

THANKSGIVING HOLIDAYS!

Meals on Wheels is closed and will not deliver meals on:

Thanksgiving Day - November 25th

Day after Thanksgiving - November 26th

You will receive 2 nonperishable meals prior to the holidays.
Keep these meals and use one on the 25th and one on the 26th.

HAPPY THANKSGIVING!

2022 Medicare Health and Drug Plan Open Enrollment Period

October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. The open enrollment period is a time to review your plans and make changes if needed. If you're satisfied with the 2022 changes and coverages in your current plans, you don't need to do anything. You can compare 2022 plans online at [medicare.gov](https://www.medicare.gov).

If you have questions, call 267-0122 ext. 201 for Lisa.

Safety Tip: Solicitation calls/literature regarding open enrollment may not be from an honorable source. Look up the phone number of legitimate sources and initiate the call before you share your Medicare information or social security number.

**Happy Veterans Day
November 11th!**

**A special "Thanks" to all
our veterans!**

Daylight Saving Time Is Ending Sunday, November 7th!

Set your clocks back one hour before you go to bed on Saturday, November 6th. Otherwise, you might not be up in time to receive your meal on Monday.



Look For Our “Emergency Meal” Deliveries Because Winter Weather Is On The Way!

We will deliver a one day nonperishable meal supply labeled “Emergency Meal” on 2 different days in November. Save these meals for days when we cancel meals (normally due to bad weather). This meal does not need to be refrigerated.

If you eat this meal, we will not be able to bring out anything else on days we have to cancel meals for any reason. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

If you do not receive the emergency meal supply, please call 267-0122 to let us know.

FOR YOUR INFORMATION: (an example of other uses for these meals)

WE SENT ONE OF THESE MEALS ON OCTOBER 8TH DUE TO THE WICHITA WATER PROBLEM THAT REQUIRED BOILED WATER. This made normal meal preparation for 900 people impossible.

Meal Service Updates

MENU: We are looking for ways to improve our meals. If you have menu or preparation suggestions, please call us at 267-0122 or make a note on your monthly menu and send it to us. We aren’t able to alter daily meals for any reason, even allergies, since we serve around 900 people with a volunteer delivery system. Meals can’t serve you if you have an allergy that could result in a serious life-threatening reaction - inform us if you have this kind of allergy.

COVID SUPPLIER ISSUES: As reported on the daily news, food shortages are still an issue. If you do not receive what is on your menu, it is because we did not receive enough supplies to serve 900 people.

Operation Holiday

Would a gift card (extra money) help this holiday season? Operation Holiday has been a program of HumanKind Ministries since 1960. They provide holiday assistance to low-income individuals.

If you qualify, Operation Holiday will provide a Dillon’s gift card to you (1 per household).

To qualify, you must:

- Be age 18 or older and live in Sedgwick County.
- Be a member of the applying family (household) who meets the income guidelines listed below.
- Not apply for another holiday program.

Maximum Gross Monthly Household Income (must be able to provide proof):

1 Person = \$2,146

2 People = \$2,903

(call for income limit info on larger households)

For assistance with the online only application: call Meals on Wheels at 316-267-0122.

Application period:

November 1 - November 30, 2021

Donated Items:

We recently received several donated items. If you need any of these items, call 267-0122. The supply is limited so we cannot guarantee that you will receive any items.

- Several packages of different kinds of “DEPEND” type products
- Several lap blankets
- 1 - Wheelchair
- 1 - Walker
- 3 - Commodes
- 1 - Over the tub shower bench
- 1 - Quad cane

Nutrition and Immunity

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

The holidays are approaching and this means food decisions will become more complicated. Here are some helpful strategies to make your food selection process more enjoyable.

