

# NUTRITION

Notes



October 2022

Published monthly for the clients of Meals on Wheels.

## Meals on Wheels will be OPEN and delivering meals: Columbus Day - October 10th

### It's time for our yearly survey!

You will receive a survey and an envelope in your milk sack. The funding sources that help pay for your Meals on Wheels service would like everyone to return one! So, it is very important that you complete this survey and return it to us. Your opinions are important to us!

### Fall is here and winter weather will not be far behind!

During October we typically deliver 2 one day nonperishable meal supplies. Save these meals for days when we cancel meals (normally due to bad weather). This meal does not need to be refrigerated. If you eat this meal, we will not be able to bring out anything else on days we have to cancel meals for any reason. Please watch your television during bad weather or call the meal program at 267-0122 to determine if we are delivering.

### CALL TO CANCEL MEALS IF: YOU AREN'T HOME BETWEEN 10AM-1PM

You can leave a message to cancel your meal on the answering machine (available 24 hours every day) by dialing 267-0122. Leave your name, address and the date you will be gone.



### 2023 Medicare Health and Drug Plan Open Enrollment Period

#### October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. Each year you can change your Medicare health and/or drug plan. Things like cost, coverage, providers and pharmacies that are in their networks can change yearly.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If your health or drug plan is changing, you should make sure your plans will still meet your needs in 2023. If you're satisfied that your current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything. You can compare 2023 plans online at [medicare.gov](https://www.medicare.gov).  
**For information about plans, call 267-0122 ext. 201 for Lisa.**

**Safety Tip:** You might receive calls or literature about certain plans or about enrolling in a specific plan during open enrollment. All these solicitations are not honorable. Make sure you have a legitimate source of information or you initiated the call before you share your Medicare information or social security number.

## ASK OUR DIETITIAN

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



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

### **QUESTION: What Makes Us Eat The Way We Do?**

Nutrition researchers and food marketing professionals have studied this question for many years. This information is useful to health care professionals because they give advice to patients about dietary changes. Minor changes to the diet can sometimes be very helpful for overall health improvements.

Marketing researchers often carefully examine the tiny details associated with eating. They believe that food intake is influenced by both the eating environment and food selection habits. The eating environment refers to variables such as a pleasant atmosphere, eating distractions, socialization at meals, etc. Food selection habits refer to factors that relate to the way the food is presented such as the amount, package size, and how the food is served.

The upsetting truth is Americans are simply eating too much food, too often, and they are not even aware of their excessive behaviors and poor eating habits. Selecting nourishing food is inherently helpful and should improve well-being. Common, everyday habits can either work for or against us. Therefore, an individual needs to monitor one's habits and be aware of what, why, when, and how much we are eating. Try to remember...careful, responsible dietary planning enhances one's ability to improve health throughout life.

## FALL IS APPLE SEASON

By Glenna Harrison, RDN, LD

You probably grew up with the saying, "An apple a day keeps the doctor away." As I studied nutrition I wondered why that saying was so true. An apple offers B vitamins, small amount of Vitamin C and small amounts of minerals. I think the older doctors/nutritionists promoted the saying because of the fiber in the apple. A medium to large apple with the skin has around 5-7 grams of fiber - a very small one offers around 2.5 grams without the skin. Americans often do not eat enough fiber, so the apple can be an important part of daily nutrition.

Now we know that apples have beneficial phyto-chemicals. The apple has flavonoids and polyphenols which help protect the body from the negative effects of free radicals which can occur more frequently as we age. They also help prevent damage to cell walls and other body components.

If it's difficult to eat a raw apple with the skin, try slicing it into small slices and keep the skin on if you can. Otherwise, try to cook the slices slowly in a small amount of water (and add some red hots for color and spice) or cook them as peeled apple slices and mush them into applesauce.



### **SPECIAL OCCASION & MEMORIAL GIFTS**

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

#### **Memorials in September:**

Gary Rikli  
Bruce Carter

## Cancer Guidelines and Dietary Choices

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

The American Cancer Society recognizes that lifestyle is associated with cancer risk. Here are some of their guidelines for healthy living.

- \* Maintain a healthy weight throughout life.
- \* Adopt a physically active life
- \* Consume a healthy diet with emphasis on plant food
- \* Limit the consumption of alcohol

Some of the above guidelines are difficult for Americans to follow, but the goal is to work toward improvement, not perfection. For example, even if a person is not at their absolute, textbook perfect ideal weight, work toward achieving a reasonable, stable body weight appropriate for age, gender, height, etc. Another example, is even if a person is not a super athlete, at least avoid complete sedentary behavior.

