

NUTRITION

Notes



Senior Services
OF WICHITA

October 2019

Published monthly for the clients of Meals on Wheels

Meals on Wheels will be open and delivering meals:

Columbus Day- October 14th

It's Time For Our Yearly Survey!

Later in October or in November you will receive a survey and an envelope in your milk sack. The funders that help pay for your Meals on Wheels service would like everyone to return one! So, it is very important that you complete this survey and return it to us. Your opinions are important to us!

Holiday Gifts

We are taking names for our holiday wish 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 wish list. Please don't ask for expensive items like appliances or furniture since we do not receive donors who can purchase expensive items. We can't guarantee that we will have donors or that you will be selected.

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

MOVING PANTRY

can deliver your grocery order to your home so you can stay independent.

Call **316-267-4378** for more information.

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. Each year, you can make changes to your Medicare health and drug plans affecting things like cost, coverage, providers and pharmacies that are in their networks.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If your health or drug plan is changing, you should make sure your plans will still meet your needs in 2020. If you're satisfied that your current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything. You can compare 2020 plans online at medicare.gov. **If you need assistance, call 267-0122 ext. 201 for Lisa.**

Safety Tip: You might receive calls or literature about certain plans or about enrolling in a specific plan during open enrollment. All these solicitations are not honorable. Make sure you have a legitimate source of information or you initiated the call before you share your Medicare information or social security number.

October is National Depression Awareness Month and National Depression Screening Day is Oct 11th.

Depression can occur in late life. The Center for Disease Control and Prevention (CDC) estimates that 7 million American adults over the age of 65 experience depression each year. It is estimated that depression affects 1 in 20 Americans. Depression is not a natural part of aging and it is often reversible with prompt recognition and appropriate treatment.

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that consistently interfere with a person's everyday activities. It's important to realize that feeling down at times is a normal part of life as sad and stressful events occur in everyone's life. However, consistent feelings of depression should be treated as a serious medical condition. Left untreated, depression may last for months or years and it can worsen over time.

There isn't a single test to diagnose depression. However, your doctor can assist in evaluating your symptoms. In most cases, your doctor will ask a series of questions about your moods, appetite, sleep pattern, activity level, and thoughts. Because depression can be linked to other health problems, your doctor may also conduct a physical examination and order blood work.

Common Signs and Symptoms of Depression:

- o Loss of self-worth (worries about being a burden, feelings of hopelessness)
- o Loss of energy
- o Loss of interest in usual activities
- o Slowed movement or speech.
- o Increased use of alcohol or other drugs.
- o Recurring thoughts of death or suicide.
- o Memory problems.
- o Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene).

Geriatric Depression Scale: Short Form Choose the best answer for how you have felt over the past week:

- 1. Are you basically satisfied with your life?** YES / NO
- 2. Have you dropped many of your activities and interests?** YES / NO
- 3. Do you feel that your life is empty?** YES / NO

4. Do you often get bored? YES / NO

5. Are you in good spirits most of the time? YES / NO

6. Are you afraid that something bad is going to happen to you? YES / NO

7. Do you feel happy most of the time? YES / NO

8. Do you often feel helpless? YES / NO

9. Do you prefer to stay home, rather than going out and doing new things? YES / NO

10. Do you feel you have more problems with memory than most? YES / NO

11. Do you think it is wonderful to be alive now? YES / NO

12. Do you feel pretty worthless the way you are now? YES / NO

13. Do you feel full of energy? YES / NO

14. Do you feel that your situation is hopeless? YES / NO

15. Do you think that most people are better off than you are? YES / NO

Answers in bold indicate depression. Score 1 point for each bolded answer.

A score > 5 points is suggestive of depression.

A score ≥ 10 points is almost always indicative of depression.

A score > 5 points should warrant a follow-up comprehensive assessment.

Source: <http://www.stanford.edu>

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 September:

Thelma Borresen
Ace Allen Palmer
Willard Wortman

Gift in Honor of All Volunteers

The Importance Of Vitamin C In Your Diet

By Kyle Huxford RDN, CSG, LD

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C is one of the safest and most effective nutrients. It may not be the cure for the common cold but the benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease and eye disease.

