

# NUTRITION

Notes



Senior Services  
OF WICHITA

November 2019

Published monthly for the clients of Meals on Wheels



## THANKSGIVING HOLIDAYS!



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

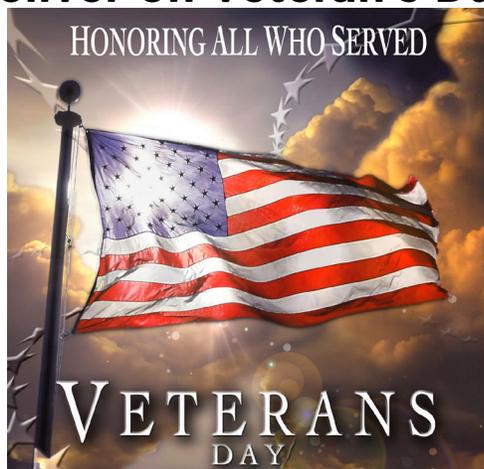
**Thanksgiving Day - November 28th**  
**Day after Thanksgiving - November 29th**

You will receive 2 nonperishable meals prior to the holidays. Keep these meals and use one on the 28th and one on the 29th.

**HAPPY THANKSGIVING!**

### Happy Veterans Day November 11th!

**A special “Thanks” to all of our veterans! Meals on Wheels will deliver on Veteran’s Day.**



### Operation Holiday

Would a gift card (extra money) help this holiday season? If you qualify, Operation Holiday will provide a gift card to you (1 per household).

To qualify, you must-

- Be age 18 or older and live in Sedgwick County.
- Be a member of the applying family (household) who meets the income guidelines listed below.
- Have not applied for another holiday program.

Maximum Gross Monthly Household Income (must be able to provide proof):

1 Person= \$1,600  
2 People= \$2,000

To apply: call - 267-0122. Your Meals on Wheels caseworker will be able to complete your application from: November 4, 2019 - December 2, 2019.

### Daylight Savings Time is ending: November 3rd!

- Set your clocks back one hour before bed on Saturday, November 2nd.
- Otherwise, you might not be up in time to receive your meal on Monday.

## Winter Weather Is On The Way!

During October we delivered a one day nonperishable meal supply on the 28th. Save this meal supply for bad weather days when we cancel meals. This meal does not need to be refrigerated. We will send another one day supply at a later date.

If you eat this meal, we will not be able to bring out anything else on days we have to cancel meals for any reason. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

If you do not receive the emergency meal supply, please call 267-0122 to let us know.



## 2020 Medicare Health and Drug Plan Open Enrollment Period

### October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. The open enrollment period is a time to review your plans. For example, if your current plan does not cover your medications or if you would like to determine if they are available at a lower cost, then you will want to compare drug plans. If you're satisfied with your current coverage, you don't need to do anything. You can compare 2020 plans online at [medicare.gov](https://www.medicare.gov).

If you need assistance, call 267-0122 ext. 201 for Lisa.

**Safety Tip:** You might receive calls or literature about open enrollment. These solicitations may not be from an honorable source. It is better if you look up the phone number of legitimate sources and initiate the call before you share your Medicare information or social security number.



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.

## The Cold Weather Rule

**Effective: November 1, 2019 through March 31, 2020**

The Kansas Corporation Commission wants Kansans to have electric, gas, and water services during the winter. Under the Cold Weather Rule, utility companies can't disconnect a customer's gas or electric service when temperatures are forecast to be below 35 degrees over the next 24 hours (except in certain circumstances).

This rule applies only to residential customers of electric, natural gas, and water utility companies under the KCC's jurisdiction. However, to use the Cold Weather Rule, you must make payment arrangements with your utility companies. Utilities must inform customers of the Cold Weather Rule payment plan and other available payment plans. In addition, utilities must send a written notice 10 days in advance of disconnection of service.

So, if you can't pay your entire utility bill, you need to contact the utility to make payment arrangements. To prevent service interruptions when the temperature is 35 degrees or above:

- Agree to pay 1/12 of the overdue amount of your bill, plus 1/12 of your current bill, all disconnection and reconnection fees, plus any applicable deposit and agree to pay the remainder in equal payments over the next 11 months; OR
- Negotiate a payment plan to pay the overdue amount off quicker than 12 months.

