
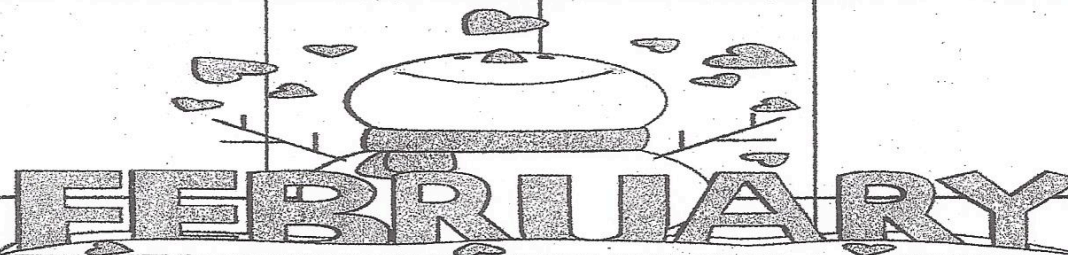


# Old Colony Elder Services Nutrition Program

## February 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Greek Chicken</b> Brussel Sprouts Orzo Blend w/Red Peppers &Garlic Lemon Sce Pumpnickel Bread Chocolate Pudding MOD: Diet pudding Calories: 693 Fat:24.5 % Sodium: 796 mg Carb:86.8 g	<b>3 Baked Ziti</b> w/Meat Sauce w/Parmesan Cheese Minestrone Soup Green Beans Italian Bread Fresh Orange Calories: 969 Fat: 24.2% Sodium:1044mgCarb:131.4 g	<b>4 Apricot Glazed</b> Chicken Country Style Vegetables Rice Pilaf Rye Bread Vanilla Pudding MOD: Diet Pudding Calories: 718 Fat: 21.2% Sodium: 964mg Carb:100.5 g	<b>5 Italian Pot Roast</b> Sweet Potato Peas Oatmeal Bread Pear Sauce Calories: 639 Fat: 18.5% Sodium: 484mg Carb: 84.8g	<b>6 Macaroni &amp; Cheese</b> w/Bread Crumb Topping Stewed Tomatoes Whole Wheat Roll Hot Cinnamon Apples Calories: 656 Fat: 34.7% Sodium: 1212mg Carb:84.6 g
<b>9 Chicken Cacciatore</b> w/Parmesan Cheese Roman Vegetable Blend Brown,Wild Rice Blend Pumpnickel Bread Fresh Orange Calories: 602 Fat: 19.4% Sodium: 558mg Carb: 79g	<b>10</b> ♦Hot Dog Broccoli Baked Beans Hot Dog Bun Pears Calories: 770 Fat: 37.2% Sodium: 1301mgCarb:89.8g	<b>11 Salmon Boat</b> with Dill Sauce Herbed Brown Rice Brussel Sprouts Garlic Roll Chocolate Mousse Calories: 615 Fat: 29.2% Sodium: 667mg Carb: 75.5g	<b>12 Meatloaf</b> with Gravy Mashed Potatoes Spinach Multigrain Bread Mandarin Oranges Calories: 784 Fat: 27.5% Sodium: 828mg Carb:103.9 g	<b>13 Chicken Marsala</b> Parslied Noodles Italian Vegetable Blend Whole Wheat Bread Red Velvet Cupcake MOD: Graham Crackers Calories: 759 Fat:32.7 % Sodium: 766mg Carb:83.5 g
<b>16 President's Day</b> No Meals Served 	<b>17</b> Roast Turkey w/Gravy Mashed Sweet Potatoes Cranberry Sce/Stuffing Corn Whole Wheat Dinner Roll Pineapple Tidbits Calories: 697 Fat: 24% Sodium: 958mg Carb:102.3 g	<b>18</b> Vegetable Cheese Omelet O'Brien Potatoes Spinach Rye Bread Fresh Orange Calories: 693 Fat: 37.5% Sodium: 863mg Carb: 80.8g	<b>19 Chicken Parmesan</b> w/Parmesan Cheese ♦Vegetable Soup Tuscany Vegetables Penne Pasta Italian Bread Peach Sauce Calories: 709 Fat: 25.2% Sodium: 842mg Carb: 80g	<b>20</b> Beef Burgundy Garlic Mashed Potatoes Zucchini Whole Wheat Bread Spice Cake MOD: Diet Cake Calories: 732 Fat: 27.5% Sodium: 725mg Carb:91.1g
<b>23 Fish Tacos</b> Tarter Sauce Kidney Beans & Brown Rice Pepper&Tomato Salsa Tortilla Chocolate Brownie MOD: SF Brownie Calories:653 Fat: 30.5% Sodium: 938mgCarb: 74.8g	<b>24</b> Chicken Pot Pie Broccoli Biscuit Hot Cinnamon Pears Calories: 630 Fat: 23.1% Sodium: 700 mg Carb:78 g	<b>25</b> ♦Baked Ham with Pineapple Raisin Sce Roasted Sweet Potatoes Scandinavian Veg. Blend Oatmeal Bread Cinnamon Mousse Calories:642 Fat: 26.4% Sodium: 1323mg Carb:79.1 g	<b>26</b> Chicken Picatta w/Picatta Sauce Herbed Bowties Honey Glazed Carrots Whole Wheat Roll Banana Calories: 656 Fat: 17.5% Sodium: 541mg Carb: 91.3g	<b>27 Whole Grain</b> Lasagna Rolls w/Meat Sauce Parmesan Cheese French Cut Green Bear Italian Bread Fresh Orange Calories: 625 Fat: 28% Sodium: 854mg Carb:76.2 g
				Milk and margarine are served at every meal and are included in the nutrition breakdown. ♦Indicates entrée has >700 mg sodium ♦Soup is for congregate meal sites

Menu is subject to change without notice  
 Suggested Donation - \$2.50 per meal

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561  
 Cancellations should be made no later than 10:30 am on the day before delivery





### PEOPLE PROFILE . . . FEATURING CAROL PAGE

Carol has been active with the COA for over fourteen years and has been a tremendous help with our "Hands-On" programs where elders can learn and do quilting, painting and sewing. She will be moving to Connecticut to be close to family members, and she'll be missed!

