

NUTRITION

Notes



June 2020

Published monthly for the clients of Meals on Wheels.

NEW UPDATES: CORONAVIRUS (COVID-19) CHANGING MEALS ON WHEELS DELIVERY

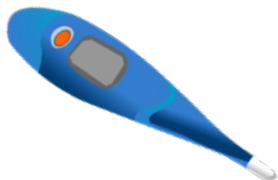
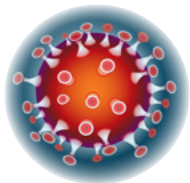
The Meals on Wheels program continues to follow the guidelines provided by the Centers for Disease Control and Prevention (CDC), the Kansas Department of Health, our funding sources and government officials.

Changes in your delivery in June:

- Beginning Monday, June 1st, we are adding Mondays to our delivery schedule.
- You will receive a hot meal Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays through the month of June.
- CHOICE meals will not be available during June.
- Both weekend meals will be delivered on Saturday throughout June. No Sunday delivery.

If you ate or gave away the "Emergency" food bags we sent out in March and April, you will need to have something else to eat if there are days that we are not able to deliver a hot meal. The meal program will not replace the "Emergency" food that you did not save.

If you have been diagnosed with COVID-19 or you are experiencing a fever with respiratory symptoms, please notify the meal office at 267-0122.



While you're homebound, would an extra daily frozen meal help? **If you are at nutritional risk, then call us at 267-0122.** We are exploring the possibility of delivering more than one meal a day to clients who are at risk and without other assistance with meals.

The Meals on Wheels Program wishes all fathers a:

Happy Father's Day on June 21st



June 1st - Shelf Stable Milk & Juice for the Summer

Meals on Wheels will **stop the delivery of the cold carton of milk starting June 1st.** During the hot summer months, the milk cannot be kept cold enough during delivery. To replace the cold milk carton we will alternate between shelf stable milk and calcium fortified juice. This will continue throughout the summer months. Since we are reducing the number of days you will receive milk, you may want to keep this in mind when you get groceries so you'll have milk on hand if you want it.

Senior Services wishes to thank our devoted Meals on Wheels clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Thank you again, stay home and stay safe!

June Is National Dairy Month

Because of its nutrient value, milk or a calcium substitute is required in your Meals on Wheels lunch. Milk can be an important and inexpensive source of nutrients. An 8-oz. glass costs around 25 cents and it provides nine essential nutrients including calcium, potassium, phosphorus, protein, vitamins A, D, and B-12, riboflavin and niacin. Because milk contains calcium, phosphorus, and magnesium all together, there appears to be an added benefit to heart health, losing weight, and losing belly fat. However, in terms of weight loss, milk does vary in fat and calorie levels based on whether its whole milk or a lower percentage. In addition, flavored milks have added sugars. Milk has only three ingredients, milk, vitamin A and vitamin D, whereas milk alternatives such as almond and soy contain ten or more additives, including salt, stabilizers, syrups, thickeners and sugar.

Milk is the best source of calcium, offering 300 mg. per cup and it is readily absorbed. Calcium is essential to preserve bone health and it's also important for maintaining healthy blood pressure, muscle function and heart rhythm. The recommended daily intake of calcium is 1200 mg. for persons 51 years and over to help prevent osteoporosis. Calcium supplements usually aren't recommended anymore because the calcium can calcify in the heart arteries, cause kidney or gall stones, or can cause bone spurs.

Besides just drinking milk, other ways to get dairy/calcium in your diet include:

- Substitute milk for water in soups, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Eat 1.5 cups of cottage cheese
- Add cheese to soups, sandwiches, salads, and casseroles
- Top a baked potato with cheese, yogurt, or cottage cheese



- Eat yogurt or try a parfait of yogurt and fruit for a snack
- Snack on string cheese or 1.5 oz. of firm cheese
- Sprinkle Parmesan cheese on popcorn
- Make desserts count toward your calcium requirement by choosing a milkshake, pudding, custard, frozen yogurt, cream pie, or ice cream



Other foods containing calcium or fortified with calcium (check the label):

- Orange juice can have up to 346 mg per cup.
- Some breakfast cereals and oatmeal are also fortified.
- Broccoli, spinach and other greens, but they are not absorbed as well as calcium in milk.
- Soy products



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. All food and other items are still subject to availability within the store.

