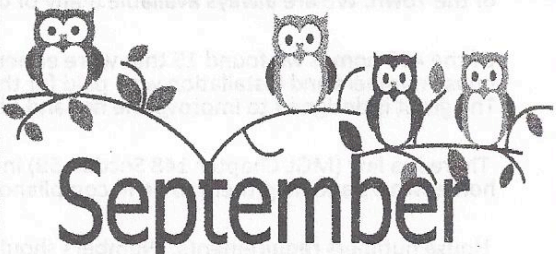


Old Colony Elder Services Nutrition Program

September 2015 Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Please note:nutrition analysis includes entrée only (protein/starch/veg). Add'l sodium from: Milk ~100 mg Sweets~200mg,Bread~150mg Margarine~45mg, Fruit~5mg ♦=congregate meal only ❖=high sodium entrée. No margarine w/sandwich meals</p>	<p>1 Chicken Stir Fry Lo Mein Noodles Chinese Vegetables Fortune Cookie Whole Wheat Roll Fresh Orange Calories:327 Sodium: 303 mg Carb: 32.2 g</p>	<p>2 Tuna Salad on Lettuce Bed w/Pita Half Pasta Salad Vinaigrette Tomato and Roasted Red Pepper Salad Butterscotch Pudding MOD: Diet Vanilla Pudding Calories: 427 Sodium: 576mg Carb: 53.4g</p>	<p>3 Roast Turkey w/Gravy Mashed Potatoes Stuffing/Cranberry See Vegetable Blend Mix Multigrain Bread Raspberry Filled Cookie Diet: Lorna Doones Calories:342 Sodium: 654mg Carb: 38.8g</p>	<p>4 ❖Hot Dog w/Bun Baked Beans Summer Spring Vegetable Blend Ketchup Potato Chips Watermelon Cubes Calories: 613 Sodium: 1158 mg Carb:69.6g</p>
	<p>8 Greek Chicken Roasted Sweet Potatoes Broccoli Rye Bread Chocolate Cupcake MOD: Strawberry Graham Calories: 389 Sodium 272 mg Carb:31.9 g</p>	<p>9 Salmon Boat w/Newburg Sauce Herbed Brown Rice Roman Vegetable Blend Whole Wheat Roll Cantaloupe Cubes Calories:290 Sodium: 406mg Carb: 38.8g</p>	<p>10 Stuffed Shells w/Meat Sauce Italian Vegetable Blend Italian Bread Parmesan Cheese Light Hot Apple Crisp Calories 351 Sodium: 481 mg Carb: 28.8 g</p>	<p>11 Meatloaf w/Gravy Baked Potato Sour Cream French Cut Green Beans Oatmeal Bread Banana Calories: 432 Sodium: 342 mg Carb:48.1g</p>
<p>14 Steak & Peppers on Whole Wheat Sub Roll Oven Roasted Potatoes Apple Juice Fruited Yogurt ****No Milk Served**** Calories: 514 Sodium: 577 mg Carb:52.8 g</p>	<p>15 Macaroni & Cheese w/Bread Crumb Topping Broccoli Light Hot Peach Crisp Multigrain Bread Calories:397 Sodium: 668 mg Carb: 53.5g</p>	<p>16 Chicken Marsala Penne Pasta Brussel Sprouts Whole Wheat Roll Gingerbread Cake MOD: Lorna Doones Calories:332 Sodium: 205 mg Carb:40.7 g</p>	<p>17 Minestrone Soup w/Crackers ❖Roast Beef on Lettuce Bed w/Kaiser Roll Italian Pasta Salad Spinach Salad w/ Mandarin Oranges Chocolate Pudding MOD: Diet Choc Pudding Calories: 487 Sodium:751mg Carb: 59.9 g</p>	<p>18 Roast Pork w/Fruit Salsa Baked Sweet Potato Zucchini Squash Medley Marble Rye Bread Banana Calories:389 Sodium: 94 mg Carb: 36.5g</p>
<p>21 Sloppy Joe Seasoned Oven Roasted Potatoes California Vegetable Blend Hamburger Bun Vanilla Pudding w/♦Topping MOD: Diet Van.Pudding Calories: 544 Sodium: 535mg Carb:61.6 g</p>	<p>22 Chicken Parmesan with Tomato Sauce Rigatoni Baby Carrots Parmesan Cheese Italian Bread Diced Pears Calories: 436 Sodium: 467 mg Carb:45.1 g</p>	<p>23 Swiss Cheese Omelet Home Fries Peppers & Onions Rye Bread Honey Dew Melon Cubes Calories: 345 Sodium:413mg Carb: 31.2g</p>	<p>24 Spanish Pot Roast Roasted Sweet Potatoes Spinach Oatmeal Bread Pound Cake MOD: Lemon Grahams Calories:308 Sodium: 241mg Carb: 35.8 g</p>	<p>25 Potato Crunch Fish w/Lemon Sauce Tartar Sauce Brown Wild Rice Blend Zucchini & Tomatoes Whole Wheat Bread Fresh Fruit in Season Calories: 465 Sodium: 440mg Carb: 54.4g</p>
<p>28 Mediterranean Chicken Bowtie Pasta Broccoli Multigrain Bread Chocolate Pudding MOD: Diet Choc.Pudding Calories: 374 Sodium:471 mg Carb:42.5 g</p>	<p>29 BBQ Pork Patty Oven Roasted Potatoes Jardiniere Vegetables Sub Roll Double Chocolate Chip Cookies MOD: Lorna Doones Calories: 431 Sodium: 645mg Carb: 55.4g</p>	<p>30 Eggplant Parmesan w/Meat Sauce & Ziti Parmesan Cheese Brussel Sprouts Italian Bread Peach Slices Calories: 495 Sodium:696mg Carb: 63.5g</p>		

