

NUTRITION

Notes



Senior Services
OF WICHITA

June 2023

Published monthly for the clients of Meals on Wheels.



UPCOMING HOLIDAY CLOSURE



Next month Meals on Wheels will be closed on Monday, July 3rd and Tuesday, July 4th in celebration of the Fourth of July holiday. Clients will be receiving two (2) shelf stable meals at the **end of June** for use on these days.

National Men's Health Week (June 12th - 18th)

Men's Health Week is celebrated every year on the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. (menshealthmonth.org/week).

"Recognizing and preventing men's health problems is not just a man's issue. Because of it's impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." - Congressman Bill Richardson; May 24, 1994.

Shelf Stable Milks

As a reminder we will be switching over to a shelf stable milk for the warmer summer months, beginning in June. This milk will be delivered on Monday, Wednesday, and Friday. On Tuesday and Thursday a juice will be sent. As we transition we will be using the Horizon milks as we had last year. We are currently researching other shelf stable options as well; looking at taste and cost of the product.

Warm Weather Is On The Way

The Meals on Wheels program currently has a limited number of box fans available if you feel you are in need as the warmer weather approaches. These will be given out on a first come, first serve basis. Please call the office at (316) 267-0122 if you are interested.

TO CANCEL MEAL DELIVERY

When you can't be home between 10:00am and 1:00pm - just call 267-0122 to leave a message on the machine. If you're cancelling the same morning you'll be gone, please call by 9:00am so we can catch your route.

Happy Father's Day From
All of Us At Meals On Wheels!

ASK OUR DIETITIAN

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



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

QUESTION: Why do so many health care professionals criticize sodium?

Excess dietary sodium is often criticized by health care professionals because of its association with high blood pressure and water retention. But sodium is actually a genuine, recognized nutrient.

Here are some facts about sodium:

- sodium helps regulate plasma volume
- sodium plays a role in nerve and muscle function
- acid-base balance
- nutrient transport along cell membranes
- vital role of sodium and potassium exchange

Healthy kidneys regulate sodium levels in the body. Generally, the amount of sodium lost each day (excreted) is approximately equal to the amount consumed. There are several systems in place to help regulate this. These include the kidneys, various hormones, the nervous system, certain blood proteins, activation of the thirst mechanism, and blood pressure levels. Nevertheless, these systems sometimes are not as acute or as functional as they should be - and as a result dietary sodium levels may have to be monitored/regulated.

The major source of sodium in the

diet is table salt. Other sources include: processed foods, cheese and dairy products, cereals, bakery items, frozen dinners, convenience foods, gravies, salad dressings, vegetables and grains. Fruits contain very little sodium. Another common source of sodium is large portions of food from restaurant meals, especially fast food meals. The addition of flavored salts, flavor enhancers, and preservatives also increases the sodium content of our diets.

Information regarding sodium content is found on most food labels. If you need to reduce sodium because of a health condition, taper off gradually until you reach your goal number. If your body can successfully and healthfully handle sodium intake, then enjoy your food choices, without consuming sodium in excessively large amounts.

Roving Pantry Accepting New Clients

Maintaining adequate nutrition can be a challenge as we grow older. Grocery shopping is a challenge for people who have mobility limitations or vision impairments. The Roving Pantry is a grocery delivery service available to homebound persons aged sixty and over who cannot shop for themselves and have no one else to shop for them. Clients pay for their groceries upon delivery to their homes by cash or check. The program is also able to take Vision Card payments. You simply call in your order, then the staff will shop and deliver your groceries to your door each week. If this service is something you may be interested in please call Kely or Arnetta at (316) 267-4378.



Water: The Needed (often neglected) Nutrient

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

Water is the largest single component of the body. We even have the thirst mechanism to remind us to drink water several times each day. However, we can easily ignore the sensation of thirst, or even confuse it with the sensation of hunger.

