

NUTRITION

Notes



March 2023

Published monthly for the clients of Meals on Wheels.



CANCELLATION NOTICE

Meals on Wheels will not be delivering on:

Friday, March 3rd

Please utilize one of the shelf stable meals delivered in February.
This will be replaced within a couple weeks of its use.



Make Sure To Call - Phone Availability

Meals are delivered between the hours of 10:00am and 1:00pm; if you feel you will not be home during that time, please call. These calls need to be made by 9:00am on the day of delivery. You're always welcome to leave a message after hours as well. We are receiving a large number of no answer calls from the Volunteers. When you are not home, and we attempt to deliver, it causes a waste of a meal and time from the Volunteers route.

There are days that Staff have to take routes if there are not enough Volunteers to cover them. The Staff leaves the office around 11:30am, which may make their arrival later than your usual volunteers. Please remember your meal is not considered late until it is past 1:00pm.

The Meals on Wheels Social Services department is currently in a transition of employees and are down two persons. This coupled with Staff out on routes limits the number of persons available in the office to take phone calls. Please be patient, and leave a message if you are unable to reach someone, your call will be returned.

Volunteers will begin only calling into the office after their routes for no answers, unless they feel there is a concern or something looks out of the norm. In waiting to make these calls it will free up the Volunteer to continue their route. Please do not rely on Staff to call and let you know the Volunteers have arrived at your home for delivery.

Lent Meals

February 28th - April 9th

We will try and offer an alternate meal on Fridays during Lent, if the meal on the menu is not already appropriate for Lent. If you are interested in receiving a Lent meal, please call 267-0122 to request this option.

Daylight Saving Time Returns - March 12th

Be sure to move your clocks forward or ahead one hour on Saturday evening, March 11th.



ASK OUR DIETITIAN

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



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

QUESTION: How do calcium and vitamin D enhance each other?

Calcium is a mineral that helps your heart, muscles, and bones. It also supports the nervous system and helps some hormones function properly. Calcium builds bones when we are young (until about age 21), and keeps our bones healthy as we age. Almost all the calcium in our body is in our bones and teeth. Since calcium is a mineral - we must keep in mind that we don't make minerals - we only store them.

Vitamin D helps absorb calcium from our diet. Calcium and vitamin D work together to help prevent bone loss and/or bone weakening. This is associated with osteoporosis and osteopenia. Calcium and vitamin D also help to build strong muscle tissue. This increases the body's ability to maintain safe walking and standing, overall balance, coordination and independent living.

Calcium food choices:

- Dairy (milk, cheese, and yogurt)
- Leafy green vegetables
- Almonds
- Fortified foods and beverages

Vitamin D food choices:

- Fatty fish
- Fortified milk
- Mushrooms
- Egg yolks
- Fortified beverages

Source: Ohio Dept. of Aging

March For Meals 2023

Every year Meals on Wheels America promotes a national campaign called ***March For Meals***. During the month of March local programs like ours will promote the importance of proper nutrition and personal contact which helps keep seniors in their own homes. Numerous community leaders, media personalities and elected officials will be out to deliver throughout the month. We are still receiving confirmations so exact dates and times are not yet available. Just be aware that an elected official or media anchor may come knocking at your door with a hot meal and a warm smile.



Fire Safety & Severe Weather Preparedness With The American Red Cross

As part of ***March For Meals*** the local Red Cross chapter will distribute fire safety and prevention kits to volunteers who will deliver them on Thursday, March 23rd. If you are in need of a new smoke detector the Red Cross is happy to provide you one and will install it for you at no charge. The prevention kits will contain the contact number for smoke detector installation.

SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in February:

Gary Rikli

Vitamin D Needs For Older Adults

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

Vitamin D is a fat soluble vitamin that is important for the health of older adults. The primary functions of vitamin D include strengthening bones & teeth, muscular movement, and maintaining the health of our immune system. There are also multiple secondary functions for vitamin D that are being studied.

