

Published monthly for the clients of Meals on Wheels.

HOLIDAY!



The Meals on Wheels kitchen and office will be closed for:

Memorial Day - Monday, May 30th



Prior to the holiday you will receive a shelf stable meal package.
Use this meal on Monday, May 30th.

ARMED FORCES DAY - May 21st

The Meals on Wheels program wants to extend a “Thank You” to all veterans - with “special thoughts” to those veterans receiving meals!

Springtime Storms Can Cause Meal Cancellation

Over the years the meal program has only had to cancel delivery a few times due to spring storms. If there is an imminent tornado threat, serious flooding, an electrical outage, or large hail around meal delivery time - listen to KFDI, the television stations, or call 267-0122 for information about last minute meal cancellation. You should have a 1 day supply of nonperishable food (labeled for emergencies) that was delivered on March 8th.



Via Christi Hope

If you are a member of the Pace program called **Via Christi Hope** or if you are joining this program, your Meals on Wheels service could change. Please call Meals on Wheels at 267-0122 to discuss these changes.

Summer Shelf Stable Milk & Juice

Starting the first of June, Meals on Wheels has to stop bringing the carton of cold milk. During the hot summer months, we cannot keep the milk cold enough during delivery. This change is made because we do not want to risk your health or safety by serving milk that could be warm enough to cause food poisoning. Consequently, if you prefer regular milk, you will want to have some on hand. Throughout the summer months, we will alternate a calcium fortified juice and shelf stable milk.

The Meals on Wheels program wishes all mothers:

Happy Mother's Day - May 8th!

If you're able to and want to get out of the house, you might check out these sites for free or inexpensive things to do in Wichita.

- <https://wichitaonthecheap.com/free-things-week-wichita-ks>
- <https://www.360wichita.com>



Tornado Season Is Here!

Are you prepared for a disaster like a tornado or an extended power outage that can occur from spring storms? The Centers for Disease Control and Prevention (CDC) is a great resource and some of the items below are part of their list of information targeted specifically for older Americans facing an emergency. Another resource used in the list below is The Department of Homeland Security's Ready.gov site.

Things to consider:

- Have you thought about the best escape routes from your home or where to take shelter within your home?
- Do you have an emergency contact card with phone numbers?
- Do you have your wallet or purse (with medical insurance cards & some cash), phone & charger, glasses and/or hearing aids, shoes and clothes handy?
- Do you have your medication bottles/medical supplies (along with a cooler and ice packs if your medications require refrigeration) ready to go?
- Do you have enough bottled or gallon jugs of water and nonperishable food for you and your pets?

Some suggestions for emergency supplies:

- Food (that doesn't spoil or require cooking) with a manual can opener
- Whistle/signal flare (will help people locate you)
- Several flashlights with extra working batteries
- Battery-powered radio
- Plastic sheeting, trash bags and/or a rain slicker
- Blanket or sleeping bag
- Toilet paper, incontinence supplies
- Fire extinguisher

Personal first aid kit:

- Scissors and tweezers
- Anti-bacterial ointment
- Adhesive tape (2" wide)
- Adhesive bandages-various sizes
- Sterile gauze pads-various sizes
- First aid manual
- COVID supplies-masks, soap/hand sanitizer and disinfecting wipes.

May Is National High Blood Pressure Education Month

High blood pressure (hypertension) is known as the "Silent Killer" because you might not experience symptoms. According to the American Heart Association, if left undetected or uncontrolled, high blood pressure can lead to: heart attack/heart failure, stroke, vision loss, kidney disease or failure, peripheral artery disease and increased risk of dementia/vascular dementia. It's important for you to check your blood pressure regularly and know what your numbers mean. A reading of 130/80 or above is considered high blood pressure. The blood pressure top number is a measure of the force of the blood against the arteries when the heart beats. The bottom number is the force of the blood against the arteries at rest between heart beats.

Risk factors that can be controlled:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity



Favorable Fish for You

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

Fish consumption has been endorsed by many professional health organizations for heart health. The American Heart Association recommends that we should eat two fish meals per week. Would it make a difference if the fish were fried fish sticks, tuna, shrimp, or other types of fish?

If the heart protective quality of the fish is due to the fatty acid composition (omega 3 fatty acids), then the type of fish that we eat would be important. The preparation method (fried vs. grilled or baked) would also be an important factor determining the heart healthy benefit.

