

# NUTRITION

Notes



Senior Services  
OF WICHITA

February 2019

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



## FEBRUARY HOLIDAY!



Meals on Wheels is closed and will not deliver meals on:



**Presidents' Day**  
**Monday- February 18th**



**You will receive nonperishable food in a Ziploc bag prior to the holiday which you need to keep and use on the 18th.**

If your income is low according to poverty guidelines and you need any of these donated items, call **267-0122**.

**Men's slippers:** 1 pair size 8-9  
1 pair size 11-12

**Men's tennis shoes:** 1 pair size 13

**2-bed pillows**

**Lap blankets**

Due to the extremely limited quantities listed above, we will determine who receives these items based on need and income.

### 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 January:

Christina J Mertes  
Mary Ann Darland  
Faye C Payne  
John & Velda Luce  
Ron & Mary Ann Kringen

**Gift in Honor of All Volunteers**

### Meal cancellation during bad weather

Typically, there will be days during the winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television for meal cancellation information. If we cancel meals, use the nonperishable food that we provided in the fall.

**Remember:** if roads are bad it takes much longer to deliver. On these days it is important to remain in the room close to your door so we can shorten the length of time it takes to deliver a route during bad weather.



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.

## February Is National Heart Month

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can receive treatment to prevent total blockage and heart muscle damage or reduce the amount of damage.

### Recognizing the warning signs can save your life! Signs listed by the American Heart Association:

**CHEST DISCOMFORT:** most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**DISCOMFORT IN OTHER AREAS OF THE UPPER BODY:** symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**SHORTNESS OF BREATH:** with or without chest discomfort.

**OTHER SIGNS:** may include breaking out in a cold sweat, nausea or lightheadedness. Like men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**Understanding your cholesterol numbers** First, you need to understand that the numbers by themselves are not enough to predict your risk of heart problems. They are considered along with your age, your blood pressure, smoking status, and your use of blood pressure medicines.

**HDL (good) Cholesterol:** having a higher level of HDL can lower your risk of heart attack and stroke. HDL takes cholesterol away from your arteries and back to the liver. There, it's processed so that excess

can be removed from your body.

**LDL (bad) Cholesterol:** the body's tissues use some of this cholesterol to build cells. When you have too much of it, LDL can build up inside your arteries. Combined with other substances, it can form plaque (a thick, hard, fatty deposit). Plaque narrows the arteries and reduces blood flow which is called atherosclerosis. If the buildup of plaque ruptures, a blood clot may form at this location or a piece may break off and travel in the bloodstream, causing a heart attack or stroke. Lower LDL numbers are better.

**PEACE OF MIND. INDEPENDENCE. FRESH GROCERIES.**

### ROVING PANTRY

delivers fresh foods to your homes so you can stay independent in your own home. Call **316-267-4378** for more.

### Need Help With The Cost Of Your Heating Bill?

LIEAP (Low Income Energy Assistance Program) is a one-time per year benefit that helps eligible households pay a portion of their home energy costs. To qualify, you must meet these requirements:

- 1) An adult living at the address must be personally responsible for paying the heating costs at the address whether they pay the landlord or the fuel vendor.
- 2) Applicants must demonstrate a recent history of payments toward their primary heating source (energy).
- 3) The combined gross income (before deductions) of all persons living at the address can't exceed 130% of the federal poverty level (1 and 2 person limits are listed below).

1 person - maximum of \$1,316 monthly  
2 people - maximum of \$1,784 monthly

**The application period will begin:  
January 22, 2019**

**For more information about this program, call 267-0122.**

## Nutrition and Cholesterol for Heart Health

By Glenna Harrison, RDN, LD

February is “Heart Month” so let’s talk about cholesterol. It may surprise you to know that cholesterol is an integral substance in the body, but it’s not healthy in excessive amounts. The body needs cholesterol for brain and nerve tissue, component of cell walls, steroid hormones for body regulation, bile acids needed for digestion, and a precursor to Vitamin D. This is why children under 2 should drink regular milk—they need the cholesterol for healthy brain development. But excessive cholesterol can get caught along a rough edge of an artery and start to build up a plaque. This plaque narrows the blood vessel and can increase blood pressure. This same effect can be demonstrated if you hold your hand over a hose spraying water, you can increase the pressure by putting your thumb over part of the hose opening. If plaque is allowed to grow, this plaque can: 1) increase blood pressure, 2) completely close off the artery and if it’s in the heart, it can cause a heart attack, if it’s in the brain, a stroke can occur; or 3) if there’s a weak spot in the artery, an aneurysm can occur and the artery can burst.

You have probably read many articles about how much fat and waxy cholesterol we Americans eat, what kinds of fat we eat, and the relationship between dietary fats, cholesterol, and cardiovascular (heart and artery) disease. A high level of blood cholesterol has been identified as one of the major risk factors for having a heart attack or a stroke. This is important because diet, particularly saturated fat intake, influences blood cholesterol levels.

Cholesterol is found only in foods of animal origin, such as egg yolks, meat, poultry, fish, milk, and milk products. Egg yolks and organ meats such as liver, brain, kidney, and sweetbread are major sources of cholesterol. One egg yolk contains close to the daily suggested limit of cholesterol—200 mg. However, much research has been completed showing that one egg daily doesn’t have a negative effect on blood cholesterol unless the rest of the diet is very high in fat and cholesterol. Eggs are such a good source of protein, vitamins and minerals such as iron that it’s hard to tell people to eliminate eggs from the diet.

Egg white contains no cholesterol and no fat, so if you want to eat more than one egg per day, use one whole egg and several egg whites. There are also cholesterol-free egg products available to buy. To limit cholesterol in the diet, adults can use low-fat or no-fat dairy products such as milk, cheese, sour cream, cream cheese, and yogurt. Meat, poultry and fish can be broiled or baked instead of fried. Limit liver intake and try recipes where the liver is sautéed in a non-stick skillet and then braised with tomatoes, onions, and other vegetables. Bake or broil or boil vegetables instead of frying them.

You can have your cholesterol measured with a blood lipid test called a “fasting lipoprotein profile.” This test assesses several types of fat in the blood, including total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides (blood fats). The ideal total cholesterol is less than 200 mg/deciliter (mg/dL). A level of 200-239 is borderline high and if the total cholesterol is more than 240 mg/dL, this is a high level. New prevention guidelines have concluded that an approach that goes beyond cholesterol levels alone and considers overall risk assessment and reduction is better. It’s still important to know your numbers, but work with your healthcare provider to treat your risk. This might include increased exercise, weight loss, and eliminating tobacco and alcohol use.

The level of HDL (good cholesterol) affects your overall ratio for cardiovascular risk. A higher level of HDL cholesterol helps mop up the cholesterol in the blood and then the body can get rid of it. Therefore, if your total cholesterol is a little high, but you have a high amount of HDL, then your cardiovascular risk is not so high. Your HDL level is affected to some degree by heredity, but you can increase your HDH good cholesterol some by decreasing weight and increasing exercise.

**REFRESH. RECHARGE. RETURN**  
**In-Home Respite Care**  
 provides rest & relief for 24 hour  
 caregivers of a senior loved one.  
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 more information.

