

NUTRITION

Notes



December 2019

Published monthly for the clients of Meals on Wheels



CHRISTMAS HOLIDAYS!



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

Christmas Day - December 25th

New Year's Day - January 1st

You will receive a nonperishable meal replacement for January 1st prior to this holiday. Receive a meal for Christmas Day- only if you call in to reserve one.

(See article below)



HAPPY HOLIDAYS!



CALL TO RESERVE: CHRISTMAS DAY MEAL

If you will be at home on Wednesday, Christmas Day, call Meals on Wheels at 267-0122 to reserve a hot meal. Temple Emanuel will prepare and deliver a turkey dinner to anyone receiving meals who will not have a hot meal on Wednesday, December 25th. This meal will probably arrive earlier than your usual meals since the routes are smaller. It could arrive between 9:00 am - 12:30 pm on Christmas Day, the 25th.

You must call 267-0122 to reserve this meal or you will not receive one. The reservation deadline is noon on December 17th (call only if you need a meal). To cancel your reservation, please call us before noon on the 23rd.

If you sign up for the Christmas meal, it is important that you are home to receive it. Meals on Wheels office staff will not be working on Christmas Day so the police will have to perform welfare checks if you don't answer during delivery.



Christmas Gift Requests

Last month's newsletter contained information about the possibility of people in the community providing Christmas gifts to Meals on Wheels participants. We received over 50 calls from meal clients who wanted their request added to our list. Fortunately, we received several calls from community members who want to purchase a gift for a senior. So, if you requested a gift, you may receive one. Most of these donors have asked the meal program to deliver the items. These gifts will arrive at our agency before Christmas so we will need to reach you to arrange delivery.

Due to the limited number of Meals on Wheels staff members, please respond to our calls by answering your phone or checking your message machine. We may not be able to deliver all the gifts before Christmas so some of you may receive your gift after Christmas.



Operation Holiday

If you called to request Operation Holiday and your Meals on Wheels caseworker completed an application, we will pick up your gift card on December 18th. The card will be mailed to you by December 22nd. The Meals on Wheels program is not responsible for replacement of these cards if it does not arrive in the mail.



Meals on Wheels Survey

Thanks for helping us by returning your surveys. Your honest opinions and ideas are appreciated. If you did not receive a survey in your milk sack, call 267-0122 and we will send one to you.

Meal Cancellation During Bad Weather

There might be days this 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 or call 267-0122 for meal cancellation information. If we cancel meals, use the nonperishable food that is labeled "emergency meal". We have already sent a one day supply on October 28th.

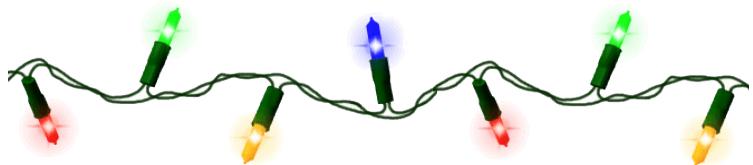
Please keep in mind - if roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door.



Call To Cancel When You Will Not Be Home: 267-0122



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.



2020 Medicare Health and Drug Plan Open Enrollment Period

Deadline: December 7th, 2019

It's your last chance to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. If you're satisfied with your current coverage, you don't need to do anything. You can compare 2020 plans online at medicare.gov. For assistance call 1-800-633-4227.

Fat Intake In Older Adults

By Kyle Huxford RDN/CSG/LD

Fats and oils are part of a healthy diet and play many important roles in the body. Fat provides energy and is a carrier of essential nutrients such as vitamins A, D, E and K. However, many older adults have been told to decrease the amount of fat in their diets and are confused about what to do. Fat can impact the health of your heart and arteries in a positive or negative way, depending on how much you eat and the types of fat you eat.

Eating too much saturated fat, the type of fat that is solid at room temperature, may increase risk of heart disease. Similarly, eating too much trans-fat, which is made when liquid vegetable oil is processed to become solid or hydrogenated, also may increase risk of heart disease. Eating too much cholesterol, a fatty substance found only in animal-based products, may clog arteries. It is important to eat less than 10% of your calories from saturated fat. Also, you should keep trans fats as low as possible and eat less than 300 milligrams of cholesterol each day.

Choose fats found in fish, nuts, and vegetable oils. Experts recommend getting between 20% and 35% of calories from total fat, with most fats coming from fish, nuts, and vegetable oils. These foods can contain monounsaturated and polyunsaturated fats and should be used instead of the saturated and trans-fat sources in your diet. To help reduce the risk of heart disease, evidence suggests eating two servings of fish a week (about 8 ounces total). Unhealthy fats such as saturated fat, trans fat, and cholesterol are found in

many foods. So, look for choices that are lean, fat-free, or low-fat when selecting and preparing meat, poultry and milk products. Trim excess fat from meat and poultry and remove the skin from poultry to reduce saturated fat. Limit foods that are processed or made with tropical oils (e.g., palm oil, palm fruit oil, palm kernel oil, coconut oil, etc.) that increase the amount of saturated fat in the food (e.g., cakes, cookies, pies, crackers, candy, creamers, etc.).

Be sure and monitor your fat intake as the holidays approach. Be sure and enjoy your meals and be conscious of what you eat. Happy Holidays!



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 November:

Bonnie Riley

James McCoy

Frank Dasis

H.D. Higgs

Peggy Montford

Paul Shetlar

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**

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Cheese Sandwich Tator Tots 3 Bean Salad Apple	3 Spaghetti with Meat Sauce Italian Blend Vegetables Garlic Biscuit Garden Salad Cup	4 <u>Tortilla Crusted Lime Tilapia</u> Fresco Rice Fajita Blend Vegetables Pineapple Chunks	5 Baked Chicken Smothered in Gravy over Rice Green Beans Pineapple Tidbits	6 <u>Beef and Kraut Dinner</u> Peach and Pear Compote Cornbread Muffin
9 BBQ Boneless Pork Patties Mac & Cheese Green Beans Pears	10 Chicken and Noodles Peas & Carrots Apple Rings	11 Meatloaf Mashed Potatoes Green Beans Peaches	12 Beef Hot Dog on Bun Broccoli Mixed Fruit Compote	13 Beef and Bean Chili Frito Pie with Cheese Green Beans Mandarin Oranges
16 Chicken Stroganoff Brussels Sprouts Mixed Berry Chutney Garlic Biscuit	17 Cheeseburger Casserole Winter Blend Vegetables Spiced Pears	18 Scalloped Turkey & Gravy California Blend Vegetables Cranberry Salad	19 Beef Brisket Baked Beans Buttered Cabbage Strawberry Cup	20 Grilled Pork Patties Green Bean Casserole Wheat Roll Baked Apples
23 Swiss Steak with Tomatoes, Onion and Mushrooms Steamed Rice Mixed Vegetables Baked Peaches	24 Pot Roast with Vegetables Roll Cherry Cobbler	25 Holiday TEMPLE will bring meal -if you reserved one.	26 <u>Winter Harvest Chicken Bowl</u> Broccoli & Cheese Pumpkin Pie	27 Pork Stir Fry with Vegetables Egg Roll Mandarin Oranges
30 Fried Chicken Loaded Mashed Potatoes Sweet Corn Dinner Roll Fresh Plum	31 Pulled Pork Black Eyed Peas Hoppin' John Rice Corn Muffin Nectarine			New menu items are underlined.

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

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