

NUTRITION

Notes



Senior Services
OF WICHITA

September 2019

Published monthly for the clients of Meals on Wheels



LABOR DAY HOLIDAY!

We will not deliver meals on **MONDAY, SEPTEMBER 2nd**. We will send a nonperishable food package for **September 2nd on August 28th**. Please use it for your meal on the 2nd.

Returning To Regular Milk In September!

The hot summer months are over so we will begin the delivery of refrigerated milk in September. Please call us at 267-0122 to let us know if you enjoyed the way we alternated shelf stable milk and fruit juice this past summer. Your opinions will help us determine what to send next summer.

Senior Services, Inc. of Wichita Invites You To Attend Our Annual Meeting

at 200 S. Walnut on September 17th, 2019 3:00 p.m. Guest Speaker: Michael Schwanke - KWCH 12 News Anchor. Reception after the program. This event is open to the public.

PEACE OF MIND. INDEPENDENCE.
GROCERY DELIVERY SERVICE.

ROVING PANTRY

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

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

National Centenarian's Day

National Centenarian's Day on September 22nd celebrates those who are 100 years of age or older! Meals on Wheels serves eleven people who are 100 or older. Our staff would like to wish them a happy Centenarian's Day. Please take a few moments on September 22nd to honor anyone you know who has reached 100!

Senior Expo 2019: A Central Plains Area Agency on Aging Event: September 26, 9am - 3pm

Enjoy informational booths and interactive exhibits, prize drawings, free health screenings, a fashion show, museum tours and more!

There is not a charge for admission at any of the three locations for this event.

Free shuttle rides between the 3 locations:

Botanica, The Wichita Gardens - 701 N. Amidon

Advanced Learning Library - 711 W. 2nd

The Wichita Art Museum - 1400 West Museum Boulevard

September is National Suicide Prevention Awareness Month

According to NAMI, the National Alliance on Mental Illness, more than 41,000 individuals die by suicide each year. Like any other health emergency, it's important to address a mental health crisis like suicide quickly.

Some Warning Signs:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

Risk Factors: Research has found that 46% of people who die by suicide had a known mental health condition.

Several other things may put a person at risk of suicide, including:

- A family history of suicide
- Substance abuse. Drugs can create mental highs and lows that worsen suicidal thoughts.
- Intoxication. More than 1 in 3 people who die from suicide are under the influence of alcohol at the time of death.
- Access to firearms

- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- A history of trauma or abuse
- Prolonged stress
- A recent tragedy or loss

If you or someone you know has thoughts about suicide or exhibits the warning signs above, seek assistance. **The local suicide prevention hotline is open 24 hours a day/7 days a week by calling (316) 660-7500 or Text CONNECT to 741741 Crisis Intervention Services. The National Suicide Hotline is 1-800-273 TALK (8255).** Information from: NAMI

It's Time To Start Thinking About Flu Vaccinations

Flu is a highly contagious viral infection. People over age 65 with certain health conditions can experience a higher risk of serious flu complications. Consequently, the best way to prevent the flu is by getting vaccinated each year with a flu shot.

An annual flu vaccination is recommended for most seniors since influenza (flu) viruses are constantly changing. A new flu shot, containing the strains of the virus that are expected to occur, is produced every year. According to Walgreens, these shots contain a dead or killed version of the virus which enables your system to form antibodies to fight off the flu. So, if you get the flu, it should be a milder case with less risks of serious health complications. The vaccine takes effect approximately two weeks after it has been administered. If you have questions about the vaccination, check with your doctor.

Sodium Intake In Seniors

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 for 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!

Johnny Appleseed Day is September 26th!

Appleseed, whose real name was John Chapman, was an American nurseryman who introduced apple trees to the Midwest, including Pennsylvania, Ohio, Indiana and Illinois. Apples are abundant and usually less expensive during the fall months, September through November, so eat some apples in honor of John.

Apples contain 10% of the RDA for fiber. For an easy snack: core or slice an apple, remove the seeds, put 1/3 cup of water or apple juice in your baking dish and bake at 350 for 20 - 40 minutes (until tender). Try baking with a topping of ½ t. cinnamon, ¼ t. nutmeg, 2 T. brown sugar and 2 T. melted butter. Add nuts, drizzle with honey or maple syrup, dried cranberries, raisins, vanilla yogurt or low fat ice cream. Enjoy apples this fall!

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 August:

Thelma Borresen

Betty Burchfield

Mary Burris

Ace Allen Palmer

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY Use Meal Provided	3 COLD MEAL Chicken Salad on bun Marinated Vegetables Mixed Fruit Yogurt	4 Beef Pot Pie Over Puff Pastry Asparagus Raspberry Chimis	5 Sesame Chicken with Broccoli & Carrots Steamed Rice Fortune Cookie Mandarin Oranges	6 Pulled Pork Brioche Slider Sour Cream and Chive Potato Wedges California Blend Vegetables Applesauce
9 Beef Stew with Vegetables Corn Muffin Applesauce	10 <u>Beef & Lamb Fattoush</u> Pasta salad Pita Chips Grape Bag	11 Biscuits and Sausage Gravy Scrambled Eggs Hash Browns Spiced Peaches	12 Baked Swai Fish with Lemon Wedge Brussel Sprouts Au Gratin Potatoes Pears	13 Turkey Tetrizzini with Vegetables Dinner Roll Normandy Blend Vegetables Pudding Cup
16 BBQ Chicken Burger with Cole Slaw Topping Broccoli Cheese Mixed Fruit with Cherry	17 Turkey Coney Dog on bun with Chili Cheese Sauce Topping Tator Tots Carrot Coins Pineapple Pieces	18 Bone in Garlic Parm Wings Roasted Zucchini Mac & Cheese Pears	19 Penne Alfredo with Chicken Bake Zucchini with Tomatoes Garlic Croissant Peaches	20 Corned Beef and Swiss on Honey Wheat Bun with Lettuce & Tomato Buttered Baby Carrots Cottage cheese with Fruit
23 Meat Topped Potato with Butter, Sour Cream & Cheese Tuscan Blend Vegetables Harvard beets	24 Beef Pizza Italian Blend Vegetables Tossed Salad Cup with Dressing Peaches and Pears	25 Broccoli and Cheese Soup Brioche Roll Apple Crisp	26 Beef Nacho Salad with Pico and Vegetables Charro Beans Fruit Filled Churro	27 Boneless Chicken Thigh Smothered in Creamy Spinach Artichoke Wild Rice Stewed Tomatoes Mandarin Orange
30 Ham and White Beans Corn bread Apple Cranberry Cobbler	NEW MEAL ITEMS ARE UNDERLINED			

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