

NUTRITION

Notes



October 2021

Published monthly for the clients of Meals on Wheels.

Meals on Wheels will be open and delivering meals: Columbus Day - October 11th

How Can I Protect Myself And Others From The Seasonal Flu?

Here are a few tips that help prevent catching the flu and/or COVID:

- Get your flu and COVID shot.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Wearing a face mask does help prevent the spread of illness.
- Wash your hands thoroughly with soap and warm water. If that is not available, use alcohol-based hand sanitizer to get rid of most germs. Avoid touching your eyes, nose and mouth since germs can enter the body this way.
- Stay home when you're sick to prevent the spread of illness. You should remain at home until you're fever free (without fever-reducing medications) for at least 24 hours.
- Cough or sneeze into a tissue and properly dispose of used tissues. If you don't have a tissue, cover your face with your elbow. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- Clean and disinfect frequently touched surfaces at home including door knobs and doorbells.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

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. Each year you can change your Medicare health and/or drug plan. Things like cost, coverage, providers and pharmacies that are in their networks can change yearly.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If your health or drug plan is changing, you should make sure your plans will still meet your needs in 2022. If you're satisfied that your current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything. You can compare 2022 plans online at medicare.gov. **If you have questions, call 267-0122 ext. 201 for Lisa.**

Safety Tip: You might receive calls or literature about certain plans or about enrolling in a specific plan during open enrollment. All these solicitations are not honorable. Make sure you have a legitimate source of information or you initiated the call before you share your Medicare information or social security number.

What's New For 2021-2022 Flu/Influenza Season

- The composition of flu vaccines has been updated. Flu viruses constantly change and the CDC flu experts anticipate the flu viruses that could be dominant this season.
- All flu vaccines will be designed to protect against four different flu viruses.
- Flu vaccines and COVID-19 vaccines can be given at the same time.
- More detailed guidance about the recommended timing of flu vaccination for some groups of people is available.
- Guidance concerning contraindications and precautions for the use of two flu vaccines - Flucelvax Quadrivalent and Flublok Quadrivalent - were updated.

According to the CDC, seasonal flu activity in the United States last year was uncommonly low. **For this flu season, CDC is emphasizing the importance of getting a flu vaccination since the number of people wearing masks has decreased from last year. September and October are generally good times to be vaccinated.**

People at higher risk of serious flu complications - people with certain chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older - should get vaccinated. Individuals older than 65 **should not** get vaccinated early (in July or August) because protection in this group may decrease over time. You should not wait for flu activity to rise in your community before you get a flu vaccine. After you are vaccinated, your body takes about two weeks to develop antibodies that protect against flu. You can get your flu vaccine through your health care provider or your local pharmacist.

If you test positive for COVID, call the meal program at 267-0122.

October Is National Depression Awareness Month

During the COVID epidemic, The Center for Disease Control and Prevention (CDC) reported the percentage of adults with recent symptoms of an anxiety or depression increased from 36.4% to 41.5% from August 2020–February 2021. It's important to realize that feeling down at times is a normal part of life as sad and stressful events occur in everyone's life. However, consistent feelings of depression should be treated as a serious medical condition. Depression may go undiagnosed or misdiagnosed in some older adults but it is not a natural part of aging and it's often reversible with recognition and appropriate treatment.

According to the National Institute of Mental Health:

Depression has many symptoms, including physical ones. If you have been experiencing several of the following symptoms for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
 - Loss of interest in or pleasure in hobbies and activities
 - Feelings of hopelessness, pessimism
 - Feelings of guilt, worthlessness, helplessness
 - Decreased energy, fatigue, being "slowed down"
 - Difficulty concentrating, remembering, making decisions
 - Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene).
 - Difficulty sleeping, early-morning awakening, or oversleeping
 - Appetite and/or unintended weight changes
 - Thoughts of death or suicide, suicide attempts
 - Restlessness, irritability
 - Aches or pains, headaches, cramps, or digestive problems
- Continued On Pg 3**

Nutrition and Immunity

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

A healthy immune system is vital for life. We are constantly being exposed to pathogens in our daily life. Fortunately, we are protected from several pathogens because of our natural resistance and our immune system.

Many factors influence our susceptibility to infectious diseases. These include age, occupation, physical activity, stress, various hormones, and nutritional status.

