

June 2021

Published monthly for the clients of Meals on Wheels.



The Meals on Wheels Program  
wishes all fathers a:

Happy Father's Day on June 20th



## World Elder Abuse Awareness Day - JUNE 15TH

Learning the signs of elder abuse is critical to the prevention of this growing problem. In Kansas this past year there were approximately 11,668 reports made. Out of those, 2,790 were from the Wichita area.

According to the National Institute on Aging, there are many types of abuse which include physical, emotional, financial, neglect, sexual, and abandonment. The following are possible signs of abuse:

- Seems depressed, confused, or withdrawn
- Isolated from friends and family
- Has unexplained bruises, burns, or scars
- Appears dirty, underfed, dehydrated, over or under medicated, or not receiving needed care for medical problems
- Recent changes in banking or spending patterns
- Has bed sores, unusual weight loss or other preventable conditions

If you suspect abuse, talk to the senior or report the situation to Adult Protective Services (APS). APS works with adults age 18 and older who are unable to protect themselves due to physical,

emotional or mental impairments. Those who are most frail, dependent and socially isolated are at highest risk. These impairments may limit their ability to manage their homes, personal or financial affairs. APS social workers provide protective services to these adults, with their consent.

If you suspect someone is in immediate danger, please call 911. To report suspected abuse, neglect or exploitation of an adult in the community, call the Kansas Protection Report Center (staffed 24 hours a day) at 1-800-922-5330.

## Summer Shelf Stable Milk & Juice

Don't like shelf stable milk? Please give our new Horizon shelf stable milk a try! Our staff sampled a cold one and we liked it. So, even though it costs more, we ordered it. Horizon's shelf stable chocolate milk is higher in sugar but we will periodically serve it as a special treat.

During the hot summer months, the milk cannot be kept cold enough during delivery. So throughout the summer the new shelf stable milk or a calcium fortified juice will be served.

Please call 267-0122 to let us know if you are drinking the new Horizon shelf stable milk and what you think about it! We hope you think it tastes as good as we did.

## June Is National Dairy Month

Because of its nutrient value, milk or a calcium substitute is required in your Meals on Wheels lunch. Milk can be an important and inexpensive source of nutrients. An 8-oz. glass provides nine essential nutrients including calcium, potassium, phosphorus, protein, vitamins A, D, and B-12, riboflavin and niacin. Because milk contains calcium, phosphorus, and magnesium all together, there appears to be an added benefit to heart health, losing weight, and losing belly fat. Calcium is essential to preserve bone health and also for maintaining healthy blood pressure, muscle function and heart rhythm. However, milk does vary in fat and calorie levels based on whether its whole milk or a lower percentage. In addition, flavored milks have added sugars.

Milk has only three ingredients, milk, vitamin A and vitamin D, whereas milk alternatives such as almond and soy contain ten or more additives, including salt, stabilizers, syrups, thickeners and sugar. The best source of calcium is milk because it offers 300 mg. per cup and it's readily absorbed. The recommended daily intake of calcium is 1200 mg. for persons 51 years and over to help prevent osteoporosis. Calcium supplements usually aren't recommended anymore because the calcium can calcify in the heart arteries, cause kidney or gall stones, or bone spurs.

### Besides just drinking milk, other ways to get dairy/calcium in your diet include:

- Substitute milk for water in soups, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Eat 1.5 cups of cottage cheese
- Add cheese to soups, sandwiches, salads, and casseroles
- Top a baked potato with cheese, yogurt, or cottage cheese
- Eat yogurt or try a parfait of yogurt and fruit for a snack

- Snack on string cheese or 1.5 oz. of firm cheese
- Sprinkle Parmesan cheese on popcorn
- Make desserts count toward your calcium requirement by choosing a milkshake, pudding, custard, frozen yogurt, cream pie, or ice cream

### Other foods containing calcium or fortified with calcium (check the label):

- Orange juice can have up to 346 mg per cup.
- Some breakfast cereals and oatmeal are also fortified.
- Broccoli, spinach and other greens, but they are not absorbed as well as calcium in milk.
- Soy products

## Dog Bite Reports Increase During The Summer Months

### Make sure your animal has current rabies vaccinations.

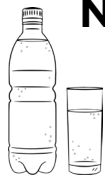
The Meals on Wheels delivery volunteers are encountering more dogs outside during delivery. It is important that dogs (even friendly dogs) are secured away from the door during meal delivery which is from 10 am until your meal arrives. Also, we have already had several reports of dogs escaping the house and then nipping, scratching or biting the volunteer.