Vitamin D In A Senior Diet

By Kyle Huxford, RDN, CSG, LD

A Vitamin D deficiency can have serious health effects on seniors. Getting enough of the vitamin through diet, sunlight or supplements can help prevent autoimmune disorders, some cancers, falls, fractures and even high blood pressure. Essential for strong bones, Vitamin D is produced by the body in response to sunlight. It helps the body absorb calcium, which is critical to bone health and strength. We also need Vitamin D to:

- Carry messages through the nervous system
- Fight infection
- Help our muscles move
- Regulate cell growth

Lack of vitamin D can happen year-round, not just in winter. Regular sun exposure on bare skin generally gives people all the vitamin they need. But, in the winter months, time spent indoors prevents the vitamin from penetrating the skin. Certain fortified foods have Vitamin D, since it is difficult to get enough vitamin D naturally, many foods have vitamin D added to them. These foods supply most of the vitamin D in the American diet. Milk, breakfast cereals, and juice drinks are commonly fortified with vitamin D. Sun exposure and supplements are the main sources of vitamin D. Because of the link between sun exposure and skin cancer, research recommends that adults rely on food and supplements to get the right amount of the vitamin each day. Adults aged 19-70 should get 600 IU of vitamin D daily. People aged 71 and over should get 800 IU. A blood test can tell whether you are getting the right amount of the vitamin, speak to your physician about whether or not you may be at risk for Vitamin D deficiency, keep in mind that too much of the vitamin can have serious health effects.

World Elder Abuse Awareness Day - June 15th

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

The reason for an awareness day was to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons. Learning the signs of elder abuse is critical to the prevention of this growing problem. In Kansas this past year there were 18,268 reports made. In the Wichita area, there were 4,436 reports and 174 substantiated cases.

Adult Protective Services (APS) responds to reports of abuse, neglect or exploitation of adults. Intervention is available to adults age 18 and older who are unable to protect themselves. This includes individuals who have physical, emotional or mental impairments. These impairments may limit their ability to manage their homes or their personal or financial affairs. Intervention is designed to safeguard the safety, wellbeing and general welfare of adults in need of protection. Those who are most frail, dependent and socially isolated are at highest risk. Adult Protective Services social workers provide protective services to these adults, with their consent. This service is provided for adults who reside in the community, in facilities licensed or certified by the Department for Children and Families, in adult care homes and other facilities licensed by the Kansas Department for Aging and Disability Services when the perpetrator is not a resident of or on the staff of the facility.

If you suspect someone is in immediate danger, please call 911. To report suspected abuse, neglect or exploitation of an adult in the community, call the Kansas Protection Report Center (staffed 24 hours a day) at 1-800-922-5330. ***(Next month look for the Kansas Definitions of Adult Abuse)***

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Noodle Skillet Green Beans Garlic Bread Fruit	2 Chicken Alfredo Carrot Coins Cherry Cobbler	3 BBQ Ribette and Bun Ranch Potatoes Cole Slaw Poached Pears	4 Beef Sausage and Cabbage Harvard Beets Mini Apple Pie	5 Spaghetti with Meat Sauce California Blend Vegetables Mandarin Oranges
8 Ham Steak Sweet Potatoes Spinach Corn Muffin Apple Crisp	9 Turkey Sausage Gravy with Biscuit Cheese Eggs Potatoes O'Brien Fruit Juice	10 Beef Shepherd's Pie Roasted Brussels Sprouts Corn Muffin	11 Grilled Chicken Parmesan Italian Blend Vegetables Grape Bunch	12 <u>COLD MEAL</u> Ham Salad on Roll Black Eyed Pea Relish Mixed Fruit
15 Pot Roast Baby Potatoes and Baby Carrots Dinner Roll Mini Cherry Pie	16 <u>COLD MEAL</u> Turkey Swiss Sandwich Cucumber Salad Cottage Cheese with Fruit	17 Beef Enchilada Stack MexiCali Corn Raspberry Chimi	18 <u>Boneless Chicken and Broccoli Pocket</u> Capri Blend Vegetables Peaches	19 Cheeseburger Skillet Green Beans Apple Cranberry Struedel Bake
22 Tator Tot Casserole Stewed Tomatoes Biscuit Fruit Juice	23 Grilled Chicken Sandwich Lettuce and Tomato Potato Wedges Fruit Cup	24 Garlic Lemon Pepper Pork Wild Rice Squash Blend Warm Applesauce	25 Beef Frank on Bun Covered in Chili Broccoli with Cheese Sauce Cherry Cobbler	26 <u>COLD MEAL</u> Grilled Chicken Salad Crackers Mixed Fruit
29 Chicken Tenders Macaroni and Cheese Normandy Blend Vegetables Fruit Compote	30 Italian Meatball Bake with Vegetables in Sauce Garlic Stick Blackberry Pie Bites			New menu items are underlined.

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