Many Americans struggle with plant food intake. Common dietary habits often do not include the recommended number (n=5) of fruit and vegetable intake each day. Research continues on the specific types of vegetable/fruits to consume. The current research suggests maximum benefit from the colorful choices such as dark green and orange vegetables. The cabbage family of vegetables are also praised. Soy foods and legumes (peas and beans), tomatoes, & onions are also showing great promise. Most fruits are also good choices and can easily substitute for excessive sweet intake.

The overall message is to choose simple, basic plant foods and decrease some of the processed foods in our diet. Additional goals include limiting alcohol intake, don't begin smoking of any kind, and try to follow the above guidelines

throughout life. Even though specific dietary recommendations come and go, the above advice should serve one well for many years to come.

## October Is National Depression Awareness Month

Feeling down at times is a normal part of life as sad or stressful events occur in everyone's life. However, if you constantly feel depressed, seek out help. Depression may be described as feelings of sadness, loss, or anger that consistently interfere with a person's everyday activities. Left untreated, depression may last for months or years and it can worsen over time.

There isn't a single test to diagnose depression. However, your doctor can assist in evaluating your symptoms. In most cases, your doctor will ask a series of questions about your moods, appetite, sleep pattern, activity level, and thoughts. Because depression can be linked to other health problems, your doctor may also conduct a physical examination and order blood work.

To look at one of many screening tools, check out the Mental Health America website listed below to view/take an online "Depression Test".

<https://screening.mhanational.org/screening-tools/depression/?ref>

## Need a Hearing Aid? Can't afford one?

If you **meet all of these guidelines**, then there might be financial help of up to \$2,000 to get a hearing aid:

- You are a resident of Sedgwick County
- You are 60 or older
- Your income is at or below 200% of the federal poverty guidelines (200% = for 1 person - \$2,265 or for 2 people - \$3,052)

**For information call Independent Living Resource Center at 316-942-6300.**

**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

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3 Lemon Baked Chicken over Rice Pilaf Sugar Snap Peas Dinner Roll Fruit Yogurt	4 Beef Cabbage Bake Dinner Roll Hot Spiced Peach Crisp	5 <u>COLD MEAL</u> Chicken Salad Sandwich Pea Salad Seasonal Fresh Fruit Round Fudge Cookie	6 Spaghetti with Meat Sauce Buttered Corn Garlic Bread Rosy Applesauce	7 Potato Crusted Pollock Rice Pilaf Mixed Veggies Dinner Roll Assorted Fruit Cup
10 Brown Sugar Glazed Ham Sweet Potato Casserole Green Beans Wheat Roll Diced Peaches	11 Open Faced Meatloaf Sandwich with Mashed Potato Succotash Cherry Crisp	12 Chicken Tenders with Ketchup Potato Wedges Peas & Carrots Roll Fruited Gelatin	13 BBQ Pork Riblet Cheesy Mashed Potatoes Creamed Corn Cornbread Strawberries & Bananas	14 Catfish w/ Tartar Au Gratin Potatoes Seasoned Carrots Dinner Roll Apple Slices
17 Chicken Teriyaki Rice Pilaf Egg Roll Oriental Veggies Mandarin Orange Zephyr Whip	18 Biscuits & Gravy Sausage Patty Scrambled Egg Hashbrowns Blushing Pears	19 Creamy Chicken Spaghetti Buttered Peas Garlic Knots Pineapple Tidbits	20 <u>COLD MEAL</u> Tuna Salad Sandwich Potato Salad 3 Bean Salad Fruit Cup	21 Hamburger on Bun w/ Mustard Macaroni & Cheese Dill Buttered Carrots Sliced Peaches
24 Goulash Seasoned Peas Wheat Roll Peach Parfait	25 Southwest Chicken Black Beans Fiesta Corn Fruit Churro	26 <u>Honey Garlic Chicken</u> Rice Pilaf Winter Mix Veggies Blueberry Compote	27 Beef Hot Dog on Bun Baked Beans Green Beans Applesauce	28 Cheese Ravioli with Meat Sauce Broccoli Garlic Bread Fruit Craisins
31 Chili with Cheese Carrots Fritos Pineapple Chunks Spooky Cookie				New menu items are underlined.

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