

April 2022

Published monthly for the clients of Meals on Wheels.

Easter Holiday Information for Current Weekend Clients:



Meals on Wheels will not deliver on Easter Sunday- April 17th.

Several Catholic churches provide the volunteer drivers for our weekend routes. They have trouble recruiting enough drivers on Easter Sunday. As a result, you will receive an extra meal on Saturday, the 16th, for you to use on Easter Sunday.

National Dog Bite Prevention Week: April 10-16

Meals on Wheels has a dog/animal policy. The main point of the policy is to inform pet owners to keep their pets (especially dogs) contained until their meal arrives between 10 am to 1 pm. When volunteers are recruited, they are informed that they will not have to worry about contact with clients' pets. In addition, volunteers can't chase down an animal who escapes from the house or yard.



This policy reminder is not only important due to Dog Bite Prevention Week but also due to a recent incident. A dog charged past the owner and escaped out of the fence where it bit our delivery driver. The meal driver received several serious bites that resulted in stitches. Since the owner

was not certain of the dog's rabies vaccination dates, there is a question about whether the volunteer will have to endure injections of human rabies vaccine. If a human contracts rabies, it is usually fatal. Since this volunteer delivers as a part of a group, he and two other co-workers decided to quit delivering meals as a result of this dog bite.

If a dog bites a delivery person or poses a serious threat, we will stop the meal delivery.

In addition, the bite usually has to be reported to the City of Wichita Police Department - Animal Control Section. You will have to provide information regarding the animal's rabies vaccination and your animal could be quarantined which usually involves fees.



For the safety and protection of our volunteers and your pet (even friendly pets), please follow our dog/animal policy and keep animals away from the door or delivery person.

Last Friday for LENT Meals - April 15th

Last year we were not able to offer an alternative meal during LENT due to COVID delivery/food issues. This year we will provide an alternate meal on Fridays through LENT if the meal on the menu is not already appropriate for LENT. If you are interested in a LENT meal, call 267-0122 to request this option.

National Volunteer Week: April 17-23

In 1974, a Presidential Proclamation created National Volunteer Week to promote and recognize the various opportunities available for those interested in volunteering. So, National Volunteer Month is held in April. It's a month dedicated to promoting and celebrating volunteerism. The meal program relies on volunteers to deliver your meals. Without them we would not be able to deliver 875 meals.

Please take a moment during National Volunteer Week to thank your volunteers for their service.

Need A Spring Lawn Clean Up?

Have you thought about hiring someone to mow the lawn or clean up those leaves left from winter? Finding a trustworthy worker can be a challenge but the Senior Employment Program can help!

The In-Home Services program with Senior Employment at our agency helps match qualified workers, age 55 and older, with available jobs. Some of the jobs these workers can fill include: housekeeping, handyman tasks, transportation and companion care.

Our program matches seniors who are looking for work with people who want to hire them. We check the workers' references; however, the negotiations for wages, hours and duties are between the person requesting the service and the worker.

Call Gerald McCoy (Monday-Thursday 9am-3pm and Friday 10am-3pm) at 267-1771 for more information.



2021 Federal & Kansas Income Tax Deadline: April 18, 2022

Tax Scam Alerts

The Kansas Attorney General Derek Schmidt is urging Kansans to be careful this tax season as scammers will try to defraud them of their refunds or steal their identity through various schemes. Here are 2 recent examples:

- Calls and/or emails from scammers offering to assist with filing your tax returns. Often the scammers will promise to expedite a taxpayer's refund.
- The scammer states they are from IRS and they will claim the victim owes taxes and demands the citizen pay immediately over the phone, usually with a gift card or pre-paid debit card.

It's Strawberry Season!

One cup of halved strawberries provides 49 calories, 1g protein, 12g carbohydrates, and 0.5g fat. Strawberries are low in calories and an excellent source of vitamin C, fiber, and potassium.

They can be used to sweeten yogurt, cottage cheese, hot or cold cereals and ice cream. Blend frozen strawberries into smoothies or chop them into salads. You can also dip them into nut butter or dark chocolate for a sweet, fiber-rich treat.



SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in March:

Gary Rikli

Judy Baker

Maxine McKenna

Rob Self

The Importance of Protein

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

The word, protein, means to take first place. Life cannot exist without protein because of the numerous structural and functional components dependent on protein. Here is a list of functional components dependent on protein.

