

Published monthly for the clients of Meals on Wheels.

HAPPY HOLIDAYS!

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

Christmas Eve - Friday, December 24th

New Year's Eve - Friday, December 31st

You will receive a nonperishable meal replacement for New Year's Eve, December 31st prior to this holiday. The Christmas Eve meal, December 24th - you must call to reserve one. (See article below)



WEEKEND CLIENTS ONLY:

Meals on Wheels will be closed on the following days. So, your replacement meal will be delivered on a the dates below.

- **CHRISTMAS DAY MEAL, DECEMBER 25TH** - will be delivered on Saturday, December 18th
- **SUNDAY, DECEMBER 26TH MEAL** - will be delivered on Sunday, December 19th
- **NEW YEAR'S DAY MEAL, JANUARY 1ST** - will be delivered on Thursday, December 30th

Operation Holiday

If you called to request Operation Holiday and your Meals on Wheels caseworker completed an application, we will probably get to pick up your gift card on December 15th. The card will be mailed to you by December 21st. The Meals on Wheels program is not responsible for replacement of these cards if it does not arrive in the mail.

Call To Reserve A Christmas Eve Meal

Since Meals on Wheels is closed Christmas Eve, the 24th, we will not deliver meals. If you will be at home on Friday, Christmas Eve, you can call Meals on Wheels at **267-0122** to reserve a hot meal. Temple Emanu-el will prepare and deliver a limited number of turkey dinners on Friday, December 24th. The delivery time for this meal will be similar to normal delivery; however, these routes are smaller.

You must call 267-0122 to reserve this meal or you will not receive one. The **reservation deadline is noon on December 14th** (call only if you need a meal). To cancel your reservation, please call us before noon on the 22nd.

If you sign up for the Christmas meal, it is important that you are home to receive it. Meals on Wheels office staff will not be working on Christmas Eve so the police will have to perform welfare checks if you don't answer during delivery.

The Cold Weather Rule

Effective: November 1, 2021 through March 31, 2022

The Cold Weather Rule helps ensure you will have electric, gas, and water service for your home during the winter. The Cold Weather Rule is designed to help Kansans who are behind on their utility payments avoid disconnection during the winter months. This rule applies only to residential customers of electric, natural gas, and water utility companies under the Kansas Corporation Commission's jurisdiction.

Utilities must inform customers of the Cold Weather Rule payment plan and other available payment plans. In addition, utilities must send a written notice 10 days in advance of disconnection of service.

You must make pay arrangements with your utility to use the Rule. So, if you can't pay your entire utility bill, you need to contact your utility to make payment arrangements.

- Agree to pay 1/12 of the overdue amount of your bill, plus 1/12 of your current bill, all disconnection and reconnection fees, plus any applicable deposit and agree to pay the remainder in equal payments over the next 11 months.

OR

- Negotiate a payment plan to pay the overdue amount off quicker than 12 months.

Also, remember - you must pay your full bills for service while paying off the overdue amount.

If you are behind in a previous payment plan and cannot catch up, you need to make a new payment agreement with your utilities.

Can you be disconnected during the Cold Weather Rule?

A utility can't disconnect you when the

temperature is forecasted to drop below 35 degrees Fahrenheit within the following 48-hour period, except in certain circumstances.

To prevent disconnection when it is 35 degrees or above, or to be reconnected regardless of temperature, you must make pay arrangements with your utility.

A utility may start the final notification and disconnection process if there is a 48 hour forecast of temperatures above 35 degrees.

If the 48 hour forecast changes before the period ends and there is a forecast of below 35 degrees, the utility cannot disconnect until there is another Cold Weather Rule 48 hour forecast of temperatures above 35 degrees.

Meals on Wheels Survey

We were not able to send the survey in November but it should be in your milk sack the first week of December. Please, help us by completing and returning your survey. Your honest opinions and ideas are appreciated. If you do not receive a survey in your milk sack, call 267-0122 and we will send one to you.

Meal Cancellation During Bad Weather

There might be days this winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. **We do not have enough staff members to call all 900 clients to notify you of cancellations.**

If we cancel meals, use the nonperishable food that was labeled "emergency meal". We have already sent a one day supply on November 12th.

Please keep in mind - if roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door.

