

NUTRITION *Notes*



December 2023

Published monthly for the clients of Meals on Wheels.

HAPPY HOLIDAYS!

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

Monday, December 25th – Christmas Day

AND

Monday, January 1st – New Year's Day

You will receive a nonperishable meal replacement for these holidays the week prior.

Continuing A Tradition

The Hebrew Congregation of Wichita will prepare and deliver a limited number of turkey dinners on **Monday, December 25th**. The delivery time for this meal will be similar to normal delivery; however, these routes are smaller so you must be home all morning until your meal arrives.

If you will be at home on Christmas Day, you can call Meals on Wheels at 267-0122 to reserve a hot meal. **You must call to reserve this meal or you will not receive one. Numbers are limited to 150 persons.**

The reservation deadline is **noon on December 14th (call only if you need a meal)**. To cancel your reservation, please call us before noon on December 21st.



Weekend Clients Only

- **Saturday, December 23rd** you will receive your meals for both the 23rd and the 24th. Meals will not be delivered on Sunday, December 24th (Christmas Eve).
- **Saturday, December 30th** you will receive your meals for both the 30th and the 31st. Meals will not be delivered on Sunday, December 31st (New Years Eve).

Meal Cancellation During Bad Weather

Meal delivery may have to be canceled due to winter weather. If this occurs, watch the television or call 267-0122 for meal cancellation information. This is the time you will use one of the nonperishable meals that have been sent to your home.



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 between osteoporosis and osteopenia? Osteomalacia and osteoarthritis?

Osteo refers to bone tissue, but how do these various medical conditions differ?

Osteoporosis is a condition of fragile, weak, brittle bones. As time goes by our bones become porous and lose calcium along with other minerals. Osteoporosis tends to take place slowly, silently, and sneakily. A slight injury, minor fall, strain, or bump can cause a fracture. The most common bones to fracture are the wrist, hip, and spine.

Osteopenia is the condition of weak bones or bones that have a lower bone density compared to normal or peak bone mass. Osteopenia is the precursor to osteoporosis. Many men and women have osteopenia and do not know they are at risk for future bone fractures.

Osteomalacia is soft bones resulting from vitamin D deficiency. This condition is less common, but it is a result of inadequate bone building.

Osteoarthritis is a common, chronic joint problem. Wear and tear of the joints is the layman's term used to describe this condition. It is caused by collagen breakdown resulting in pain, swelling and stiffness.

Fraud Alert: Scam Calls Targeting Older Adults

There has been a recent increase in reports of government imposter scam calls, according to the ACL (The Administration for Community Living).

- The government will never call out of the blue and ask for a Social Security number.
- The government will never ask for payment by gift card or wire transfer.
- Social Security numbers cannot be suspended.

These are general tips everyone can use to help protect themselves:

- If you are ever suspicious about a call, **hang up immediately**. Find the organization's contact information on your own (don't use caller ID), and call or email directly to discuss the situation.
- Never give out your Social Security number, banking information, or Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Never pay someone you do not know well via gift card or wire transfer.
- Never click on an email link or attachment, unless you fully trust the sender.
- Sign up for the National Do Not Call Registry.

Older adults who are targeted by scams and fraud can call the Department of Justice's National Elder Fraud Hotline at **833-FRAUD-11 (833-372-8311)**.

In addition, scams and fraud targeting people of any age can be reported to the Federal Trade Commission (FTC) by calling **877-FTC-HELP (877-382-4357)** or visiting reportfraud.ftc.gov.

Keep Your Bones Healthy

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

Our bones are so important to our overall health because they contribute to our independence and well-being. The process of keeping bones strong is a lifelong concern. Three major factors determine our bone strength:

1. genetics/race
2. dietary choices and
3. lifestyle patterns.

Genetic makeup and racial background influence our bone density and strength. Caucasians and Asians are at higher risk for weaker bones compared to Hispanics and African Americans. However, Asians and Hispanic individuals are at an elevated risk for lactose intolerance and this can make it more difficult to get enough dietary calcium. African Americans are more likely to be deficient in Vitamin D. Even though genetics and race should be kept in mind, these factors are unchangeable.

