

NUTRITION

Notes



Senior Services
OF WICHITA

January 2019

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



JANUARY HOLIDAYS!



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

New Year's Day - January 1st

Martin Luther King Jr. Day - January 21st

We sent a nonperishable meal out on December 19th for you to use on New Year's Day. You will receive another nonperishable meal prior to the January 21st holiday which you need to keep and use on the 21st.

Happy New Year!

Help Us Start The New Year Right!

Please, make sure we have correct phone numbers for you and your family/friends. We call meal clients who don't answer the door during delivery. If we can't reach you, then we'll try the numbers of the family/friends you gave us as emergency contacts before calling 911. If we don't have the correct phone numbers, then we have to ask the police to check on you.

Call us at 267-0122 to check your numbers.

Meal cancellation during bad weather

Usually there are 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 meal that we provided.

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.

Christmas Gift Recipients

Prior to Christmas, we included several articles about possible Christmas donors in our newsletter. Many of you responded by calling in your requests for a gift. We are pleased to report that most of the people who called were selected by a member of the Wichita community to receive some sort of gift.

However, most of these gifts were brought to the Meals on Wheels office on December 21st for us to distribute. Since we have only a few staff members, it could take a while for us to work in the gift deliveries. Since gift delivery is not part of our meal service, your patience is needed for us to continue to provide these opportunities to you.

If you would like to send a thank-you note or card, you can send them to the Meals on Wheels program at 200 S. Walnut/67213. We will forward these to the appropriate people.



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.

Remember to complete your annual survey

It is very important that you complete our annual survey and return it to us as soon as possible. This information helps us determine if the meals need improvement and it is also required by our funding sources (State of Kansas, Sedgwick County, USDA, United Way, and Federal-Older Americans Act).

Please return your survey! Your opinions are important to us!

LIEAP: Low Income Energy Assistance Program

This is a program that might help with your heating bill this winter. It's a one-time per year federally funded benefit that helps eligible households pay a portion of their home energy costs. The benefit amount varies based on household income, number of household members, the type of dwelling, and the type of heating fuel.

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 after January 22nd.

Bananas In The Diet

By Glenna Harrison, RDN, LD

Happy New Year!!! This month I'm writing about bananas—a good year-around available fruit without much variation in price. Bananas are a favorite fruit in America—just peel and eat. Most of the bananas come from Central and South America. The fruit is picked green so it can ripen on the trip to the grocery store. Some Americans like to eat really ripe bananas, others are very particular that the fruit can't be too ripe or they won't eat it. Over-ripe bananas can be used to make banana bread or they can be frozen for later use in baking banana bread or for use in a smoothie. You can also substitute ripe banana for part of the pumpkin in pumpkin bread or for pineapple in a cake.

A banana has about 105 calories with plenty of carbohydrates. Starches change to sugar as it ripens. Bananas furnish athletes an easily digested fruit with nutrients such as potassium that can be depleted during long-term exercise. One medium banana furnishes 10% of the Daily Value for potassium, 11% for vitamin C and 25% for vitamin B6. Bananas also serve as a prebiotic with a compound that nourishes flora in the gut and may help boost the immune system. They also contain fiber for a healthy GI tract. Potassium has several functions in the body, one being to keep the heart beating.

So this year, work to incorporate bananas into your diet as an eat alone fruit or in a smoothie, salad or even a dessert. You can broil them for variety also.



Prevent Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless, poisonous gas that can cause illness and death. It is particularly important to be aware of this issue during the winter since this gas is produced when a fuel like natural gas, propane, gasoline, wood, or oil is burned. In addition, older adults with pre-existing conditions can have a lower tolerance so they could react to a smaller amount of this gas.

The initial symptoms of carbon monoxide (CO) poisoning are similar to flu without the fever. The symptoms are: headache, nausea, feeling tired or fatigued, dizziness, or short of breath after moderate exercise. These symptoms are different from flu because:

- You feel better when away from home.
- Several in the home are sick at the same time.
- Symptoms occur or get worse after turning on a fuel burning device.
- Pets appear ill, sleepy, or lethargic.

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 December:

Phil Griffith
 Manuela Martinez
 Marian Smith Welch
 Charlotte V. Stone
 Tom & Sabra Eilert's Grandparents
 Betty Newman
 Pauline Lestie

Gift in Honor of All Volunteers