2022 New Year's resolutions and your food choices: What makes us eat the way we do?

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

Nutrition researchers study what we eat; marketing researchers study **how much and why** we eat what we do. The truth is minor changes in the eating environment can lead to major improvements in health. **So, in 2022, perhaps your New Year's resolution should focus on how much you eat and why you make the food selections that you do, not just on what you eat.**

Here are some examples of the influence of the food environment.

1. **Eating distractions like watching TV:** you eat more food for a longer period of time and you are less aware of what you eat.
2. **Convenient access to food:** eating frequency increases and more food is eaten.
3. **Salty food/snacks:** salt increase the appeal and the appetite.
4. **A cold home:** more food is eaten and your appetite increases.

Our home environment can either work for or against us. Therefore, keep healthful food in your pantry and save sweets and treats for holidays and family celebrations. Here are some examples of healthful snack choices: fruit, vegetables & dip, peanut butter toast, cheese chunks, whole wheat crackers, low-fat chocolate milk, and trail mix, etc. Always remember, wise and careful food selection enhances one's ability to improve health for life.

SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone.

Memorials in November:
Marlin Schroeder

2022 Medicare Health and Drug Plan Open Enrollment Period

Deadline - December 7th, 2021

It's your last chance to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan for next year. 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.



For the 14th year running, the Meals on Wheels national network is participating in the **2021 Subaru Share the Love Event**. Over the past fourteen years Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to seniors in need.

HERE'S HOW IT WORKS

November 18, 2021, through January 3, 2022 for every new Subaru vehicle purchased or leased, Subaru of America donates \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, **Senior Services Meals on Wheels** will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

This season Share the Love with anyone you know who is in the market for a new car. If they chose a new Subaru remind them to select **Meals on Wheels** as their charity of choice.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.		1 BBQ Pork Pot Pie Peas & Carrots Wheat Roll Apricots	2 Taco Salad with Lettuce, Sour Cream, & Salsa Refried Beans Roasted Fiesta Style Corn Blueberry Crisp	3 Egg & Cheese Omelet Sausage Links Hash Brown Mini Muffin Peaches
6 Beef Tips with Gravy over Rice Pilaf Oriental Vegetables Dinner Roll Mandarin Oranges	7 Country Steak Mashed Potatoes with Gravy Green Beans w/ Bacon & Onion Wheat Roll Fruit Yogurt	8 Turkey Cornbread Stuffing Poultry Gravy Green Peas Blackberry Cobbler	9 Chicken Fajitas Black Beans with Pico Fiesta Style Corn Salsa/Sour Cream Fruit Churro	10 Sloppy Joe on Bun Potato Wedges Southwest Baked Beans Seasonal Fruit Cup
13 King Ranch Casserole Cilantro Lime Rice Mixed Veggies Fruit Muffin Cherry Craisins	14 Loaded Potato Soup with Ham Buttered Broccoli Wheat Roll Club Crackers Ambrosia Salad	15 <u>Cajun Jambalaya</u> Roasted Corn & Peppers Cornbread Fruited Pudding	16 Beef Goulash California Blend Veggies Garlic Buttered Roll Mixed Fruit Cookie	17 Chicken & Dumplings Seasoned Carrots Dinner Roll Tropical Fruit
20 Tuna Noodle Casserole Green Peas with Pimento Wheat Roll Fruit Yogurt	21 Beef Stew Scandinavian Veggies Biscuit with Honey Sliced Pears	22 Smoked Sausage Cut Red Beans & Rice Breaded Okra Cornbread Mandarin Oranges	23 Beef Pot Roast Garlic Mashed Potatoes Peas & Onions Wheat Roll Cranberry Salad Pumpkin Dessert	24 Closed For Christmas Meal If Reserved
27 Ham & Beans Turnip Greens Cornbread Mandarin Oranges & Bananas	28 Swiss Steak with Gravy Mashed Potatoes Buttered Carrots Wheat Roll Fruited Gelatin	29 Southwest Chicken Refried Beans Garden Salad with Dressing Fruit Cobbler	30 Beef Steak Fingers Mashed Potatoes with Gravy Peas & Carrots Wheat Roll Fruit Cup	31 Closed For New Year's Use Meal Provided

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