Carol grew up in the Taunton / Cape Cod area, and had two older sisters. Her mother owned and operated a restaurant and previously worked as a dressmaker, with skills that Carol enjoys to this day. (She loves to cook and sew!) She has moved to many different places in her life and has traveled extensively. Her travels have included Hawaii, Alaska, England, France, Luxemburg, Belgium (5 times!), Canada and Mexico but the most unique travel was done in Hong Kong and Thailand with her sister, and it included a 36 hour air trip! She also loves to sing, and has been doing so in Halifax with a dear friend, Elaine Marzelli for many years. She enjoys the writing class with Sue at the Holmes Library on Thursdays.

Carol's husband was a Harley Davidson motorcycle owner, which she rode with him. She enjoys cooking, card playing and shopping for fabric! Carol was one of our van drivers for many years, and loves to come back home at the end of the day to enjoy her cat, Bhuddaca, who is named after an ancient Celtic queen (Google: Boudicca). Indeed, Carol is a very interesting person and she'll be missed! She wants everybody to know that she will miss us also.



The Halifax Lions Club members respond to local needs first. Lions Club members in own town are ready when the need arises. Perhaps you've wondered where the donations go? Here is a list of some of the projects they have been involved in at the local level:

Food pantry, food baskets, Thanksgiving and Christmas baskets, senior brown bags, COA, car phones, homeless shelter, eyeglasses and hearing aids for young and older, Halifax Fire and Police Dept., beach clean-up, senior air conditioners, youth speech and peace poster contests, sponsoring boy scout troop and Eagle scouts.

if you have a need of their services or would like to join them in their endeavors, please call 781-724-4534.

You may know of someone who's had to deal with a diagnosis of cancer, or you've experienced how cancer effects family members or friends. The emotional impact of cancer and the role of the caregiver will be discussed on **THURSDAY, February 26th at 12:30** with Tim from Norwell visiting Nurse's Association. We hope you'll plan on attending and bring a family member or friend!



### PROBIOTICS...GOOD FOR YOUR GUT!

Probiotics are found in fermented food such as yogurt, kefir (fermented milk), miso and sauerkraut. Probiotics help increased the "good bacteria" in your gastrointestinal system, and may help improve symptoms of bloating, gas, diarrhea, and constipation in some people. Many doctors recommend patients consume foods high in probiotics when taking antibiotics to help reduce diarrhea that may be associated with antibiotics use.

*Taken from Old Colony Elder Services newsletter*

Do you have something you'd like to be included in next month's newsletter? GREAT! Just write it down on the forms we have available on the top of the file cabinet, receptionist office.

*I don't have gray hair. I have "wisdom highlights." I'm just very wise.*

Seen on "As I Get Older" website

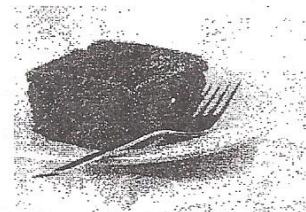
Need help with all the issues and concerns related to Alzheimer's?

Only a phone call (1-800-272-3900) or mouse click ([www.alz.org](http://www.alz.org)) away!

Joan Towne's shares a delicious recipe with us:

### Grandmother's Chocolate Cake

- 2 cups all-purpose flour
- 1 tsp. baking powder
- 2 tsp. baking soda
- 1/4 cp. Hershey's cocoa
- 2 cps. sugar
- 1 cp. vegetable oil
- 1 cp. hot coffee
- 1 cp. milk
- 2 eggs
- 1 tsp. vanilla extract



SIFT together dry ingredients in a mixing bowl. Add oil, coffee, and milk. Mix at medium speed for 2 minutes. Add eggs and vanilla. Beat 2 more minutes. Pour into 2 greased and floured 9"x 1 1/2" cake pans. Bake at 325 degrees for 30 minutes. Cool 15 minutes before moving from the cake pans. Cool again and frost with favorite icing. YUM!!! Thank you, Joan.



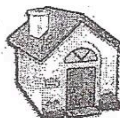
The Holmes Public Library is requesting submissions for its first annual Winter Art Show. If you have a piece of hangable art (painting, photography, needlework, quilting, etc.) that fits the theme of wintertime (snow scenes, etc.) please bring it to the library between January 26 and February 2. Show will run Feb. 3 till the first day of spring, Mar. 20.

### SING A LONG! MONDAY, March 23rd at 1:00pm

Name-That-Tune-Fun at the COA! This will be with Steve Damon, Director and Lead Educator at a Natural Music School, coming to us from Gill, Mass.



JOIN IN ON THE FUN! (It's contagious!) CALL the OFFICE TO SIGN UP FOR THIS SPECIAL TIME!



Do you need some assistance with paying your heating bill? The process includes: **set an appointment with our Outreach Worker.** Verifications will be required that includes: recent utility bills, income sources and/or benefits, tax bills, Social Security income information, photo ID, etc. All the information is kept confidential as you receive our guidance.