

NUTRITION

Notes



Senior Services
OF WICHITA

September 2018

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

Annual Meeting

Senior Services, Inc. of Wichita invites you to attend our annual meeting at 200 S. Walnut at 3 p.m. September 18th, 2018. Reception after the program. Requires RSVP-267-0302 #216.

Returning To Regular Milk In September!

The hot summer months are over so we will begin the delivery of refrigerated milk September 7th. Please call us at 267-0122 to let us know if you enjoyed the way we alternated shelf stable milk and fruit juice this past summer. Your opinions will help us determine what to send next summer.



Labor Day Holiday!

We will not deliver meals on
MONDAY- SEPTEMBER 3rd

You should have received a nonperishable food package on August 29th. Please use it for your meal on the 3rd.

National Centenarian's Day

National Centenarian's Day on September 22nd celebrates those who are 100 years of age or older! Meals on Wheels serves nine people who are 100 or older. Our staff would like to wish them a happy Centenarian's Day. Please take a few moments on September 22nd to honor anyone you know who has reached 100!



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. 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 or would like more information about the Choice meals, call 267-0122.

Type I Diabetes Mellitus Nutrition

By Glenna Harrison, RDN, LD

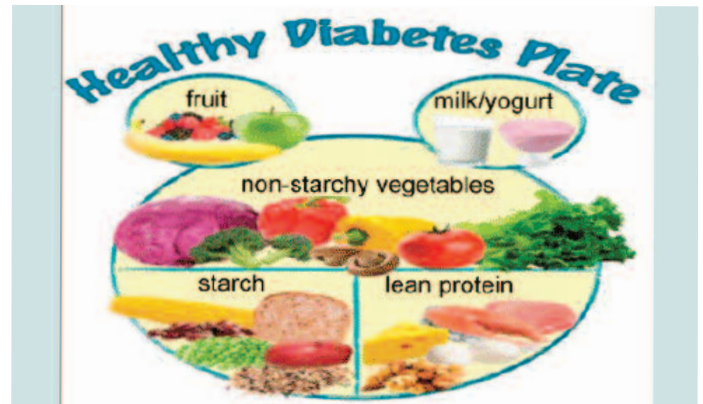
There are two major forms of diabetes, Type I and Type II. First, we'll focus on Type I diabetes and later we'll focus on Type II diabetes. Type I diabetes used to be called "insulin-dependent or juvenile onset diabetes." It occurs when the Beta cells of the pancreas don't produce or secrete enough of the hormone insulin for the body and this form is usually diagnosed before the age of 15 years. With less insulin, the carbohydrates in the blood cannot be transported inside the cell to be used as energy. This form of diabetes typically shows up around age 12-15 years of age, but can occur at any age. The disease runs in certain families, indicating a genetic link.

The beginning of Type I diabetes is generally associated with decreased release of insulin from the pancreas. As insulin in the blood declines, blood glucose increases (hyperglycemia), especially after eating. When blood glucose levels in the blood become too high for the kidneys to clear, glucose spills over into the urine, giving a sweet smell to the urine.

Symptoms of diabetes include:

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

Diagnosis for diabetes is established with a fasting blood glucose lab test or a hemoglobin (hgb) A1C lab test. A normal level of blood glucose is 70-99mg/dL. Doctors also look for the Hgb A1 C level of more than 6.0%. This means the blood cells are coated with more sugar than they are supposed to be. They also look for more than one blood glucose lab that is high on several lab tests. With Type I diabetes, the labs are usually high enough that it's pretty clear there is diabetes.



Type I diabetes is treated mainly by insulin therapy, either with injections two to six times a day or with an insulin pump. The pump dispenses insulin at a steady rate into the body with more insulin dispensed after a meal. Dietary treatment includes three regular meals and one or more snacks (including one at bedtime) daily. The diet is managed with a carbohydrate (carb) to protein to fat ratio that will match the prescribed insulin level and therefore decrease swings in blood glucose. If one does not eat often enough, the injected insulin can cause severe low blood sugar (hypoglycemia) since there are no carbs there on which the insulin can act.

A diabetic doesn't have to exclude sugar and carbohydrates in his/her diet, but rather keep them at a steady and reasonable level at a meal or snack. That way the carbs are in balance with the insulin recommended.