Dietary choices are factors we can control. It is a well known fact that Americans do not consume enough calcium on a regular basis. Several adults rarely consume milk or any dairy food/drink rich in calcium. It would be wise to try to increase calcium intake in order to prevent bone decline. Vitamin D is another important nutrient because it promotes calcium absorption. Three other dietary choices are worth mentioning: sodium intake, caffeine intake, and alcohol consumption. Elevated sodium (salt) levels hurt calcium absorption and elevated caffeine intake increases calcium loss in the urine. Alcohol decreases bone formation and remodeling, increases the risk for falling, and increases calcium loss in the urine.

Lifestyle patterns also determine bone health. Smoking speeds up bone loss and dampens the appetite. Smokers tend to

have bones that are about 10% less dense than non-smokers. Exercise stimulates bone building cells. Walking and light weight lifting are particularly beneficial. Underweight and small individuals are more likely to have a diminished bone mass compared to larger individuals. Women with anorexia, bulimia, and heavy exercisers tend to have lower estrogen levels. This places them at elevated risk. Men can also have eating disorders and this increases their risk for bone loss.

Thus, you can see that bone health is more than just how frequently you drink milk, etc. Bone health is comprehensive and it actually is a lifelong quest to maintain good bone mass. Some textbooks state that osteoporosis (bone loss) is a pediatric condition that expresses itself in the geriatric stage of life. Hopefully, you have chosen lifelong patterns for well-being.

Operation Holiday

If you called to request Operation Holiday during the month of November and your Meals on Wheels caseworker completed an application, we will pick up requested items around December 11th. At that time we will coordinate to get your items delivered to you within that week.



Meals on Wheels Survey

Caseworkers have been completing surveys during reassessments since August. This was something new we are trying, in an attempt to capture a greater response to report to our funders. We encourage you to fill out or have your caseworker fill out the survey with you at your appointment. Your answers to the questions, opinions, and concerns are always appreciated and welcomed.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Pot Roast Beef Stew Vegetables Whole Grain Roll Fruit Cocktail
4 Baked Chicken Twice Baked Potato Winter Blend Vegetables Wheat Rolls Apple Crisp	5 Meatloaf Mash Potatoes w/ Brown Gravy Green Beans Wheat Rolls Mandarin Oranges	6 Beef Enchilada Bake Brown Rice Corn & Black Beans Chilled Apricots	7 Fried Fish Cole Slaw Blend Vegetables Wheat Rolls Brownie	8 Country Fried Steak Mash Potatoes w/ Cream Gravy Buttered Corn Whole Grain Roll Fruit Cocktail
11 Breaded Pork Chop Scalloped Potatoes Buttered Spinach Wheat Rolls Cheesecake w/ Fruit Topping	12 Chicken & Dumplings Side Salad w/ Dressing Wheat Crackers Peach Cobbler	13 Spaghetti w/ Meat Sauce Peas & Carrots Garlic Knots Escalloped Apples	14 Roast Turkey Wild Rice Greens Cornbread Fruit Muffins	15 Lemon Pepper Chicken Thighs Sweet Potatoes Green Beans Wheat Rolls Iced Cake
18 Beef Stroganoff w/ Egg Noodles Green Peas Wheat Bread Fruit Crisp	19 BBQ Pork On Wheat Bun Buttered Carrots Coleslaw Bread Pudding	20 Tuna Noodle Casserole Winter Blend Vegetables Bread Stick Mandarin Oranges	21 Beef Lasagna California Blend Vegetables Wheat Bread Fruit Cobbler	22 Biscuits w/ Country Sausage Gravy Oven Fried Potatoes Scrambled Eggs Cherry Crisp
25 Closed For Christmas Meal If Reserved	26 Beef Goulash Capri Vegetables Wheat Rolls Peaches	27 Fried Chicken Legs Mash Potatoes w/ Gravy Broccoli Wheat Rolls Fruit Crisp	28 Baked Fish Macaroni & Cheese Green Beans Garlic Wheat Rolls Cupcakes	29 Chili Cheese Dog On Wheat Bun Tator Tots Baked Beans Seasonal Fruit

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

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