Various cardiovascular studies have been performed to answer the above questions. It appears that eating tuna, or other broiled or baked fish is generally associated with a decreased risk for heart disease. In contrast, eating fried fish is considered an unfavorable dietary choice and increases the risk for cardiovascular disease. Once again, these studies demonstrate that changing our diet (either wisely or unwisely) is associated with heart disease's risk. For these reasons, it is recommended to select favorable fish choices and broil, grill, bake, or steam the fish for your enjoyment.

Donated Items:

- Variety of Depend type briefs/ open side with tape
- Ensure type drinks
- Box fans
- 2 walkers

If you need any of the items listed above and you have difficulty purchasing them, call 267-0122.

Assistance is reliant on whether we have the items. Our donated supply is extremely limited.



ASK OUR DIETITIAN

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



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

QUESTION: Is Green Tea Healthy?

Tea is one of the most popular beverages consumed around the world. There are two basic types of tea: black tea and green tea. Black tea leaves are oxidized and produce a darker brew, hence the name black tea. Green tea is processed in a different manner and as a result has a much lighter brew. Most Americans and Europeans drink black tea, but people in China, India, Japan, and Korea prefer green tea.

The health benefits of green tea are still being studied. The hope is that some day green tea will be proven to be beneficial to prevent heart disease, some cancers, and other diseases. For now, the relationship between green tea and various diseases is still unproven. The speculation is that green tea has several polyphenolic compounds which may be the protective components of the tea. Other explanations include antioxidant protection or the binding of unwanted compounds called free radicals.

If you enjoy drinking tea, you may receive a double blessing: good flavor plus health benefits, but at this time no one knows for sure that green tea is superior to black tea or other common beverages.

SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in April:

Gary 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Corn Dogs with Ketchup Macaroni & Cheese Corn Cobbette Watermelon Craisins	3 Teriyaki Chicken Rice Pilaf Oriental Vegetables Hush Puppies Mandarin Oranges	4 Beef Stroganoff over Egg Noodles Squash Medley Pumpkin Bread Hot Spiced Peaches	5 Chicken Sancho topped w/ Queso Spanish Rice Black Beans w/ Pico de Gallo Diced Mango & Papaya	6 Crunchy Potato Pollock Potato Wedges Peas & Carrots Cherry Cobbler
9 Honey Garlic Pork Chops Sweet Potato Casserole Mixed Veggies Baked Apples Banana Muffin	10 Grilled Hamburger on a Bun with Mayo BBQ Baked Beans Buttered Corn Fruit Cup	11 Crab Cakes with Tartar Garden Blend Rice Green Beans Wheat Roll Sliced Peaches	12 Chicken Bacon Ranch Pasta Bake Veggie Medley Wheat Thins Fruit Crisp	13 <u>COLD MEAL</u> Tuna Salad Sandwich Garden Pasta Salad Tangy Coleslaw Strawberry Yogurt Parfait
16 Chicken Enchilada Bake Spanish Rice Fiesta Corn Corn Chips Cherry Craisins	17 Salisbury Steak Garlic Mashed Potatoes Capri Blend Vegetables Wheat Roll Rosy Applesauce	18 <u>COLD MEAL</u> Chicken Salad on Lettuce Bed w/ Club Crackers Carrot & Raisin Salad Fruit Medley Oreo Brownie	19 Battered Cod Wedge Rice Pilaf Buttered Peas Cornbread Biscuit Fruited Pudding	20 <u>Duck Confit w/ Orange Sauce</u> Cornbread Stuffing Roasted Tomatoes & Asparagus Cherry Strudel
23 Pizza Bake Seasoned Corn Garlic Breadstick Fruit Cup	24 BBQ Meatloaf Au Gratin Potatoes Buttered Green Beans Wheat Roll Pineapple Tidbits	25 Turkey Tetrazzini Italian Blend Vegetables Wheat Roll Blushing Pears	26 Beef & Cabbage Bake Rice Pilaf Fruit Crisp Cinnamon Roll	27 Chicken Parmesan Sub Tater Tots Baby Carrots with Ranch Hot Spiced Peaches
30 Closed For Memorial Day Use Meal Provided	31 Cilantro Lime Chicken Angel Hair Pasta Vegetable Medley Wheat Roll Mandarin Oranges			 New menu items are underlined.

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