

# NUTRITION

Notes



Senior Services  
OF WICHITA

April 2019

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



## Meals on Wheels will not deliver to current weekend clients on Easter Sunday - April 21st.

Several Catholic churches provide the volunteer drivers for our weekend routes. They have trouble recruiting enough drivers on Easter Sunday. As a result, you will receive an extra meal on Saturday, the 20th, for Easter Sunday.

### Donated Items

- Several quad canes
- 1-Walker
- 1-Frame that surrounds a toilet
- 1-Telephone with large keypad
- A few packages of incontinence supplies like briefs.

If you need any of these items, call 267-0122. We will determine who receives these items based on need.

### National Volunteer Week: April 7 - 13

In 1974, a Presidential Proclamation created National Volunteer Week to promote and recognize the various opportunities available for those interested in volunteering. The meal program relies on volunteers to deliver your meals. Without them we would not be able to deliver 880 meals. Please take a moment during National Volunteer Week to thank your volunteers for their service.

### Meal Delivery On Weekends

We have a limited number of openings for weekend meal service. This means that you could receive a meal 7 days a week. Weekend meal service is reserved for those with the greatest need and no weekend meal support from family. We can only serve around 50 people on the weekends. If you believe you need meals 7 days a week, please call **267-0122** and your worker will see if we can provide weekend meals to you.

### Deadlines

**Federal Income Tax Deadline:  
4/15/2019**

Please encourage everyone who files a Kansas Income Tax Form to support Meal on Wheels programs by entering \$1.00 or more on their K-40 Form - line 38. This line is titled Senior Citizens Meals on Wheels Contribution Program. Every dollar goes to help meal programs including our program!

**Lent Meals Deadline: End 4/19/19.**



## Need A Spring Lawn Clean Up?

Have you thought about hiring someone to mow the lawn or clean up those leaves left from winter? Finding a trustworthy worker can be a challenge but the Senior Employment Program can help!

The In Home Services program with Senior Employment at our agency helps match qualified workers, age 55 and older, with available jobs. These workers can provide assistance with housekeeping, handyman tasks, transportation and companion care!

Our program matches seniors who want to work with people who want to hire someone to help with their chores. We check the workers' references; however, the negotiations for wages, hours and duties are between the person requesting the service and the worker.

Call Chester Green from 9 am - 2 pm at 267-1771 for more information.



## Attention! Please Note



You can leave a message or meal cancellation information on the answering machine (available 24 hours every day) by dialing **267-0122**.

Leave your message after the agency message plays.

## National Stress Awareness Day - April 16th

Stress awareness day originated in 1992 to increase awareness of the causes of stress and ways to help. April 16th was selected because it is typically the day after taxes are due. It's a good idea to be aware of the amount of stress in your life! Talk to your physician if you are concerned about your stress score.

Take The Doctor Oz Home Stress Quiz Write Yes or No before each question.

1. Do you rarely get more than 6 hours of sleep?
2. How often do you get upset while driving/riding in heavy traffic?
3. Do you get a stress related headache at least once a day?
4. Do you often end up in heated argument?
5. Do you constantly worry you don't have enough money to meet your needs?
6. Do you often get neck and shoulder pain during the day?
7. By 6 pm, do you often feel worn-out and exhausted?
8. Do you feel there is never sufficient time in the day to get everything done?

Dr. Oz Home Stress Test Results:  
Add the number of Yes answers:  
0-1: Low level stress  
2-4: Medium Stress  
5-8: High Stress

**PEACE OF MIND. INDEPENDENCE.**  
**GROCERY DELIVERY SERVICE.**

# ROVING PANTRY

can deliver your grocery order to your homes so you can stay independent in your own home. Call **316-267-4378** for info.



## Keeping Portions Under Control

By Glenna Harrison, RDN, LD

Our nation is gaining weight. The portions given in the “Meals on Wheels” lunch has appropriate serving sizes, but in other settings, people are getting used to and even demanding larger portions. To help maintain reasonable portion sizes, here are some tips.

