

Published monthly for the clients of Meals on Wheels.

JANUARY HOLIDAYS!

Meals on Wheels is closed and will not deliver meals on:
New Year's Day - January 1st
Martin Luther King Jr. Day - January 20th

We sent a nonperishable meal on December 23rd for you to use on New Year's Day. You will receive another nonperishable meal prior to the January 20th holiday which you need to keep and use on the 20th.

Happy New Year! Help Us Start The Year Off Right

We call meal clients who don't answer the door during delivery. We need to have your correct phone number and also a phone number for a family member or friend. If we can't reach you, then we'll try the numbers you gave us for your family or friends. If we don't have correct phone numbers or we can't reach anyone by the end of the day, then we have to ask the police to check on you. As a result of our welfare checks, we have found many seniors in a medical emergency so we take these calls seriously. Call us at 267-0122 to check your numbers. This just might save your life.

Special Diets: Meals on Wheels is trying something new! We are starting with two new diet possibilities: mechanical and renal diets. If you have been told by your physician that you need to follow a mechanical or renal diet, call Meals on Wheels at 267-0122 so we can determine how many clients may need to receive these new special diets we are trying.

What is a mechanical diet? Foods in mechanical soft diets are smoother and easier to swallow than regular foods. These foods need very little or no chewing at all to swallow. According to Memorial Sloan Kettering, you may have to follow a puréed or mechanical soft diet if you:

- Have trouble chewing or swallowing
- Had mouth surgery
- Have trouble moving or have lost feeling in parts of your mouth, such as your lips or tongue

What is a renal diet? If you have kidney disease you may have been told that you need to control potassium, phosphorus, sodium, protein and fluid in your diet. The standard guidelines include eating more high protein foods, and less foods that are high salt, high potassium, and high phosphorus foods.

Foods or food groups in which these nutrients are typically high:

- Potassium - fruits, vegetables, dairy
- Phosphorus - found in processed/packaged foods, dairy, beans, whole grains
- Sodium - processed/packaged foods, snack foods, sauces, condiments

Christmas Gift Recipients

As mentioned in the December newsletter, the Christmas gift deliveries have been delayed due to the limited number of Meals on Wheels staff members. We intend to have the gifts for the people who were adopted delivered during January. Please respond to our calls by answering your phone or checking your message machine so we can arrange delivery. Since gift delivery is not part of our meal service, your patience is needed for us to continue to provide these opportunities to you. If you would like to send a thank-you note or card, you can send them to the Meals on Wheels program at 200 S. Walnut. We will forward them to the appropriate people.



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 we already provided.

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. It would also be helpful if you could keep some ice melt on hand. If it is possible for you to stay safely inside your front door and throw out some ice melt on your porch or steps, this would help our volunteers accomplish your meal delivery.

Meals On Wheels Survey Gift Card Winner

The annual Meals on Wheels survey was distributed in November in your milk sack. A winner for the Dillon's gift card has been drawn from the respondents. We would like to thank everyone for completing and returning your survey. If you still have your survey, we have not finished tabulating the results so you can send it back to us. Your opinions and ideas are very helpful in planning the menus for 2020.



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.

LIEAP: Low Income Energy Assistance Program

This program might help you by providing some money toward your heating bill this winter. It's a one-time payment that helps eligible households pay a portion of their heating costs. Qualifying Households Must:

- Not exceed household income limits
- Be personally responsible for the heating fuel costs payable either to the landlord, utility company, or fuel vendor
- Have made recent payments of at least \$80 toward their utility or heating costs

Income Limits:	Maximum Gross Monthly Income:
1 person	\$1,354
2 people	\$1,832
3 people	\$2,311

For larger households, call 267-0122 for income information.

APPLICATIONS ACCEPTED: January 2, 2020 through March 31, 2020.

The Meals on Wheels program has some applications for the LIEAP program which we can mail to you if you call 267-0122. You can also apply online at www.lieap.dcf.ks.gov

Resolutions For A Healthy New Year

By Kyle Huxford, RDN, CSG, LD

The new year can be an exciting time, brimming with the promise of fresh starts and new beginnings, creating these resolutions is easy enough. Sticking to them beyond the month of January, however, is another story. Following some of these helpful tips will make your transition into a New Year easier and more successful.

