

NUTRITION

Notes



November 2023

Published monthly for the clients of Meals on Wheels.

THANKSGIVING HOLIDAY!

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

Thanksgiving Day - November 23rd

Day After Thanksgiving - November 24th

You will receive 2 nonperishable meals prior to the holidays. Keep these meals and use one on the 23rd and one on the 25th.

Happy Thanksgiving!



Time to Fall Back!

Daylight Savings time will be ending Saturday, November 4th.

Remember to set your clocks back one hour before you go to bed that evening.



Happy Veterans Day November 11th!

We are thankful for all our Veterans and their service to our Country.



Operation Holiday Program

Operation Holiday, a program administered by HumanKind Ministries, is the region's largest holiday assistance program, serving 12-15,000 individuals in Sedgwick County whose income is 200% below (federal poverty guidelines).

If you qualify, Operation Holiday can provide a food voucher, nonperishable and fresh/frozen food, as well as dog & cat food.

To qualify, you must:

- Be age 18 or older and live in Sedgwick County.
- Be a member of the applying family (household) who meets the income guidelines.
- Cannot apply for any other holiday program (this would include Salvation Army).

Maximum Gross: Two (2) Month Household Income (must be able to provide proof):

1 Person = around \$4,860

2 People = around \$6,574

(Call for specific income limits)

Application period:

November 1st - 30th, 2023

To complete the online application contact Meals on Wheels at (316) 267-0122.

ASK OUR DIETITIAN

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



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

QUESTION: How Can I Make Simple, Healthful Meals For Myself?

This is a common problem for senior citizens. Some individuals don't like to cook, others don't know how to prepare meals, and some individuals lack the energy to cook. Here are a few solutions to consider.

- Keep a frozen entree on hand for the days when cooking is especially difficult. Consider sodium and calorie levels, but if the "numbers" are okay - serve the entree as a base for your meal. Add a glass of milk and a salad, bread, and fruit choice to the meal.
- For a quick breakfast have toast with cheese, milk and a fruit selection.
- Prepare food ahead of time. Freeze some of the portions and your next meal will be even faster to prepare. Don't forget to label and date the contents before you freeze the food.
- Buy pre-washed lettuce and other salad items for a quick salad meal.
- Always keep some fresh fruit and vegetables in the refrigerator - which are ready to eat and consider a delicious bread choice for quick sandwich preparation.
- Prepare some simple, homemade soups. Serve with a basic sandwich or toast.

- Keep some nourishing snacks on hand - peanut butter and crackers, nuts, dried fruit, etc.
- During the winter months consider drinking a cup of hot chocolate instead of coffee or tea with meals.
- Keep a grocery list handy, so your pantry never runs low on nourishing food.
- Plan ahead and make food selection a priority.

2024 Medicare Health and Drug Plan Open Enrollment Period

October 16th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. Each year you can change your Medicare health and/or drug plan. Things like cost, coverage, providers and pharmacies that are in their networks can change yearly. The open enrollment period is a time to review your plans and make changes if needed. If you're satisfied that our current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything. You can compare 2024 plans online at [medicare.gov](https://www.medicare.gov). The local SHICK office can also assist with review and changes of your current plans, by calling (316) 660-0100. You may also reach out to Lisa here in the Meals on Wheels office at (316) 267-0122.

Safety Tip to Remember:

Solicitation by calls or literature regarding open enrollment may not be from an honorable source. Look up the phone number of legitimate sources and initiate the call before you share your Medicare information or social security number with anyone.

Healthy Living - Nutritional Choices

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

The Nutrition Screening Initiative was developed to determine if older adults are making proper nutrition choices. Simply read each of the ten statements and tally the results.

