

NUTRITION

Notes



October 2023

Published monthly for the clients of Meals on Wheels.

Something to Celebrate!

Last month we celebrated our head cook, Mona, and her 27 years with the Meals on Wheels program. Her dedication and care are commendable and we appreciate all she does for the program.



Meals on Wheels Grievance Procedures

If you are dissatisfied with any aspect of this program, please call us at (316) 267-0122. You can file a grievance by writing to the Social Services Director at Senior Services Inc., of Wichita, 200 S. Walnut, Wichita, 67213. If you are not satisfied with the outcome or if the problem involves this person, you may appeal to the Executive Director. If the issue remains unresolved, you may appeal to the Board of Directors of Senior Services, Inc.

Our funding sources also have grievance procedures, and you may obtain these by calling the Executive Director. They include a fair hearing program administered through the Department on Aging.

If you think that you have been discriminated against, you have the right to file a complaint in writing to Senior Services, Inc. of Wichita within 10 working days of the event.

October is Depression Awareness Month

Depression and Older Adults

(National Institute on Aging - <https://www.nia.nih.gov/health/depression-and-older-adults>)

What is Depression?

Depression is a serious mood disorder. It can affect the way you feel, act, and think. Depression is a common problem among older adults, but clinical depression is not a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems than younger people. However, if you've experienced depression as a younger person, you may be more likely to have depression as an older adult.

Depression is serious, and treatments are available to help. For most people, depression gets better with treatment. Counseling, medicine, or other forms of treatment can help. You do not need to suffer - help and treatment options are available. Talk with your doctor if you think you might have depression.

There are several types of depression that older adults may experience:

- *Major Depressive Disorder* - includes symptoms lasting at least two weeks that interfere with a person's ability to perform daily tasks.

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ASK OUR DIETITIAN

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



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

QUESTION: What are the textbook definitions for fat terminology?

Cholesterol - there is blood (serum) cholesterol and dietary cholesterol. The human body makes most of the cholesterol traveling in the blood. However, dietary cholesterol also exists from animal products.

Fat - compounds that contain fatty acids and glycerol. Three categories of fat exist:

1. body fat (adipose tissue)
2. blood fats (lipids)
3. dietary fat.

Triglycerides - a common form of dietary fat and blood fat. Triglycerides are stored in the body as adipose tissue and triglycerides also circulate in the blood. Elevated triglycerides are associated with heart disease and elevated cholesterol.

Fatty acids - the building blocks of fat. There are numerous types and categories of fatty acids. The type of fatty acid determines the "health" profile of the fat/oil.

Trans fatty acids - a manufactured/processed fatty acid. They have unwanted health properties regarding raising total blood cholesterol and LDL cholesterol. The food industry creates trans fatty acids through hydrogenation. The primary reasons for this process include shelf stability and creamy consistency in some foods. The downside of trans fatty

acids is the potential contribution to heart disease.

All these terms may seem a bit overwhelming, but just remember fats and oils in the diet are not forbidden, but moderation and sensible selection are still the key.

- *Persistent Depressive Disorder (Dysthymia)* - a depressed mood that lasts more than two years, but the person may still be able to perform tasks, unlike someone with Major Depressive Disorder.
- *Substance/Medication-Induced Depressive Disorder* - depression related to the use of substances, like alcohol or pain medication.
- *Depressive Disorder Due to a Medical Condition* - depression related to a separate illness, like heart disease or multiple sclerosis.

Other forms of depression include psychotic depression, postmenopausal depression, and seasonal affective disorder.

Social Isolation and Depression in Older Adults

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Studies show that loneliness and social isolation are associated with higher rates of depression.

Supporting Friends and Family with Depression

Depression is a medical condition that requires treatment from a doctor. While family and friends can help by offering support in finding treatment, they cannot treat a person's depression.

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Oils: Are they healthy?

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

You have probably heard a lot of negative information about oils. Is it true? Is it exaggerated?

Current nutrition research indicates that oils do contain specific essential nutrients.

By definition, oils are fats that are liquid at room temperature. In general, we are referring to plant-based oils and seafood oil. Here is a list of common oils: corn, sunflower, canola, soybean, safflower, olive, cottonseed, peanut, walnut, and sesame oil.

Why should we consume small portions of these oils each day? Because they contain monounsaturated and polyunsaturated fatty acids. These nutrients may be beneficial to prevent heart disease. Additionally, the body can't self-assemble some of these fatty acids - so they are needed in the diet. Oils are also a major source of vitamin E (linked to vital antioxidant activity). Essential fatty acids contribute to healthy skin and healthy nerve tissue. This is especially true in pediatric populations.

