

NUTRITION

Notes



January 2022

Published monthly for the clients of Meals on Wheels.

HOLIDAYS!

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

New Year's Day - Saturday, January 1st

Martin Luther King Jr. Day - Monday, January 17th

A nonperishable meal will be sent prior to the January 17th holiday which you need to keep and use on the 17th.



HAPPY NEW YEAR!

Help us start the year off right!

Please, make sure we have correct phone numbers for you and your family/friends. We call meal clients who don't answer the door during delivery. If we can't reach you, then we'll try the numbers of the family/friends you gave us as emergency contacts.

If we don't have the correct phone numbers, then we have to ask the police (911) for a welfare check to make sure you're alright. Call us at 267-0122 to check your numbers.



Thanks to everyone who returned our annual survey!

Your responses help us improve the meal program. The results are also provided to several of our funding sources - State of Kansas, Sedgwick County and United Way.

If you have not returned your survey, it's not too late! Please, mail it back to us.

WEEKEND CLIENTS:

We sent a meal on December 30th for the clients who receive a Saturday weekend meal. You will receive an actual delivery on Sunday, January 2nd.



Meal Cancellation During Bad Weather:

Reminder: Meal delivery may have to be cancelled due to winter weather when roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. If we cancel meals, use one of the nonperishable meals that we provided this fall.



EWAP: Emergency Water Assistance Program

This federally funded program's focus is to restore or prevent disconnection of water to Kansas households who earn less than 150 percent of the Federal Poverty Level.

Kansans may apply for this one-time benefit beginning December 1, 2021. When the funding is exhausted, the program will end. If a household qualifies, the benefit will be paid directly to the public water utility vendor.

To qualify:

- You must be currently disconnected from drinking water and/or wastewater services **OR** have received a disconnection notice.
- At least one adult household member must be responsible for drinking water and/or wastewater costs incurred at the primary residence (payable to either the landlord or to the water utility vendor).
- At least one household member must be a U.S. citizen or meet the lawful residency requirements.
- Not exceed the income limits which is a combined gross income equal to or less than 150% of Federal Poverty Level (1 and 2 person limits are listed below).

If you have a larger household, call 267-0122 for income limits.

- 1 person - maximum of \$1,610 gross monthly income
- 2 people - maximum of \$2,178 gross monthly income

For an application: call 267-0122.



LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter. LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs. The benefit amount varies based on the federal funding received, the overall number of applicants, your household income & the number of household members, the type of dwelling you live in, and the type of heating fuel you use.

To qualify, you must meet these requirements:

- 1) An adult living at the address must be personally responsible for paying the heating costs incurred at the residence (whether they pay the landlord, utility company, or the fuel vendor).
- 2) Must demonstrate a recent history of payments of at least \$80.00 toward their utility or heating costs.
- 3) Not exceed the income limits which includes the combined gross income of all persons living at the address (1 and 2 person limits are listed below).

If you have a larger household, call 267-0122 for income limits.

- 1 person - maximum of \$1,610 gross monthly income
- 2 people - maximum of \$2,178 gross monthly income

Proof of income for all household members is required - send a copy since originals will not be returned.

Applications accepted: January 3, 2022 through March 31, 2022.

The Meals on Wheels program has some applications for the LIEAP program which we can mail to you. You can also apply online at www.lieap.dcf.ks.gov. For more information about this program or to request an application, call 267-0122.

New Staff - Fall 2021:

- **LuAnn Soliah**

Ph.D., R.D.



LuAnn Soliah is a retired college professor from Baylor University, Waco, Texas. But her journey to Texas started in North Dakota where she was born and raised. After her college graduation, she moved to Kansas in 1978 to attend graduate school at K-State. When she finished at K-State, she became a Registered Dietitian, and worked for Medicalodges, Inc., Coffeyville, Kansas. In the mid-1980s, LuAnn moved to Stillwater, OK, and returned to graduate school for her Ph.D. degree. Then, she moved to Texas in 1988 and directed the Nutrition Sciences program and conducted nutrition research at Baylor until her retirement.

LuAnn has a brother in Wichita, so she returned to KS to be near him.

