

# NUTRITION

Notes



December 2020

Published monthly for the clients of Meals on Wheels.

## HAPPY HOLIDAYS!

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

Christmas Eve - Thursday, December 24th

Christmas Day - Friday, December 25th

New Year's Day - Friday, January 1st

You will receive a nonperishable meal replacement for December 24th and January 1st prior to these holidays.



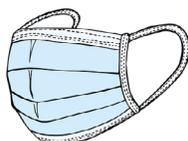
**To receive a frozen turkey meal for Christmas Day, you must call 267-0122. The first 200 people who call will receive the frozen meal prior to the holiday.**

## Meals on Wheels Survey

Our annual Meals on Wheels survey was delivered in your milk sack the end of November. Please take time to complete this survey and mail it back in the envelope provided. Returning your survey is important to the meal program and our funding sources. Your honest opinions and ideas are appreciated. If you did not receive a survey in your milk sack, call 267-0122 and we will send one to you.

## Please Report:

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



## Extra Frozen Meals Delivered In December

Many meal programs across Kansas are delivering extra meals to help seniors during COVID. As the COVID numbers are increasing and many seniors are forced to remain at home, it is more difficult to get groceries.

Meals on Wheels will join in this effort during December. We will pick a day during each of the first three weeks in December to deliver a regular meal along with an extra frozen meal to each person on our routes. We hope this will provide some extra help during a difficult time.

In addition, we freeze some of our regular meals during the week. If extra frozen meals would assist you, please call us at 267-0122.

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





For the 13th year running, the Meals on Wheels national network is participating in **The 2020 Subaru Share the Love Event**. Over the past twelve years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know when their next meal will come. This is simply unacceptable, which is why **Senior Services** provides the nutritious meals, friendly visits and safety checks to the seniors of Wichita. This vital support keeps seniors in their own homes, where they want to be.

### HERE'S HOW IT WORKS

November 19, 2020, through January 4, 2021, for every new Subaru vehicle purchased or leased, Subaru of America donates \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, **Senior Services** will receive a share of the donations from Subaru vehicles sold at participating Subaru Retailers.

This season Share the Love with anyone you may know who is in the market for a new car. If they choose a new Subaru, remind them to select Meals on Wheels as their charity of choice.

## Operation Holiday

If you called to request Operation Holiday and your Meals on Wheels caseworker called you to complete an application, you should receive a gift card to Dillon's grocery store in the mail. The card will be mailed to you by the Operation Holiday program toward the end of December. The Meals on Wheels program is not responsible for these cards or for replacing a card if it does not arrive in the mail.

## Meal Cancellation During Bad Weather



There might be days this winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. If we cancel meals, use the nonperishable food that was labeled "emergency meal". You should have received two of these one day meal supplies.

**Please keep in mind** - if roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door.

## 2021 Medicare Health and Drug Plan Open Enrollment Period

### Deadline - December 7th, 2020

It's your last chance to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. 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).



Need help getting groceries to your house?  
**Call Roving Pantry:**  
**267-4378**

## Tips To Stay Healthy During The Holidays

By Kyle Huxford, RDN, CSG, LD



With Thanksgiving in the rearview mirror and our stomachs full, the holiday season is in full swing. This time of year can be hard on anyone's waistline, especially seniors. It is possible however, to indulge in a healthy holiday without overdoing it!

- **Begin the day with a nutritious breakfast.** Though it may well seem sensible to forego breakfast to save room for the heavy meals to come, it's always best to begin with a wholesome meal to start the day.
- **Experiment with something new.** There are a wide variety of delicious, healthier adaptations of conventional dishes. Try mashing cauliflower rather than potatoes, or roasting sweet potatoes with cinnamon and olive oil to serve instead of candied yams.
- **Go easy on desserts.** It wouldn't be the holidays without those delicious home-baked desserts, and as long as the dietary plan allows it, a small portion of a couple of beloved treats delivers the satisfaction of a sweet ending to the meal. Try to incorporate some fresh fruit as well.
- **Stop eating when you begin to feel full.** Considering that we tend to overindulge during the holidays more than at any other time, listen more closely to your stomach than your eyes. Although it's certainly tempting to go back for seconds and even thirds during holiday mealtimes, our bodies inform us when we've had enough. Choosing to use a smaller plate is also a very good way to regulate portion sizes and prevent overindulgence.
- **Don't forget to exercise!** Instead of slouching onto the sofa for the remainder of the day, get up and be as active as possible to burn off some of those calories.

## Christmas Gift Requests

Last month's newsletter contained information about the possibility of people in the community providing Christmas gifts to Meals on Wheels participants. Due to the COVID virus, we received very few donor calls this year. Consequently, we have not been able to match all the meal participants who called in to request a gift. If you requested a gift, you will receive a call if your request was selected. These donors have asked the meal program to deliver the items. Since the gifts will arrive at our agency right before Christmas, we will need to reach you to arrange delivery.

Due to the limited number of Meals on Wheels staff members, please respond to our calls by answering your phone or checking your message machine. We may not be able to deliver these gifts before Christmas so some of you may receive your gift after Christmas.



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.

## 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 letter 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 November:

Irene Huelsman

### Gift in Honor of:

All Volunteers

**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

**December 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 Beef Goulash Mixed Vegetables Blueberry Crisp	2 Baked Pork Cutlet Oven Skillet Potatoes Harvard Beets Applesauce	3 Roasted Chicken Legs Mac and Cheese California Blend Vegetables Peach Pie Bites	4 Hamburger Steak with Mushroom Onion Green Beans Roll Fruit Cup
7 Turkey Pot Pie Mixed Vegetables Pumpkin Pie Casserole	8 Lemon Pepper Pork Loin Green Bean Casserole Stuffing Roll Fruit Cup	9 Chicken Rice Casserole Cut Kernel Corn Mandarin Tapioca	10 Beef Stroganoff over Noodles Mixed Vegetables Apple Dumpling	11 Chicken Cutlet in Cream Gravy over Steamed Rice Peas and Carrots Roll Fruit Cup
14 Beef Ravioli with Meat Sauce Italian Vegetables Mixed Berry Compote	15 Chicken Corn Chowder Broccoli Cherry Cobbler	16 Corned Beef with Swiss Slider Oven Potatoes Pimento Green Beans Fruit Cup	17 Scalloped Chicken with Gravy Winter Blend Vegetables Warm Applesauce	18 Whole Grain Pancakes Turkey Sausage Patty Diced Carrots Fresh Fruit
21 Salisbury Steak Mashed Potatoes with Gravy Peas Roll Fruit Cup	22 Pulled Pork with Bun Potato Salad Green Beans Apple Cobbler	23 Chicken Alfredo Fettuccine with Broccoli Italian Blend Vegetables Fruit Compote	24 <b>Closed Christmas Eve</b> Use The Meal Provided	25 <b>Closed Christmas Day</b>
28 Supreme Pizza Bake Italian Blend Vegetables Garlic Croissant Yogurt	29 <u>Chicken Fajita Bowl</u> Green Beans and Corn Relish Applesauce	30 Beef Stew with Mixed Vegetables Corn Muffin Fruit Cobbler	31 Boneless Catfish Fillet Black Eyed Peas Corn Bread Peach Cup	<b>Closed New Year's Day</b> Use The Meal Provided

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