

Published monthly for the clients of Meals on Wheels.

National Nutrition Month & the 18th Annual March for Meals Month

March for Meals is a national campaign to raise awareness of senior nutrition. On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act and established a national nutrition program for seniors 60 years and older. Then, Meals on Wheels America established the March for Meals campaign in March 2002 to recognize the historic month and the importance of the Older Americans Act Nutrition Programs, both congregate and home-delivered. Raising awareness about the escalating problem of senior hunger in America was also important. As a result, senior nutrition programs like ours promote March for Meals in their local communities. The focus is to celebrate the importance of senior nutrition and ensure that our seniors are not forgotten. We urge all Meals on Wheels participants to talk about the importance of good nutrition and to take a moment to thank the volunteers who make our meal service possible.

National Nutrition Month is also an annual campaign created by the Academy of Nutrition and Dietetics organization. This organization would like everyone to focus on making good informed food choices. Eating right doesn't have to be complicated and small changes can have a cumulative healthful effect. Start with these recommendations from the *Dietary Guidelines for Americans*:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.

- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- Make the fats you eat polyunsaturated and monounsaturated fats. Switch from solid fats to oils when preparing food.

LIEAP Deadline - March 31st

LIEAP (Low Income Energy Assistance Program) deadline is March 31, 2020. This program provides a one-time per year benefit that helps eligible households pay a portion of their home energy costs. For more information, call 267-0122.

LENT Meals

If you want an alternate meal on Fridays during LENT, call 267-0122 to request one. These meals will only be available on Fridays until 4/10/20. Some of the meals provided on Fridays during Lent are appropriate for Lent so you will not receive an alternate.

You will not receive a "Lent" meal unless you call to reserve one.

Daylight Saving Time Returns March 8th

Be sure to move your clocks forward or ahead one hour on Saturday evening, March 7th.



March is National Kidney Month

The National Kidney Foundation wants all Americans to take five healthy steps for their kidneys. The kidneys filter waste and perform vital functions that control things like red blood cell production and blood pressure. However, 1 in 9 American adults have kidney disease and don't know it. High blood pressure, diabetes, a family history of kidney failure, smoking, and being over 60 are major risk factors for developing kidney disease.

Take 5 for Your Kidneys (from the National Kidney Foundation).

All Americans can do 5 simple things to protect their kidneys:

1. **Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Early detection and treatment can slow or prevent the progression of kidney disease.
2. **Reduce NSAIDs.** Over the counter pain medicines, such as NSAIDs (aspirin, ibuprofen or Advil, naproxen - nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.
3. **Cut the Processed Foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.
4. **Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.
5. **Control Blood Pressure and Diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.



Need help getting groceries to your house?

**Call Roving Pantry:
267-4378**

Call by 9:00

If you need to make a change on the day of your meal delivery, please call by 9:00 am. If you call after 9:00, we may not be able to catch your route as some routes are delivered from different sites. Since we have to track the number of missed meals, it is important for us to have time to catch your route.

Homestead Refund

For homeowners:

This refund is a rebate of a portion of the property taxes paid by Kansas homeowners on a resident's home. The refund is a percentage of your general property tax paid excluding specials. The maximum refund is \$700.00. Only one claim can be filed.

To qualify:

You must be a Kansas resident (living in Kansas) for all of 2019 and have a total household income of \$35,700 or less.

You must also meet one of the following:

- Were born before January 1, 1964
- Were blind or totally & permanently disabled the entire year of 2019
- Have a dependent child who lived with you all of 2019 and who was born before 1/1/2019 and was under the age of 18 all of 2019.

To receive this refund, complete a Kansas Homestead claim (form K-40H) between 1/1/2020 through 4/15/2020. You can file your claim electronically at <https://www.accesskansas.org/ssrv-homestead/login.html>

Again, the filing deadline is April 15, 2020.

Protein in Your Diet!

By Kyle Huxford, RDN, CSG, LD

Protein helps to keep our muscles strong, which is important for maintaining the balance and mobility needed to continue to live independently as we age. Yet, we may not focus on getting enough of this important nutrient and recommendations on exactly how much protein older adults need vary. The current recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram (g/kg) of body weight a day for adults over 18 (In a 200 pound man this would be 72 grams per day or 54 grams per day in a 150 pound woman). However, research is showing that higher levels may be needed for adults over the age of 65.