- 1.** Restaurants serve large portions. Request a “to go” container or take some baggies and save about half of the serving to eat at another meal. Keep a cooler in the car with cold packs if you are going to another function after dinner. You’ll feel so much better than stuffing yourself.
- 2.** Many home pottery dishes and bowls are huge. If you’re selecting pottery, look for a set with reasonable -sized bowls and plates. Note that some restaurants actually serve a meal on a platter rather than a plate. That is way too much food for one setting.
- 3.** Share snacks with others, share popcorn by putting some in another bag for a friend.
- 4.** Share desserts at home. Share with a neighbor or send some home with your dinner guest so you don’t have extra servings around to tempt you.
- 5.** Freeze some of the cookies baked, so they aren’t around the kitchen to tempt you to eat extra.
- 6.** Use the palm of your hand to estimate meat portion of 3 oz. Restaurants sometimes offer steak and shrimp or steak and lobster together at a meal. It all adds up to way more protein than you need. There is no need to order 8 or 12 or 16 oz. steaks.
- 7.** Buy the 100 calorie servings of nuts and other snacks. That helps people to have a snack, but not too much.

**8.** Pre-portion tortilla chips, cheese, dip, etc. so you know how much you are eating.

**9.** Use a small fruit bowl for an ice cream and dessert servings.

**10.** Cut cake and brownies into small servings. They are rich foods, and a small portion is fine.

**11.** Plan your meals and snacks. That way you can work in appropriate amounts of ice cream or other desserts or snacks. Knowing you may have some dessert or snacks may psychologically help you to work in some desserts, snacks to your meal plan, but not overeat.

**12.** Drink a glass of water before a meal and before a snack. Sometimes your “hunger” is really dehydration.

**13.** If you love french fries, order them with your meal, but only eat half. Throw half of them away at the beginning of the meal if it’s too difficult to stop eating at a half portion.

**14.** Portion your food and sit down to eat meals and snacks. This helps you avoid mindless eating.



## SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or 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 March:**  
Jennifer Duncan Trop  
Charles E Larson

**Gift in Honor of All Volunteers**

**LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:**

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation  
\$10 Monthly

**April 2019 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 Ham and Beans Spinach Corn Muffin Pears	2 Teriyaki Chicken Steamed Rice Oriental Vegetables Strawberry Cup	3 Spaghetti Bake Italian Blend Vegetables Garlic Bread Mixed Fruit Cup	4 Hot Turkey Salad with French Fried Onions Warm Applesauce Green Beans	5 Breaded Fish Hush Puppies Stewed Tomatoes Grape Bunch
8 Hamburger on a Bun, Lettuce, Tomato Onion Pickle & Cheese Ranch Waffle Fries Hot Fruit Compote	9 <u>Chicken Tortellini Alfredo</u> Steamed Broccoli Wheat Roll Apple slices	10 Pork Roast Mushroom Onion Gravy Cornbread Dressing Brussel Sprouts Apricots	11 Cheese & No Bean Chili Topped Potato Mixed Vegetables Pear Compote	12 Barley Beef Vegetable Soup Hot Peach Crisp Biscuit Tossed Salad with Dressing
15 Meatball Marinara Sub Au Gratin Potatoes Red Grapes Peas & Onions Cookie	16 Beef Hobo Casserole Dinner Roll Strawberry Cup Buttered Corn	17 Pancakes Turkey Sausage Scrambled Eggs Blueberry Compote Country Blend Vegetable	18 Creamy Chicken Scalloped Potatoes Diced Carrots Honeydew Melon Cup	19 Baked Cod Mac & Cheese Roasted Zucchini <u>Pineapple Cole Slaw</u> Fresh Orange
22 Turkey Ala King Over Pastry California Vegetables Apple Cobbler	23 Braised Beef Tips over Noodles Glazed Carrots Blueberry Compote	24 Grilled Beef Frank on a Bun Three Bean Salad Sauerkraut Apple Raisin Parfait	25 White Bean Chicken Creole Mixed Greens with Dressing Cherry Cobbler	26 Beef Lasagna Sugar Snap Peas Garlic Biscuit Fruit Cup
29 Turkey Sausage & Cheesy Rice Hot Plate Green Beans Cornbread Muffin Fresh Banana	30 Reuben Sandwich Capri Blend Vegetables Fruit Jello			New menu items are underlined.

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