

NUTRITION

Notes



Senior Services
OF WICHITA

August 2021

Published monthly for the clients of Meals on Wheels.

NEW MEALS ON WHEELS COVID DELIVERY PROCEDURES

It is difficult for volunteers to wear a mask and breathe in the summer heat.

Since most of our volunteers and clients report that they have been vaccinated, we will not require wearing a mask during delivery. Some volunteers will still choose to wear a mask.

- **Volunteers will wear a face mask if you post a sign on your door** that you would like them to wear a mask. If you cannot make a sign, call 267-0122 and we'll provide one.
- **Volunteers will not bag your meal unless you call 267-0122 to request that we continue bagging your meal.**
- We do not want volunteers entering your home. **If you need the volunteers to enter your home,** you must call 267-0122 to make sure that it's listed on the route sheet.
- **Volunteers cannot leave meals without getting a response from you.**
- **If you test positive for COVID, call the meal program at 267-0122.**



Why your meals are coming later than usual - 11:30 am to 1:00 pm.

Meal on Wheels staff members deliver meal routes that are not picked up by volunteers. More of our volunteers are traveling this summer since they were unable to during COVID. We have around 13 routes without drivers every day. Our

small number of meal staff is delivering every day and we start delivering at 11:30 after we have packed all the volunteers. This also means that we are not in the office to answer your phone calls between 11:30 am and 1:00 pm.

IMPORTANT FOR CONTINUED MEAL DELIVERY:

YOU MUST CALL TO CANCEL IF YOU WILL NOT BE HOME BETWEEN 10:00 AM & 1:00 PM.

Volunteers cannot leave a meal if you are not home. They are using their own car, gasoline, and time to deliver to you. We cannot afford to pay volunteers. Lately, we have had over 20 people each day who are not home or do not answer the door for delivery. Many volunteers are wondering whether they want to continue delivering meals and without them we cannot get meals out.

Additionally, **we have to track the number of meals we waste** when you do not notify us which can affect your service. Staff checks on every person who does not respond during meal delivery which can take hours when we have a large number of people who weren't home. Taking this amount of time prevents us from assessing new applicants.

You can cancel your meal anytime by leaving a message at 267-0122. If you need to cancel on the day of your 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.

Summer Energy Saving Tips

- If you have an extra refrigerator, it's best to unplug it during the summer.
- Install a programmable thermostat. Keep thermostat settings at the highest temperature you can tolerate. The smaller the difference between indoor and outdoor temperatures, the lower your overall cooling bill will be. Every degree you lower your cooling will increase energy usage six to eight percent.
- Running a fan or ceiling fan is much cheaper than running your air conditioning. The air flow creates a wind chill effect that helps people feel more comfortable. Running one 24 hours a day for an entire month would only cost about 5 dollars on your electric bill but turn them off when you leave the house.
- A dehumidifier helps lower energy costs - your A/C won't have to work as hard.
- Run the bathroom exhaust fan while showering to reduce humidity.
- Be sure the clothes dryer is sealed and vented to the outside.
- Sealing your home against leaks by caulking and weather - stripping is effective and can save up to 30 percent on heating/cooling costs.
- Have air-conditioners or heat pumps serviced so they function efficiently. Change filters once a month or when needed. Replacing a dirty filter can lower energy usage by up to 15%. Also, don't block air vents with furniture and other objects.
- Close window shades and curtains on sun exposed windows especially ones that face south or west.
- Minimize heating the kitchen by outdoor grilling, using a slow cooker or a microwave instead of the oven or stove.
- Set water heater to warm setting (120° F). According to the U.S.

Department of Energy, water heating can account for 14 to 25 percent of your total energy use. Washing machines, clothes dryers, and dishwashers all generate a lot of heat. Cut back by only using cold water to do your washing.

- Opt for LED light bulbs - they use 75% less energy and last 25 times longer.
- If you aren't using it then unplug it.

Can't Afford Your Cooling Costs?

Project Deserve is a program that provides financial assistance toward energy costs of current Kansas Evergy customers with active service in their name. Assistance is available only one-time (in a rolling 12 month period) if you qualify. Assistance is determined based on the following information and the availability of funds.

To qualify for up to \$300, you must:

- Be 65 years or older
- Receive permanent disability income from SSI or SSD

If you do not meet the qualifications above, you might qualify for up to \$100 if:

Your total net household income meets the income eligibility guidelines. For example, a one person household must be below \$1,383 a month and a two person household below \$1,868.

You will need these items to determine your eligibility:

- Verification (within the past 30 days) for each source of income in the household
- Current utility bill
- One other utility or phone bill in your name at the address on the application

Center of Hope, Inc. determines eligibility for this program. They can be reached at 316-219-2121 or online at centerofhopeinc.org. Meals on Wheels also has copies of their Project Deserve application. If you would like one, call 267-0122.

Diet Factors Associated with Digestive Issues

By LuAnn Soliah, Ph.D., R.D.

