

Old Colony Elder Services Nutrition Program - Menu

December - 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Paprika Chicken Garlic Mashed Potato Roast Winter Squash Whole Wheat Bread Peaches Calories: 600 Fat: 26% Sodium: 700mg Fiber: 7g	3 Beef Chili Broccoli Corn Bread Vanilla Pudding MOD: SF Pudding Calories: 600 Fat: 30% Sodium: 950mg Fiber: 8g	4 Fish Sticks Tartar Sauce Brown Rice Beets Pumpernickel Bread Pineapple Calories: 725 Fat: 32% Sodium: 980mg Fiber: 5g	5 Roast Pork w/ Sage Gravy Sweet Potato Green Beans Rye Bread Fruit Cocktail Calories: 675 Fat: 30% Sodium: 455mg Fiber: 7g	6 Baked Ziti Cauliflower & Carrots Multigrain Bread Apple Crisp Calories: 850 Fat: 21% Sodium: 830mg Fiber: 14g
9 WG Lasagna California Blend Veg Zucchini Garlic Roll Pears Calories: 630 Fat: 30% Sodium: 710mg Fiber: 10g	10 BBQ Chicken Roasted Potatoes Baked Beans Rye Bread Chocolate Pudding MOD: SF Pudding Calories: 700 Fat: 22% Sodium: 1300mg Fiber: 8g	11 Swedish Meatballs Egg Noodles Spinach Whole Wheat Bread Fruit Cocktail Calories: 590 Fat: 30% Sodium: 660mg Fiber: 9g	12 Krunch Lite Fish w/ Lemon Mashed Potato Parslied Carrots Multigrain Bread Fruit Loaf MOD: Lemon Grahams Calories: 650 Fat: 25% Sodium: 790mg Fiber: 9g	13 Beef Teriyaki Vegetable Brown Rice Oriental Vegetables Whole Wheat Bread Fresh Orange Calories: 710 Fat: 34% Sodium: 780mg Fiber: 10g
16 Hot Dog on a Bun Potato Wedges Mixed Vegetables Mustard/Ketchup Mandarine Oranges Calories: 780 Fat: 42% Sodium: 1270mg Fiber: 9g	17 Greek Chicken Lemon Herb Bowties Broccoli/Cauli Blend Pumpernickel Bread Peaches Calories: 665 Fat: 18% Sodium: 610mg Fiber: 9g	18 Roast Turkey w/ Gravy Mashed Potato Cranberry Sauce/Stuffing Green Bean Almondine Garlic Roll Chocolate Cake MOD: SF Cake Calories: 6750 Fat: 31% Sodium: 1150mg Fiber: 7g	19 Meatball Sub Zucchini Corn Hot Cinnamon Apples Calories: 665 Fat: 42% Sodium: 865mg Fiber: 8g	20 Potato Crunch Fish Tartar Sauce Mashed Sweet Potatoes Peas & Onions Oatmeal Bread Tapioca Pudding MOD: SF Pudding Calories: 830 Fat: 35% Sodium: 1020mg Fiber: 5g
23 Turkey Ham and Cheese on Rye Mayonnaise Creamy Pumpkin Soup \$ English Pea Salad Cuke/Tomato Salad Fruit Cocktail Calories: 790 Fat: 44% Sodium: 1060mg Fiber: 7g	24 Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Whole Wheat Roll Butterscotch Pudding MOD: SF Pudding Calories: 810 Fat: 29% Sodium: 1000mg Fiber: 8g	25 Christmas Day No Meals Served 	26 Cranberry Chicken Rice Barley Pilaf Green Beans Multigrain Bread Pineapple Calories: 720 Fat: 20% Sodium: 760mg Fiber: 8g	27 Macaroni & Cheese Broccoli Stewed Tomatoes Oatmeal Bread Snack 'n Loaf MOD: Blueberry Graham Calories: 730 Fat: 35% Sodium: 1010mg Fiber: 7g
30 Orange Chicken Brown Herbed Rice Mixed Vegetables Whole Wheat Bread Fresh Orange Calories: 630 Fat: 18% Sodium: 770mg Fiber: 9g	31 Turkey A La King Buttered Noodles Broccolli Pumpernickle Bread Strawberry Cup MOD: Fruit Cocktail Calories: 690 Fat: 25% Sodium: 915mg Fiber: 7g	Milk and margarine are served at every meal \$ Soup on 12/23 will be served congregately only.		
				

