

NUTRITION *Notes*



May 2023

Published monthly for the clients of Meals on Wheels.

HOLIDAY!



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

Memorial Day - Monday, May 29th

Prior to the holiday you will receive a shelf stable meal.
Use this meal on Monday, May 29th.



New Staff in Social Services

This month we are pleased to announce the addition of two new staff members to fill the vacancies we have had since the beginning of the year. On Wednesday, April 26th we welcomed Jermaine Pennington as the new Social Services Director of the program. And on Monday, May 1st we will welcome Melissa Leonard to the position of Social Services Specialist. We are very excited to have them on board and return the office to full staff. They will be learning all the ins and outs of the program over the next few weeks.

Changes of Information

It is very important that you contact the office if you have a change of phone number, or your emergency contact or their number changes. We have to be able to reach you for no answers, concerns, and annual assessments.



Summer Shelf Stable Milk & Juice

We have started to slowly transition a calcium fortified juice into the menu on Tuesday and Thursday during the week. As warmer temperatures approach we will begin sending out a shelf stable milk on Monday, Wednesday, and Friday.

Starting the first of June, Meals on Wheels has to replace the carton of cold milk with the shelf stable milk. As the weather gets warmer, we cannot keep the milk cold enough during delivery. This change is made annually because we do not wish to risk your safety by serving milk that has not been held at temperature.

**The Meals on Wheels program
wishes all mothers:
Happy Mother's Day - May 14th!**



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 cholesterol?

Cholesterol is an important sterol (a form of fat) in the human body. Even though it has a reputation of causing harm, cholesterol actually has some favorable functions. For example cholesterol is the basis for several steroids derivatives such as cortisone aldosterone, bile acids, testosterone and estrogen. Additionally, Vitamin D is associated with cholesterol metabolism. Cholesterol also plays a vital role in cell membrane stability and flexibility; it is especially helpful along the inner membrane of cells.

Excess dietary cholesterol may raise blood cholesterol, but at a much lower extent than saturated fatty acids. However, cholesterol responsiveness varies widely among individuals. There are hypo-responders and hyper-responders. Dietary cholesterol may also impact inflammatory markers in the blood, but this effect has been difficult and inconsistent to study.

Dietary cholesterol is found in animal foods. Examples include liver, fatty meats, high fat cheeses, high fat dairy foods, sausage, organ meats, high fat desserts, egg yolks, etc. Even though cholesterol is found in these common foods, this does not mean these foods should be avoided or shunned. Moderation and good judgment are the goals for dietary guidelines. Dietary choice is broad and multiple factors need to be considered regarding heart disease and other chronic conditions. For

example, an overall healthful diet is the goal - rather than mere cholesterol exclusion. Also, try to achieve a healthy body weight, be physically active, and try to include more fiber, fruit and vegetables in the daily diet. Moderation in all things is a good rule to live by.

Meals on Wheels Dog/Animal Policy



As warm weather approaches, we wanted to send out a reminder in regard to our dog and animal policy. This policy would have been shared with you at the time of your initial assessment, so it is good to have a reminder.

- You must confine your dog/animal away from the point of delivery until after you receive your meal, even if your animal is friendly. This would include the pet being at the front door, the fence near the delivery area, or in the direction of the volunteers.
- The law defines an animal bite as an actual or suspected abrasion, scratch, puncture, tear, bruise, or piercing of the skin caused by an animal.
- If your dog/animal causes problems or bites a volunteer, we will have to stop your meals.
- If your dog/animal bites a volunteer, we must report the incident to the City of Wichita Police Department Animal Control Section. Your animal will be quarantined either in your home, at a veterinarian or at Wichita Animal Control. You could be required to pay a fee or a fine.

Please be mindful of your pets and assist us in ensuring a safe delivery to you and the safety of our volunteers.

Heart Disease

By Nichole Duran, Dietetic Intern

Heart disease is a general term for the many types of heart problems, it's also called cardiovascular disease, meaning heart and blood vessel disease.



This can cause many health concerns including weakening and hardening of heart muscles, narrowing of arteries due to plaque buildup, irregular heart rate, and high blood pressure. The good news is with a healthy diet and lifestyle you can reduce your risk and prevent potential heart attacks in the future. As many of you know the main risk factors of heart disease are diabetes, alcohol and tobacco use, excess body weight, unhealthy diet, and lack of physical activity. While heart disease risk can be genetic, it can directly be correlated with unhealthy diet and lifestyle. These are two things that you can take control over and change.

