

# NUTRITION

Notes



March 2022

Published monthly for the clients of Meals on Wheels.

## LENT Meals: March 4th - April 15th

Last year we were not able to offer an alternative meal on Fridays during LENT due to COVID. However, this year we will try to provide an alternate meal if the meal on the menu is not already appropriate for LENT. This option will be available if food supplies arrive as ordered. If you are interested in a LENT meal, call 267-0122 to request this option.

## PAWPALS

**A pet food assistance program for Meals on Wheels clients.**

Our Meals on Wheels program received a small grant from Meals on Wheels America & PetSmart Charities to assist our clients who struggle with the cost of purchasing pet food. In December 2021, we sent a survey out in the meal milk sack to determine who might like to receive some pet food. Several of the surveys did not include a name so we were not able to reach these clients.

**If you are interested in receiving some pet food (probably monthly), please call 267-0122 to get on our list.**

We are partnering with two animal rescue groups in Wichita - WAAL (Wichita Animal Action League) and Beauties & Beasts. Volunteers from these groups will deliver the pet food.



## CELEBRATE 2022 “MARCH FOR MEALS” WITH US!

Senior Services of Wichita is celebrating 50 years of the Older Americans Act Nutrition Program with Meals on Wheels America. March for Meals is a national campaign to raise awareness of the importance of senior nutrition and the Meals on Wheels programs that are a vital part of delivering nutritious meals to seniors. The dedicated staff at Senior Services of Wichita and our volunteers who deliver these meals each week also provide a vital lifeline and connection to the community that has been especially critical during the COVID-19 pandemic. As a result, senior nutrition programs like ours promote March for Meals in their local communities.

## COMMUNITY CHAMPIONS WEEK - MARCH 21-25, 2022.

During this week and throughout the month, we have invited our local officials, celebrities, news media and other prominent community figures to deliver meals. Mayor Whipple & Councilwoman Ballard have already agreed to deliver a meal route on Friday, March 25th. We expect others to join them throughout the month. Please, join in our celebration by greeting new volunteers and these individuals who have been invited to participate. Let them know that Meals on Wheels is an important service.



## **Daylight Saving Time Returns - March 13th**

Be sure to move your clocks forward or ahead one hour on Saturday evening, March 12th.



## **Reminder: LIEAP Application Deadline Is March 31, 2022.**

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 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](http://www.lieap.dcf.ks.gov). For more information about this program or to request an application, call 267-0122.**

## **Homestead Refund - For Homeowners (not a refund for renters):**

This refund is a rebate of a portion of the property taxes paid on a Kansas resident's home, mobile home or manufactured home. The refund is a percentage of your general property tax paid excluding specials. Your refund percentage is based on your total household income. Tax on a property valued at more than \$350,000 does NOT qualify for a refund.

If you owe any delinquent property taxes on your home your homestead refund will be used to pay those delinquent taxes. The Kansas Department of Revenue will send your entire refund to the County Treasurer. If you moved during 2021, you may claim the general property tax paid for the period of time you lived in each residence.

**The maximum refund is \$700.00.**

Only one claim (Form K-40H or K-40PT) per household can be filed.

**The filing deadline is April 15, 2022.**

### **To qualify:**

You must be a homeowner who was a **Kansas resident (living in Kansas) for all of 2021**. As a Kansas resident the entire year, you are eligible if your total household income is \$36,600 or less and you:

- Were born before January 1, 1966, **or**
- Were blind or totally and permanently disabled all of 2021, **or**
- Have a dependent child who lived with you the entire year who was born before January 1, 2021, and was under the age of 18 all of 2021.

To receive this refund, complete a Kansas Homestead claim (form K-40H). You can also file your claim electronically at <https://www.kansas.gov/ssrv-homestead>.

### **Kansas Property Tax Relief Claim: Form (K-40PT)**

- Is for homeowners with countable household income of \$20,900 or less and born before January 1, 1956.

### **You Can NOT Claim On-Line (file electronically):**

- If you had more than 15 household members during the entire year of 2021. Members of Household are any child or adult who lived with you at any time during the tax year. You will have to file on paper; **OR**
- If your homestead is NOT subject to property taxes then you do NOT qualify to file on-line or on paper; **OR**
- **A person owning or occupying a homestead, that is not rental property, with an appraised valuation for property tax purposes that exceeds \$350,000 does NOT qualify to file for a homestead refund on-line or on paper.**

## Vitamin D -

### What An Amazing Vitamin!

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

Vitamin D is an amazing vitamin for many reasons. For example, we can actually make some vitamin D from sunshine - if we are exposed to sunlight 10-20 minutes several times per week.

Another fact about vitamin D is the increased attention it is receiving from the medical community in recent months. Vitamin D is associated with immunity, reduced respiratory infections, optimal calcium absorption, bone health, normal growth, and decreasing inflammatory cells. All of these functions are associated with a healthier life. Unfortunately, many Americans are deficient in vitamin D. Low blood levels of vitamin D appear to be widespread, especially among the elderly, and individuals who live in northern climates.

Vitamin D is found in fortified milk, egg yolks, liver, most fish, and fortified margarine, and other vitamin D fortified foods. However, many Americans eat relatively small portions of these foods. Also, many Americans spend very little time in the sun and remain inside most of the day due to their work-related occupations. Thus, vitamin D deficiency is relatively common.

Vitamin D exists in two forms (D2 and D3). Both forms are useful and enter circulation based on our needs. Vitamin D is tightly regulated by hormones in response to calcium and phosphorus levels in the blood. We know that adults over the age of 70 years need vitamin D levels beyond what younger adults require. Some individuals may need a vitamin supplement to help them maintain proper blood levels. Check with your medical professional regarding your individual vitamin D health status. And, always include vitamin D-abundant foods in your diet on a regular basis to avoid being vitamin D deficient.

## ASK OUR DIETITIAN

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



Please call Meals on Wheels at 267-0122 to submit your question.

### **QUESTION:** How much water should a person drink each day?

This is a lingering question among adults. The amount varies based on size, gender, prescription medicines, heat/humidity levels, and even how much activity a person engages in.

In general, you need more water if you are a larger person, work outside, live in a warm/hot climate, and/or take medicines that create a dehydrating state.

### **Here are some general guidelines:**

- Aim for 4-6 glasses of water each day. Water provides hydration without adding caffeine, calories, or sugar to the diet each day.
- Add a **limited amount** of optional unsweetened beverages each day. For example, unsweetened tea, coffee, or unsweetened soda. These beverages provide taste and hydration without adding calories. They do, however, contain caffeine.
- Include milk or soy milk with each meal.
- Rare treats include - fruit juices, milk shakes, smoothies, etc. In general, keep these beverages to a minimum.

Staying hydrated is important for a healthy life. Use good judgment and common sense when selecting beverage options. Also, try to distribute the fluid intake throughout the day, rather than drinking large amounts in bulk - in order to “catch up” on fluid intake.