Here is a list of several functions of water:

- water makes solutes (small particles) available for important cellular reactions
- water is a part of our structures, for example muscle tissue
- water is essential for digestion, absorption and excretion
- maintenance of the circulatory system
- transportation of nutrients and other body substances
- helps maintain body temperature
- water helps with evaporation and body cooling
- water helps prevent hyperthermia
- water preserves internal consistency with cellular fluids

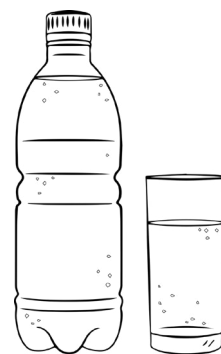
We should respect water as a vital nutrient, even though it contains no caloric benefit. For some reason, drinking water can often be a neglected habit. The thirst mechanism is quite powerful in our youth, but not as significant/potent as we age. Thus, we almost need to remind ourselves to drink about 6-8 glasses of water/day. Other beverages contribute to our total water intake, (coffee, tea, milk, juices, etc.), but they contain caffeine, calories, or unneeded sugar. Water is really the superior choice.

We gain/lose water each day, but our overall body composition remains remarkably steady. Under normal

conditions the kidneys have the ability to regulate the changes in body water composition by either increasing or decreasing water loss in urine volume. However, this regulatory system can be de-railed by certain medications, alcohol, fever, infections, laxative abuse, high temperatures, high altitude, vomiting, intense athletic events, etc.

Thus, the *neglected* nutrient of water deserves our attention and our respect.

Try to establish a routine of drinking about 2 glasses in the morning, 2 glasses in the afternoon, and 2 glasses in the evening. This habit is fairly easy to establish, but it does take some intentional effort to regularly keep the routine.



Meeting A Huge Need

Recently, some alarming data was released, that for the first time in 100 years the life expectancy of Americans have decreased. The primary culprits in this unfortunate trend have been identified as social isolation and food insecurity. Now more than ever, we celebrate the staff and volunteers of Meals on Wheels for their tireless work to help combat this trend in our community. We thank you for your support as we continue to make our community a healthier place to live by providing nutritious meals and social engagement.

SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in May:

Gary Rikli

Derry Larson

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.			1 Chicken Fried Steak with Cream Gravy Mashed Potatoes Green Beans Mini Fruit Muffin Mixed Fruit Cup	2 Blackened Fish Southwest Hominy Salad with Dressing Wheat Roll Fruit Crisp
5 Chicken & Sausage Gumbo Fluffy Rice Okra Cornbread Loaf Mandarin Oranges	6 Breaded Baked Fish Southwest Lentils Coleslaw Spiced Peaches Whole Grain Roll	7 Hamburger Cabbage Bake Steamed Carrots Garlic Knot Peaches & Cream Parfait	8 Herb Roasted Turkey Mashed Potatoes & Gravy Buttered Peas Wheat Roll Applesauce	9 Ham & Beans Mix Vegetables Whole Grain Crackers Corn Bread Muffin Fruit Yogurt
12 Swedish Meatballs Egg Noodles Spinach Wheat Roll Banana-Pistachio Pudding	13 Roast Beef with Mashed Potatoes & Gravy Broccoli and Rice Casserole Dinner Roll Mangos	14 Orange Glazed Pork Chop Herb Roasted Potatoes Carrots Wheat Roll Apricots	15 <u>COLD MEAL</u> Tuna Salad on Pita Garden Pasta Salad Cold Pea Salad Pears	16 Rosemary Chicken Breast Yams Green Beans Whole Grain Roll Pineapple Chunks
19 Chicken Rice Casserole Savory Carrots Mini Corn Muffin Peaches	20 Pork Loin Red Roasted Potatoes Squash Medley Wheat Roll Cinnamon Applesauce	21 Chicken Stir Fry Brown Rice Pilaf Oriental Vegetables Fruit Muffin Mixed Fruit	22 Fish Filet Sandwich Potato Wedges Coleslaw Tarter Sauce Fruit Compote	23 Glazed Meatloaf Mashed Potatoes Broccoli Banana Bread Cinnamon Apples
26 Oriental Pork Fried Rice Carrots Egg Roll Mandarin Oranges Fortune Cookie	27 <u>COLD MEAL</u> Turkey Sandwich on Wheat with Lettuce & Tomato Potato Salad Mayo Packet Mixed Fruit	28 Tuna Casserole Green Peas with Red Peppers Sliced Pickled Beets Wheat Roll Pears	29 Chicken Pasta Primavera Italian Green Beans Garlic Breadstick Strawberry Applesauce	30 Grilled Hamburger on a Wheat Bun Tater Tots Baked Beans Tropical Fruit Salad

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

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