For example, malnutrition can cause immune deficits. Research suggests that certain nutrients play a role in supporting the immune system. The following chart illustrates some of these nutrients and the role(s) they play in our health.

- **Kcals** - important for all metabolic activity, wound healing, well-being
- **Protein** - maintains the immune response, and replaces nitrogen losses
- **Fluids** - helps maintain good skin health and proper blood circulation
- **Vit A** - assists with wound healing, enhances normal mucosal barriers
- **Vit C** - vital for wound healing, supports white blood cells
- **Zinc** - important for multiple enzymes, lymphocytes
- **B6** - aids in protein metabolism, cell growth and maintenance
- **Omega 3/Omega 6 fatty acids** - production & maintenance of immune cells

As you can see, a well-rounded diet is needed to provide these important nutrients. Try to eat foods from every food group (milk, meat, grains, and fruits/vegetables) every day. Remember to limit your intake of fried food, sweets, and fatty foods.

without a clear physical cause and/or that do not ease even with treatment

Certain people are at a higher risk for developing depression. If you are an older adult, you may be at a higher risk if you:

- are female
- have a chronic medical illness, such as cancer, diabetes or heart disease
- have a disability
- sleep poorly
- are lonely or socially isolated
- have a personal or family history of depression
- use certain medications
- suffer from a brain disease
- misuse alcohol or drugs
- have experienced stressful life events such as loss of a spouse, divorce, or taking care of someone with a chronic illness

If you think you have depression, the first step is to talk to your doctor or health care provider. Your doctor will review your medical history and do a physical exam to rule out other conditions that may be causing or contributing to your depression symptoms. Medications called antidepressants can work well to treat depression. Other therapies like “talk therapy” are also available and they can also be an effective treatment for depression.

Seasonal Depression: one type of depression called Seasonal Affective Disorder is characterized by the onset of depression during the winter months, when there is less natural sunlight. This depression generally lifts during spring and summer. Winter depression, typically accompanied by social withdrawal, increased sleep, and weight gain, predictably returns every year in seasonal affective disorder.

Memorials Given To The Meals On Wheels Program In September:

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Homemade Chili with Cheese & Fritos California Vegetables Wheat Roll Fruit Cup
4 Chicken & Broccoli Stir Fry Fluffy Rice Carrots Dinner Roll Mandarin Oranges	5 Ham & Beans Turnip Greens Wheat Roll Saltine Crackers Banana Pudding	6 Spaghetti with Meatballs Broccoli Garlic Roll Peaches	7 Shredded Chicken Soft Taco Refried Beans Pears Oatmeal Raisin Cookie	8 Battered Cod Wedge Buttered Rice Lemon Broccoli Tartar Sauce Wheat Roll Apricots
11 Smothered Pork Chop Scalloped Potato Mixed Veggies Wheat Roll Cinnamon Applesauce	12 Beef Steak Fingers Garlic Mashed Potatoes w/ Gravy Capri Vegetables Vanilla Pudding with Wafers	13 <u>COLD MEAL</u> Tuna Salad on Wheat Bun Green Pea Salad Fruit Medley Pistachio Pudding	14 BBQ Chicken Garden Blend Rice Green Beans Dinner Roll Strawberries & Cream	15 Beef Pot Roast Roasted Potatoes and Carrots Wheat Roll Peaches
18 Beef Stir Fry Brown Rice Pilaf Oriental Vegetables Biscuit Pineapple Tidbits	19 Chicken Spaghetti California Vegetables Wheat Roll Fruit Cup	20 BBQ Meatballs Mashed Potatoes Seasoned Green Beans Wheat Roll Blushing Pears	21 Grilled Chicken on a Bun Potato Salad Carrot & Raisin Salad Lettuce & Tomato Tropical Fruit	22 Baked Fish Potato Wedges Coleslaw Wheat Roll Hot Spiced Peaches
25 Glazed Ham Candied Sweet Potatoes Green Peas with Pimento Wheat Roll Fruit Cup	26 Roast Turkey with Gravy Au Gratin Potatoes Mixed Veggies Wheat Roll Fruit Cobbler	27 Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruited Gelatin	28 Chicken Pasta Primavera Broccoli Garlic Biscuit Mandarin Oranges	29 Hamburger on a Bun Tater Tots Lettuce, Tomato, Onion Peaches & Cherries

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

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