

NUTRITION

Notes



Senior Services
OF WICHITA

May 2019

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



HOLIDAY! The Meals on Wheels kitchen and office will be closed for:

**Memorial Day
Monday, May 27th**

Prior to the holiday you will receive a shelf stable meal package. Use this meal on Monday, May 27th.

Meals on Wheels is trying a new shelf stable pack and we want you to call 267-0122 with your opinions on this new product.

Springtime Storms: Meal Cancellation Information

A few times the meal program had to cancel due to spring storms. If there is a tornado warning, serious flooding, an electrical outage, or large hail around delivery time - listen to KFDI, the television stations, or call 267-0122 for information about last minute meal cancellation. You should have a 2 day supply of nonperishable food (labeled for emergencies) that we already delivered.

The Meals on Wheels program wishes all mothers a: Happy Mother's Day - May 12th

You might want to attend Botanica's opening weekend of Nature Connects Lego Exhibit with Artist Sean Kenney who uses LEGOS® to create beautiful large pieces of art. Your friends or family might also want to stop by the Lamphouse photo booth to get a picture with you.

Mothers get into Botanica for the discounted price of \$5 on Mother's Day. The gardens are located at 701 Amidon and Sunday hours are usually 1:00 to 5:00 pm.

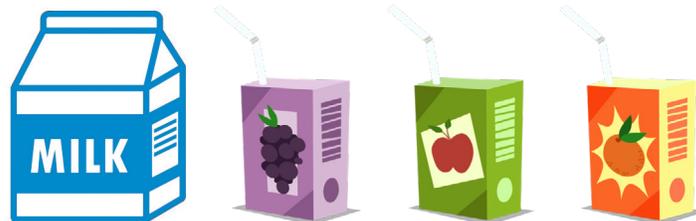
Armed Forces Day - May 18

A special "Thank You" to all veterans but especially to those veterans receiving meals!

Summer Shelf Stable Milk & Juice

Starting the first of June, Meals on Wheels has to stop the delivery of the carton of cold milk. During the hot summer months, we cannot keep the milk cold enough during delivery. We do not want to risk your health or safety by serving milk that could be warm enough to cause food poisoning.

Based on your comments last summer we will alternate a calcium fortified juice and shelf stable milk. On Mondays, Wednesdays and Fridays the fortified juice will be served. The shelf stable milk will be delivered on Tuesdays and Thursdays. This schedule will be followed until September.



Tornado Season Is Here!

Are you prepared for a disaster like a tornado or an extended power outage that can occur from spring storms? Have you thought about the best escape routes from your home or where to take shelter within your home? Do you have an emergency contact card with phone numbers? Do you know where the shut-off valves are for your gas, electricity and water? If they require a special wrench or tool, is it handy? Do you have enough bottled water and food for you and your pets?

Some Suggestions For Emergency Supplies:

- Food (that doesn't spoil or require cooking and has a long shelf-life)
- Manual can opener
- Whistle/signal flare (will help people locate you)
- Several flashlights with extra batteries
- A cell phone and battery-powered radio
- Dust mask, plastic sheeting and a rain slicker
- Duct tape, utility knife and trash bags
- Pair of walking shoes and a change of clothing
- Blanket or sleeping bag
- Hand sanitizer, toilet paper, incontinence supplies
- Fire extinguisher
- Cash and identification (wallet/purse)
- Supply of essential medications that are easy to grab

First Aid Kit Supplies:

- Small scissors and tweezers
- Anti-bacterial ointment
- Adhesive tape (2" wide)
- Adhesive bandages-various sizes
- Sterile gauze pads-various sizes
- First aid manual

May Is National Blood Pressure Awareness Month

High blood pressure is known as the "Silent Killer" because you might not experience symptoms. According to the CDC (Centers for Disease Control and Prevention), high blood pressure affects one in three Americans yet many people don't know they have it. Heart disease and

strokes are the leading causes of death in the U.S. and uncontrolled high blood pressure raises the risk for these. Recent studies also show that high blood pressure is linked to a higher risk for dementia, particularly if you have uncontrolled high blood pressure during midlife (age 45 to 65). It's important for you to check your blood pressure regularly and know what your numbers mean.

Definition: A reading of 140/90 or above is considered high blood pressure. The blood pressure top number is a measure of the force of the blood against the arteries as the ventricle pushes blood out to the body. The bottom number is the force of the blood against the arteries at rest between heart beats.

Risk factors: Family history of HBP; being overweight; smoking; stressed; alcohol intake; inactive life style; aging men over the age of 45 and aging women over the age of 52; uncontrolled diabetes, and in 30% of the population – a high sodium intake. Many cases have no known cause.

Foods high in sodium: Bacon, sausage, ham, hot dogs and other processed meats, yeast bread, cheese, sauerkraut, soy sauce, potato chips, crackers, pizza, table salt, canned soups, sauces, salted snack foods, processed foods like pasta box mixes/frozen meals, and some condiments.