Everyone's blood glucose level increases after a meal, however when insulin is secreted by the pancreas, the blood sugar should decrease to a normal level a couple of hours after a meal. Because a Type I diabetic doesn't make or release enough insulin, the blood glucose level remains high longer than several hours.

A diabetic typically receives a daily meal plan from a dietitian based on the insulin 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.

Senior Expo 2018

A Central Plains Area Agency on Aging Event
September 27th --- 9 am to 3 pm

Free shuttle rides between the 3 locations:
Botanica, The Wichita Gardens- 701 N. Amidon
Advanced Learning Library- 711 W. 2nd
The Wichita Art Museum- 1400 West Museum
Boulevard.

No admission charge. Enjoy informational
booths and interactive exhibits, prize drawings,
free health screenings, a fashion show,
museum tours and more!

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.

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 August:
Shirley C Heyland
Herschel Putman
Betty Elder

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.

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.

Cold Weather Is Coming

Project Deserve is a program that provides
assistance to current Kansas Westar Energy
customers with active service in their name.
Depending on your eligibility, you might
qualify for a one-time payment (in a rolling 12
month period) toward the amount due on your
energy bill of up to \$300.00. Assistance is
determined based on need, household income
and availability of funds.

To qualify for up to \$300:

You must be 65 years or older or you must
receive permanent disability income from SSI
or SSD.

OR

You might qualify for up to \$100 if:

The total household income of all members
meets the income guidelines. For example, a
one person household must be below \$1,154 a
month net income.

You will need these items to determine your
eligibility:

- Verification (within the past 30 days) for
each source of income in the household.
- Current utility bill
- One other utility bill/phone bill in your
name at the address on the application.
- A completed application that includes in-
formation about your monthly expenses.

Center of Hope determines eligibility for
this program and they can be reached at
267-0222. Meals on Wheels also has copies of
this application. If you would like one, call
267-0122.

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

Suggested donation:
\$10.00 monthly

SEPTEMBER, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Holiday	4 Frito Chili Pie Corn Hot Spiced Peaches Lettuce Salad with Dressing	5 Fried Chicken Legs Mashed Potatoes/ Gravy Green Beans Wheat Roll Mandarin Orange Fluff Salad	6 Turkey Pot Pie Harvard Beets Cheese Biscuit Ambrosia Salad	7 <u>Hobo Bean Casserole</u> Dinner Roll Hot Cherry Crisp Lettuce Salad with Dressing
10 Sausage & Rice Casserole Glazed Carrots Cornbread Muffin Zesty Apple Salad	11 Pulled Beef on Bun Cheesy Potatoes California Blend Vegetables Cottage Cheese with Peaches	12 Salmon Patty with Spaghetti covered in Alfredo Sauce Summer Blend Vegetables Banana Muffin Fruit Jello	13 <u>French Beef Tip Stew</u> Corn Garlic Roll Apricots	14 Cold Meal Turkey & Swiss on Rye Potato Salad Tropical Fruit Salad Italian Pasta Salad
17 Chicken Lo Mein Egg Rolls Oriental Vegetables Strawberries	18 Baked Cod Mac & Cheese Peas & Onions Hushpuppies Pineapple Coleslaw	19 Polish Sausage with Creole White Beans Over Rice Cornbread <u>Greek Yogurt</u> <u>Apple Salad</u>	20 <u>Turkey Tetrazzini</u> Brussels Sprouts Sourdough Roll Pears	21 Country Baked Steak Mashed Potatoes/Gravy Mixed Veggies Biscuit Blueberries in Vanilla Pudding
24 Meatball Sub Scalloped Potatoes Broccoli Red Grapes	25 Chicken & Noodles Green Beans Roll Fresh Nectarine	26 <u>Skillet Pork Chops with Cabbage</u> Carrots <u>Stewed Apples</u> Oatmeal Raisin Cookie	27 Omelet Biscuit & Turkey Sausage Gravy Hot Cherry Compote V-8 Juice	28 Salisbury Steak & Onion Gravy over Wild Rice Cauliflower with Cheese Sauce Fruit Muffin Pineapple
New menu items are underlined.				

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

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