physical activity also helps the muscles take up more glucose. Regular meal patterns, with an emphasis on control of energy intake, consumption of low Glycemic Index carbohydrates, with ample dietary fiber is an important therapy. Foods with a low Glycemic Index don't raise the blood sugar so fast. Each meal should include some protein and a little fat as these nutrients are broken down during digestion at a slower rate than sugars and therefore they help keep the blood glucose level from spiking.

Some intake of sugar is fine with meals, but again, these must be substituted for other carbohydrates, not simply added to the meal plan. Distributing carbohydrates throughout the day is also important as this helps minimize the high and low swings in blood glucose concentrations. One serving of alcohol can be worked into the meal plan, although alcohol, and certainly a lot of alcohol can actually lead to low blood sugars.

Diabetes can decrease vision by causing complications with the small vessels in the eye. Sometimes it's an optometrist who suggests a person have his/her blood sugar tested. Diabetes can help heart disease progress and eventually can affect the kidneys and even lead to the need of dialysis if diabetes isn't kept under control.

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How Can I Protect Myself And Others From The Seasonal Flu?

- Get your flu shot.
- Wash your hands thoroughly with soap and warm water or use alcohol-based hand sanitizer to get rid of most germs. Avoid touching your eyes, nose and mouth.
- Stay home when you're sick to prevent the spread of illness. You should remain at home until you're fever free (without fever-reducing medications) for at least 24 hours.
- Cough or sneeze into a tissue and properly dispose of used tissues. If you don't have a tissue, cover your face with your elbow.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise. (from www.kdheks.gov)

Flu is a highly contagious viral infection. An annual flu vaccination is recommended for most seniors since influenza (flu) viruses are constantly changing. A new flu shot, that contains the strains of the virus that are expected to occur, is produced every year. The flu can make chronic health problems worse and cause complications like pneumonia, bronchitis, sinus and ear infections. If you have questions about the vaccination, check with your doctor. Flu shots are available on a walk-in basis at many pharmacies.

Vaccinations are available at our 4 senior centers on:

October 5th	Northeast Center
2121 E. 21st	269-4444
October 15th	Orchard Park Center
4808 W. 9th	942-2293
October 15th	Downtown Center
200 S. Walnut	267-0197

(You will need to bring your Medicare card and photo ID.)

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.

Holiday Gifts

We are taking names for our holiday wish list. Usually community members call us and want to purchase items like Depends, Ensure, clothing or groceries for low income Meals on Wheels clients during the holidays. If you have a need, call 267-0122 to get on our wish list. Please don't ask for expensive items like appliances or furniture since we do not receive donors who can purchase expensive items. We can't guarantee that we will have donors or that you will be selected.

Call To Cancel When You Will Not Be Home - 267-0122

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.

Nutrition and Diabetes Mellitus

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A diabetic typically receives a daily meal plan from a dietitian based on the insulin or medication prescription, the person's meal schedule, what he likes to eat and what he's willing to eat. Patient likes are included in the plan. The meal plan includes a certain number of carbohydrates (with a carb being 15 g. of carbohydrate) per meal. The plan gives the patient options as to good choices for meals and snacks.

Reference: Study at Teacher's College, Columbia University, 2018 and British Medical Journal, 9-2018.

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.

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

Suggested donation:
 \$10.00 monthly

OCTOBER, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham & Scalloped Potatoes Casserole Peas & Onions Sourdough Roll Fresh Orange	2 <u>Hot Turkey Salad</u> Croissant Broccoli & Cheese Hot Mixed Berries Yogurt	3 Steak Fingers Mashed Potatoes & Gravy Green Beans Dinner Roll Pears	4 Italian Fish Mac & Cheese Oregon Blend Cornbread Muffin Tartar Sauce Peaches & Cream	5 Chili Oyster Crackers Hot Blueberry Cobbler Lettuce Cup with Dressing
8 Roast Turkey Candied Sweet Potatoes Green Bean Cass. Wheat Roll Cranberry Sauce	9 Beef Enchilada Casserole Spanish Rice Strawberry Applesauce Lettuce, Tomato, Onion in a Cup	10 Grilled Chicken & BBQ Sauce Packet Au Gratin Potatoes Winter Blend Vegetables Sourdough Roll Fruited Jell-O	11 Swedish Meatballs Over Noodles Creamed Spinach Rye Roll Fruit Salad	12 Pork Roast with Onion Gravy Cornbread Dressing Broccoli Roll Apricots
15 Hamburger & Bun Baked Beans <u>Hot Fruit Compote</u> Lettuce, Cheese, Tomato Cup Mustard/Ketchup Packets	16 <u>Chicken Noodle Casserole</u> Mixed Vegetables Dinner Roll Mixed Fruit	17 Pork Chop with Mushroom Sauce Rice Pilaf California Blend Sourdough Roll Cold Apple Crisp	18 <u>Turkey Hash with Hash Browns</u> Harvard Beets Fruit Muffin Pineapple	19 Beef-Vegetable Stew Biscuit Hot Peach Crisp Pea Salad
22 Braised Beef Tips over Noodles Glazed Carrots Whole Grain Roll Fruit Cup	23 Breaded Fish Oven Fries Hushpuppies Cherry Compote Cole Slaw Tartar Sauce	24 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Biscuit Orange Fluff	25 Picante Roast Beef <u>Southwest Corn Pudding</u> Peas <u>Chopped Apple Salad</u>	26 Ham and Beans Spinach Corn Muffin Peaches & Pears
29 Meatloaf Twice Baked Potato Brussels Sprouts Dinner Roll Mixed Fruit	30 Sweet & Sour Chicken Egg Roll Oriental Rice Oriental Veg. Mandarin Oranges	31 Spaghetti Pie Italian Blend Hot Cinnamon Apples Brownie		New items or recipes are underlined.

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