A healthy sodium intake would be less than 2300 mg/day (a teaspoon of salt contains 2300 mg); however, the average sodium intake of the American population is 4,000-7,000 mg/day. Read food labels and take note of the sodium content per serving. About one-third to one-half the sodium we consume is added during cooking or at the table. Most of the rest is added during food manufacturing. Use black pepper or Mrs. Dash low sodium seasoning, or other low sodium seasoning blends on the market. **Meals on Wheels does not add salt when preparing the food for your meal.**

Dietary Supplements

By Glenna Harrison, RDN, LD

Do you take a dietary supplement? Or are you thinking that you need one? Dietary supplements include such ingredients as vitamins, minerals, herbs, amino acids, or enzymes. Dietary supplements are marketed in forms such as tablets, capsules, softgels, gels, powders, and liquids. Some supplements can help assure that you get enough of the needed substances the body requires to function; others may help reduce the risk of disease. But supplements should not replace complete meals which are necessary for a healthful diet — so be sure you eat a variety of foods as well.

As a dietitian, I recommend eating a well-balanced diet with the recommended intakes from the MyPlate designations or the DASH Diet (to stop high blood pressure). This program includes a large amount of vegetables and fruit. As we age, we might not be able to eat as much food, or we might not be as able to purchase the recommended amount of recommended foods. Also, on a daily program, it's difficult to guarantee intake of the recommended amounts of vitamins and minerals. Taking a one a day vitamin/mineral supplement can serve as insurance for attaining the recommended amounts.

Unlike drugs, supplements aren't permitted to be marketed for the purpose of treating, diagnosing, preventing, or curing diseases. Therefore you should not see claims such as "lowers high cholesterol" or "treat heart disease" on any supplement.

The FDA does not have the authority to review dietary supplement products for safety and effectiveness before they are marketed. There may be some risk involved in taking supplements, since ingredients do not have to be approved before they are

marketed.

Many supplements contain active ingredients that have strong biological effects in the body. This could make them unsafe in some situations and hurt or complicate your health. For example, the following actions could lead to harmful - even life threatening consequences.

- Combining supplements
- Using supplements with medicines (both prescription and over the counter)
- Substituting supplements for prescription medicines
- Taking too much of some supplements, such as vitamin A, vitamin D, or iron
- Some supplements can also have unwanted effects before, during, and after surgery. It is important to disclose all supplements being taken before surgery.

More information on the safety of dietary supplements will be presented next month. Stay tuned! Information checked against (Food And Drug Administration Food Facts).



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.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.		1 Pork Fritter Mashed Potatoes with Gravy Mixed Vegetables Roll Cantaloupe Chunks	2 Chicken Taquitos with Cheese Spanish Rice Peas & Carrots Tropical Fruit Chunks	3 Beef Stew with Vegetables Corn Muffin Hot Mixed Berries
6 Turkey Tetrazzini California Blend Vegetables Roll Orange	7 Pot Roast with Carrots, Celery, Potatoes & Onion Wheat Roll Hot Cinnamon Pears	8 Sweet & Sour Pork over Asian Noodles Vegetable Blend Crab Rangoon Pineapple Chunks	9 Fish Sticks Mac & Cheese Brussels Sprouts Strawberry Cup Tartar Sauce	10 Mother's Day Chicken Cordon Bleu with Hollandaise Bowtie Pasta Prince William Vegetables Raspberry Chimi Tossed Salad with Dressing
13 Biscuits & Gravy Turkey Sausage Patty Candied Carrots Jello Fruit Cup	14 Chicken, Rice, Broccoli & Cheese Casserole Peas Sweet Yeast Roll Fresh Banana	15 Ham Slice Sweet Potato Casserole Green Beans Dinner Roll Fruit Yogurt	16 Chicken & Swiss on Bun Cheesy Hash Browns Mixed Vegetables Green Grapes	17 <u>Steak Strips over Alfredo Pasta</u> Mini Croissant Italian Blend Vegetables Pistachio Salad
20 Open Face Pulled Pork Sandwich Sweet Corn Hot Cinnamon Apple Crisp Cookie	21 Chicken Tenders Cheese Fries 3 Bean Salad Hot Banana Crème Pudding Ranch Packet	22 Crab Cake Scalloped Potatoes Asparagus & Tomatoes Mandarin Oranges	23 Meatloaf Baked Potato Parslied Carrots Hot Applesauce	24 BBQ Chicken Leg Baked Beans Cherry Tart Cole Slaw
27 CLOSED MEMORIAL DAY (Use meal provided)	28 Grilled Chicken Strips & Onions Peppers, Tomato Fiesta Black Beans Mini Churro Strawberry Cup	29 Spaghetti with Meat Sauce Green Beans Garlic Bread <u>Fruit Fluff Salad</u>	30 Sliced Polish Sausage over Potatoes & Onions Broccoli and Cheese Hot Cranberry & Pear Crisp	31 Herb Roasted Chicken Thigh Parslied Noodles Peas & Onions Roll Melon Cup

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