Ways to prevent heart disease could be a diet high in fruits and vegetables, low sodium, and low fat (less fried but more grilled, baked, and braised). Dietary Approaches to Stop Hypertension, also referred as the DASH diet is perfectly tailored for a heart healthy diet. It focuses on fruits and vegetables, whole grains, lean meats, all which most Americans don't get enough of. When grocery shopping, look for heart healthy labels and low sodium options, and remember you can always have your cake and eat it too! (in moderation). The American Heart Association recommends 2.5 hours of exercise weekly, which is only half an hour a day. This could be running errands with friends doing some yard work or taking the dog out for a walk. Make it fun!

Source: American Heart Association



Deliveries

You must be at home when your meal is delivered, volunteers are not to leave a meal unattended. This means that they should not be leaving the meal at your door, on the porch, etc. Please do not leave a note directing the volunteers to leave the meal.

Volunteers are requested to call the meal office if you do not answer during delivery so we can check on you. The meal office will attempt to call you or your contacts. If we cannot determine your whereabouts by 4:30pm, and we are concerned about your condition, we will call 911 and request that a police welfare check be conducted. The Meals on Wheels program is not responsible for damages to your property.

If you receive a notice that you weren't home on your door, call the office so we won't need to call your contacts.

As a reminder your meal is not late until it is 1:00pm. Meal delivery time is between 10:00am and 1:00pm, we are unable to set an exact time of arrival since routes are delivered by volunteers. Volunteers can show at varied times to pick up their routes. If a staff member is required to deliver, they do not leave the office until around 11:30am which will make the route a little later to be delivered.



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Biscuits & Turkey Sausage Gravy Scrambled Eggs Hashbrowns Fruit Yogurt	2 Cheeseburger Casserole Green Beans Whole Grain Roll Mixed Fruit	3 Chicken Bacon Ranch Pasta Bake Veggie Medley Wheat Thins Fruit Crisp	4 Crab Cakes with Tarter Sauce Garden Blend Rice Carrots Wheat Roll Pineapple Chunks	5 <u>COLD MEAL</u> Turkey Sandwich on Wheat with Lettuce, Tomato & Mayo Three Bean Salad Fruit Medley
8 Beef Stroganoff over Egg Noodles Squash Medley Hot Spiced Peaches	9 Battered Cod Wedge Rice Pilaf Buttered Peas Cornbread Biscuit Mandarin Oranges	10 Beef Hot Dog on a Bun with Ketchup Tater Tots 5-Way Mixed Vegetables Fruit Cup	11 Honey Garlic Pork Chops Sweet Potato Casserole Mixed Vegetables Banana Bread Pears	12 Chicken Enchilada Bake Spanish Rice Fiesta Corn Diced Mango
15 Pork Carnita Soft Tacos with Lettuce, Tomato & Cheese Cilantro Lime Rice Peach Cobbler	16 <u>COLD MEAL</u> Tuna Salad on Wheat Pita Garden Pasta Salad Tangy Coleslaw Strawberry Yogurt Parfait	17 Grilled Hamburger on a Bun BBQ Baked Beans Buttered Corn Fruit Cup	18 Cilantro Lime Chicken Angel Hair Pasta Vegetable Medley Blushing Pears	19 Salisbury Steak Red Roasted Potatoes Sliced Zucchini Wheat Roll Pineapple Chunks
22 Roasted Turkey with Gravy Cornbread Stuffing Buttered Carrots Garlic Roll Craisins	23 Beef Enchiladas Spanish Rice Fiesta Style Corn Salsa Cherry Strudel	24 Apple Pork Chop Black Eyed Peas w/ Pearl Onions Tossed Salad w/ Tomato Blackberry Cobbler	25 Fish Sticks Potato Wedges Creamed Corn Wheat Roll Peaches	26 Chicken Parmesan Sub Tater Tots Baby Carrots with Ranch Dip Hot Spiced Pears
29 Closed For Memorial Day Use Meal Provided	30 <u>COLD MEAL</u> Chicken Salad on Lettuce Bed Carrot Raisin Salad Wheat Crackers Fruit Medley	31 Cheese Ravioli with Meat Sauce Italian Green Beans Garlic Breadstick Sliced Peaches		 New menu items are underlined.

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

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