

NUTRITION

Notes



February 2023

Published monthly for the clients of Meals on Wheels.



HOLIDAYS!

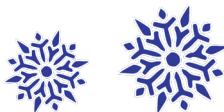
Meals on Wheels is closed and will not deliver meals on:

Presidents' Day - Monday, February 20th

A nonperishable meal will be sent prior to the February 20th holiday which you need to keep and use on the 20th.



Meal Cancellation During Bad Weather



There might be days this winter when we have to cancel meals because the 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 the nonperishable food that we already provided.

Please keep in mind - If roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door. It would also be helpful if you could keep some ice melt on hand. If it is possible for you to stay safely inside your front door and throw out some ice melt on your porch or steps, this would help our volunteers accomplish your meal delivery.



Weekend Meal Delivery

We have a limited number of openings for weekend meal service. This means that you could receive a meal 6 to 7 days a week. Weekend meal service is reserved for those with more severe health issues and no other help with weekend meals. We only serve around 40 people on the weekends. If you need weekend meals, then call 267-0122 and your worker will determine if we can assist you on the weekend. Several Catholic churches provide the volunteer drivers for our weekend routes. Office staff do not work on the weekend.

COVID Test Kits

The Central Plains Area Agency on Aging has made available COVID Test kits that can be distributed to Meals on Wheels clients. Each kit contains 4 tests, and are available to be brought out this month. To note; the test kits show an expiration date of 01/2023 - per a shelf-life extension granted by the FDA on October 12, 2022 the expiration has been extended to 02/2024. **If you are interested in receiving these kits please give us a call at (316) 267-0122.**

ASK OUR DIETITIAN

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



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

QUESTION: What is Gluten?

Gluten is a specific protein found in wheat, rye, malt, and barley. When gluten is consumed an unwanted inflammatory response occurs. Over time, this damages the tiny cells inside the intestinal tract. The ongoing damage results in a decrease in absorptive surface area and a loss of digestive enzymes.

The only effective dietary treatment for gluten intolerance is a gluten-free diet. Gluten appears in the food supply in obvious sources such as breads and grains and wheat flour, but it also appears in many concealed food selections because wheat flour has many functions such as a thickening agent, anti-sticking additive etc. Individuals will need to learn to identify gluten-containing foods. This will include the direct sources such as wheat, malt, rye, and barley. The only way to completely avoid gluten is to carefully and thoroughly read all food labels, prevent cross-contamination from food buffets/shared cooking utensils, and identify hidden gluten in non-food items. These examples include baking ingredients, yeast, some flavorings, blended foods, some seasonings, and foods that may contain malted vinegar. Several foods may not contain gluten - such as potatoes. However, potato chips and french fries may have traces of gluten because of the anti-sticking property of adding a small amount of flour to the potato chip or french

fry bag. Every food label needs to be studied to detect these indirect sources of gluten.

Individuals attempting to follow a gluten-free diet need to develop patience, vigilance, and food ingredient knowledge so they can experience intestinal healing and better food tolerance within the realm of their customary dietary choices.

LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter.

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.
- 2) Applicants must demonstrate a recent history of payments toward their utility or heating costs.
- 3) Must not exceed the household 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 \$1,699 gross monthly income

2 people - maximum of \$2,289 gross monthly income

Applications accepted:

January 3, 2023 through March 31, 2023.

You can apply online at www.lieap.dcf.ks.gov. If you have questions or need an application, call 267-0122.

Soft Diets and Stomach Conditions

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

Many adults experience stomach discomfort after eating their typical foods. The general term for this is indigestion. This can refer to a wide range of annoying symptoms which include: nausea, vomiting, pain, bloating, and uncomfortable fullness. A soft diet may help decrease these symptoms. The liquids that may help alleviate indigestion are apple juice, sport drinks, water, diluted tea, and lemonade. Also, sucking on small amounts (1-2 T) of ice chips every 10 minutes may help calm the stomach.

