

# NUTRITION

Notes



April 2021

Published monthly for the clients of Meals on Wheels.

## Meal Delivery On The Weekends

We have a limited number of openings for weekend meal service. This means that you could receive a meal 7 days a week. Weekend meal service is reserved for individuals with the greatest nutritional needs and no other assistance with meals over the weekend. We can only serve around 50 people on the weekends.

If you believe you need meals 7 days a week, please call 267-0122 and your worker will see if we can provide weekend meals to you.

## National Volunteer Week: April 18-24

In 1974, a Presidential Proclamation created National Volunteer Week to promote and recognize the various opportunities available for those interested in volunteering. So, National Volunteer Month is held in April. It's a month dedicated to promoting and celebrating volunteerism. The meal program relies on volunteers to deliver your meals. Without them we would not be able to deliver 925 meals each day.

Please take a moment during National Volunteer Week to thank your volunteers for their service.

## Income Tax Deadline Changes:

**Federal Income Tax Deadline - 5/17/2021**

**Kansas Tax Deadline - May 17, 2021**

The normal filing deadline is April 15th; however, Governor Laura Kelly announced that Kansas 2020 individual income tax, fiduciary income tax, and **Homestead or Property tax relief** refund claim filings are extended to **May 17, 2021**, which brings our state in line with the Internal Revenue Service tax-filing and payment deadline extension.

Governor Kelly said, "Extending the deadline gives needed relief for Kansans to fully account for the COVID pandemic's impact and to complete their state returns accurately."

### Easter Holiday Information for Current Weekend Clients:

**Meals on Wheels will not deliver on Easter Sunday - April 4th.**

Several Catholic churches provide the volunteer drivers for our weekend routes. They have trouble recruiting enough drivers on Easter Sunday. As a result, you will receive an extra meal on Saturday, the 3rd, for you to use on Easter Sunday.



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.



## Income Tax Deadline Changes Continued:

If a balance due is paid on or before May 17, 2021, penalty and fees will not be imposed. These extensions are outlined and executed through Kansas Department of Revenue Notice 21-01.

For specific questions about a state tax filing, taxpayers can contact the Kansas Taxpayer Assistance Center at 785-368-8222, Monday through Friday, 8 am-4:45 pm, or by email at KDOR\_TAC@ks.gov.

## Need A Spring Lawn Clean Up?

Have you thought about hiring someone to mow the lawn or clean up those leaves left from winter? Finding a trustworthy worker can be a challenge but the Senior Employment Program can help!

The In-Home Services program with Senior Employment at our agency helps match qualified workers, age 55 and older, with available jobs. These workers can provide assistance with housekeeping, handyman tasks, transportation and companion care!

Our program matches seniors who are looking for work with people who want to hire them. We check the workers' references; however, the negotiations for wages, hours and duties are between the person requesting the service and the worker.

**Call Chester Green from 9 am-2 pm at 267-1771 for more information.**



## Currently Known Tax Scams Affecting Kansas Taxpayers

Every tax year, thieves come up with new ways to steal refunds and payments from honest taxpayers. Outlined below are some of the fraudulent telephone call tax scams that the state department has identified. They will add to their list as they learn of other scams.

- Caller states that you owe taxes and threatens that you will be sued or arrested unless you pay.
- Caller states that they have the police ready to come to your residence or work to arrest you.
- Caller demands immediate payment by putting money on a cash card or asks for your bank account or credit card information.
- Caller may state they are with the IRS or Kansas Department of Revenue and they may have altered their caller ID to look like a valid customer service number for the agency. So, hang up and call back to the numbers listed below.
- Caller may state that they are just calling to verify information on your return.
- Caller may provide a false "Department of Revenue badge number and case number".
- Caller may say they have pictures of the taxpayer's front door and of law enforcement serving papers of imprisonment if you don't send payment right away.

If you receive a call and want to verify that it is real, or you feel threatened or you question an action, please contact the Kansas Department of Revenue immediately.

- The main tax customer service phone line (pre-collections) is 785-368-8222.
- The main collections phone number is 785-296-6121.
- The phone number for tax liens, garnishments, bankruptcy, law firm collections is 785-296-6124 (listen for extension number).

## Importance of Vitamin C in Your Diet

By Kyle Huxford, RDN, CSG, LD

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C is one of the safest and most effective nutrients. It may not be the cure for the common cold but the benefits of Vitamin C may include protection against immune system deficiencies, cardiovascular disease and eye disease.