In our older years, we are at risk of sarcopenia which is the loss of muscle mass, strength and function. The essential amino acids in protein are key nutrients for muscle health, but older adults are less responsive to low doses of amino acid intake compared to younger people. A 2016 study from researchers at the departments of Food Science and Geriatrics at the University of Arkansas found that this lack of responsiveness can be overcome with higher levels of protein consumption. The study says that protein levels in the range of 30 to 35 percent of total caloric intake may prove beneficial as protein provides 10-15% of our total energy production. In our older years, it may become more and more difficult to obtain these levels of protein intake.

It is important to make sure protein is available for each meal, for example:

- Breakfast: Eggs, greek yogurt, cereal with nuts and seeds, protein shake (be sure and use a brand that doesn't have high sugar or other additives).
- Lunch: Turkey or chicken sandwiches (roll with cheese and lettuce for a low carb option!), stew or soup with meat as the main ingredient are also good options.
- Dinner: Grilled or baked fish, chicken or even steak. Add cheese to food for a flavorful punch with lots of protein.

All meals provided by Senior Services of Wichita have at least 30g of protein for each meal, some have much more. Use these tips in addition to your daily meal and you'll be hitting your Recommended Daily Allowance in no time!



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.

Meal Cancellation During Bad Weather



If it is too dangerous for our senior volunteers to deliver due to bad weather like the recent ice events that glazed the streets and walkways, we may cancel meal delivery. Watch the television for meal cancellation information.

If we cancel meals, use one of the two nonperishable meals that we provided.

Please try to keep some ice melt on hand. If you can stand safely inside your door and cast the ice melt outside over your porch or entry, it would be very helpful to volunteers. In addition, if you believe that your walk or ramp is too dangerous for delivery, you can call to cancel your meal on those days.

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 February:
Bonnie Keys

Gift in Honor of
John & Velda Luce

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

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 2 Ham & Cheese Omelets O' Brien Potatoes Spinach Fresh Fruit | 3 Chicken Legs California Vegetables Cornbread Stuffing Mixed Fruit Cup | 4 Tator Tot Casserole Creamed Peas with Onion Cinnamon Apples | 5 Fish Patty on Bun Curly Fries Mix Vegetables Cherry Pie Bite | 6 Beef & Cheese Pizza Pasta Salad Cup Capri Blend Vegetables Poached Pears |
| 9 Chicken Noodle Soup with Carrots & Celery Mixed Veggies Buttermilk Biscuit Fruit Fusion Juice | 10 Meatloaf Mashed Potatoes with Gravy Green Beans Dinner Roll Fresh Fruit | 11 Pork Fritter with Gravy Oven Potatoes William Blend Vegetables Warm Applesauce | 12 Turkey Breast Sweet Potato Casserole Steamed Broccoli Mixed Fruit Cup | 13 <u>Black Bean Burger on Bun</u> Cottage Fries Lettuce Cup Cherry Crisp |
| 16 Meat Calzone with Marinara Sauce Sicilian Blend Vegetables Spiced Pears | 17 All Beef Frank on Bun Baked Beans Potato Salad Fresh Fruit | 18 Pulled Pork Street Tacos Spanish Rice Refried Beans Baked Apricots | 19 Orange Glazed Drumsticks Winter Blend Vegetables Dinner Roll Mixed Fruit Fluff Cup | 20 Antipasto Salad w/ Ham & Salami Marinated Cucumber & Onions Garlic Stick Pineapple Cup |
| 23 BBQ Brisket Loaded Mashed Potatoes Carrot Coins Wheat Roll Grape Bunch | 24 Gravy Covered Chicken & Rice Normandy Blend Vegetables Mixed Fruit Cobbler | 25 <u>COLD MEAL</u> Egg Salad on Croissant Cottage Cheese Pickled Beets Peaches with Cream | 26 Hamburger Stew with Vegetables Corn Muffin Spiced Apple Rings | 27 Vegetable Lasagna with Sauce Italian Vegetables Garlic Croissant Fruit Fusion |
| 30 Boneless Pork Chops Roasted Red Potatoes Snap Peas Corn Muffin Apple Slices w/ Peanut Butter | 31 Breaded Chicken Strips with Dipping Sauce Italian Blend Vegetables Peach Compote | | | New menu items are underlined. |

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