- * fluid balance
- * enzyme activity
- * muscles, skin, and tendons
- * bone health
- * immunity
- * neurotransmitters and hormones
- * blood proteins

Protein in the diet is the source of protein(s) to take care of our body and blood protein requirements. Dietary protein differs in quality based on the content of the essential amino acids (building blocks of protein). Complete protein comes from: meat, poultry, fish, eggs, milk, yogurt, cheese, soy, and soy products. Incomplete protein comes from: grains, nuts, corn, seeds, rice, vegetables, peas, and most beans. Nevertheless, all of these dietary sources make a contribution to our overall well-being.

Under normal conditions, it is relatively easy to consume adequate protein each day. However, the following conditions increase the need for protein.

- * when the body needs to heal (infection, burns, cuts, inflammation, skin breakdown)
- * when calorie intake is low (dieting, malnutrition)
- * when a person is growing (childhood, youth, pregnancy/lactation)
- * when excessive protein losses occur (malabsorption, maldigestion)

Sometimes, elderly people are challenged with protein intake because of a poor appetite, chronic diseases, disinterest in cooking, etc.). This places them at increased risk for protein deficiency which affects all the body systems. Special attention to protein is important to maintain the health of the human body.

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 protein do I need to eat each day?

Protein recommendations for older adults are 1-1.2 grams/kg. This translates to about 50-100 grams/day or about 3-4 ozs of meat/meal. However, these recommendations do not take into account acute or chronic diseases, illness linked to malnutrition or injury recovery. These conditions elevate protein needs.

Elderly individuals who consume more protein on a regular basis have been shown to have improved muscle mass, strength, and function, increased bone mass, better immunity and faster wound healing compared to elderly individuals who consume less protein each day. One reason why the elderly need more protein is their decreased ability to build protein. Another reason is the increased breakdown of protein due to chronic and acute diseases among the elderly.

There are several reasons why older adults do not eat enough protein - they include the decreased ability to chew meat, decreased calorie intake, changes in the enjoyment of eating large portions of food, and compromised taste and smell. High protein foods tend to be more expensive and this may be another reason for the decreased intake.

The overall message for preserving health is to keep an eye on protein intake and try to maintain an adequate intake at all stages of life.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Fish Sticks with Ketchup Potato Wedges Creamed Corn Wheat Roll Sliced Peaches
4 Creamy Chicken Spaghetti Baby Carrots Garlic Cheese Biscuit Fruit Compote	5 Beef Enchiladas Spanish Rice Fiesta Style Corn Salsa Cherry Strudel Bar	6 Baked Ham Sweet Potato Casserole Brussels Sprouts Wheat Roll Sliced Peaches	7 Hamburger on Bun Mustard Baked Beans Lettuce & Tomato Apple Crisp	8 <u>Crab Cake with Tartar Sauce</u> Rice Pilaf California Blend Veggies Wheat Roll Fruit Roll Ups
11 BBQ Riblette Cheesy Hashbrown Casserole Seasoned Peas Cornbread Muffin Fruit Cup	12 Beef Stroganoff over Noodles Zucchini & Tomatoes Baked Apples Chocolate Chip Mousse	13 Open Faced Pork Tenderloin Mashed Potatoes & Gravy Seasoned Green Beans Fruit Crisp	14 Roasted Turkey with Gravy Cornbread Stuffing Buttered Carrots Garlic Roll Craisins	15 Cheese Ravioli w/ Meat Sauce Italian Green Beans Garlic Breadstick Sliced Peaches
18 Apple Smothered Pork Chop Black Eyed Peas Peas with Pearl Onion Blueberry Muffin	19 Cheeseburger Casserole Au Gratin Potatoes Green Beans Sliced Peaches	20 Chicken Noodles over Mashed Potatoes Peas & Carrots Wheat Roll Pudding with Fruit	21 Pork Carnita Soft Tacos with Lettuce & Tomato & Cheese Cilantro Lime Rice Spiced Pear Crisp	22 <u>COLD MEAL</u> Chicken Salad on Croissant Potato Salad Waldorf Salad Baby Carrots
25 Chicken Cordon Bleu Green Beans with Onion Scallop Potatoes Wheat Roll Sliced Peaches	26 Pancakes with Syrup & Butter Scrambled Eggs Sausage Links Hashbrown Patty Fruit Yogurt	27 Beef Hot Dog on Bun w/ Ketchup Tater Tots 5-Way Mixed Veggie Mixed Fruit	28 Salisbury Steak Red Roasted Potatoes Sliced Zucchini Wheat Roll Pineapple Chunks	29 Ham & Swiss Mac & Cheese Bake Buttered Peas Cherry Crisp

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