How do monounsaturated and polyunsaturated fatty acids protect us from heart disease? The answer to this question is still not completely understood, but the current theory suggests that these fatty acids do not elevate LDL cholesterol. Of course, small portions are mentioned because oils contain 9 kilocalories per gram and portion size can quickly become excessive.

Enjoy dietary oils, but moderation once again is key.



As a friend or family member of a person with depression, here are a few things you can do:

- Encourage the person to seek medical treatment and stick with the treatment plan the doctor prescribes.
- Help set up medical appointments or accompany the person to the doctor's office or a support group.
- Participate in activities the person likes to do.
- Ask the person if they want to go for a walk – physical activity can be great for boosting mood.

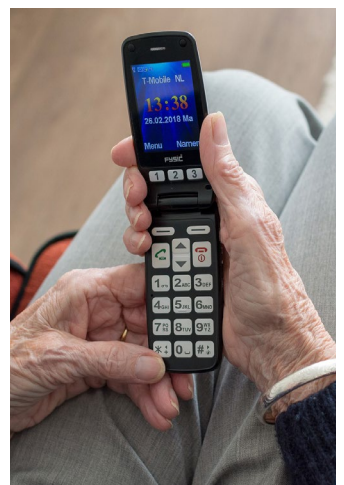
Can Depression Be Prevented?

Although most cases of depression cannot be prevented, healthy lifestyle changes can have long term benefits to your mental health.

- Be physically active and eat a healthy, balanced diet.
- Get 7-9 hours of sleep each night.
- Stay in touch with friends and family.
- Participate in activities you enjoy.
- Let friends, family, and your physician know when you're experiencing symptoms of depression.

Friendly Reminder:

Please call and let the office know if you are not going to be home during delivery. We continue to have a large number of no answers daily. Over time this could effect your ability to receive meals if the no answers are numerous. Thank you.



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon Pepper Chicken Red Roasted Potatoes Green Beans Whole Grain Roll Fruit Yogurt	3 Stuffed Pepper Casserole Squash Medley Whole Grain Roll Strawberry Applesauce	4 Sweet & Sour Pork Fried Rice Pork Egg Roll Oriental Veggies Mandarin Oranges & Cherries	5 Fried Fish Garden Blend Rice Carrots Wheat Roll Tarter Sauce Tropical Fruit	6 Vegetable Lasagna Vegetable Medley Fruited Muffin
9 Hungarian Goulash Mixed Vegetables Whole Grain Crackers Spiced Peaches	10 Blackened Fish Southwest Hominy Buttered Peas Whole Wheat Roll Apple Slices	11 Chicken Fried Steak Mashed Potatoes w/ Gravy Carrots Wheat Roll Fruit Cup	12 Ham & Beans Mixed Vegetables Cornbread Diced Mango	13 Cheese Ravioli w/ Tomato Sauce Garlic Breadstick Blackberry Cobbler
16 Country Ham Whipped Sweet Potatoes Broccoli Dinner Roll Fruit Cocktail	17 Chicken Parmesan over Egg Noodles Green Beans Garlic Toast Peaches & Cream Parfait	18 BBQ Beef on Bun Potatoes Buttered Corn Pears	19 Fish Filet Sandwich Potato Wedges Tarter Sauce Coleslaw Fruit Compote	20 <u>COLD MEAL</u> Chef's Salad Hard Boiled Egg Whole Wheat Crackers Dressing Pineapple Chunks
23 Shredded Pork w/ Gravy over Egg Noodles Spinach Whole Grain Roll Cinnamon Strudel	24 Hamburger w/ Cheese, Onion & Tomato on Bun Chuck Wagon Beans French Fries Jello Fluff	25 Roasted Turkey with Gravy Cornbread Stuffing Buttered Carrots Garlic Roll Craisins	26 Battered Cod Wedge Rice Pilaf Buttered Peas Cornbread Biscuit Mandarin Oranges	27 Herb Baked Chicken Thigh Mashed Potatoes w/ Gravy Blended Veggies Whole Grain Roll Peaches
30 Chicken Pasta Primavera Green Beans Cinnamon Apples	31 Beef Hot Dog on a Wheat Bun Chili w/ Cheese 5-Way Mixed Vegetables Cherry Strudel			New menu items are underlined.

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

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