

NUTRITION

Notes



Senior Services
OF WICHITA

March 2021

Published monthly for the clients of Meals on Wheels.

Celebrate The 2021 “March For Meals” With Us!

March for Meals is a national campaign to raise awareness for senior nutrition. On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this campaign that highlights the importance of senior nutrition and ensures that our seniors are not forgotten. As a result, senior nutrition programs like ours promote March for Meals in their local communities.

COMMUNITY CHAMPIONS WEEK: MARCH 22-26, 2021. During this week and throughout the month, expect to see local officials, celebrities, news media and other prominent community figures delivering meals.

Daylight Saving Time Returns March 14th

Be sure to move your clocks forward or ahead one hour on Saturday evening, March 13th.



LIEAP: Low Income Energy Assistance Program

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

Application Deadline: March 31, 2021

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.

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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.



LIEAP: Low Income Energy Assistance Program - Continued

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

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

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.

Homestead Refund

For homeowners:

This refund is a rebate of a portion of the property taxes paid by Kansas homeowners. The refund is a percentage of your general property tax paid excluding specials. Your refund percentage is based on your total household income.

The maximum refund is \$700.00. Only one claim can be filed.

The filing deadline is April 15, 2021.

To qualify:

You must be a Kansas resident (living in Kansas) for all of 2020.

As a Kansas resident the entire year, you are eligible if your total household income is \$36,300 or less and you:

- Were born before January 1, 1965, or
- Were blind or totally and permanently disabled all of 2020, or
- Have a dependent child who lived with you the entire year who was born before January 1, 2020, and was under the age of 18 all of 2020.

Who Can NOT Claim On-Line (file electronically)

- If you had more than 15 household members during the entire year of 2020. Members of Household are any child or adult who lived with you at any time during the tax year. You will have to file on paper; OR

- If your homestead is NOT subject to property taxes then you do NOT qualify to file on-line or on paper; OR
- A person owning or occupying a homestead, that is not rental property, with an appraised valuation for property tax purposes that exceeds \$350,000 does NOT qualify to file for a homestead refund on-line or on paper.

To receive this refund, complete a Kansas Homestead claim (form K-40H). You can also file your claim electronically at <https://www.kansas.gov/ssrv-homestead>

National Nutrition Month: March 1 - March 31

National Nutrition Month in the USA is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing healthy eating and physical activity habits.

The National Council on Aging, NIDDK, and other sources suggest these healthy eating tips:

Eat lean protein as it helps build muscle, regulate blood sugar and keeps you feeling full.

Eat more vegetables and fruits - choose ones that are orange, red, green, and purple as they have more nutrients.

Choose foods that are low in sodium/salt. Try seasoning with herbs and spices like cayenne pepper, basil, sage, rosemary and turmeric.

Choose foods that are high in fiber like whole grain breads and cereals, brown rice, whole wheat pasta, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.

Vitamin D is an important mineral as we age to help keep our bones strong. Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D.

Considering A Low Fat Diet For Seniors'

By Kyle Huxford, RDN, CSG, LD

A low fat diet is sometimes used for people recovering from a heart attack. But are they necessary for the elderly? There are many times an elderly resident is discharged from the hospital with a recommended diet of "low fat/low cholesterol". Does it make sense for someone at an advanced age to be on such a restrictive diet? Some people older than 65 years of age can benefit from a healthy lifestyle to reduce their risk of cardiovascular disease, while some older adults are resistant to diet restrictions and want quality of life more than adhering to a heart-healthy diet. A low fat diet may help to lower blood lipid levels, such as total cholesterol and low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol). If these blood lipids are deemed too high, it can create an increased risk for a heart attack or stroke.

What is the "normal" level for total cholesterol, LDL and HDL or high-density lipoprotein? Medical professionals recommend that even the elderly should keep their total cholesterol below 200, LDL cholesterol below 100 and HDL cholesterol above 40.