Pay attention to what you eat: These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites.

Studies show that substituting natural foods for processed ones will bring you multiple health benefits. Healthy eating is a way to feel great, increase energy levels, and stabilize moods. To set yourself for success, start out by making small changes to your diet, adding new items and eliminating processed food one at a time.

Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout your day.

Bright colored fruits and vegetables are high in anti-oxidants that give a boost to your health by removing free radicals that damage your cells. These nutrition-rich super foods are packed with vitamins, minerals, and fiber while being low in calories. Make a habit to eat a veggie or fruit at every meal. Pick up a new-to-you fruit or veggie the next time you shop to add variety and keep eating interesting

Keeping up with these New Years goals will be easier if you enlist family and friends to join you on the path to a healthier New Year. Good luck and good fortune to whatever awaits you in 2020!

Prevent Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless, poisonous gas that can cause illness and death. It is particularly important to be aware of this issue during the winter months since this gas is produced when a fuel like natural gas, propane, gasoline, wood, or oil is burned. In addition, older adults with pre-existing conditions can have a lower tolerance so they could react to a smaller amount of this gas.

The initial symptoms of carbon monoxide poisoning are similar to flu without the fever. The symptoms are: headache, dizziness, nausea, and feeling tired, fatigued, or short of breath. These symptoms are different from flu because:

- You feel better when away from home.
- Several people in your home are sick at the same time.
- Symptoms occur or get worse after turning on a fuel burning device.
- Pets appear ill, sleepy, or lethargic.



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 December:

Le Tran
Russell Wells
All The People Who Loved Me
Edith Wright

Gift in Honor of
Marybeth Denton
Donald Neil
Brian Williams

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

January 2020 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.		1 HOLIDAY Use the meal provided.	2 Cheeseburger on bun with Ketchup & Pickles Baked Beans Peaches Fruit Fusion Juice	3 Ham Slices Sweet Potatoes Warm White Bean Salad Fruit Compote
6 Stuffed Green Pepper Hot Dish with Italian Sausage California Blend Vegetables Pumpkin Pie	7 Swedish Beef Meatballs over Parslied Penne Pasta Mixed Greens Dinner Roll Fruit Fusion Juice	8 <u>Citrus Tarragon Chicken</u> <u>Rotini Noodles</u> <u>William Blend</u> <u>Vegetable</u> Warm Cranberry Sauce	9 Three Cheese Pizza Roasted Brussels Sprouts Mix Fruit Compote	10 Corn Dogs(2) Green Beans Cherry Crisp
13 Sloppy Joe on a Bun Seasoned Potato Wedges Peaches	14 Boston Clam Chowder with Crackers Warm Mixed Berries Peas & Carrots	15 Garlic Parmesan Chicken Thigh Steamed Rice Green Beans Mandarin Oranges	16 Cabbage Rolls in Sauce Sugar Snap Peas Croissant Fruit Fusion Juice	17 Chicken Taquitos with Salsa and Sour Cream Seasoned Corn Pineapple Tidbits
20 HOLIDAY Use the meal provided.	21 Chunky Chicken Pot Pie with Vegetables Pears Wheat Roll	22 Beef Lasagna Sicilian Blend Vegetables Garlic Stick Mixed Fruit Cup	23 Shrimp & Cheese Grits Zucchini and Tomatoes Blueberry Cobbler Milk Shake	24 Steak Fingers Cheesy Hashbrowns Corn Muffin Cinnamon Apple Crisp
27 Pork Cutlet with Baby Potatoes and Gravy Asparagus Tips with Bacon Fresh Plum	28 Picante Roast Beef Corn Pudding Orchard Fruit Cobbler (pear, apple, peach, cherry)	29 Tuna & Noodles with Peas Steamed Baby Carrots Baked Peaches	30 Beef Ravioli Normandy Blend Vegetables All Spice Apricots	31 Super Oatmeal Buttermilk Biscuit Scrambled Egg with Cheese Fruit Fusion Juice Fruit Topping

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