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

Did you know this fact about our town?

Most commonly used house heating fuel:

Fuel oil, kerosene, etc. (69%)

Utility gas (22%)

Bottled, tank, or LP gas (5%)

Electricity (2%)

Wood (1%)

Read more:

<http://www.city-data.com/city/Halifax-Massachusetts.html#ixzz2k4UV7poh>



Tips to staying warm..

1. Dress in layers
2. Wear extra socks
3. Open curtains on south side of house on sunny days
4. Block drafts
5. Stay active!

...Reflection for Winter 2014...

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.
Tom Stoppard

Do you want to have something in the February newsletter that would relate to Council on Aging events? Kindly submit it printed (handwritten or typed) in to the NEWSLETTER box (top of cabinet in Reception Room) no later than January 1st. THANK YOU for keeping this deadline in mind so that nothing will be missed.



Do you have some time after Thanksgiving Day (11/29) to help "Deck the Halls" at our COA? Many hands will make light work! Come at **10:00a.m.** and we'll have a good time!

Would you be interested in joining a support group? There are many in our surrounding towns (Kingston, Plymouth, Rockland, Hanover, Duxbury, Hanover) that meet to help with a variety of issues such as: Alzheimer's, Grief, Caregiving, Parkinson's, Diabetes. CHECK the list we have in our office!

Remember our troops this holiday season....*This is a such a great idea!* When filling out your Christmas cards this year, take one extra and send it to:

A Recovering American Solider
c/o Walter Reed Army Medical Center
6900 Georgia Ave., NW
Washington, DC 20307-5001



If we pass this information on to family, friends and neighbors.... think of how many cards these wonderful, special people, who have sacrificed so much would get?

January's menu for Meals on Wheels will be available in the office mid-December.



Here's a GREAT way to keep active during the Wintertime 'blahs or facing an impending snowstorm....

ENJOY LINE DANCING ON Tuesday afternoon, 3:00-4:30-m or Wednesday 6:30-8:30pm at the All Seasons Sport Lounge...Taught by Halifax resident Jean Quimby...see Barb for details!

CHAIR YOGA (sponsored by the COA) ended in mid-November but will resume December 4th, 11th, 18th (end), starting up again on January 15th at the Community Room @ Halifax Mobile Home Park with Judith Struble. Cost: \$4.00 pp
Updates will be announced in class. **All welcome!**



A reminder on Winter Weather & Snow Emergencies..

Tune into a local weather on your radio or TV and listen for "No School" announcements. If Halifax Elementary School is closed due to inclement weather, the COA will also be closed, which includes such programs as Meals on Wheels and van transportation. (Home delivered meal participants have emergency meals on hand for times like this.)

If you have a NON emergency (heat or electric out) call

781-293-5761

Please take a cell phone with you if you go out during winter-time driving and let someone else know where you are going and when to expect you home.

Be safe!



Are you a veteran (or do you know a veteran) who needs help with housing, temporary financial assistance based on availability of funds, house counseling/search, employment or training, legal services, childcare, please call 1-800-482-2565 option #2. Also, **our Veteran Agent comes every 3rd Wednesday of the month @11:00a.m to the COA! Thank you, Wil Corey!**

Flu + You

Protect. Learn. Understand. Safeguard.
Educating older adults about influenza and prevention
From the National Council on Aging and Sanofi Pasteur



Influenza (commonly known as “the flu”), is a serious and potentially life-threatening disease, especially in adults 65 years of age and older.

