

NUTRITION

Notes



Senior Services
OF WICHITA

July 2023

Published monthly for the clients of Meals on Wheels.

HOLIDAY CLOSURE



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



Tips To Prevent Dehydration In The Elderly

- **Education of the importance of hydration.** The elderly still have agency and want to do everything they can to stay in good health. Seniors with Alzheimer's or dementia might struggle to remember to drink water, but you should still prioritize hydration education.
- **Encourage taking small drinks throughout the day.** Large glasses of water can be intimidating to some seniors. Instead, make sure they always have a water bottle handy for small sips.
- **Fill the fridge with foods high in water content.** Fruits, veggies, and even yogurt can help seniors stay hydrated.
- **Mind the weather.** Sweating in hot weather can lead to dehydration, and so can moisture loss from dry air in the winter or at high altitudes.

- **Discourage diuretic beverages.** Alcohol, coffee, and some protein drinks can increase urination, which can exacerbate dehydration.

Source:

<https://www.dispatchhealth.com/blog/top-signs-of-dehydration-in-the-elderly/>

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.



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 the difference among all the yogurts in the grocery store?

Yogurt is a great dairy option, but there are some categories of yogurt that are unique. For example, **Greek yogurt** is higher in protein, thicker, and tangier than regular yogurt. When Greek yogurt is made it is strained and the liquid whey protein is removed. The drawback to this type of yogurt is the fact that it has lower levels of calcium compared to regular yogurt. It may also have lower levels of sodium and lactose. The only way to know for sure how the yogurts compare is to read the label and try to compare "like for like". Another consideration is the fact that Greek yogurt generally costs more than regular yogurt because it requires more milk to produce this type of yogurt.

Regular yogurt comes in several flavors, carton sizes, and consistency choices. Since it is a yogurt it will contain some probiotic content/benefits. Probiotics are live, active microorganisms with intestinal benefits. Active, bacterial cultures (in the appropriate amount) will help individuals properly digest their food. Some information about probiotics will be on the label, but detailed information is available on the internet or from the manufacturer.

Frozen yogurt is similar to low-fat ice cream products. However, the nutrient content/calorie content will vary from product to product. No

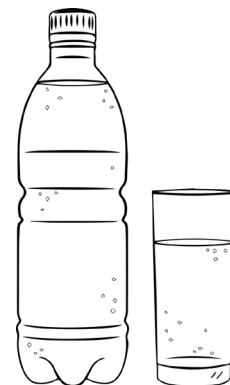
federal standards exist for frozen yogurt. Each product will have a label and you can compare the nutrient content among products. Generally, speaking frozen yogurt will be more like a dessert and less like a traditional dairy product.

Enjoy all the yogurts and see how you can incorporate this product into your daily menu.

Top Signs Of Dehydration In Seniors

In most adults, urine can tell a lot about hydration levels: not only the amount produced, but the color, too. Clear urine signifies that a person is well hydrated, while darker urine usually signifies dehydration. The other big sign of dehydration? Thirst, of course. Most adults are well acquainted with the sensation of thirst, but the elderly often dismiss or simply do not notice this early symptom, which means it's essential to keep an eye out for other indicators, such as:

- Muscle weakness
- Lethargy
- Dry mouth
- Headaches or dizziness
- An inability to sweat
- Low blood pressure
- Rapid heart rate
- Fatigue
- Confusion



SPECIAL OCCASION & MEMORIAL GIFTS

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

Memorials in June:

Margaret Donohoo

Elton Weeks

What Does It Mean To Be “Healthy”?

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

Health has many components. They include physical, mental, emotional, social, spiritual, and financial well-being. Active living and proper nutrition are key components of all the health components. Here is a list of the benefits of being healthy.

