NUTRITION Notes

Senior Services OF WICHITA

January 2026

Published monthly for the clients of Meals on Wheels.

HOLIDAY CLOSURES

Meals on Wheels will not deliver meals on:

New Year's Day - Thursday, January 1st

Martin Luther King Jr. Observance Day - Monday, January 19th

Clients will receive a shelf stable meal to be used for these dates.

A Time of Change Continues...

As mentioned in the December Nutrition Notes the Meals on Wheels program has been going through a lot of change. Starting at the first of the year we will be adding a new piece to our program. Beginning in January we will take over eight (8) congregate meal sites in Wichita, two (2) that also have a home delivered component.

Please join me in welcoming the following staff to Senior Services:

Site Coordinators: Sue at Huston Center, Sharon at La Familia, Bonnie at Linwood, Peggy at Maple Gardens, Carolyn at Northeast, Lindsay at Oaklawn (who is their Senior Center Director as well), Marria at Orchard, and Chris at Sheridan Village.

Drivers; Marvin and Louis

And of course, all their wonderful volunteers and clients – we can't wait to meet you.

We are excited to work with these sites and their participants to ensure that meals continue for their locations. We are learning something new at Senior Services – we ask patience as we adjust and move forward.

Here's to new adventures!

Delivery Reminders

Meals Delivery Time: Meals are delivered between **10:00am and 1:00pm**, your meal is not considered late until 1:00pm. Delivery times can vary depending on when the meal was picked up by the volunteer, and how many others are on your route.

Please Call: If you are not going to be home during the delivery times, we ask that you please **call by 9:00am** that day, or in advance to be taken off the delivery route. If you are unable to reach us, the answering machine will pick up, and we can receive your message.

Any concerns, compliments, and suggestions can be reported to the Social Services staff in the Meals on Wheels office at **(316) 267-0122**.

Produce Spotlight: Avocados

By Isabelle Meyer, M.S., R.D

Nutrition Notes

Avocados are in season during the winter months. They are a great option for adding freshness and creaminess on top of soups, salads, or toast.

Avocados are well known for their unsaturated fats, which can support heart health. They also provide fiber, which helps with digestion and promotes stable blood sugar levels. In addition, avocados contain several vitamins and minerals, including potassium, folate, vitamin K, and magnesium.

Recipe: Avocado Cottage Cheese Toast

Ingredients:

- 2 slices whole-grain bread
- ½ ripe avocado
- ½ cup cottage cheese
- Salt and pepper to taste
- 1 Roma tomato, sliced

Directions:

Toast the bread. Mash the avocado, then mix in the cottage cheese and seasonings. Spread on your toast. Top with the tomato slices. Enjoy this filling breakfast with fiber, protein, and healthy fats!

"You are never too old to set a new goal or to dream a new dream." — C.S. Lewis

"Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come." — Melody Beattie

"Strength does not come from physical capacity. It comes from an indomitable will." — Mahatma Gandhi

An Abundance of Gratitude

Meals on Wheels is beyond grateful to our Volunteers that assist us daily in the delivery of meals, packing of shelf stables, and so much more. This time of year, our list of thanks grows as we acknowledge:

- The Senior Centers operated by Senior Services (Downtown, Linwood, Northeast, and Orchard Park) for organizing their yearly "give back" to benefit the clients of Meals on Wheels.
- The congregation of Holy Cross Lutheran Church for their generosity in collecting items to restock our shelves so we can assist our clients.
- The Congregation Emanu-El Wichita for another year of providing a Christmas Day meal to 150 of our clients.
- The volunteers at WAAL (Wichita Animal Action League) for their continued support of our Pet Pals program – delivering pet food each month, and much more.
- The volunteers from Martin Pringle Law Firm for their monthly assistance with packing pet food for the Pet Pals recipients.
- The members of the Senior Care Network for their generous donations to benefit our Pet Pals clients.
- The many companies and groups that have come out to deliver meals, and pack shelf stable meals. (If I go to list them I know I will forget someone!)

Our program is successful due to all the wonderful people in our community that give of their time, talent, treasure, and hearts to us and our clients.

New Year blessings to them all!

Importance of Hydration

By Isabelle Meyer, M.S., R.D

Staying hydrated is important all year, but it becomes especially important in the colder months when thirst naturally decreases. The body loses fluids every day through breathing, sweating, urinating, and having bowel movements. Dehydration happens when fluid intake doesn't keep up with these losses.

