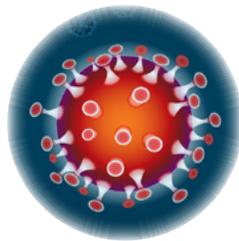


April 2020

Published monthly for the clients of Meals on Wheels.

CORONAVIRUS (COVID-19) CHANGING MEALS ON WHEELS DELIVERY

The Meals on Wheels program wants to assure you that the health and safety of our clients and volunteers is our highest priority.



As a result, we have changed our delivery process to follow the guidelines provided by the Centers for Disease Control and Prevention (CDC), the Kansas Department of Health, our funding sources and government officials.

The main changes in your delivery are:

- **your meal will be placed in a plastic bag and hung on your door knob.** Your volunteer should knock and ring your doorbell before putting the meal on your door knob. Then, they will back up six feet while waiting to make sure you open the door to get the meal. This change is necessary to reduce personal contact and observe the 6 foot distance requirements between people. You may also see drivers wearing masks or gloves. **Do not ask or expect volunteers to enter your home - any changes to this new rule must be approved by the meal office at 267-0122.** If you do not comply with the new delivery rules, your meal can be cancelled.
- **beginning this Friday, April 3rd, you will not receive a hot meal on Fridays or Mondays through the month of April.** Due to the increased number of Corona cases and a decreased number of volunteers to deliver, we are reducing the number of days that we deliver. Your Thursday

driver will bring a nonperishable meal for you to use on Fridays. On Mondays, you need to use one of the nonperishable meals labeled “Emergency” that we have already delivered. Watch your local television station for any changes to this plan.

- **CHOICE meals will not be available until further notice.**
- **Lent meals will not be provided due to the cancellation of regular meal delivery on Fridays.**
- **Menu substitutions may become necessary as the availability of certain food supplies has changed due to the virus.** The meal program purchases food from major suppliers that also supply grocery stores.

If you have been diagnosed with COVID-19, please notify the meal office at 267-0122.

Why are we still delivering extra nonperishable food that is labeled for emergency use?

Due to the lack of information about the spread of this virus or the length of time spent in quarantine, the Meals on Wheels program is trying to prepare by delivering as many nonperishable meals as we can. Many meal programs in the State have already canceled daily delivery and are using weekly supplies of nonperishable food. Our meal program is trying to deliver as many days as possible every week; however, as the number of cases increase in Wichita, we know that daily meal delivery will not be possible. **Please save these “Emergency” food bags so you will have something to eat on the days that we are not able to deliver a hot meal. Do not share this food with other people since the meal program will not replace this food.**

Meal Delivery on the Weekends

In an effort to reduce contact and observe the 6 foot social distance requirements, weekend meal delivery is currently limited to a Saturday only delivery. This means that you will receive your Sunday meal on Saturday. The Saturday only weekend delivery is subject to change based on safety issues caused by the Coronavirus. Several Catholic churches provide the volunteer drivers for our weekend routes and if they can't recruit volunteers, we will have to change our delivery plans.

In addition, we have a limited number of openings for weekend meal service. This means that you could receive a meal 6 to 7 days a week. Weekend meal service is reserved for those with severe health issues and no other help with weekend meals. We only serve around 50 people on the weekends. If you believe you need weekend meals, then call 267-0122 and your worker will determine if we can provide weekend meals to you.

Beware of Scams Based on the Coronavirus

There are currently several scams taking advantage of the fears surrounding the coronavirus. Be very cautious about giving out your personal information or spending money to purchase special products for the virus. There are currently no vaccines, pills, potions, lotions, lozenges, or other prescription/over the counter products available to treat or cure COVID-19 online or in stores. Ignore online offers for vaccinations and home test kits.

Be cautious about emails that claim to be from the CDC. In addition, if you receive an email asking you to donate to a nonprofit or other agency that is fighting the virus, be sure to research the organization to make sure it is legitimate. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes.

Don't respond to texts and emails about checks from the government.



Need help getting groceries to your house?

**Call Roving Pantry:
267-4378**

Roving Pantry is a grocery shopping and delivery service for homebound seniors 60 and older. The Roving Pantry delivers each week day and is capable of adding more clients on to the service immediately. The program takes orders over the phone then shops for and delivers to the home on a designated day of the week. The program shops at 5:00 am at the Dillons located at Douglas & Hillside. The delivery driver will utilize safety precautions like gloves, sanitizer and social distancing. There is a small delivery fee that will not exceed \$5.00 based on income. While the service is based on need and not income levels, many of our clients do not pay a delivery fee. All food and other items are still subject to availability within the store.