- a higher quality of life
- more pep and energy to make it through each day
- feel better, look healthier
- strength, endurance and balance for safer living
- stronger immunity
- reduced risk for common illnesses (heart disease, diabetes, etc.)
- ability to handle stressful situations

Nutrition suggests consistent nourishment or proper food choices. A healthful eating pattern includes choosing a wide variety of food, but in particular a wide variety of colorful vegetables and fruits each day. Grains are important too - and especially whole grains. Protein means to take first place. Thus, a wide selection of chicken, beef, pork, eggs, turkey, fish, beans, peas, seeds, etc. should be chosen daily. Fat-free or low fat dairy products provide a unique supply of several important nutrients (vitamin D, calcium, and riboflavin). Try to limit fried food, sugar, and salt from the diet. And, don't forget to drink adequate amounts of water each day.

Physical fitness also brings many good outcomes to your life. Here are some benefits of remaining physically active.

- weight management is easier to attain
- muscle mass is important for independent living

- bone mass is vital for a comfortable life
- more endurance
- better mental outlook
- improved sleep
- enhanced coordination
- lowers the risk for common conditions (heart disease, high blood pressure)
- increased flexibility

As you can see, nutrition and physical fitness go hand in hand. You need both areas to be in optimal health. Neither proper eating nor regular exercise can substitute for each other, but together they are a good match. Set some goals and see what you can accomplish.

Want To Stop Getting Telemarketing Calls?



The National Do Not Call Registry can limit the telemarketing/unwanted sales calls you receive.

You can put your cell or landline phone on the Do Not Call Registry at no charge. If your number(s) are on the list, then telemarketers aren't supposed to call your number, and if they do, you can call the FTC. This will not stop calls from charities, political groups, debt collectors, legitimate survey groups or companies that you've called. File a complaint at 1-888-382-1222 regarding calls from scammers or robocallers.

To Register By Phone:

Call from the phone number that you want to put on the list. Call 1-888-382-1222 (TTY: 1-866-290-4236).

Register Online:

www.donotcall.gov

You must respond to their confirmation e-mail within 72 hours.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed For Independence Day Use Meal Provided	4 Closed For Independence Day Use Meal Provided	5 Chicken Parmesan over Egg Noodles Green Beans Garlic Knot Peaches & Cream Parfait	6 <u>COLD MEAL</u> Ham Salad Sandwich Cold Pea Salad Pasta Salad Tropical Fruit	7 Beef Steak Fingers Mashed Potatoes w/ Cream Gravy Carrots Wheat Roll Mandarin Oranges
10 Fish Veracruz Rice Pilaf Broccoli Wheat Roll Applesauce	11 <u>COLD MEAL</u> Chicken Salad w/ Cranberry Wrap Potato Salad Whole Wheat Crackers Fruit Medley	12 Sloppy Joe on Wheat Bun Corn on the Cob Tater Tots Mixed Fruit	13 <u>COLD MEAL</u> Taco Salad w/ Shredded Cheese Tortilla Chips Pico de Gallo Pinto Beans Salsa Diced Mango	14 Sliced Ham Macaroni & Cheese Green Beans Cornbread Assorted Fruit Yogurt Cup
17 Rosemary Chicken Yams Green Beans Wheat Roll Pineapple Chunks	18 <u>COLD MEAL</u> Tuna Salad on a Croissant Bean Salad Whole Wheat Crackers Blushing Pears	19 Pork Loin Roasted Potatoes Cream Corn Dinner Roll Apple Strudel	20 <u>COLD MEAL</u> Strawberry Spinach Salad w/ Grilled Chicken Dressing Breadstick Banana Pudding	21 Beef Tips Bowtie Pasta Baby Carrots Wheat Roll Peaches
24 Turkey A La King Harvest Beets Dinner Roll Apricots	25 <u>COLD MEAL</u> Ham and Cheese Sandwich (on Wheat) Mayo Pasta Salad Mixed Fruit	26 Beef Stroganoff Parsley Noodles Brussels Sprouts Wheat Roll Pistachio Pudding	27 <u>COLD MEAL</u> Shrimp Salad on Lettuce Bed Hard Boiled Egg Dill Pickle Spear Club Crackers Cherry Strudel	28 Chicken Breast Red Beans and Rice Okra Cornbread Pears
31 Coconut Chicken Fried Rice Oriental Vegetables Blackberry Cobbler				New menu items are underlined.

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

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