

October 2024, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Menu Subject To Change without Notice	Salsa Chicken Black Beans Mexican Corn Fruit, Bread	Meatball Bomber & Cheese, Garlic Pasta Broccoli Fruit	Ranch Chicken Roasted Potatoes Broccoli Fruit & Roll	Swiss Burger Tater Tots Carrots Fruit
7	8	9	10	11
Mushroom Steak Peas & Carrots Fruit & Bread	Hamburger Stroganoff Cali Blend Corn, Fruit & Roll	Pesto Basil Chicken Rice, Broccoli Fruit, Bread	Chicken Breast Prince Charles Red Beans, Fruit & Bread	Cheeseburger Casserole Cauliflower Tomatoes Fruit & Bread
14	15	16	17	18
Spaghetti Baked Apples Broccoli, Fruit Bread	Beef Hot Dog Wedges Corn Fruit	Chicken Marsala Mushroom Risotto Prince Charles Veg Blend Fruit	BBQ Pork, Mac & Cheese, Bread Carrots, Fruit	Meatballs & Rice w Gravy, Bread Beets & Black Beans Fruit
21	22	23	24	25
Chicken Spinach Risotto Cali Blend Fruit & Roll	Pork & Stuffing w Gravy Prince Charles Fruit & Bread	Fried Chicken Steak Mashed Potatoes & Gravy Corn, Fruit Bread	Rum Glazed Chicken Rice Pilaf Black Beans Fruit, Bread	CLOSED!
28	29	30	31	
Baked Ham Loaded Mashed Potato Green Beans Fruit, Roll	Tortilla Chicken Black Beans, Corn Fruit, Roll	Chicken & Dumplings Carrots & Peas Baked Apples, Fruit Biscuit	Beef Lasagna Broccoli & Carrots Bread, Fruit	

RIEDLER'S RECS

For a Healthy Lifestyle

Volume 11- October 2024



262.658.3508



www.kafasi.org



BONE HEALTH IN OCTOBER

One of the coolest nutrition nuggets I was taught was that your body remodels its skeleton every ten years. No, this isn't just a scene out of a spooky movie! The food that we consume impacts our bones. As we age, bone health becomes extremely important. **Calcium** and **Vitamin D** are both vital to our bone health.

Calcium is the most abundant mineral found in the human body with 99% of it found in the bones. The National Institutes of Health recommend adults 70 years and older to consume 1200 mg of calcium daily. Adult males aged 50-69 should consume 1000mg per day and adult females aged 50-69 should consume 1200 mg per day. Adequate calcium intake helps to minimize bone loss later in life. Bone loss occurs as we age and can eventually lead to **osteoporosis**. Osteoporosis is the point at which bone loss causes fractures from everyday wear and tear. Unfortunately, bone issues usually present when something like a fall happens resulting in a break.

The National Institutes of Health recommend adults 70 years and older to consume 1200 mg of calcium daily. Adult males aged 50-69 should consume 1000mg per day and adult females aged 50-69 should consume 1200 mg per day.

Sources of dietary calcium:

- yogurt, milk, cheese, powdered milk
- tofu
- sardines
- bok choy, kale, broccoli



Vitamin D is unique in the fact that the sun and cholesterol in the body can make vitamin D! As we age the body's ability to make vitamin D decreases. Another common issue is that we live in the upper Midwest with long winters spent indoors. When we do venture outside, shaded areas and sunblock are often used to prevent sunburns and skin cancer.

Sources: nih.gov; myplate.gov; cleavelandclinic.com

Developed for KAFASI by Emily V. Riedler, MS, RD, CD

When we are deficient in vitamin D we are at risk for bone loss and fractures. The National Institutes of Health recommend adults 70 years and older to consume 800 IU of vitamin D daily. Adults aged 50-69 should consume 600 IU per day.

Sources of Vitamin D

- skins of fatty fishes such as trout, salmon, tuna & fish liver oils
- beef liver
- egg yolks
- cheese
- some mushrooms
- many products are fortified with Vitamin D in the United States
 - most dairy milk
 - milk alternatives
- some orange juice



Depending on your individual needs and health situation, your physician may recommend a supplement at a different dosage than NIH recommendations. Please seek out your provider with specific questions regarding supplements.

Looking for more Nutrition Education?
Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

Eastern Kenosha County

Kenosha Senior Center (KSC)

In Person Dining,

Meals served 11:30 am, M-F,
2717 67th Street

Call Ashley at 262-351-6246

Parkside Redeemer Church (PSB)

In-Person Dining

Meals Served at 11:30 am, M-F
2620 14th Place

Call Sean at 262-552-7737

Lakeside Towers (LST)

In-Person Dining

Meals are served at 11:00, M-F
5800 3rd Avenue

Call Tonya at 262-455-7919

Western Kenosha County

Westosha Senior Community Center (WES)

In-Person Dining

Meals Served at 11:30, M-F
19200 93rd Street, Bristol, WI
Call Cindy at 262-358-5554

Regular Senior Dining Sites/Days

* Meals include dessert and beverage

* Meals are offered for a suggested donation of \$3.00

* Open to anyone age 60+ and a spouse regardless of age.

* Reservations must be made by 10:00 a.m. at least 24 hours, one business day in advance.

Village Pub of Silver Lake

307 N Cogswell Drive - Silver Lake

Call Diana at 262-358-5779

Served W, F 11:30 - 1:00

Reservations needed by 10:30 am of the prior day. Two meals provided for a suggested donation of \$8.