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MALNUTRITION AWARENESS AND PREVENTION

October is Malnutrition Awareness Month. Good nutrition is critical to overall health and well-being, yet many older adults are at risk of inadequate nutrition. Healthy eating contributes to the prevention and risk reduction of many common chronic health conditions like hypertension, heart disease, diabetes and certain cancers. Understanding your risks and paying attention to the signs of malnutrition can provide positive health outcomes, reduce hospitalizations and help you remain in your home as long as possible.

The great news is that you have already taken an important first step! By utilizing our program, our registered dietitians have completed a nutritional screening and assessment based on your physician's diet order. You also have access to nutrition education, monitoring and evaluation. Below are some tips to help you stay on top of your nutrition:

- **Monitor your weight:** Look for sudden and rapid weight loss. Changes in how clothes fit can also indicate weight loss.
- **Nutritional supplements:** Supplements are secondary to food, medically-tailored meals and pantry items; however, if food intake is not meeting the nutritional need to prevent weight loss and risk malnutrition, a supplement is recommended and available. Meals on Wheels offers Ensure protein drink supplements for a nominal charge. Information on how to order is on the back of this form.
- **Herbs and spices:** Use herbs and spices to add flavor to meals and improve interest in eating.

References:

<https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699>

(OVER)

YOUR DELIVERIES – ADAPTING WITH CORONAVIRUS

Please read below the changes we are implementing to our delivery methods. These changes will be in effect until further notice.

When in-person deliveries are necessary, our **volunteers will hang your meals on your doorknob in a new single-use plastic bag, ring the doorbell and knock to let you know your meals have been delivered.** If you must have in-home delivery, your volunteer will keep the appropriate distance as suggested by the CDC.

Delivery drivers will sanitize their hands and wear a new pair of protective gloves when making each delivery. **Please note:** Drivers wearing gloves is used as a precautionary measure and should not be considered reason for alarm.

You have the option of receiving a **box of non-perishable, shelf-stable food** to ensure you can maintain your required caloric intake. If interested, please contact client services at **317.252.5558**.

ENSURE

Meals on Wheels offers cases of Ensure delivered to our clients at a reduced rate. Ensure can benefit patients who are at nutritional risk. We are offering three types: **Ensure (\$21/case), Ensure Plus (\$24/case) Glucerna Shakes (\$36/case).**

The flavors we have are: Strawberry, Vanilla, Chocolate and Butter Pecan.

Call Meals on Wheels at 317.252.5558 with questions.

EMERGENCY CONTACT

It is important that we keep our clients' emergency contact information up-to-date. This emergency contact person needs to be available between 9 AM and 5 PM weekdays.

If there has been a change in your emergency contact's phone number, please call the Meals on Wheels office at 317.252.5558 to update your records. **Thank you!**