- Influenza, also known as “the flu”, is a common respiratory infection caused by several related viruses.
- The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person’s mouth or nose.
- Symptoms of the flu often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.
- As we get older, our immune system typically weakens. This generally makes it harder for us to fight disease and may also make us less responsive to vaccines. As a result, adults 65 years of age and older are at increased risk of flu and its complications. For example, the influenza virus can cause worsening of chronic conditions and it can lead to death.
- Each year in the United States, nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people 65 years of age and older.

The flu can worsen other health problems.

- The flu is especially dangerous for people with certain conditions that commonly affect older adults, including heart disease, lung disease, diabetes, and cancer.
 - People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

The best way to help protect against the flu is vaccination.

- According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone 6 months of age and older.
 - Despite these recommendations, immunization rates among adults 65 and older are still far below public health goals. The leading reason older adults do not get the flu shot is not being aware they need it.
- Receiving the flu vaccination each and every year is the best way and first step to help protect yourself from the flu and spreading it to friends and family.

There is a vaccine that is designed specifically for adults 65 years of age and older.

- Adults 65 years of age and older have vaccine options. In addition to the traditional flu vaccine (which helps protect against three strains of the flu virus), there is also a quadrivalent vaccine (which helps protect against four strains), and a higher dose vaccine.
 - By improving the production of antibodies in older patients, the higher dose vaccine can provide a stronger immune response to influenza than traditional vaccines.
- These vaccine options are widely available at a doctor’s office or local pharmacy. An annual flu shot is a Medicare Part B benefit – this means that the vaccine is covered with no copay for Medicare beneficiaries 65 years of age and older.

**Talk to your health care provider today about the dangers of the flu,
the benefits of vaccination, and the best vaccine option to meet your needs.**

Rules About Marketing Medicare Plans

Are there rules about a Medicare salesman in my home?

Yes.

Medicare allows private insurance companies to sell you Medicare Advantage plans and Part D drug plans, but there are rules these plans have to follow about marketing their products to you.

A Medicare Advantage Plan is a type of Medicare health plan offered by a private company that contracts with Medicare to provide you with all your Part A hospital and Part B medical benefits. If you're enrolled in a Medicare Advantage Plan, Medicare services are covered through the plan and aren't paid for under Original Medicare. Most Medicare Advantage Plans also offer prescription drug coverage.

Medicare plans aren't allowed to call you to enroll you in a plan, unless you specifically ask to be called. Also, plan representatives should never ask you over the phone for financial information, including credit card or bank account numbers. No one should call you without your permission, or come to your home uninvited to sell Medicare products. Call 1-800-MEDICARE to report a plan that does this.

Door-to-door calls (*cold calls*) are prohibited by federal Marketing Guidelines. Sales representatives may not obtain permission from one resident to call on others who live in a housing development, apartment building, or other residential setting in order to market a Medicare Advantage or Part D plan.

BEFORE you meet with a sales rep —

- The agent must get your permission to meet in person and must document the plan options you wish to discuss
- The agent cannot come to your home without an appointment

DURING the meeting, the agent is allowed to —

- Give you plan materials
- Tell you how to get more plan information
- Tell you about the plan options you agreed to discuss
- Give you an enrollment form
- Collect your completed enrollment form
- Leave business cards for you to give to friends and family

The agent SHOULD NOT —

- Tell you about other plan options you have not agreed to discuss, unless you specifically ask about them — you will need to complete a separate appointment form to discuss these options
- Sell you any products not related to health care, like life insurance
- Offer you cash (or gifts worth more than \$15)
- Ask for your credit card or banking information
- Pressure you to join their plan by saying things like, "you have to join this plan or you won't have coverage next year"
- Ask you to give names and phone numbers or addresses so that the agent can sell to your friends or family
- Ask you to sign the enrollment form before you are ready to join — you should only sign the form when you are ready to join.

If your agent does not follow these rules, you can call 1-800-MEDICARE (1-800-633-4227) to report any problems.