Homestead Property Tax Refund Deadline Changes

This refund is a rebate of a portion of the property taxes paid by homeowners. Homestead or property tax relief refund claims are usually due on April 15th. However, due to current circumstances, the Director of Taxation has extended the deadline for filing 2019 claims to October 15, 2020. Those claiming a refund are encouraged to submit their claims as soon as possible, and not to wait until the end of the extension period.

Federal and Kansas Income Tax Deadline Extended Due to Coronavirus: 7/15/2020

The 2019 income tax filing and payment deadlines for all taxpayers who usually file by April 15, 2020, are automatically extended until July 15, 2020. This relief is automatic, taxpayers do not need to file any additional forms. Penalties and interest will begin to accrue on any remaining unpaid balances as of July 16, 2020. You will automatically avoid interest and penalties on the taxes paid by July 15.

Vitamin C for Your Body

By Kyle Huxford, RDN, CSG, LD

A lot of the health suggestions you hear on the news in our world today revolve around prevention, especially during cold and flu season. Vitamin C is a huge component of boosting your immune system and keeping you healthy all year long.

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, be sure and incorporate fruits and vegetables at each meal and at least one snack per day.

Donated Items:

- 2 - raised toilet seats
- Several lap blankets with pockets
- A few packages of incontinence briefs

If you need any of these items, call 267-0122. Since supplies are limited, we cannot guarantee who will receive an item.



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.

Need to get your lawn or flower beds cleaned up?

Is your yard still full of leaves? Have you thought about hiring someone to get your yard mowed or raked? Finding a trustworthy worker can be a challenge but the Senior Employment Program can help! The In-Home Services program with Senior Employment at our agency helps match qualified workers, age 55 and older, with available jobs.

Our program matches seniors who want to work with seniors who want to hire someone to help in their home. We check the workers' references; however, the negotiations for wages, hours and duties are between the person requesting the service and the worker.

Call Chester Green from 9 am - 2 pm at 267-1771 for more information.



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 March:
Bruce Hill

Gift in Honor of
Marybeth Denton

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fried Steak Mashed Potatoes with Gravy Green Beans Fresh Fruit	2 Spaghetti with Meat Sauce Italian Veggies Garlic Stick Mixed Fruit	3 Use Emergency Meal Provided on the 2nd
6 Use an Emergency Meal Previously Provided	7 Haddock Fish Bites Macaroni and Cheese Mixed Veggies Wheat Roll Pineapple Chunks	8 Swiss Steak Patty Scalloped Potatoes Brussels Sprouts Cherry Crisp	9 Chicken Pita Pickled Beets Cucumber Salad Fresh Fruit	10 Use Emergency Meal Provided on the 9th
13 Use an Emergency Meal Previously Provided	14 Oven Fried Chicken Mashed Potatoes with Gravy Corn Dinner Roll Fresh Fruit	15 Beef Tips in Gravy Rice Pilaf Broccoli Mandarin Oranges with Tapioca	16 Chicken Nuggets Potato Wedge California Blend Vegetables Cherry Applesauce	17 Use Emergency Meal Provided on the 16th
20 Use an Emergency Meal Previously Provided	21 Stuffed Pepper with Meat Sauce Macaroni and Cheese Capri blend Vegetables Mixed Fruit Cup	22 <u>COLD MEAL</u> Garden Salad with Diced Ham and Eggs Corn Muffin Mixed Fruit	23 Roast Beef in Gravy with Red Roasted Potatoes Chopped Broccoli Wheat Roll	24 Use Emergency Meal Provided on the 23rd
27 Use an Emergency Meal Previously Provided	28 Baked Steak with Gravy Steamed Rice Parslied Cauliflower Buttermilk Biscuit	29 <u>COLD MEAL</u> Turkey and Roast Beef on Roll Lettuce/Tomato Broccoli Salad Cottage Cheese with Apricots	30 Herbed Chicken Thigh in Gravy Buttered Noodles Winter Veggies Fruit Fusion Juice	 New menu items are underlined.

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