

Old Colony Elder Services Nutrition Program

April 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 April		1 Mini Cheese Ravioli with Tomato Sauce Zucchini Squash Medley Garlic Roll Parmesan Cheese Oatmeal Raisin Cookie MOD:Lemon Graham Calories: 667 Fat: 29.6 % Sodium: 1048mg Carb:88.7g	2 Mediterranean Chicken Herbed Noodles Honey Glazed Carrots Pumpnickel Bread Light Apple Crisp Calories: 742 Fat: 25.9% Sodium: 940mg Carb: 96/4g	3 Salmon Stir Fry w/Soy Ginger Glaze Seasoned Orzo Brown Rice Blend with Red Peppers Mashed Turnips Whole Wheat Roll Banana Calories: 636 Fat: 18.8% Sodium: 523mg Carb:92.6 g
6 Turkey Tetrizzini Summer Spring Vegetables Marble Rye Bread Hot Cinnamon Apples Calories: 718 Fat: 28.6% Sodium: 956mg Carb: 83.6g	7 ♦Lower Sodium Hot Dog Baked Beans Broccoli Hot Dog Bun Condiments** Mandarin Oranges Calories: 813 Fat: 35.6% Sodium: 1355mg Carb:100g	8 Chicken Parmesan with Penne Pasta & Tomato Sauce Riviera Vegetable Blend Italian Bread Parmesan Cheese Chocolate Mousse* Calories: 795 Fat: 25.6% Sodium: 769mg Carb: 93g	9 Italian Pot Roast Italian Roasted Potatoes Spinach Dinner Roll Vanilla Pudding MOD: Diet Pudding Calories: 737 Fat: 31.5% Sodium: 779mg Carb:81.9 g	10 Chicken Divan Wild Brown Rice Blend Peas and Mushrooms Multigrain Bread Banana Calories: 692 Fat:22.8% Sodium: 857mg Carb:95.3g
13 ♦Minestrone Soup Beef Bourguignon Parslied Mashed Potatoes Zucchini and Stewed Tomatoes Whole Wheat Roll Light Peach Crisp Calories: 679 Fat: 20.7% Sodium: 754mg Carb: 91.9g	14 Stuffed Shells with Meat Sauce Tuscany Vegetables Italian Bread Parmesan Cheese Rice Pudding MOD:Strawberry Graham Calories: 710 Fat: 34% Sodium: 1032mg Carb:76.3 g	15 Swiss Cheese Omelet Seasoned Oven Roasted Potatoes Peppers & Onions Whole Wheat Bread Apricots Calories: 681 Fat: 34.8% Sodium: 704mg Carb: 82.3g	16 Hawaiian Chicken Herbed Brown Rice Chuck Wagon Vegetables Oatmeal Bread White Chocolate Mousse* Calories: 733 Fat: 23.5% Sodium: 929mg Carb:99.5g	17 Roast Pork with Pineapple Raisin Sauce Roasted Root Vegetables Broccoli Au Gratin Pumpnickel Bread Fresh Fruit in Season Calories: 751 Fat: 31.9% Sodium: 538mg Carb:88.3g
20 Patriot's Day  No Meals Served	21 Rotini w/Meatballs and Tomato Sauce Roman Vegetable Blend Italian Bread Parmesan Cheese Butterscotch Pudding MOD:Diet Pudding Calories: 701 Fat: 31% Sodium: 830mg Carb:86.6g	22 Salmon Boat with Dill Sauce Roasted Sweet Potato Wedges Spinach Parmesan Multigrain Bread Fruit Cocktail Calories: 607 Fat: 27.2% Sodium: 968mg Carb:79.8g	23 Chicken Teriyaki Fried Rice Vegetable Blend Whole Wheat Roll Mandarin Oranges Calories: 645 Fat: 18% Sodium: 743mg Carb: 90.1g	24 Roast Turkey with Apple Cider Gravy Mashed Potatoes Cranberry Sce/Stuffing French Cut Green Beans Oatmeal Bread Banana Calories: 704 Fat: 24.1% Sodium:1011mg Carb:102.3g
27 Eggplant Parmesan with Meat Sauce Country Style Vegetables Italian Bread Parmesan Cheese Peaches Calories: 779 Fat:28.2% Sodium: 1090mgCarb: 104.1g	28 Chicken Tarragon with Tarragon Sauce Sweet Potatoes & Banana Brussel Sprouts Corn Bread Pistachio Pudding MOD:Lemon Graham Calories: 667 Fat: 24% Sodium: 698mg Carb: 82.6g	29 ♦Tomato Soup Egg Salad on Lettuce Carrot and Barley Pilaf Three Bean Salad Pita Bread Half Light Apple Rhubarb Crisp Calories: 741 Fat: 29.6% Sodium: 897mg Carb:98.5g	30 Meatloaf with Mushroom Gravy Baked Potato w/Sour Cream Beets Garlic Roll Cinnamon Mousse* with Choc.Chips MOD:No Chips Calories: 884 Fat: 36.8% Sodium: 961mg Carb: 98.3g	Milk and margarine are served at every meal and are included in the nutrition breakdown. ♦Indicates entrée has >700 mg sodium. **condiments are included in the nutrition information

Menu is subject to change without notice

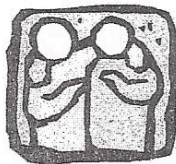
Suggested Donation - \$2.50 per meal

Mousse is appropriate for regular, modified, and cardiac diets.