Solid food is harder to comfortably digest. The goal is to start slowly by adding one food at a time in very small amounts. Avoid high fat, high fiber, and any food with a strong odor until the symptoms have calmed down. Some people find ginger ale helpful to decrease nausea and vomiting as well. Diluted soft drinks help other individuals feel better.

Recommended foods are dry toast, crackers, pretzels, rice, and potatoes. Yogurt and cottage cheese may be tolerated better than other dairy selections. Baked chicken and broth soups will help provide protein until a normal diet can be resumed. Delay adding beef, pork or fish until you feel better.

Keep in mind that the root cause of the indigestion should be diagnosed - if the indigestion continues for several days. A soft diet does not completely treat or cure indigestion, but it generally minimizes the discomfort and annoying symptoms. Every individual is different, so take it slow, but do some food exploration.



Project Deserve - A Program Administered By Center Of Hope, Inc.

For current customers of Evergy who have **active service** in their name, this program might be able to provide some assistance toward your bill.

To be eligible for this program you must be:

- Age 65 or older or receive permanent disability from SSI or SSD
- OR**
- Meet the income guidelines: maximum net monthly income for 1 person of \$1,473 or 2 person of \$1,984 (income limit for larger households available)

Application information includes - information and income on all household members; utility bill and monthly expenditure information.

Required Verifications You Must Provide:

- Current verification for each source on income in your household for the most recent 30 days
- Current utility bill
- One other utility or phone bill in your name at your address

DO NOT include originals as they will not be returned to you.

An application may be submitted by mail to Center of Hope Inc., Project DESERVE, P.O. Box 3237 (67201) or completed online at centerofhopeinc.org. You can also call Center of Hope at 316-267-3999.

SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in January:

Troy G Rimel

Gift in Honor of:

Steve Heidrick

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

February 2023 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| | | 1 Chicken & Dumplings Peas & Carrots Oyster Crackers Warm Apple Compote | 2 Waffle with Warm Spiced Peach Top Sausage, Egg, & Cheese Bake Hashbrowns | 3 Fish & Cheese on a Bun Au Gratin Potatoes Mix Vegetables Watermelon Craisin |
| 6 White Chicken Chili Green Beans Garlic Knots Strawberry Applesauce | 7 Sloppy Joe on Bun with Pickle Spear Potato Wedges Baby Carrots Warm Spiced Peaches | 8 BBQ Chicken Breast Fried Potatoes with Onion Corn on the Cob Wheat Roll Mandarin Oranges | 9 Turkey w/ Gravy Cornbread Dressing Peas with Pearl Onion Wheat Roll Cranberry Salad | 10 Potato Crusted Pollock Scalloped Potatoes Broccoli Florets Wheat Roll Fruited Jello |
| 13 Roasted Pork Chops Sweet Potato Casserole Brussels Sprouts Wheat Roll Tropical Fruit | 14 Spaghetti with Meat Sauce Winter Blend Veggies Garlic Bread Strawberries & Bananas | 15 Southwest Chicken Casserole Black Beans Fiesta Style Corn Apple Churros | 16 Ham & Beans Turnip Greens Cornbread Sliced Peaches | 17 <u>COLD MEAL</u> Tuna Salad on Pita Italian Pasta Salad Baby Carrots Fresh Kiwi |
| 20 Closed For Presidents' Day Use Meal Provided | 21 Salisbury Steak over Mashed Potatoes Sliced Carrots Wheat Roll Cherry Mixed Fruit | 22 Chicken Enchiladas with Sour Cream Spanish Rice Refried Beans Cherry Frudel | 23 Cuban Sandwich on Hawaiian Bun Potato Wedges Buttered Green Beans Blushing Applesauce | 24 <u>Shrimp & Spinach Tortellini</u> with Garlic Parmesan Tossed Salad Garlic Toast Blackberry Cobbler |
| 27 Pineapple Glazed Ham over Sweet Potatoes Parslied Cauliflower Cornbread Pineapple Tidbits | 28 Beef Goulash Mixed Vegetables Wheat Roll Emerald Pears | | | New menu items are underlined. |

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

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