

Published monthly for the clients of Meals on Wheels.

THANKSGIVING HOLIDAYS!

Meals on Wheels is closed and will not deliver meals on:



Thanksgiving Day - November 26th

Day after Thanksgiving - November 27th



You will receive 2 nonperishable meals prior to the holidays. Keep these meals and use one on the 26th and one on the 27th.

HAPPY THANKSGIVING!

Winter Weather Is On The Way!

During October we delivered a one day nonperishable meal supply on the 15th & the 30th. Save the 30th meal in case of cancellation. We'll replace the 15th meal that you used on 10/27/20. These meals do not need to be refrigerated.

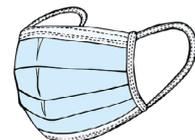


If you eat this meal, we will not be able to bring out anything else on days we have to cancel meals for any reason. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

If you did not receive the emergency meal supply, please call 267-0122 to let us know.

Please Report:

If your volunteer is not wearing a MASK during meal delivery, please notify us by calling 267-0122.



Daylight Saving Time Is Ending Sunday, November 1st!

Set your clocks back one hour before you go to bed on Saturday, October 31st. Otherwise, you might not be up in time to receive your meal on Monday.



Operation Holiday

Would a gift card (extra money) help this holiday season? If you qualify, Operation Holiday will provide a Dillon's gift card to you (1 per household).

To qualify, you must:

- Be age 18 or older and live in Sedgwick County (or surrounding areas).
- Be a member of the applying family (household) who meets the income guidelines listed below.
- Have not applied for another holiday program.

Maximum Gross Monthly Household Income (must be able to provide proof):

1 Person = \$1,600

2 People = \$2,000

To apply call: (316) 267-0122

Application period:

October 12 - November 20, 2020



Holiday Gift List

Due to the COVID virus, we are uncertain if the usual community members who want to purchase holiday gifts for our clients will call us. In addition, we anticipate that gift delivery could also create problems.

We will accept your requests for a holiday gift just in case we receive donors and are able to fulfill them. Typical gift items include depends, ensure, clothing or groceries not large or expensive items. These gifts are available to our low income Meals on Wheels clients. If you have a need, call 267-0122 to get on our list.

REMEMBER - we can't guarantee that we will receive donors or that your item will be selected.

2021 Medicare Health and Drug Plan Open Enrollment Period

October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. The open enrollment period is a time to review your plans. For example, if your current plan does not cover your medications or if you would like to determine if they are available at a lower cost, then you will want to compare drug plans. If you're satisfied with your current coverage, you don't need to do anything. You can compare 2021 plans online at [medicare.gov](https://www.medicare.gov).

If you have questions, call 267-0122 ext. 201 for Lisa.

Safety Tip: You might receive calls or literature about open enrollment. These solicitations may not be from an honorable source. It is better if you look up the phone number of legitimate sources and initiate the call before you share your Medicare information or social security number.



Donated Items:

We recently received several donated items. If you need any of these items, call 267-0122. The supply is limited so we cannot guarantee that you will receive any items.

- 3 - pillows
- Several packages of small (depend type) underwear
- Several packages of pantliners, men's guards, and feminine pads
- Several lap blankets
- 2 - wheelchairs
- 1 - walker
- 1 - shower bench
- 1 - stool riser insert



Diabetes

By Diane Greenleaf-Kisner, MS, RDN, LD, CDE

November is American Diabetes Month. Diabetes affects large numbers of children and adults in the United States. 1.5 million people will be diagnosed this year. Diabetes is a chronic disease associated with abnormally high levels of the sugar in the blood due to either not enough insulin is produced by the pancreas or the insulin cannot get into the body's cells like it should. Signs and symptoms of diabetes include being tired all the time, being thirsty all the time, having to go to the bathroom more than usual, being hungrier than usual, sores that don't heal and unexplained weight loss. If you have any of these symptoms, see your health care professional.

Diabetes can be controlled with diet and exercise but many people also need medication or insulin to keep blood sugars in goal range. Ideally blood sugars should be between 70-115 after not eating for 7-8 hours or 180 or less two hours after a meal. Your HgbA1c should be 7 or less.

Carbohydrates have the biggest effect on blood sugars. All the carbohydrates get broken down into sugar so the amount of carbohydrates eaten at each meal and snack is important.

