

# NUTRITION

Notes



July 2020

Published monthly for the clients of Meals on Wheels.

## **JULY UPDATES: MEALS ON WHEELS DELIVERY ISSUES DUE TO COVID**

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.

We plan to deliver a hot meal Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays through the month of July.

- **EXPECT CHANGES TO YOUR MENU.** You may have already noticed that your meal doesn't always match what was listed on the menu. Our food suppliers are still experiencing problems getting certain items or enough items to provide for 850 meal clients. Consequently, the July menu will indicate "fruit" or "roll" instead of listing a particular fruit/roll since we may not be able to get what we ordered.
- **CHOICE meals will not be available during July.**
- **Weekend clients will be notified regarding the July weekend delivery schedule.**

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.

The Meals on Wheels kitchen and office will be closed for:

**Independence Day  
Friday, July 3RD**

Please use one of the nonperishable meals we delivered in April for this holiday.

The Meals on Wheels program has received several donated 20 inch box fans. We are distributing these to meal participants who don't have a fan and need one and who can't afford to purchase one. If you are in this situation, call your Meals on Wheels caseworker at **267-0122** to see if we can provide one.



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!

## What happened to the meal deliveries starting Friday, June 26th through the first week of July?

Just in case you didn't call in or see the emergency cancellation information on television, one of our kitchen staff members became ill. Due to the COVID virus, we are extremely cautious about the handling of the meals we deliver to seniors. So, we had all kitchen staff members tested and getting the results back took much longer than expected. The Meals on Wheels program sends our sincere apologies for this unexpected situation that prevented us from delivering hot meals on these dates. We asked the media/television and radio stations to relay this information so our clients would understand that they needed to use the emergency supply of nonperishable food we sent in March and April. Our program will replace these emergency meals at some point in the next few weeks. Again, we regret the confusion and inconvenience that this unexpected problem created.

If you have comments or suggestions on what type of nonperishable food you would like to receive, please call **267-0122** to let us know. We will share this information with our dietitian to see if we can alter the food we serve in these packs and still meet the nutrient requirements.

## Dog Bite Reports Increase During The Summer Months

Make sure your animal has current rabies vaccinations.



The Meals on Wheels delivery volunteers are encountering more dogs outside during the summer months. It is important that dogs (even friendly dogs) are secured away from the door during meal delivery (10 am until your meal arrives). We have already had several

reports of nips, scratches, bites, and volunteers chased back to their cars. If your animal bites or scratches a delivery person, Wichita Animal Control will contact you to determine if the dog has a current rabies vaccination.

### What happens if your animal bites or scratches a delivery person?

**A Meals on Wheels staff member will call you to obtain information about your veterinarian and vaccination record. Then, the scratch or bite will be reported to Animal Control.**

## Kansas Definitions of Adult Abuse:

**Abuse:** (examples or possible signs of physical abuse)

- Unexplained bruises, welts, sprains, broken bones, or signs of restraint
- Failure to give/take regular medications or drug overdosing
- Sexual contact or physical touch without the elder's consent

**Exploitation:** Misappropriation of an adult's property or financial advantage by using undue influence, coercion, harassment, etc.

**Fiduciary Abuse:** (examples or possible signs of financial abuse)

- Stealing the elder's personal information, money, or belongings
- Forging the elder's signature, adding names to elder's accounts, forcing elder to sign papers
- Suspicious changes to titles, policies or wills
- Sudden lack of funds to pay for food or bills

**Neglect:** (examples or possible signs of neglect)

- Unsanitary living situation or personal hygiene like frequent soiled bedding/clothes
- Unusual weight loss or untreated physical problems
- No heat or running water; other unsafe living conditions
- Isolating the elder

## The Importance of Staying Hydrated this Summer

By Kyle Huxford, RDN, CSG, LD

As the mercury starts to rise and we start to find shelter under a shade tree or the cool air conditioning, a silent, deadly issue may be showing its head: dehydration. Dehydration is one of the most frequent causes of hospitalization for seniors. Because more than sixty percent of the human body is made up of water, staying hydrated is important to keep our bodies functioning properly. As adults, we lose more than eighty ounces of water daily just through normal activity. Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Severe dehydration can become life threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate.

