



CHAMPSS

Newsletter

JUNE 2009

NUMBER 2

Johnson County Area Agency on Aging Human Services

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SURVEY "SAYS"

A giant Thank You to everyone that responded to our survey. We continue to grow and adapt the program based on your feedback.

The results of the survey were highly favorable. 85% said the CHAMPSS program was convenient, 95% said reloading meals onto the card was easy. One respondent said that without the CHAMPSS program, he or she would not regularly eat a nutritious meal.

Welcome!

Welcome to the 2ND CHAMPSS Newsletter! If this is your first time receiving this newsletter we're happy to have you. This format allows the Johnson County Nutrition Program to share information, announcements, concerns and suggestions. We hope you enjoy reading the latest edition!

Announcements

We've expanded our service!

January 5, 2009 – The CHAMPSS program expanded its service to include the Hy-Vee at 91st & Metcalf. With the addition of this new site we have grown in participant numbers as well. Please join us as we celebrate more than 1000 CHAMPSS participants! Your CHAMPSS card may be used at both locations but only one visit per day.

AWARDS



The Johnson County Nutrition Program is proud to be the recipient of three national awards for the CHAMPSS program.

- **STAR Award** from National Association of Nutrition and Aging Services Program (NANASP)
- **2009 Achievement Award** from National Association of Counties (NACo).
- **Achievement Award** from National Association of Area Agency on Aging (n4a) - *outstanding contribution to the quality of life for older adults.*

The **National Meals on Wheels** has also featured the CHAMPSS program as a best practice.



DONATIONS

Reorder forms are available at Hy-Vee and on our website. Please continue to give generously when reordering. The expected donation is \$2.50. Your donations allow Johnson County Nutrition Program to continue to grow while offering healthy meals to seniors.



Ask Champy

Tip from the American Dietetic Association

For a lifetime of better health:

- Choose more nutrient-rich foods such as fruits, vegetables and whole grains
 - Maintain a healthy weight
 - Be physically active
 - Minimize stress
 - Get plenty of sleep
- www.eatright.org

***County Holiday Schedule**

Nutrition Meal Sites and CHAMPSS program
CLOSED:

July

3 – July 4th holiday

September

7- Labor Day

November

11- Veterans Day

26&27 Thanksgiving

December

25- Christmas Day

If you have questions or comments for CHAMPY, please include them in your reorder form.

Dear CHAMPY,

I have friends that would like to become a CHAMPSS participant, how do they get started?

Signed, Friendly Fred

Dear Fred,

That's great! Please continue to tell your friends about the program! We have a new enrollment process that allows interested people to sign-up for CHAMPSS while learning more about other services provided by Johnson County Nutrition Program. Have your friends contact the CHAMPSS line at 715-8894 and we'll be happy to tell them of the next available enrollment session.

Peas 'n Carrots, Champy

Dear CHAMPY,

Help! I've lost my card, what do I do?

Signed, Panicked Patty

Dear Patty,

Don't panic! Just like other things, it's simply misplaced and will appear in the most unlikely of places. If after a few weeks it is still lost, call the CHAMPSS line and a new card will be issued to you. Hy-Vee has found several cards left on trays when people dine in. Remember to replace your card in your purse or pocket before leaving the area.

Peas 'n Carrots, Champy

Dear Champy:

"This is a wonderful program. It is easy for me to get food for my mother and me and there is a nice variety of food. Thanks for making this affordable."

Signed, Happy CHAMPSS Participant

A message from CHAMPY:

- Currently CHAMPSS does not offer vegetarian meals. Fish is often available at both locations as an entrée choice. The Italian Kitchen at the Olathe Hy-Vee serves cheese and vegetarian pizzas as a main entrée.
- Please continue to share your dining experience with your family, giving them an opportunity to add meals to your account while making a donation to the program. Knowing that Mom and Dad are eating a nutritious meal is comforting to your children.
- CHAMPSS participants may also enjoy dining at one of our nutrition sites. Look for the posted menu and nutrition education on our website: www.hsa.iocogov.org or at any of the 8 Neighborhood Centers.

Peas 'n Carrots, CHAMPY