

# NUTRITION

Notes



February 2021

Published monthly for the clients of Meals on Wheels.

## HOLIDAYS!



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

**Presidents' Day - Monday, February 15th**

You will receive a frozen meal prior to the holiday which you need to keep frozen and use on the 15th.



## New Menus

The Meals on Wheels program is trying a new series of menus produced and approved by a different group of dietitians. Starting with your January 2021 menu and continuing over the next few months, you should notice some changes. We would appreciate your opinions on this change. Please take time to make comments on your menu copy and mail it back to us at the end of each month (we can provide envelopes if you request some). You can also call us at 267-0122 to provide your comments. Your input will help us improve the meals you receive.



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

## Meal Cancellation During Bad Weather



Typically, there will be days during the 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 for meal cancellation information. If we cancel meals, use the nonperishable food that we provided.

## Call By 9:00

If you need to make a change on the day of your meal delivery, please call by 9:00 am. If you call after 9:00, we may not be able to catch your route as some routes are delivered from different sites. Since we have to track the number of missed meals, it is important for us to have time to catch your route.



**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.**



## February Is National Heart Month

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can receive treatment to prevent total blockage and help reduce the amount of heart muscle damage.

Recognizing the warning signs can save your life! Signs listed by the American Heart Association include:

### CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

### SHORTNESS OF BREATH

with or without chest discomfort.

### OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

Like men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



## LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter.

### To qualify, you must meet these requirements:

- 1) be personally responsible for paying the heating fuel costs whether they pay the landlord, utility company, or the fuel vendor.
- 2) have made recent payments of at least \$80.00 toward their utility or heating costs.
- 3) not exceed household income limits (1 and 2 person limits are listed below). If you have a larger household, call 267-0122 for income limits.

1 person- maximum of \$1,383 gross monthly income

2 people- maximum of \$1,868 gross monthly income

Applications accepted: January 4, 2021 through March 31, 2021.

For more information about this program or to request an application, call 267-0122. You can also apply online at [www.lieap.dcf.ks.gov](http://www.lieap.dcf.ks.gov).

## 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 January:

Mary Luna

### Gift in Honor of:

Phil & Susan Arnold  
Volunteers

## Sunshine, Seniors and Vitamin D

By Kyle Huxford, RDN, CSG, LD

As the long winter nights and chilly winter days keep us inside, you may hear that it is important to get plenty of Vitamin D in your diet. Although that sounds simple enough, a lot of adults don't know where or how to get the proper amount of Vitamin D into their bodies!

A Vitamin D deficiency can have serious health effects on seniors. Getting enough through diet, sunlight or supplements can help prevent autoimmune disorders, 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 fight infection, regulate cellular growth and to help our muscles move! 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. However, 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 and these foods such as milk, breakfast cereals, and juice drinks supply most of the vitamin in the American diet. Though sun exposure represents the main sources of vitamin D, taking into account 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. So how much Vitamin D do you need each day? In simplest terms Adults aged 19-70 should get 600 IU of Vitamin D daily and people aged 71 and over should get 800 IU daily. 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 and keep in mind that too much of any can cause serious health complications as well!

## Project Deserve - A Program Administered By Center Of Hope, Inc.

For current customers of Westar Energy who have **active service** in their name, this program might be able to provide up to \$300.00 toward your bill. Assistance is determined on the basis of need and subject to the availability of funds.

To be eligible for this program you must be:

- Age 65 or older or receive permanent disability from SSI or SSD
- OR**
- Meet the income guidelines: maximum net monthly income for 1 person of \$2,127 or 2 person of \$2,873 (income limit for larger households available)

Application information includes - information and income on all household members; utility bill and monthly expenditure information.

### **Required Verifications You Must Provide:**

- Current verification for each source on income in your household for the most recent 30 days
- Current utility bill
- One other utility or phone bill in your name at your address

### **DO NOT include originals as they will not be returned to you.**

An application may be submitted by mail to Center of Hope Inc., P.O. Box 3237 (67201) or completed online at **centerofhopeinc.org**. (They also have a fax and email option). Applications are taken daily.

If you are approved for Project Deserve funding, the payment will be made directly to Westar at the end of the month. This assistance is available only one time in a rolling 12-month period to those who meet the criteria above and demonstrate a financial need. Reminder: any Project Deserve benefits that you receive do not take the place of your responsibility to pay your vendor.

**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

**February 2021 - 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>
1 Chicken Parmesan over Spaghetti with Sauce Green Beans Garlic Breadstick Cinnamon Peaches	2 Roasted Turkey Mashed Potatoes with Gravy Spinach Wheat Roll Pumpkin Cheesecake Apple Slices	3 Hawaiian Chicken Fried Rice Sugar Snap Peas Hawaiian Dinner Roll Fruit Gelatin w/ Marshmallow	4 Baked Pork Chop Brown Gravy Macaroni and Cheese Vegetables Wheat Roll Chunky Fruit Cup	5 Blackened Tilapia Red Roasted Potatoes Roasted Herbed Tomatoes Dinner Roll
8 Chicken Fajitas Fiesta Rice Pinto Beans Corn Tortilla Pineapple Chunks	9 Grilled Pork Sausage Black Eyed Peas Okra Cornbread Mandarin Cream Mousse	10 Country Fried Steak Cream Gravy Sour Cream and Chive Mashed Potatoes Gr. Beans/Onion Dinner Roll Oatmeal Raisin Cookie	11 Shepard Pie Broccoli Wheat Bread Banana	12 Oven Fried Chicken Oven Fried Potatoes Carrots Wheat Roll Fresh Fruit
15 <b>Holiday Presidents' Day</b>  Use The Meal Provided	16 <u>Citrus Baked Chicken</u> Egg Noodles Roasted Brussels Sprouts Wheat Roll Apricot Crisp	17 Baked Ham Yams Seasoned Cabbage Cornbread Gelatin with Fruit	18 Beef Lasagna Tuscan Blend Vegetables Garlic Bread Buttermilk Cake Strawberry Cup	19 Chili Topped Baked Potato Broccoli Saltine Crackers Peach Cup
22 Ranch Chicken Garlic Mashed Potatoes Roasted Brussels Sprouts Wheat Roll Mandarin Oranges	23 Baked Tilapia Rice Pilaf Zucchini Corn Muffin Banana Rama Pudding with Wafers	24 White Chicken Chili Spinach & Onion Stewed Tomatoes Saltine Crackers Fruit Crisp	25 BBQ Beef Hot Potato Salad Green Beans Wheat Bread Chunky Fruit Cup	26 Cranberry Glaze Pork Loin Lima Beans Spiced Carrots Wheat Bread Tiramisu Cake
				<b>New item underlined.</b>

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