### What happens if your animal bites or scratches a delivery person?

A Meals on Wheels staff member will call you to check on your dog's vaccinations. Then, the scratch or bite has to be reported to Animal Control. They will also contact you to determine if your dog has a current rabies vaccination and they may quarantine your dog. In addition, we cannot continue meal delivery to a home where a volunteer was injured by a dog or other animal.



## Nutrition and Hydration Week 2021



June 14 - June 20

### The Importance Of Staying Hydrated This Summer

By Kyle Huxford, RDN, CSG, LD

As the mercury starts to rise and we start to find shelter under a shade tree or the cool air conditioning, a silent, deadly issue may be showing its head: dehydration. Dehydration is one of the most frequent causes of hospitalization for seniors. Because more than sixty percent of the human body is made up of water, staying hydrated is important to keep our bodies functioning properly. As adults, we lose more than eighty ounces of water daily just through normal activity. Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Severe dehydration can become life threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate.

The most important way to prevent dehydration in elderly adults is to make sure you are drinking enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good. Keep water readily available, especially if you are caring for a senior

citizen with mobility problems. If the taste of water is bothersome, try using powdered drink mixes that flavor the water, but do not add any excess sugar.

Correcting dehydration can allow an older person to return to a full and normal life. Encourage all of your loved ones to monitor fluid intake each and every day, if you suspect someone is dehydrated, call your healthcare provider as soon as possible.

### Want To Stop Getting Telemarketing Calls?



The National Do Not Call Registry can limit the telemarketing/unwanted sales calls you receive.

You can put your cell or landline phone on the Do Not Call Registry at no charge. If your number(s) are on the list, then telemarketers aren't supposed to call your number, and if they do, you can call the FTC. This will not stop calls from charities, political groups, debt collectors, legitimate survey groups or companies that you've called. File a complaint at 1-888-382-1222 regarding calls from scammers or robocallers.

**To register by phone:** call from the phone number that you want to put on the list. Call 1-888-382-1222 (TTY: 1-866-290-4236).

**Register online:** [www.donotcall.gov](http://www.donotcall.gov)  
You must respond to their confirmation e-mail within 72 hours.

### 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 May:

Gary L Rikli

**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

**June 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 Ham & Beans Mixed Greens Wheat Roll Fresh Fruit	2 Italian Meatballs in Sauce (NO PORK) Green Beans Garlic Bread Hot Peaches	3 <u>COLD MEAL</u> Turkey Taco Salad Picante Sauce French Dressing Italian Breadstick Glazed Strawberries and Bananas	4 Oven Fried Chicken Mashed Potatoes Mixed Vegetables Apricot Crisp
7 Smothered Pork Chop Scalloped Potatoes Vegetable Medley Dinner Roll Cinnamon Apples	8 Beef Steak Fingers Garlic Mashed Potatoes/Gravy Capri Vegetables Vanilla Pudding Fresh Fruit	9 <u>COLD MEAL</u> Tuna Salad on Wheat Bun Green Pea Salad Pistachio Pudding Tropical Fruit Chunks	10 Orange Chicken Steamed Rice Stir Fry Vegetables Raspberry Chimi	11 Lemon Pepper Pork Roast Baby Bakers Broccoli Frosted Carrot Cake Apple Slices
14 Beef with Stir Fry Vegetables Brown Rice Pilaf Pineapple Cranberry Relish	15 Meatballs in Sauce Mashed Potatoes Seasoned Green Beans Wheat Roll Fruit Cup	16 Chicken Noodle Casserole Squash Blend Wheat Roll Seasonal Fresh Fruit	17 <u>COLD MEAL</u> Grilled Chicken Flat Bread Lettuce, Tomato, and Onion Carrot Raisin Salad Banana	18 Breaded Baked Fish Potato Wedges Coleslaw Wheat Bread Peaches
21 Sweet Ham with Pineapple and Cherry Au Gratin Potatoes Green Peas with Red Pepper	22 <u>COLD MEAL</u> Chicken Club Sandwich Pasta Salad Marinated Cucumbers Tropical Fruit Cup	23 Beefy Noodles Cranberry Sauce Oven Potatoes Green Beans Whole Grain Roll Mandarin Cup	24 BBQ Riblet Sandwich BBQ Beans Onion & Relish Potato Salad Orange	25 Chicken Tenders Mac and Cheese Steamed Broccoli Wheat Bread Grapes
28 <u>COLD MEAL</u> Cranberry Chicken Salad on Lettuce Calico Salad Wheat Crackers Watergate Salad	29 Beef Lasagna Buttered Corn Breadstick Mixed Fruit Compote	30 <u>Chicken Sausage and Cabbage Skillet</u> Corn Muffin Spiced Apple Slices		New menu items are underlined.

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