The stomach and upper intestinal are normally protected by mucus, bicarbonate, and other protective features. However, these protective features can break down and cause persistent stomach and abdominal discomfort. There are many causes for the discomfort, but diet and various lifestyle factors can make the condition persist and/or improve the symptoms.

Here is a list of nutrition management factors that may need to be considered:

- Avoid large meals
- Limit intake of dietary fat, fried foods, and alcohol
- Be cautious about caffeine consumption (cola, coffee, tea, cocoa)
- Decrease use of strong spices and peppers
- Limit intake of any food or beverage that is known to cause discomfort

Here is a list of lifestyle factors that may need to be considered:

- Don't wear tight fitting garments
- Don't lie down after meals
- Don't eat 3-4 hours before bedtime
- Stop smoking (if possible)

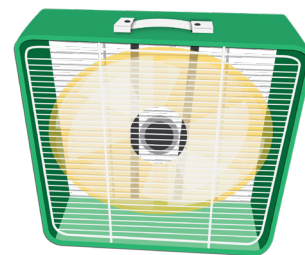
Here is a list of helpful suggestions:

- Exercise helps create GI Tract movement which is helpful
- Smaller portions and low calorie meals may be tolerated better
- Try to achieve a healthy weight
- Avoid fried or fatty foods

If multiple efforts are made to improve the symptoms of chronic stomach discomfort - and the symptoms persist, seek medical care and medical advice.

Need A Fan?

The Meals on Wheels program is still trying to work out fan delivery for those who have already called to request a donated 20 inch box fan. We have a few more if you don't have a fan and can't afford to purchase one. Call your Meals on Wheels caseworker at 267-0122 to see if we can provide one.



Benefits Of Eating Watermelon

Melons are a good source of potassium, a mineral that helps protect your cardiovascular system and regulate nerve function. Potassium deficiency can cause numbness, tingling or even night time leg cramps. One cup of watermelon has around 170 mg of potassium.

Watermelon is low in sodium, has no fat or cholesterol and contains less than 50 calories in one cup. It provides calcium, magnesium, and is rich in water content. Because watermelon is so dense in water and rich in nutrients, it helps you feel full.

Watermelon contains Vitamin A, Vitamin C, and lycopene which are important antioxidants that fight free radicals.

Source: www.healthyhubb.com

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 July:

Norma Rossi

Gift in Honor of:

Vickie Metz

Delivery Driver In White Toyota

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken & <u>Broccoli Stir Fry</u> Steamed Rice Spiced Carrots Dinner Roll Mandarin Oranges	3 Ham & Beans Turnip Greens Wheat Roll Banana Pudding Crackers	4 Chicken Pasta Primavera Asparagus Tips Garlic Bread Spiced Peaches	5 Shredded Chicken Soft Taco Pinto Beans Lettuce & Tomato Fruit Muffin Fresh Fruit	6 Charbroiled Beef Patty Mashed Potatoes with Gravy Green Beans Whole Grain Roll Apricot Crisp
9 BBQ Chicken Broccoli Rice Pilaf Mix Vegetables Dinner Roll Cinnamon Applesauce	10 Stuffed Cabbage Casserole Garlic Potatoes with Gravy Capri Veggies Wheat Roll Vanilla Pudding	11 <u>COLD MEAL</u> Egg Salad Garden Salad with Dressing Wheat Bread Pistachio Cream Pudding Fruit Medley	12 Orange Chicken Brown Rice Stir Fry Veggies Vegetable Spring Roll Fruit Yogurt and Fresh Fruit	13 Beef Cutlet Baby Bakers Broccoli with Cheese Wheat Bread Fresh Cut Fruit
16 Sesame Chicken Fluffy Rice Oriental Vegetables Vegetable Egg Roll Pineapple Tidbits	17 Smothered Steak Mashed Potatoes Seasoned Green Beans Wheat Roll Nutri-Grain Bar Fruit Cup	18 Chicken Spaghetti with Tomatoes Squash Medley Wheat Roll Fresh Fruit	19 <u>COLD MEAL</u> Turkey Salad on Sliced Sandwich Bread Potato Salad Salad Cup with Dressing Mixed Fruit	20 Pot Roast Roasted Potatoes and Carrots Wild Rice Medley Roll Cherry Cobbler
23 Brown Sugar Glazed Ham Candied Yams Peas and Red Peppers Whole Grain Roll Peach Cup	24 <u>COLD MEAL</u> Marinated Chicken Pita with Vegetables Pasta Salad <u>Corn Salad</u> Tropical Fruit Cup	25 Beefy Noodles Green Beans Baby Carrots with Ranch Dip Whole Grain Roll Mandarin Oranges with Cherries	26 BBQ Rib on Bun Relish with Onion Five Bean Salad Cole Slaw Fresh Fruit	27 Baked Fish Macaroni & Cheese Beets Tartar Sauce Wheat Bread Pineapple Cup
30 Chicken Pot Pie over Biscuit Spinach Apple Cobbler	31 BEEF Hot Dog on Bun Baked Beans Cole Slaw Grapes			New menu items are underlined.

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