PROFILE . . . PEOPLE EATURING Joy Marble, Chairperson of our Board of Directors

Joy grew up in Halifax, and attended her schooling in our local system. She had four sisters, and her dad survived the challenge, with a wonderful family in the area. She married her high school sweetheart, Lonnie, and together they raised three boys and one girl. The boys grew into the construction and home improvement business, and her daughter plays soccer. Joy attended Massasoit College and gained her Associates with a focus on legal secretary work. Later, as she and her husband developed their business (Commercial Drywall LCC here in Halifax), she attended Bridgewater State and gained a degree in business management. She has always been involved in town activities and sports, but became involved in the Council on Aging in 2010 after completing the Talent Bank form on our town's website, (www.halifax.ma.us) which helped steer her to using her passion for doing something rewarding. She has been an advocate for those who want to maintain their independence, and became a caregiver and personal care provider for Right At Home Agency. She hopes that the COA will be involved in programs that provides an intergenerational emphasis as well as acquiring more functional space for our town's elderly population. When she has time from her busy schedule, Joy enjoys snowmobiling, going to her family's time share locations, and using their 42' camper on Big Sandy Pond in Plymouth. The farthest she's traveled is Rome, visiting the Vatican and also to St. Lucia for the warm beaches. She enjoyed reading Nicholas Spark's books, and thinks that the movies can't quite capture the pleasure of reading his stories. Thanks for all that you do with helping the elderly and for being on our Board of Directors, Joy!



It's closer than you imagined....HOPE FLOATS AND WELLNESS CENTER at 4 Elm Street in Kingston has a phenomenal selection of FREE conversational and support groups. The subjects range from Art & Grief Healing to partner loss groups to Pet Loss groups! Please give them a call (781-936-8068) for more information or visit their website: www.hopefloatswell.com. They are a wonderful resource.

"Nobody cares how much you know, until they know how much you care." -
Theodore Roosevelt

Attorney Jason Rawlins volunteers his time with seniors in our town who seek legal counsel. If you wish to speak to him, please call for an appointment time. He meets at the COA every fourth Friday. Next available meeting: April 24th, 11:00 am.



The daisy is considered the "Flower of the month" for April.



...FRUIT AND VEGGIE TIPS...

- *They are part of the Mediterranean diet (heart-healthy eating)
- *Potassium is in both which may aid in lowering blood pressure and help with bone health.
- *Aim for having at minimum of 2 servings of fruit and 3 servings of veggies each day.
- *Buy what's in season. It's usually lower in price and fresh.
- *Purchase frozen veggies as an alternative to fresh. They are nutritious, and less expensive than fresh, last 8 -12 months in the freezer. Steamed is best!
- *Search for recipes that are high in fruits and veggies. (From the Nutrition Dept. of Old Colony Elder Services)

BONE HEALTH....is osteoporosis just an old people's disease?



NO! Today we know that steps to improve bone health should start at an early age. Weak bones can affect people of ALL ages. It's never too late to make changes in your diet, exercise programs and lifestyle to strengthen your bones. People don't generally ask their health care provider about their bone mineral density (BMD) levels. But something called your T Score reveals whether your bones are weak or strong, and what chances are for breaking one of them. Brittle bones are NOT a natural part of aging. If we take action now, there are things that can help to improve your bone health and make them stronger....

- Get enough physical daily activity. Build into your daily activity at least 30 additional minutes by weight and strength-building activities such as walking. TaiChi exercises are good because they help improve balance, and decrease your risk of falling. Weight-lifting or calisthenics are strength building which leads to stronger muscles and bones.

Talk to your health care provider about a treatment plan to stop further bone loss and prevent fractures. We'll provide a second tip for reducing osteoporosis in next month's newsletter. This section of information is provided by:



Old Colony Elder Services

Providing services to the community since 1974

DID YOU KNOW? Every month, we offer:

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| •Manicures | •Oil Painting |
| •Blood Pressure Checks | •Morning Coffee |
| •Veteran's Help | •Wii games |
| •Transportation to Stop & Shop & WalMart | •Tax Help |
| •Brown Bag Pick Up | •Insurance/Prescription/ Medical Help (SHINE) |
| •Exercise Classes | •Attorney Help |
| | •Yummy Congregate Lunches |