

NUTRITION

Notes



Senior Services
OF WICHITA

February 2024

Published monthly for the clients of Meals on Wheels.

HOLIDAYS

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

Monday, February 19th - President's Day

A nonperishable meal will be sent the week prior to the holiday; these need to be saved and used on the day you will not be receiving a meal delivery.



A BIG Thank You

Meals on Wheels would like to extend our gratitude to ALL our VOLUNTEERS who have bundled up and come out to get your meals delivered to you in the winter weather. We are also thankful for ReeceNichols Real Estate for assisting with packing holiday meals for Christmas, New Years, and Martin Luther King, Jr. holidays. Without these wonderful men and women we could not do all we do.

We would also like to thank the Congregation Emanu-El Wichita for cooking and delivering the Christmas Day meal to over 100 persons who had signed up.

And finally thank you to the students and congregation of Holy Cross Lutheran Church for their generous donation of food items, blankets, ensure, etc. that we were able to get out to clients during the holiday season.

During Questionable Weather

Watch the television or call (316) 267-0122 for meal cancellation information. If delivery is canceled you will use the nonperishable food that has been provided. Replacement of the meals used during the early January cancellations were replaced the last week of January. These meals are to be saved for these cancellations.

Please Remember

If roads are bad it takes longer to deliver. On these days, to shorten the delivery times, please be ready to answer the door and receive your meal. If you are able try and have some ice melt on hand. If you can safely throw some on your stairs or porch, from within your home, it will assist the drivers to safely navigate to your door. Also, as open routes can occur when not enough volunteers are available, this will put office staff out of the building for deliveries. Staff do not leave to begin delivery until 11:30am, meaning they will be running a little behind from other volunteers. Please be understanding, your meal is not late until 1:00pm.



Survey Drawing

We thank all that have completed surveys during their yearly reassessments from August to December 2023. These individuals were placed in a drawing for a \$25 Dillons gift card. **And our winner is...Paula Kunkle!**

We will continue with annual surveys in conjunction with reassessments throughout this year.

ASK OUR DIETITIAN

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



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

QUESTION:

Can Nourishing Food Enhance Your Brain Health/Memory?

Everyone is concerned about brain health because just about everything depends on a healthy, well functioning brain. There is some research evidence that indicates dietary choices are helpful for overall brain health. At the present time, the Mediterranean diet seems favorable for brain well-being. This dietary pattern emphasizes vegetables, fruit, nuts, salads, olive oil, fish, beans, lentils, whole grains and minimizes processed food, sweets, and fried foods.

Also, certain conditions such as high blood pressure, diabetes, depression, poor sleep, extreme stress, and high cholesterol may contribute to diminished brain health. Dietary connections are associated with these conditions. When blood pressure, blood sugar, and blood lipids are well regulated, overall health may improve and this may result in better cognition, memory and alertness. Thus, several health conditions seem to be connected and inter-related.

Another strategy to consider is vitamin and mineral supplementation and various herbal products. Unfortunately, none of these products seem to be proving effective. And, some of the products have side effects or interfere with prescription medicine. Thus, caution is advised.

Brain health depends on overall physical health and reliable blood flow. A well managed, sensible lifestyle that includes regular/nutrition meals, good sleep

habits, consistent exercise patterns, no smoking, and limited alcohol intake can enhance the chance for an aging healthy brain.

What Happened in January - Meals on Wheels Closures

In January the winter weather decided to come on with some gusto for a couple of weeks. On Tuesday; January 9th, Senior Services as a whole closed for the day, this included deliveries for Meals on Wheels. The decision to close was due to the amount of ice that was located below the snow that was received. We did not want to put anyone in danger with driving or walking on the slippery surfaces. The closure decision was made around 3:45 that morning. News stations were notified at 5:45am, unfortunately they were inundated with closure notifications, and our notification did not make it on air in a timely manner. We do apologize for the confusion this may have caused.

On Tuesday: January 16th no Meals on Wheels were delivered. The decision to not run meals was made the evening before as we watched all area schools, other meals programs, and activities cancel around the city. The expected wind chill was going to be quite dangerous, as they were stating anyone outside in the elements, with exposed skin for more than 30 minutes, could suffer frostbite. Once again, the safety of volunteers and staff out delivering in the extreme cold was a concern. News stations were notified the evening before the closure around 5:30pm, allowing more time for the information to make it on the air.

Please Be Respectful

When you reach out to the Meals department with questions on if meals are being delivered on these days. Looking out your window will not likely give you the true conditions outdoors in regards to roads and bitter temperatures. The decisions are not made by the office staff, the decisions come from the Administrative team.

How Much Fiber Is Enough For Good Health?

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

This is an important question and a modern dietary concern. Most Americans do not receive enough fiber each day because of long-standing dietary patterns. In reality, it is difficult to receive enough dietary fiber. Men (51-70+ years of age and older) are supposed to receive 30 grams/day and women (51-70+ years of age and older) are supposed to receive 21 grams/day. The average adult receives about 15 grams per day.