The Recommended Daily Allowance of Vitamin C is 75-90 milligrams a day for adults and studies show up to 500 milligrams of Vitamin C per day is needed to unlock its immune system boosting powers. The greatest source of Vitamin C is fruits and vegetables (think citrus fruits), to reach your daily needs of Vitamin C, it is recommended you eat nine servings of fruits and vegetables per day. In addition to these foods, a Vitamin C supplement is a good idea, The Mayo Clinic recommends a 500-milligram supplement per day.

Reaching your Vitamin C goal is easy, especially with meals provided by Senior Services of Wichita. Each meal will help you obtain some of your recommended servings of fruits and vegetables. In order to complete your servings each day, be sure to incorporate fruits and vegetables at each meal and at least one snack per day.



## Popular Spring Vegetable

Many Easter dinners include asparagus which is not surprising since the peak season for this vegetable is April and May. Asparagus also has many nutrient and health benefits. It is virtually fat-free (.2g) and contains only 20 calories in the typical serving size of ½ cup or about 6 whole steamed spears.

A percentage of the daily requirements for a serving of asparagus:

- Vitamin K: 51%
- Folate (vitamin B9): 34%
- Thiamine (vitamin B1): 13%
- Riboflavin (vitamin B2): 11%
- Sodium: 13mg
- Carbohydrates: 3.7g
- Fiber: 1.8g
- Sugars: 1.2g
- Protein: 2.2g

When selecting fresh asparagus, choose stalks that have a tightly closed bud. The stalks should be rich in color, stand firm, and appear plump and straight. Avoid asparagus that is limp, pale or blemished.

### Recipe: Oven Roasted Asparagus

- 1 bunch of trimmed thin asparagus spears
- 3 tablespoons of olive oil
- 1 ½ tablespoons of grated Parmesan cheese (optional)
- 1 clove of minced garlic
- 1 teaspoon of sea salt
- ½ teaspoon of ground black pepper
- 1 tablespoon of lemon juice (optional)

Preheat the oven to 425 degrees F. Drizzle asparagus with olive oil; toss to coat. Then sprinkle the cheese, salt, and pepper on. Arrange the asparagus on a baking sheet in single layers. Bake 12-15 minutes.

## 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:

Volunteers

Eva & Kendall 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

**April 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>
New menu items are underlined.			1 <u>5 Cheese Manicotti w/ Red Veggie Sauce Asparagus Tips Garlic Cheese Biscuit Fresh Fruit</u>	2 Beef Fritter Mashed Potatoes with Gravy Buttered Corn Mixed Berries
5 Teriyaki Chicken Brown Rice Pilaf Oriental Vegetables Spiced Mandarins	6 Meatloaf Loaded Mashed Potatoes Seasoned Green Beans Croissant Fruit Cup	7 Chicken Alfredo Squash Medley Cup of Caesar Salad Garlic Toast Berry Crisp	8 <u>COLD MEAL</u> Turkey Salad on Wheat Bun Deviled Egg Potato Salad Pickle Spear Chunky Fruit Mix	9 Fish Veracruz with Vegetables Macaroni and Cheese Poached Peaches
12 Baked Ham Slices Candied Sweet Potatoes Peas & Onions with Pimentos Apple Crisp	13 <u>COLD MEAL</u> Marinated Chicken Pita Kale Crunch Slaw Pineapple Pretzel Salad	14 Chefs Quiche Peas and Carrots Peach Parfait	15 BBQ Pork Sandwich Potato Salad Country Baked Beans Apple Slices with Peanut Butter	16 Chicken Tenders Hash Brown Casserole Green Beans Baked Pears
19 Chicken Patty on Bun California Blend Vegetables Cherry Crisp	20 Beef Pasta Casserole Vegetable Medley Dinner Roll Tropical Fruit Cup	21 Grilled Oregano Chicken Garden Blend Rice Mediterranean Blend Veggies Grapes	22 Baked Chicken Mashed Potatoes with Gravy Mixed Vegetables Dinner Roll Fresh Fruit	23 <u>COLD MEAL</u> Chef's Salad Pasta Salad Melon Medley Chocolate Chip Cookie
26 Roasted Turkey Garlic Mashed Potatoes Winter Blend Vegetables Banana Bread Pudding	27 Beef Lasagna Herbed Green Beans Garlic Toast Fresh Fruit	28 Chicken Goulash Squash Medley Dinner Roll Pineapple Cup	29 Soft Beef Taco Roasted Sliced Potatoes Lettuce, Tomato, Cheese Cup Fruit Yogurt Parfait	30 <u>COLD MEAL</u> Tuna Salad Pea and Broccoli Salad Crackers Mixed Fruit

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