The recommended daily allowance of Vitamin C is 75 - 90 milligrams a day for adults and studies show up to 500 milligrams of Vitamin C per day is needed to unlock its immune system boosting powers. The greatest source of Vitamin C is fruits and vegetables (think citrus fruits), to reach your daily needs of Vitamin C, it is recommended you eat nine servings of fruits and vegetables per day. In addition to these foods, a Vitamin C supplement is a good idea, The Mayo Clinic recommends a 500 milligram supplement per day.

Reaching your Vitamin C goal is easy, especially with meals provided by Senior Services of Wichita, each meal will provide 3-4 of your recommended servings of fruits and vegetables at each meal. In order to complete your servings each day, be sure and incorporate fruits and vegetables at each meal and at least one snack per day.

How Can I Protect Myself And Others From The Seasonal Flu

- Get your flu shot.
- Wash your hands thoroughly with soap and warm water or use alcohol-based hand sanitizer to get rid of most germs. Avoid touching your eyes, nose and mouth.
- Stay home when you're sick to prevent the spread of illness. You should remain at home until you're fever free (without fever-reducing medications) for at least 24 hours.
- Cough or sneeze into a tissue and properly dispose of used tissues. If you don't have a tissue, cover your face with your elbow.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise. (from www.kdheks.gov)

Flu is a highly contagious viral infection. An annual flu vaccination is recommended for most seniors since influenza (flu) viruses are constantly changing. However, if you have questions about the vaccination, always check with your doctor. A new flu shot, that contains the strains of the virus that are expected to occur, is produced every year. The flu can make chronic health problems worse and cause complications like pneumonia, bronchitis, sinus and ear infections. Flu shots are available on a walk-in basis at many pharmacies.



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger Steak with Gravy Steamed Rice Parslied Carrots Cherry Pie	2 Shrimp Alfredo Garlic Biscuit Brussels Sprouts Jello Strawberry Nutrigrain Bar	3 Chicken Breast Filet Mashed Potatoes Broccoli Applesauce	4 Beef and Noodle Casserole Wheat Roll Capri Blend Vegetables Orange
7 Loaded Potato Soup with Peas & Carrots Croissant Mixed Fruit Crisp	8 Meatball Sub with Cheese Waffle Fries Normandy Vegetables Mandarin Oranges in Jello	9 Turkey Slider Green Beans Corn Nuggets Apple Slices with Peanut Butter	10 Pancake on a Stick with Turkey Sausage Potato Cake Cheese Omelet Berry Compote	11 Lemon Pepper Cod Loin Wild Rice Mixed Vegetables Apple Crisp
14 Pot Roast with Potatoes, Carrots & Onion Wheat Roll Spiced Peaches	15 Mushroom Swiss Burger French Fries Broccoli Raisin Salad Blueberry Compote	16 Chicken Parm with Marinara Sauce Italian Seasoned Bowtie Pasta Italian Blend Vegetables Strawberry Cup	17 <u>Smoked Pork</u> <u>Hock</u> <u>Collard Greens</u> Brown Beans Cornbread Banana	18 COLD MEAL Grilled Chicken Caesar Salad Breadstick Fruit Fluff Salad
21 Pulled Pork Nacho Mexican Rice Apple Filled Churrito Tossed Salad Cup	22 Spaghetti Bake Tossed Salad Cup Winter Blend Vegetables Blueberry Cobbler	23 Beef Hobo Stew with Vegetables Buttermilk Biscuit Spiced Apples	24 Tuna Noodle Hot Dish Peas & Carrots Fresh Baked Bread Fruit Cup	25 Chicken Fried Steak Mashed Potatoes with Country Gravy Sweet Kernel Corn Applesauce
28 Potato Skins with Sour Cream, Cheese, Onion, Bacon Bits Topped with Pulled Chicken California Blend Vegetables Cranberry Salad	29 Chicken Tenders Mac and Cheese Zucchini and Tomatoes Peach Crisp	30 Boneless Pork Chop in Gravy Cornbread Stuffing Spinach Pear Compote	31 Award Winning Beef Chili with Cheese Cinnamon Roll Capri Blend Vegetables Strawberry Cup Cookie	NEW MEAL ITEMS ARE UNDERLINED

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