The key reasons for these recommendations are: reduction in heart disease, improved blood sugar control, and better digestive health. The best and primary way to take in more fiber is to consume more plant-based food. Approximately half the dinner plate should consist of vegetables and salads. Whole grain breads also make a major contribution to overall fiber intake. Secondary sources include snacking on nuts, fruit, and raw vegetables.

A slight cautionary note would advise against huge increases in fiber in a short period of time. This could certainly create digestive upsets and uncomfortable cramping, etc. Even though there is no documented upper limit for daily fiber intake, there is a common sense approach to high fiber food selection. High bran products and high fiber breakfast cereals, as well as high fiber OTC fiber supplements can certainly create digestive difficulties. Also, large intakes of fiber could decrease vitamin and mineral absorption. So, be temperate and carefully increase fiber intake.

Here are some examples of high fiber food choices.

- 1/2 cup kidney beans.....5.5 grams
- 1/4 cup navy beans.....4.8 grams
- 1/2 cup broccoli.....2.6 grams
- 1 medium potato.....2.9 grams
- 1 medium sweet potato.....3.8 grams
- 1/2 cup squash.....4.5 grams
- 1 medium orange.....3.1 grams
- 1 small apple (with peel).....3.6 grams
- 1 ounce whole wheat crackers.....2.9 grams
- 3/4 cup bran flakes.....5.5 grams

Select from an assorted variety of vegetables, fruit and breads and other grains for an overall well balanced diet. Variety is the key to good fiber intake for the long-term. Find some high fiber favorites and continue to explore new, bold dietary choices.

LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter. LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs. The benefit amount varies based on your household members, the type of dwelling you live in, and the type of heating fuel you use.

To qualify, you must meet these requirements:

1) An adult living at the address must be personally responsible for paying the heating costs incurred at the residence (whether paid to a landlord, utility company, or a fuel vendor).

2) Applicants must demonstrate a recent history of payments towards their utility or heating costs.

3) Applicants must not exceed the household income limits which includes the combined gross income of all persons living at the address. One and two person limits are listed below, if you have a larger household, call (316) 267-0122 for income limits.

1 person - maximum of \$1,823.00 gross monthly income

2 persons - maximum of \$2,465.00 gross monthly income

Proof of income for all household members is required - send a copy since originals will not be returned.

Applications Accepted:

January 1, 2024 to March 29, 2024

The Meals on Wheels program has some applications for the LIEAP program which we can mail to you. You can also apply online at www.lieap.dcf.ks.gov/. For more information about this program or to request an application, call (316) 267-0122.

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

February 2024 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.			1 Stuffed Cabbage Roll California Blend Vegetables Wheat Roll Pears	2 Deli Sandwiches on Crossants w/ Mayo, Lettuce & Tomatoes Potato Salad Fruit Cocktail
5 Chicken Wings Macaroni & Cheese Peas Wheat Roll Fruit Gelatin	6 BBQ Meatballs Cheesy Mashed Potatoes Buttered Carrots Wheat Roll Cheesecake	7 Ham & Northern Beans Spinach Cornbread Mandarin Oranges	8 Baked Spaghetti w/ Meat Sauce Italian Blend Vegetables Wheat Breadstick Churros	9 Baked Fish Potato Wedges Mixed Vegetables Wheat Roll Fruit Cup
12 Beef Pot Pie with Biscuit Cream Corn Cinnamon Apples	13 Glazed Ham Sweet Potatoes Vegetable Medley Fruit Muffins	14 Breaded Beef Cutlet Mash Potatoes w/ Cream Gravy Green Beans Wheat Roll Mixed Fruit	15 Chicken-N-Dumplings Peas-N-Carrots Wheat Roll Mandarin Oranges	16 Baked Cod Rice Pilaf Broccoli Tartar Sauce Wheat Roll Peaches
19 Closed For President's Day Use the Shelf Stable Meal Provided	20 Baked Potato w/ Chili, Cheese, & Chopped Onions Sour Cream Salad w/ Dressing Dinner Roll Brownie	21 Beef-N-Barley Soup Brussel Sprout Wheat Roll Peach Parfait w/ Cream	22 Turkey Sandwich on Wheat Bread Mash Potatoes w/ Cream Gravy Buttered Peas Fruit Cobbler	23 Breaded Baked Catfish Tartar Sauce Coleslaw Wheat Roll Hush Puppies Mandarin Oranges
26 Beef Tortellini w/ Marinara Sauce Italian Vegetables Wheat Roll Tapioca Pudding	27 Smoke Sausage Andouille Fried Potatoes & Onions Sauteed Cabbage Wheat Roll Cookies	28 Chicken Fajita Lettuce & Diced Tomatoes Spanish Rice Breaded Tomatoes Strawberry Cheesecake	29 Salisbury Steak w/ Mushroom Sauce Mash Potatoes Buttered Corn Wheat Roll Peaches	

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