1. I have an illness or a condition that made me change the kind and/or amount of food I eat.
Yes 2 points
2. I eat fewer than two meals/day.
Yes 3 points
3. I eat few vegetables, fruit or milk products.
Yes 2 points
4. I have three or more alcoholic beverages almost every day.
Yes 2 points
5. I have tooth or mouth problems that make it hard for me to eat.
Yes 2 points
6. I don't always have enough money for me to buy the food I need.
Yes 4 points
7. I eat alone most of the time.
Yes 1 point
8. I take three or more different prescribe or over the counter medicines each day.
Yes 1 point
9. Without wanting to, I have lost or gained 10 pounds over the last six months.
Yes 2 points
10. I am not always physically able to shop, cook or feed myself.
Yes 2 points

Tally your score: _____points

0-2 points: Great

3-5 points: Moderate nutritional risk

6 or more points: High nutritional risk

Now, consider any changes that you can make to improve your eating choices. Perhaps a family member or a caregiver could make some plans to improve your current situation. The next time you go to your doctor, start a conversation about some or all of your risk factors. Better eating could result in a better life.

Everygy Cold Weather Rule

Everygy participates in the Cold Weather Rule from **November 1st - March 31st**, which ensures electric service for your home when temperatures reach a certain point. In Kansas, we will not disconnect service on a day when the 48-hour weather forecast predicts temperatures will drop below 35 degrees. Remember - you will still be responsible for your bill. To see if you qualify you may contact Everygy at (800) 383-1183.

Diabetes Awareness Month

November is National Diabetes Month, and it's a time to raise awareness about the serious health condition. Diabetes affects millions of people in the United States and around the world, so it's important to take action to promote better management of diabetes and to prevent its onset. This month-long event is a great opportunity to get educated on diabetes, support those who live with it, and honor those who have lost their lives due to complications from the disease. Let's come together on November 1st to celebrate National Diabetes Month!

<https://www.holidaycalendar.io/holiday/national-diabetes-month>

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatloaf Potato Au Gratin Peas & Carrots Wheat Roll Fruit Cup	2 Chili with Pinto Beans Scandinavian Vegetables Cinnamon Roll	3 Baked Fried Chicken Macaroni & Cheese Broccoli Whole Grain Roll Peach Cobbler
6 Spaghetti Fiesta Blend Vegetables Whole Grain Garlic Bread Spiced Apples	7 Chicken Cordon Bleu Sweet Corn w/ Red Peppers Wheat Roll Cheesecake w/ Fruit topping	8 Chicken Fried Chicken Steak Mashed Potatoes w/ Cream Gravy Vegetable Blend Wheat Roll Fruit Cup	9 Fish Filet Sandwich (on Wheat Bun) Scalloped Potato Tarter Sauce Coleslaw Fruit Compote	10 Beef Goulash Normandy Vegetable Blend Whole Wheat Rolls Banana Pudding
13 Pot Roast Beef Roasted Potatoes California Blend Vegetables Wheat Rolls Bread Pudding	14 Chicken Enchilada Bake Brown Rice Corn & Black Beans Corn Tortilla Chilled Apricots	15 BBQ Beef on Whole Wheat Bun Macaroni & Cheese Green Beans Pears	16 Ham & Beans Mixed Vegetables Cornbread Diced Mango	17 <u>COLD MEAL</u> Tuna Salad Sandwiches Potato Salad Wheat Crackers Dressing Pineapple Chunks
20 Baked Sliced Ham Baked Sweet Potatoes Capri Vegetables Whole Grain Roll Pumpkin Pie	21 Hamburger w/ Cheese, Onion & Tomato on Bun Potato Wedges Country Mix Blend Vegetables Peaches	22 Roasted Turkey with Gravy Cornbread Stuffing Buttered Green Beans w/ Carrots Garlic Roll Fruit Crisp	23 Closed For Thanksgiving Use Meal Provided	24 Closed For Thanksgiving Use Meal Provided
27 Chicken Stir Fry Fried Rice Carrots Egg Rolls Fruit Muffins	28 Kielbasa-Polish Sausage w/ Sauerkraut Sliced Fried Potatoes Mixed Vegetables Fudge Brownie	29 Baked Fish Side Salad w/ Dressing Succotash Wheat Roll Fruit Cocktail	30 Broccoli Cheese Soup Cauliflower w/ Carrots Rice Wheat Crackers Mandarin Oranges	 New menu items are underlined.

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

Published monthly by: Senior Services, Inc. of Wichita | 200 S. Walnut St, Wichita, KS 67213