

NUTRITION

Notes



May 2021

Published monthly for the clients of Meals on Wheels.



HOLIDAY!



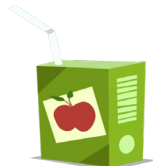
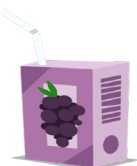
The Meals on Wheels kitchen and office will be closed for:

Memorial Day - Monday, May 31st

Prior to the holiday you will receive a shelf stable meal package. Use this meal on Monday, May 31st.

Summer Shelf Stable Milk & Juice

Starting the first of June, Meals on Wheels has to stop the delivery of the carton of cold milk. During the hot summer months, we cannot keep the milk cold enough during delivery. We do not want to risk your health or safety by serving milk that could be warm enough to cause food poisoning. Throughout the summer months, we will alternate a calcium fortified juice and shelf stable milk.



What Happened To The Meal Delivery April 8th And April 12th?

Many of you called Meals on Wheels to see why you did not receive a meal on April 8th or April 12th. In case you didn't call or couldn't get through to us, we want to explain what happened. We use a sealing machine that puts the clear film over the meal to seal the food inside. The morning of April 8th the machine malfunctioned when we started sealing the food for delivery. Consequently, delivery had to be cancelled. Since we

cannot call 940 people, radio and television stations were informed of the cancellation. Unfortunately, we do not have any control over the number of times they will run the notice or even if they will run the notice. To our relief, the repairman came out the same afternoon and fixed the machine. On Friday, April 9th, the machine worked and we delivered meals. However, on Monday the 12th, a similar problem occurred and the repairman returned. Since that repair and new part, the machine is functioning properly. Thankfully we don't experience mechanical failures very often and we've never had one a day apart! Our program strives to meet your expectations and we certainly regret the inconvenience this problem created.

You were asked on each of these days to use the nonperishable food that was supplied earlier. We sent out replacement food for one of these days on April 21st and we'll replace the other one in the next few weeks. If you do not receive your "nonperishable emergency meal", please let us know by calling 267-0122.

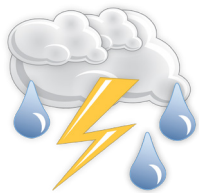


Armed Forces Day - May 15th

The Secretary of Defense, Louis Johnson, announced the creation of Armed Forces Day on August 31, 1949 to replace separate Army, Navy and Air Force Days. This holiday pays tribute to men and women who serve across all six branches in the United States military - Army, Navy, Marine Corps, Air Force, Coast Guard and National Guard. In addition, a special "Thank You" to all veterans but especially to those veterans receiving meals!

Springtime Storms Can Cause Meal Cancellation

Over the years the meal program had to cancel delivery a few times due to spring storms. If there is an imminent tornado threat, serious flooding, an electrical outage, or large hail around delivery time - listen to KFDI, the television stations, or call 267-0122 for information about last minute meal cancellation. You should have a 1 day supply of nonperishable food (labeled for emergencies) that was delivered on April 21st.



Tornado Season Is Here!

Are you prepared for a disaster like a tornado or an extended power outage that can occur from spring storms? Have you thought about the best place to take shelter within your home? Do you have an emergency contact card with phone numbers? Do you have your wallet or purse, shoes and phone handy? Do you have enough bottled water and food for you and your pets? Some suggestions for emergency supplies:

- Food (that doesn't spoil or require cooking and has a long shelf-life)
- Manual can opener
- Several flashlights with extra batteries
- Hand sanitizer, anti-bacterial ointment
- Fire extinguisher
- Supply of essential medications that are easy to grab
- Adhesive bandages, gauze pads & adhesive tape

COVID Updates:

Even though many staff, volunteers and clients have received a COVID vaccine, we will continue our COVID delivery procedures.

Your volunteer is supposed to knock and ring your doorbell. **Then, your meal should be placed in a plastic bag and hung on your door knob.** The volunteer will back up six feet while waiting to make sure you open the door to get the meal. **Please, do not ask or expect volunteers to enter your home unless an arrangement has been made with the meal office (267-0122).**

Due to the vaccines and the reduction in overall COVID numbers, Meals on Wheels staff may soon return to in-home client assessments/visits. Meal staff will wear a face mask during these visits. If you receive a call regarding the scheduling of an in-home assessment, please notify the staff member if you have concerns (for example, you have not received a vaccine or you are immunocompromised).

The Meals On Wheels Program Wishes All Mothers:

Happy Mother's Day!



If you're ready or able to get out of the house, you might check out these sites for free or inexpensive things to do in Wichita.

<https://wichitaonthecheap.com/free-things-week-wichita-ks>

<https://www.360wichita.com/blog/Local/Free-Things-to-do-in-Wichita.html>



Senior Nutrition Tips

By Kyle Huxford, RDN, CSG, LD

Proper diet and a healthy life go hand in hand, especially for older adults over the age of 65. According to reports by World Health Organization, a majority of the diseases that older people suffer are as a result of lack of proper diet. Degenerative diseases such as osteoporosis and diabetes are also diet-related, more specifically with micronutrients. Micronutrient deficiency is shared among the elderly due to factors such as; reduced food intake and lack of variety in their diet. A lot of contributing factors can be the cause of poor diet in seniors. This month we will take a look at a couple basic nutrition tips and a few more in depth nutrients that are popular buzz words in health and wellness today.

Let's begin with the basics. By this, I mean preparing a well-rounded meal, like what you receive from Senior Services of Wichita. Every meal should contain: Carbohydrate-rich foods like sweet potatoes and brown rice, protein-rich foods like salmon and beans, fruits and vegetables (five portions a day)

Besides this, you can prepare meals rich in the following nutrients:

Foods High In Omega-3 Fatty Acids

These fatty acids are important for people of all ages including elderly people as they help prevent inflammation which can cause cancer, rheumatoid arthritis, and heart disease.

Foods Rich in Calcium

Calcium helps our bodies build and maintain healthy bones. It has also been known to lower blood pressure.

Foods Rich in Fiber

As we get older, our digestive system

slows down. The walls of the gastrointestinal tract thicken and the contractions are slower and fewer which may lead to constipation. Foods rich in fiber promote proper digestion by moving food through the digestive tract. These foods have also been known to reduce the risk of heart disease.

Foods Rich in Iron

Iron plays a vital role in the body. It produces hemoglobin which carries oxygen in the blood from the lungs to the rest of the body.

Foods Rich in Potassium

Surveys show that many older Americans do not take the recommended 4700 mg of potassium daily. Potassium aids in cell function reduces blood pressure and lowers your chances of kidney stones. It is also believed to strengthen bones.

Donated Items:

- Depend type briefs - large; L/XL; and youth/small
- Ensure type drinks
- Box fans

If you have difficulty purchasing and subsequently need any of the items listed above, call **267-0122**. Assistance is reliant on whether we have the items and our donated supply is extremely limited.

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 April:

Fred Lee Jones