Older adults should eat vegetables, fruits, grains, breads, rice, pasta, cereal without too much added fat. Low fat milk and lean meats are also recommended. It is also important to limit saturated fats and Trans fats. Foods high in saturated fats include: fatty meat, poultry skin, bacon, sausage, whole milk, cream, lard and butter. Trans-fats are found in stick margarine, shortening, some fried foods and packaged foods made with hydrogenated oils. Foods high in cholesterol include: egg yolks (one egg yolk has about 187 mg of cholesterol), fatty meats, whole milk, cheese, shrimp, lobster and crab.

It is important to consider your personal health when thinking about a low fat diet. If you have trouble getting enough calories and nutrients, a less restrictive

diet may be a better option for you. All meals from Senior Services of Wichita are well balanced, when considering your diet for other meals, consult with a doctor or medical professional.

National Nutrition Month - Continued

Don't let yourself get dehydrated - drink small amounts of fluids consistently throughout the day. Drinking water can curb your appetite because it fills your stomach but this process takes about 20 minutes. Drinking enough water every day also improves bowel function, alleviates fatigue, helps regulate body temperature and helps your body transport nutrients. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

Do not skip meals especially breakfast. Doing so may make you feel hungrier later.

Avoid fried foods. Choose broiled, grilled, or boiled options instead.

Limit foods and drinks that are sugar-sweetened, made with solid fats - butter, lard, margarine, and shortening, or high in sodium.

Eat slowly.

LENT Meals

Normally we offer an alternative meal on Fridays during LENT. However, this year due to delivery/kitchen issues caused by COVID, we are not offering an alternate meal.

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.

Gift in Honor of:

Eva & Kendau Harrison

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

March 2021 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Oven Fish Broccoli/ Cauliflower with Cheese Dinner Roll Mandarin Cup	2 Bratwurst with Bun German Potato Salad Apple Strudel	3 Swedish Meatballs Egg Noodles Spinach Turtle Brownie Peach Cup	4 Chicken Patty Mashed Potatoes with Gravy Green Beans Wheat Roll Apple Pie Bite	5 King Ranch Casserole with Crunchy Topping Zucchini Fresh Fruit
8 Salmon Croquette Seasoned Succotash Diced Beets Dinner Roll Lemon Meringue Cup	9 Chicken Ala King Brown Rice Buttered Carrots Mixed Fruit Compote	10 Pork Cutlet Mashed Potatoes with Gravy Seasoned Corn Whole Grain Roll Fresh Fruit	11 Rosemary Chicken Breast Yams Mixed Vegetables Fruit Cup	12 <u>Italian Wedding Soup with Chicken</u> Capri Blend Vegetables Cherry Cobbler
15 Herbed Baked Chicken Sweet Potato Tots Green Beans Emerald Pears	16 Santa Fe Pork Cubes Mexican Rice Pinto Beans Raspberry Chimi	17 Beef Pepper Steak Lo Mein Noodles Stir Fry Vegetables Cinnamon Peaches	18 Chicken Spaghetti Roasted Broccoli Garlic Toast Apple Crisp	19 White Chicken Enchilada Bake Fiesta Corn Charro Beans Strawberry Cup
22 Chicken Jambalaya Corn Muffin Escalloped Apples	23 Beef Tips & Gravy Buttered Pasta Broccoli Cherry Crisp	24 Southern Fried Catfish Baby Baked Yukon Squash and Zucchini Blend Pineapple Cup	25 Smothered Pork Chop Oven Potatoes Peas and Onions Dinner Roll Apple Slices with Peanut Butter	26 Scalloped Ham and Potatoes Brussels Sprouts Corn Bread Baked Apricots
29 Beef Marsala Parslied Noodles Tuscan Blend Vegetables Peach Parfait	30 Pork Roast Mashed Potatoes Spinach Wheat Bread Fresh Fruit	31 Santa Fe Chicken Red Potatoes Green Beans Blueberry Crisp		New menu items are underlined.

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