Water makes up about 60–70% of the human body and is essential for nearly every system. It helps regulate body temperature, supports digestion, keeps joints comfortable, and plays a role in a healthy immune system.

Fluid Needs

Everyone's fluid needs are a little different. A common general guideline is about 11.5 cups of fluid a day for women and 15.5 cups a day for men. These amounts do not need to come from drinking water alone; the recommendation accounts for both beverages and the water found naturally in food. On average, food provides about 20% of daily fluid intake.

Certain conditions can impact fluid needs. People who are pregnant, breastfeeding, or physically active need more fluids. Individuals with heart failure, kidney disease, or who are on fluid restrictions may need less. If you're unsure about your own needs, talk with your healthcare provider.

Signs of Dehydration

A simple way to monitor hydration is by checking urine color.

- Pale yellow often means you're well hydrated.
- Darker yellow can be a sign that you need more fluids.

Other signs of dehydration include:

- Constipation
- Dry mouth
- Chapped skin or lips
- Trouble concentrating
- Headaches or dizziness

Hydration and Aging

Staying hydrated becomes more challenging with age. Three common factors contribute:

- **Decreased thirst:** The body becomes less effective at signaling thirst with age, making it harder to remember to hydrate.
- **Lower muscle mass:** Muscle holds water, so a natural decrease in muscle mass reduces the body's ability to store fluids.
- **Medications:** Some common medications, such as diuretics, increase urination and raise fluid needs.

Because of these factors, older adults can become dehydrated more easily.

Tips for Staying Hydrated

1. **Keep a refillable bottle or cup nearby** so you can take small sips throughout the day.
2. **Drink a cup of fluid with each meal** and one between meals.
3. **Add flavor** with fruit slices, cucumber, mint, or a sugar-free drink mix.
4. **Use a straw** if it helps you drink more comfortably.
5. **Choose warm drinks in cold weather** such as herbal tea, warm water with lemon, broth, or warm milk.
6. **Eat hydrating foods** like soups, green leafy vegetables, citrus fruits, yogurt, and cottage cheese.

References:

https://www.uclahealth.org/news/article/hydration-and-older-adults-why-water-matters-more-you-age

https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need

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

January 2026 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is Served with Every Meal			1 **Closed For New Year's Day** Use the Shelf Stable Meal Provided	2 Sweet & Sour Chicken Legs Oriental Veggies Vegetable Rice Stir Fry Papaya Mango Fruit
5 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Cornbread Sliced Peaches	6 Crustless Pizza Seasoned Corn Garlic Breadstick Rosy Applesauce	7 Homestyle Chicken Noodle Buttered Peas Wheat Roll Pineapple Tidbits	8 Crusted Potato Flake Pollock Sandwich Mac & Cheese Coleslaw Wheat Bun Warm Spiced Pears	9 Herb Roasted Turkey Scalloped Potatoes Sliced Carrots Garlic Knot Cherry Cobbler
12 Breaded Chicken Breast Fillet Mash Potatoes w/ Cream Gravy Green Beans Blackberry Cobbler	13 Tuna Noodle Casserole Mixed Vegetable Whole Grain Roll Fruit Yogurt	14 Turkey Rice Casserole Peas & Carrots Wheat Roll Fruited Jello	15 Stuffed Beef Cabbage Bake Winter Vegetables Wheat Roll Fruit Crisp	16 BBQ Pork on Whole Grain Bun Corn Macaroni w/ Cheese Sauce Mandarin Oranges
19 **Closed For Martin Luther King Jr. Day** Use the Shelf Stable Meal Provided	20 Chicken Enchiladas w/ Sour Cream Enchilada Sauce Spanish Rice Refried Beans Diced Apricot	21 Beer Battered Cod Rice Pilaf Carrots Wheat Roll Tartar Sauce Cookie	22 Ham & Beans Turnip Greens w/ Sunflower Seeds Cornbread Cherry Craisin	23 Meatloaf w/ Mashed Potatoes & Gravy Green Beans Wheat Roll Peach
26 Chicken Tenders Mash Potatoes w/ Gravy Italian Green Beans Wheat Roll Peach Cobbler	27 Spaghetti w/ Meat Sauce Broccoli Garlic Bread Tropical Fruit	28 Polish Sausage Red Beans and Rice Mixed Vegetables Corn Bread Sliced Apples	29 Tuna Noodle Casserole Peas Wheat Roll Mixed Fruit	30 Sliced Turkey w/ Gravy Sage Dressing Brussel Sprouts Whole Grain Roll Pudding

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