Vitamin D can also be made in our body in response to sunlight exposure. However, the process is less efficient as we age, compared to younger adults. Many older adults do not consistently consume enough vitamin D containing foods. The excellent choices for vitamin D are milk, fortified cereal, fortified orange juice, liver, egg yolks, and some fish selections (salmon and tuna).

Here are some strategies to increase vitamin D intake.

- Breakfast is a good time to include vitamin D in the diet (eggs, orange juice & fortified cereals).
- Eat two meals/week containing fish.
- Drink milk at every meal.
- Aim to add at least one vitamin D containing food to the diet every day.
- Read food labels for Vitamin D content.
- Include some sunshine every day, if possible.
- Consider a vitamin D supplement.

Source: *National Research Center on Nutrition and Aging*

LIEAP: Low Income Energy Assistance Program

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

For qualification information, call 267-0122.

Application Deadline:

March 31, 2023.

You can also apply online at www.lieap.dcf.ks.gov.

Thank You To Students From WSU

On Saturday, February 11th, Senior Services was one of twelve host sites for more than 200 WSU students volunteering across the City of Wichita. In conjunction with the WSU Community Service Board and United Way of the Plains they participated in WSU's Big Event – Spring 2023. The students packed the shelf stable meal that was provided to you for Presidents Day. We appreciate the partnerships we have in the Community to assist with our Meals on Wheels program.



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.		1 <u>COLD MEAL</u> Chicken Salad on a Croissant Potato Salad Baby Carrots Fresh Grapes	2 Fish Sticks Long Grain Rice Broccoli Wheat Roll Whole Grain Chocolate Cookie Mixed Fruit	3 No Production Day Use Meal Provided
6 Open Faced Meatloaf Sandwich Roasted Zucchini & Tomatoes Cherry Cobbler	7 Cilantro Lime Chicken over Long Grain Rice Pinto Beans Fiesta Corn Apple Frudel	8 Biscuits & Sausage Gravy Mini Veggie Quiche Hashbrown Patty Strawberries & Bananas	9 Taco Burger w/ Diced Tomato & Sour Cream Refried Beans Fiesta Corn Blushing Applesauce	10 Potato Crusted Pollock Mixed Veggies Baby Bakers Wheat Roll Fruit Craisin
13 Turkey Pot Pie 5-Way Mixed Veggies Baby Carrots Warm Spiced Peach Crisp	14 Chili w/ Beans Cheese & Fritos Peas & Carrots Mixed Fruit Compote Cinnamon Roll	15 Creamy Chicken Spaghetti Broccoli Garlic Toast Mandarin Oranges	16 Hot Dog on Bun Macaroni & Cheese Green Beans Pineapple Tidbits	17 <u>COLD MEAL</u> Tuna Salad with Pita Potato Salad Green Pea Salad Diced Pears
20 Beef Stuffed Bell Peppers Buttered Corn Wheat Roll Fruit Yogurt	21 Pork Tips in Gravy over Steamed Rice Seasoned Spinach Wheat Roll Dried Banana Chips	22 Sloppy Joe on Bun BBQ Baked Beans Baby Carrots Hot Spiced Apples	23 Chicken Parmesan over Noodles Roasted Pepper & Onion Blend Garlic Breadstick Sliced Peaches	24 Fish Sticks with Tartar Macaroni & Cheese Mixed Veggies Wheat Roll Raisins
27 Chicken Teriyaki over Long Grain Rice Oriental Veggies Fruit Crisp Fortune Cookies	28 Salisbury Steak Red Roasted Potatoes Turnip Greens Wheat Roll Fruit Yogurt	29 Open Faced Pork Tenderloin Buttered Broccoli Whole Grain Pumpkin Bread Slice Cherry Crisp	30 Turkey Mini Corn Dogs Baked Beans Corn on the Cob Blueberry Mini Loaf	31 Fish Sandwich w/ Ketchup Sweet Potato Tots Baby Carrots Mixed Berry Compote

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

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