- **Kaley Brown**

Dietary Manager



I am the new foodservice director here at Meals on Wheels. I was born & raised in Goessel, KS, & I just recently moved to Wichita earlier this year. I have worked in foodservice for the last 13 years - doing everything under the sun: serving, bartending, cooking, dishwashing, to kitchen manager. I began working at an assisted living facility while attending college so I could have stable hours & time to focus on my studies. I received a degree in Accounting with a minor in Spanish, just to realize my passions lie elsewhere. So, I enrolled at Southeast out of Lincoln, NE where I received a degree in Medical Nutrition Therapy. My intention was to continue my career at a healthcare facility - but this opportunity opened up at Meals on Wheels & I am so so so happy to be a part of such an incredible organization.

Check Your Furnace/Heat Source: Prevent Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless, poisonous gas that can cause illness and death. It is particularly important to be aware of this issue during the winter since this gas is produced when a fuel like natural gas (furnaces with a pilot light), propane, gasoline, wood, or oil is burned. In addition, older adults with pre-existing conditions can have a lower tolerance for carbon monoxide so they could react to a smaller amount of this gas.

The initial symptoms of carbon monoxide (CO) poisoning are similar to flu without the fever. The symptoms are: headache, nausea/vomiting, feeling tired or weak, dizziness, shortness of breath, blurred vision or confusion.

These symptoms are different from flu because:

- You feel better when away from home.
- Several in the home are sick at the same time.
- Symptoms occur or get worse after turning on a fuel burning device.
- Pets appear ill, sleepy, or lethargic.

Prevention:

- **Purchase and use a carbon monoxide detector (around \$15 to \$50)**
- **Have your furnace checked and maintained by a heating professional**

SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in December:

Lorraine Norby

Doris Korber

Cherye & Wayne Yonce

Iromcisca Tuy Le

Marlin Schroeder

Gift in Honor of:

All Volunteers

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

January 2022 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet & Sour Chicken over Rice Oriental Veggies Spiced Peaches Fortune Cookie Pecan Pie	4 <u>Cuban Sandwich</u> Sweet Potato Puff Brussel Sprouts Emerald Pears	5 Homemade Chili with Cheese Fritos Roasted Carrots Strawberry Applesauce Cinnamon Roll	6 Salisbury Steak Mashed Potatoes & Gravy Harvard Beets Wheat Roll Sliced Peaches	7 <u>COLD MEAL</u> Chicken Salad Sandwich Creamy Potato Salad Pea Salad Pineapple Tidbits
10 Spaghetti with Meat Sauce Steamed Broccoli Garlic Breadstick Peach Parfait	11 Fish Sticks with Tartar Sauce Au Gratin Potatoes Dill Carrots Wheat Roll Fruit Yogurt	12 Shepherd's Pie 5-Way Mixed Veggies Fruit Crisp Honeybun	13 BBQ Chicken Legs Cheesy Rice Green Beans Wheat Roll Cinnamon Applesauce	14 Beef Stroganoff Buttered Noodles Zucchini & Tomatoes Wheat Roll Pistachio Salad
17 Apricot Glazed Ham Cornbread Stuffing Green Beans Wheat Roll Fruit Cup	18 Beef Rotini Pasta Bake Scalloped Corn Garlic Breadstick Applesauce	19 Chicken Noodle over Mashed Potatoes Peas & Carrots Dinner Roll Banana Pudding	20 Beef Enchiladas Spanish Rice Refried Beans Salsa/Sour Cream Tropical Fruit	21 Cheeseburger on Bun Tater Tots Lettuce/Tomato Ketchup Fruit Cobbler
24 Chili Dog Macaroni & Cheese Buttered Peas Mandarin Oranges	25 Chicken Parmesan Bowtie Pasta Seasoned Corn Garlic Breadstick Strawberries & Bananas	26 Hot Ham & Cheese on a Bun Broccoli Cheese Soup Spiced Apricots Chocolate Cake	27 White Chicken Chili Harvard Beets Cornbread Animal Crackers Pineapple Chunks	28 Potato Crusted Pollock Scalloped Potatoes Broccoli Slaw Wheat Roll Spiced Apples
31 Open Faced Turkey Sandwich Buttered Carrots Blackberry Cobbler				New menu items are underlined.

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