The most important way to prevent dehydration in elderly adults is to make sure you are drinking enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good. Keep water readily available, especially if you are caring for a senior citizen with mobility problems. If the taste of water is bothersome, try using powdered drink mixes that flavor the water, but do not add any excess sugar.

Correcting dehydration can allow an older person to return to a full and normal life. Encourage all of your loved ones to monitor fluid intake each and every day, if you suspect someone is dehydrated, call your healthcare provider as soon as possible.

## Roving Pantry

can deliver your grocery order to your home so you can stay independent. Call **316-267-4378** for more information.



## Fruits & Vegetables With High Water Content

### OVER 90% WATER:      80-90% WATER:

- |                |                |
|----------------|----------------|
| • Cantaloupe   | • Apricots     |
| • Grapefruit   | • Asian pears  |
| • Strawberries | • Blackberries |
| • Watermelon   | • Blueberries  |
| • Asparagus    | • Cherries     |
| • Cabbage      | • Cranberries  |
| • Cauliflower  | • Grapes       |
| • Celery       | • Nectarines   |
| • Cucumber     | • Mangos       |
| • Bell Peppers | • Papayas      |
| • Broccoli     | • Pears        |
| • Lettuce      | • Pineapple    |
| • Radishes     | • Plums        |
| • Spinach      | • Raspberries  |
| • Tomatoes     | • Carrots      |
| • Zucchini     |                |

## MEMORIAL GIFTS

When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing. The amount of the gift is not mentioned.

### Memorials in June:

Tommy L Church  
Albert Gyongyossy

### Gift in Honor of:

Irene McColm  
Carol Palaceo

**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

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
New menu items are underlined.		1 Use Emergency Meal Provided	2 Use Emergency Meal Provided	3 CLOSED INDEPENDENCE DAY Use Emergency Meal Provided
6 Sliced Roast Beef Potatoes Parslied Carrots Fruit Cobbler	7 Chicken on Flat Bread with Vegetables Mexican Style Corn Fruit Cheesecake Bite	8 Fish Fillet Macaroni and Cheese Steamed Broccoli Fruit	9 <u>COLD MEAL</u> Ham and Cheese on a Bun Peas Peaches	10 Meatloaf Au Gratin Potatoes California Blend Vegetables Cobbler
13 Fried Chicken Mashed Potatoes and Gravy Pimento Green Beans Fruit	14 Roast Beef and Cheese on Bun Baked Beans Fruit	15 Baked Pork Chop Oven Potatoes and Onions Green Beans Cobbler	16 Chicken Nuggets Cheese Potatoes Candied Carrots Fruit Crisp	17 Beef and Broccoli Steamed Rice Pilaf Fruit
20 Chicken Fried Steak Garlic Mashed Potatoes Peas and Carrots Fruited Pie Pieces	21 Beef Taco Burger Cheese Potatoes Mixed Berries	22 <u>COLD MEAL</u> Tuna Salad on Bun Cole Slaw Mixed Fruit	23 Grilled BBQ Chicken Sandwich Scalloped Potatoes Baked Pears	24 Sliced Turkey with Stuffing Buttered Corn Pumpkin Pie Casserole
27 Pulled Pork Taco Green Beans Mini Pie	28 Turkey Dog on Bun Oven Baked Fries Mixed Vegetables Fruit	29 <u>COLD MEAL</u> Chef Salad with Egg, Ham, and Turkey Muffin Fruit	30 Turkey Sausage Pizza Bake Green Beans Spiced Pears	31 Chili with Beans Mini Iced Cinnamon Roll Mixed Vegetables Fruit

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