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

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



"SPOTLIGHT" ON....Meet Tommy Schindler, a long time (52 years) resident of Halifax who remembers the yellow flashing light at the intersection of Rt. 106 & 58 and Haywood's Package store. Tommy is a Building/Maintenance Dept. employee for our town and is a descendant of the first Monponsett Inn owners. His great grandfather, Moritz, founded the Inn (formerly located next to the restaurant) in 1886, and original pictures of this establishment can be found in our town library. Both of his parents worked at the Inn, and he was the youngest of four boys. The farthest that Tommy has traveled included a short stint as tree trimmer around the power lines in San Joaquin Valley in California. Tommy and his partner Kevin, watch over 6 chickens, which is a big responsibility and Tommy also has 5 nephews and 1 niece to keep track of. You may have seen Tommy helping Santa during Halifax In Lights parade, bell ringing for the Salvation Army with Kevin, and Tommy has been a member of the Halifax fire Dept. for 30 years! Tommy really enjoys getting away occasionally to go camping on Grape Island in the Boston Harbor, and highly recommends it over the other islands. Most of us at the Council on Aging know Tommy as the town's best 'fixer upper' guy, but his area of greatest interest is being a member of the Citizen's Emergency Response Team (CERT). He was recently given the newly assigned job as volunteer director the town's team of 30 volunteers, and thus carries and keeps his radio/pager on 24/7. He feels that, although the town could benefit from having more volunteers involved in aspects of making Halifax great, he especially encourages residents to become involved in CERT. (There will be a free, 10-week training course for all interested people beginning on Sept. 10th from 6:30 to 9pm at the E. Bridgewater Town Hall. This course protects families, neighbors, and our community at large when disaster strikes. The course includes: disaster preparedness, fire safety & suppression, search & rescue, incident command, disaster psychology, terrorism & emergency preparedness. If you'd like to know more about this course, please see the flyer located in our entryway bulletin board!) Thanks, Tommy, for all that you do in Halifax for keeping the COA "Spic 'n' Span"!!!



Come with the **LOVE TO WALK GROUP** on Monday, September 4th to the Bristol Blake State Park and Stony Brook Wildlife in Norfolk.

On September 18th they will be walking at the Quincy Quarries, Willard St., in Quincy. Van fee is \$5.00, bring lunch, water and comfy walking shoes. SIGN up by calling the office to reserve your space!

BALL ROOM DANCING...starts Sept. 11th, continuing through November, 11am-noon. Revisit the foxtrot, come as a couple or individual. \$5.00 per person, enjoy the fun of dance and socialization.

Interested in oil painting of a portrait or landscape? Come and learn more about it every Thursday, 10-noon! This is a great way to become more familiar with an expressive art skill.



COME IN to our office and pick up a free and current edition of South Shore Senior News! It is a monthly newspaper full of helpful articles and resources to helping seniors age well and enjoy themselves while doing it!

Due to changes, a **new Day Trip** has been scheduled for **Friday, September 25th**, replacing what was planned for Sept. 18th. We're hoping to take interested folks to the **South Shore Model Railway Clubhouse** located in Bare Cover Park, Hingham. This is one of the oldest HO model railroad clubs in America! Come and see what the layouts are like, what their projects are, and what keeps the 60+ members active! Let us know if you'd like to take this trip. Cost: \$5.00 for van, FREE entry into museum. Anyone who'd like to just walk the paths at Bare Cove during our time at the museum, this would be fine! Call for updates and details.



THANK YOU to River Street Gardens who have been decorating our Gathering Place (dining room) tables every week with fresh flowers. They also offer organic produce at the Marshfield Farmers Market on Fridays from 2-6pm. Please visit them there, or at the Carver Farmers Market on Sundays 12-4pm



House numbers are used by Emergency Responders as the primary way to identify properties when responding to incidents. When we respond to homes that are not properly numbered our response time can be significantly increased. In fact it is not uncommon to have 3 or four houses in a row that are not properly numbered which can compound the problem.

Halifax Mobil Home Estates is an over 55 community with approximately 430 homes. We chose this location for our pilot program because it is the area in town where we respond to greatest number of medical emergencies and because people over age 65 account for 40% of the fire deaths each year in Massachusetts. Over the next year we hope to expand this program to other parts of the Town. We are always available if any of our seniors call and request assistance.

Of the 430 homes we found 15 that were either missing house numbers or had numbers that were obstructed from view. The house numbers and installation was paid for through our Senior Safe Grant from the Massachusetts Department of Fire Services. The grant is designed to improve the fire and life safety of older adults.

There is a law (MGL Chapter 148 Section 59) in place that requires house numbers, however our goal is to inform and assist homeowners and help them to be in compliance.

House numbers requirements: Numbers should be between 3 and 12 inches tall, Numbers should be a contrasting color to their background, Numbers should be posted on the house and visible from the street. If the numbers on the house cannot be seen from the street, an additional set needs to be at the street or roadway; usually affixed to a post or mailbox and contrasting color to their background.

Submitted by Fire Chief Jason Viveiros