Sources of Carbohydrates:

- **Starches** – breads, cereals, rice, pasta, grains, tortillas, beans, rolls, pancakes, waffles, starch vegetables such as peas, corn and potatoes. Serving size – 1 sl bread, ½ c of most starches, 1 roll ½ baked potato, or small tortilla
- **Dairy** – milk, yogurt, ice cream. Serving size – 1 c milk, ½ c ice cream, 1 small container yogurt
- **Fruit** – fresh, frozen and canned. Serving size - 1 medium piece of fruit, ½ c canned fruit packed in water or light juice or 2 T dried fruit, 4 oz fruit juice
- **Sweets** – limit to small serving
- **Non-starchy vegetables** – green beans, tomatoes, lettuce, spinach, broccoli, cauliflower, carrots, celery, etc. Serving size – “free” These are low in

carbohydrates, low in calories and high in fiber. These are fillers to help eat less of other foods.

As you can see, there are no foods that are off limits but we do recommend eating more whole grains sources, fruits and low fat dairy servings and less sweets.

How many servings of carbohydrates per day? The number of servings varies on size and activity. In my practice I usually have women try to have 2-3 servings or 30-45 grams of carbohydrates PER MEAL. For men I recommend 3-4 servings or 45-60 grams PER MEAL. For snacks, I recommend 1-2 servings or 15-30 grams of carbohydrates PER SNACK. This is YOUR budget and you spend it as you want. You may want to spend all your meal's carbohydrates on one food or 2-3 foods, that's your choice.

I also recommend eating some protein and/or good fat with each meal and snack. Protein and fat slow the digestion of sugar so the blood sugars don't go up as high or as fast. Also protein and fat take longer to digest so you will fill full for a longer period of time. Sources of protein are beef, chicken, turkey, fish, eggs, cheese, beans, peas, etc. Sources of good fat (these help to lower cholesterol, triglycerides, and increase HDL, the good cholesterol) – nut butter such as peanut butter and almond butter, nuts, avocado, olives, olive oil, canola oil and peanut oil.

These meal and snack suggestions should help better control blood sugars, along with activity and prescribed medication for diabetes.

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 October:
Betty Roney

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham and Scalloped Potato Casserole Peas and Onions Fruit Cobbler	3 Braised Beef Tips Gravy & Mashed Potatoes Green Beans Candied Pears	4 Chicken on a Biscuit Stewed Tomatoes Scalloped Potato Grapes	5 Chili with Beans Mixed Vegetables Oyster Crackers Fruit Crisp	6 Hot Turkey Salad with Bread Zucchini Cinnamon Peaches
9 Meatloaf Mini Baked Potato Glazed Carrots Cherry Pie Bites	10 Rigatoni with Chicken and Tomatoes Broccoli Sourdough Roll Fruit Fusion Juice	11 Chicken Wings with BBQ Sauce Parslied Potatoes Corn Casserole Fruit Compote	12 Spaghetti Bake Italian Blend Vegetables Fruit Cup	13 Baked Pork Chop with Mushroom Sauce Rice Pilaf Winter Blend Vegetables Spiced Peaches
16 Shepard Pie Yellow Squash Dinner Roll Fruit Cup	17 Creamy Chicken Over Wild Rice Asparagus with Pimento Cherry Cobbler	18 Beef Stroganoff Over Penne Pasta Peas and Carrots Whole Grain Roll Fruit Fusion Juice	19 Turkey Sausage and Egg with Biscuit Yellow Hominy Warm Berries	20 <u>Bacon Cheddar Bratwurst on Bun</u> Baked Beans Warm Potato Salad Strawberry Cup
23 Italian Fish Mac & Cheese Broccoli Garlic Bread Mandarin Oranges	24 Chicken Fried Steak Mashed Potatoes & Gravy Corn Wheat Roll Peaches	25 Turkey with Dressing Green Bean Casserole Pumpkin Pie Dessert Cranberry Sauce	26 Thanksgiving Day Use the meal provided.	27 Thanksgiving Holiday Use the meal provided.
30 Chicken Pot Pie Brussels Sprouts Cherry Cobbler				 New menu items are underlined.

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