- Remember portion control is one of the most helpful strategies to use when choosing food
- Carbohydrate containing foods should be carefully watched/counted (breads, sweets, starchy vegetables, cereals, juices)
- Maintain a temperate intake of sodium and fat
- Reduce intake of sweet beverages (sodas, teas, sweet coffees, hot cocoas, etc.)
- Increase intake of fish - especially fish high in omega3 fatty acids
- Limit salty snacks because they are often high in calories and fat

Recommended sweet substitutes:

- trail mix
- mixed nuts
- granola bars - made with healthful ingredients
- apple/oatmeal cookie
- fresh fruit
- cheese chunks
- food made from recipes that use sugar substitutes

Poor food selection choices:

- traditional, large portion desserts
- sweet drinks, sodas, sweet teas, punch, sweet coffees
- pies
- brownies
- frosted items
- sticky caramels and candy

- high fat/high sugar snacks

Staying “on track” regarding food selection during the holidays is always a challenge, but the reward will be a healthier you in 2022. Everyone enjoys a few food treats during the holiday season, but the key is to maintain food moderation and reasonable food choices. Enjoy the season, your family, your friends, and any holiday traditions that are important to you. Then, you will have an enjoyable start to the New Year.



MILK:

The date on your milk carton may appear to be expired but our dairy supplier states that it's a “best buy date”. The milk should be good for 7-10 days past the date on the carton.

It's Time For Our Yearly Survey!

In November you will receive a survey and an envelope in your milk sack. The funders that help pay for your Meals on Wheels service would like everyone to return one! So, it is very important that you complete this survey and return it to us.

Your opinions are important to us!

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 October:

Gary L Rikli
Jen Nash
Anita J Kling

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

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 1 Ham & Beans Turnip Greens Cornbread Oyster Crackers Fruited Gelatin | 2 Glazed Meatloaf Mashed Potatoes Buttered Carrots Wheat Roll Mandarin Oranges & Bananas | 3 Creamy Chicken Spaghetti Squash Medley Garlic Cheese Biscuit Cinnamon Applesauce | 4 Pulled Pork Slider Sandwiches Seasoned Peas Oil & Vinegar Coleslaw Cherry Cobbler | 5 Pecan Crusted Tilapia Potato Wedges Parslied Cauliflower Wheat Roll Pineapple Tidbits |
| 8 Chicken Enchilada Bake Spanish Rice Salsa Black Beans Emerald Pears | 9 Chili w/ Cheese & Fritos Roasted Baby Carrots Cinnamon Roll Strawberry Applesauce | 10 Pineapple Glazed Ham Sweet Potato Casserole Brussel Sprouts Wheat Roll Sliced Peaches | 11 <u>Chicken Broccoli & Rice Casserole</u> Roasted Corn Wheat Roll Assorted Cookie Tropical Fruit | 12 Hamburger on a Bun w/ Lettuce, Tomato, & Onion Baked Beans Mustard Fruit Crisp |
| 15 Spaghetti with Meat Sauce California Blend Vegetables Garlic Bread Pineapple Tidbits | 16 Breaded Catfish Fillet Blackeyed Peas Seasoned Spinach Cornbread Muffin Mandarin Oranges | 17 Shepherd's Pie Capri Vegetables Mini Bagel with Cream Cheese Fruit Yogurt | 18 Baked Rosemary Chicken Whipped Sweet Potato Green Beans Wheat Roll Sliced Apricots | 19 Beef Stroganoff over Buttered Noodles Zucchini & Tomatoes Wheat Roll Ambrosia |
| 22 Cranberry Glazed Pork Chop Baby Bakers with Cheese Vegetable Medley Wheat Roll Fruit Cup | 23 Homestyle Chicken & Noodles over Mashed Potatoes Buttered Corn Dinner Roll Banana Pudding | 24 Glazed Ham Yam Patties Gr. Bean Casserole Wheat Roll Cranberry Pecan Salad Pumpkin Parfait | 25 Closed For Thanksgiving Use Meal Provided | 26 Closed For Thanksgiving Use Meal Provided |
| 29 Chicken Parmesan Bowtie Pasta Corn Cobbette Garlic Roll Mandarin Oranges | 30 Chili Cheese Dog on a Bun Sweet Potato Puffs Mixed Vegetables Sliced Peaches | | | New menu items are underlined. |

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