



CHAMPSS

Newsletter

SPRING 2017

NUMBER 8

Johnson County Area Agency on Aging-Human Services

11811 S. Sunset Drive
Suite 1300
Olathe, KS 66061

913-715-8894
Fax: 913-715-8828
Email:

HSA-CHAMPSS@jocogov.org

Website: www.jocogov.org

Suggested Donation for each **CHAMPSS** meal ordered is

\$3.50/meal

Donations in excess of
\$3.50 allow the program
to serve those who cannot
contribute.

**NO one is denied service
due to inability to donate.**

"Meals on Wheels" VOLUNTEER OPPORTUNITY

**Volunteers are needed
to deliver noon meals to
seniors in Johnson
County. For more
information call
913-715-8895.**

Big changes are coming to your local Hy-Vee store in the next few weeks. The "hot food kitchen" will now be called "Hickory House Comfort Foods". We are very excited about the change and we hope you will be also. Fish will be offered Monday, Wednesday and Friday at all CHAMPSS Hy-Vee stores. You will now be able to choose 2 vegetables instead of 1 and there are some new delicious options to choose from. If you prefer a cold veggie instead of a hot one, we have also added cold veggie salads...tomato roughly, broccoli supreme and 4 bean salad.

On our recent survey, we received feedback requesting additional pizza and soup options. We are pleased to announce that we have added thin crust hamburger pizza and Beefy Vegetable soup to our approved list. You also asked for an alternative to milk so we now offer calcium fortified orange juice as a choice.

Dietitian's Choice Lunch box options are currently only available at the Overland Park and Shawnee stores. It's in the refrigerated section near the produce dept. If you don't see it, please ask a Hy-Vee staff member.

CURRENT LOCATIONS

**13400 W 87th Parkway in Lenexa
6655 Martway Street in Mission
18101 W 119TH Street in Olathe
8501 W. 95th Street in Overland Park
7620 State Line Road in Prairie Village
13550 W. 63rd Street in Shawnee (as of March 2016)**



NEWS from CHAMPY

We are in the process of cleaning up our CHAMPSS data base. If you haven't used your CHAMPSS card in the last 12 months, we will shut off your card and delete any unused meals. Please try and use your cards on a regular basis, to avoid losing any of your meals.

Please keep your email address current with us. On occasion information is sent via email. Send changes to:

HSA-CHAMPSS@jocogov.org

If you no longer wish to participate in the CHAMPSS program please give us a call. 913-715-8894

REASSESSMENT FORMS...

Are required by the state of Kansas to maintain eligibility for nutrition services. When the form is sent to you, please update and return as

quickly as possible eliminating delay in your services.

NOTICE – if you haven't used your card in the last 12 months, your card will be deactivated and all remaining meal credits will be deleted.

The success of CHAMPSS is because of you! Please continue to spread your positive experiences with friends and others who qualify for the program.

Participants must be 60+ or married to someone 60+.

Don't Delay

Reorder before you run out of meal credits. Choose the reorder option that's most convenient for you.

Mail: Mail donation and reorder form to:
11811 S. Sunset, Ste. 1300, Olathe, KS. 66061
Reorder forms are available at the 6 participating Hy-Vee stores.

On Line: (minimum order: 5 meals)
www.jocogov.org/dept/human-services/area-agency-aging/nutrition-services/champss

Telephone: Call the CHAMPSS line, 913-715-8894, to add meal credits using your MasterCard, Visa, or Discover.

CHAMPSS



A healthy eating plan is one that:

- Offers appropriate portion sizes
- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated and trans fats, cholesterol, salt, and added sugars
- Balances calorie intake with calorie needs

YOU'RE INVITED

The Nutrition Program invites you to attend any Neighborhood Nutrition Center located in Johnson County for lunch, Monday thru Friday. This program can be enjoyed simultaneously with the CHAMPSS program. Simply clip the coupon to the right, make a reservation by calling the center closest to you, by 11:00am, one day in advance to order your meal and enjoy an outing with other seniors from the neighborhood.

-COUPON-

Johnson County Nutrition Neighborhood Centers

Be Our Guest for Lunch

Who: CHAMPSS participant

When: Monday through Friday

Where:

DeSoto:	32905 W. 84th St.	585-1762
Gardner:	128 E. Park	856-3471
Lenexa:	13425 Walnut	888-6141
Merriam:	5701 Merriam Dr.	677-2048
Overland Park	8101 Marty	648-2949
Spring Hill:	401 N. Madison	592-3180

Why: Good food, fun activities, and friendly people