If you are behind in a previous payment plan and cannot catch up, you need to make a new payment agreement with your utilities.

## Eating Healthy

By Kyle Huxford RDN/CSG/LD

Nearly all Americans eat too much salt (sodium). Most of the salt comes from eating processed foods (75%), or adding salt to food while cooking and using the salt shaker at meals (5% to 10%). On average, the more salt a person eats, the higher his or her blood pressure. Eating less salt is an important way to reduce the risk of high blood pressure, which may in turn reduce the risk of heart disease, stroke, congestive heart failure, and kidney damage. To reduce the amount of sodium in your diet, eat less processed food and use less salt while cooking and at the table. Other lifestyle changes may prevent or delay getting high blood pressure and may help lower elevated blood pressure. These include eating more potassium-rich foods, losing excess weight, being more physically active, and eating a healthy diet. If you drink alcoholic beverages, do so in moderation.

Here are some tips for eating less salt:

- When you're choosing packaged foods, check the sodium content on the Nutrition Facts label. Focus on the milligrams of sodium in each serving. Use the percent Daily Value (% DV) to help limit your sodium intake. Five percent DV or less is low and 20% DV or more is high. You don't want to exceed a total of 65% DV of sodium from all foods in a day. Sixty-five percent DV is 1,500 milligrams of sodium. Meaning your DV is 2300 mg per day!
- Compare sodium content for similar foods. This can really make a difference. Use the Nutrition Facts label to select brands that are lower in sodium.
- When you're preparing food at home, use herbs and spices to add flavor to your foods. Don't salt foods before or during cooking—and limit use at the table.

All meals provided by Senior Services of Wichita average less than 800 milligrams of sodium, if you use this as a starting point for planning your meals, you'll be well on your way to lowering your sodium intake and blood pressure!

## Holiday Gift List

We are still taking names for our Holiday Gift 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 list. However, we can't guarantee that you will be selected.



## Donated Item

We recently received several packages of Presto (depend type) underwear. The underwear packages are labeled- Small or 25" - 32". If you could use this size, call 267-0122. The supply is limited so we cannot guarantee that you will receive any.

## 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 October:

**Cliford Luce**

**Mike Campbell**

**Anita Kling**

### 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.  
NEW MEAL ITEMS ARE UNDERLINED.

Suggested Donation  
\$10 Monthly

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NEW MEAL ITEMS ARE UNDERLINED</b>				1 Vegetable Beef Soup Fruit Muffin Hot Spiced Applesauce
4 Layered Beef Enchilada Fiesta Corn and Black Beans Hot Cherry Crisp	5 Chicken Pot Pie Winter Blend Vegetables Raspberry Chimi	6 Herbed Boneless Pork Patties with Gravy Hash Browns Mixed Vegetable Blend Baked Pears	7 Supreme Pizza Bake California Vegetable Blend Spiced Peaches	8 Beef Steak Fingers Country Fried Potatoes and Gravy Green Beans Orange
11 BBQ Pork on Bun Broccoli Applesauce	12 White Chicken Chili Buttermilk Biscuit Peach/Cranberry Cobbler	13 Beef Tator Tot Casserole Green Beans & Diced Tomatoes Warm Mandarin Cranberry Sauce	14 Baked Fish Nuggets Macaroni and Cheese Lima Beans Mixed Berry Cobbler	15 <u>Brunswick Pork Stew</u> Garlic Cheese Biscuit Hot Apple Rings
18 Beef Stroganoff Creamed Peas Pears	19 Chicken Tenders Au Gratin Potatoes Parslied Carrots Peaches	20 Ham & Cheese Strata with Hollandaise Sauce Sweet Potatoes NormandyBlend Vegetables	21 Sloppy Joe on a Bun Brussels Sprouts Mixed Fruit	22 Beef Chili Mac and Cheese Green Beans Blackberry Crisp
25 Taco Burger with Cheese Stewed Tomatoes Cherry Applesauce	26 Biscuits and Peppered Country Gravy Eggs & Cheese Poached Pears	27 Roasted Turkey Stuffing Green Beans Pumpkin Pie Cranberry Packet	28 Thanksgiving Holiday  Use meal provided.	29 Holiday  Use meal provided.

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