

Love for the Sun is a-g-e-l-e-s-s...

Unfortunately, Our Skin Is Not!

Overexposure to the sun's ultraviolet rays can damage your skin and after many years, this damage can cause skin cells to begin growing at an abnormally fast rate. Those who are highest at risk: Caucasians, fair-skinned descent, those over 50 years of age, having worked in outdoor occupations and those living in areas of intense year round sunshine. Perform a "spot" check (no pun intended) to look for: 1) small tan, brown or reddish-brown patches 2) sizes of spots from a few millimeters to centimeters in diameter 3) jagged or ill defined borders 4) white, scaly surfaces 5) areas of your body that have been exposed to sunlight more frequently than others (arms, face, ears, top of head). **ASK YOUR DOCTOR TO LOOK OVER YOUR SKIN — BE PROACTIVE!!**

July 4th Celebration at Popes

Tavern Senior Center

When: July 3rd, Wednesday

Time: Noontime

Menu: Grilled Hot Dogs, Pickles & Chips with a Red, White & Blue Dessert

Donation: \$3.00

****When you sign up for this event, please pass in your Baby Photo Contest Slips so we can pull a winner on this special day! There will be Prizes and lots of fun!!**



Fuel Assistance Application Time is Approaching

On these hot days, it's hard to imagine needing to think of turning up a thermostat. However, if you applied for fuel assistance last year you will be receiving another application in the mail from South Shore Community Action Council. Please review this, make necessary changes, give the documentation they ask for, sign it and return it to them. This is called the "Recertification" process. If you have never applied and need to, applications will be in by the end of October. Please give Joyce or Elaine (Outreach Workers) a call, if you need help.

CAREGIVING Support Groups are available in nearby towns of Duxbury, Hanover, Kingston & Rockland. They meet at a variety of times and locations throughout the week. Please view the list on our informational bulletin board and Referral Center at the COA. These groups provide specialized interests such as: Parkinson's Disease, Alzheimer's, Memory Loss, Grief & Loss, Vision Loss, Huntington's Disease and Diabetes. This information was compiled by Visiting Angels (Serving the South Shore since 2000). Please stop in for a copy of this important information for you, your family member, neighbor or friend.

Choose My Plate Workshop—September 12th & 19th

Presented by Old Colony Elder Services—Halifax COA

12:15— (Sign up for Lunch!)



Workshop will Teach—Building a Healthy Plate, cutting back on foods high in solid fats, sugars & salts; being more physically active, eating a variety of colorful foods & eating the correct amount of calories.

Please call to reserve a seat & lunch by 9/10/13

GENERATIONS NEWS (Friends of the COA)

Next Meeting: 7/18/13 at 11am—COA, Cookout to follow \$3.00 DONATION, ENDS AT 1PM!!

"New" Book Box — Out back of the COA —

Accepts & Reuses the Following: Books, Clothes, CDS, DVDS, Shoes, Belts, Purses & Linens

Trips: Mohawk Trail on 10/1/13; Company Theatre on 10/20/13; Bright Nights— 12/3/13. Call Dottie Martel for more information & details—781-754-0645.



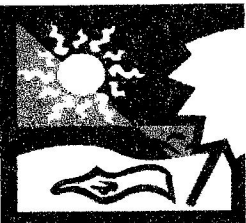
The August menu will not appear in this combined newsletter, if you would like a copy you will be able to pick one up at the COA after July 17th. Give us a call or stop by to visit us, and stay for a hot lunch, an event or a cup of tea or coffee!

FREE Admission — Senior Citizen Day at Marshfield Fair August 20th, Tuesday

Our Van will be traveling there from 12—3pm! Free Ice Cream, Free Health Information & Blood Pressures— Give us a call to sign-up for a seat on the Senior Van!

Old Colony Elder Services

July 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 RS Hot Dog on a Bun Potato Wedges Carrot Coins Mustard/Ketchup Chocolate Pudding MOD: SF Pudding Calories: 762 Fat: 43% Sodium: 1443 mg Fiber: 7g	2 Chicken Picatta Peas Sweet Potato Pumpnickel Bread Pineapples Calories: 644 Fat: 14% Sodium: 461 mg Fiber: 10g	3 Fish Sticks Tartar Sauce Rice Blend Broccoli Multigrain Bread Apple Cinnamon Grahams Calories: 777 Fat: 34% Sodium: 837mg Fiber: 10g	4 Independence Day <i>No Meals Served</i> 	5 Italian Braised Beef Tips Garlic Mashed Potato Mixed Vegetables Wheat Bread Peaches Calories: 690 Fat: 35% Sodium: 504 mg Fiber: 9g
8 Orange Chicken Mashed Potatoes Spinach Oatmeal Bread Cherry Snack 'n Loaf MOD: Lemon Grahams Calories: 629 Fat: 24% Sodium: 670 mg Fiber: 7g	9 Baked Ziti w/ Meat Sauce Cauliflower Italian Bread Fresh Fruit in Season Calories: 626 Fat: 27% Sodium: 380mg Fiber: 10g	10 Beef Marsala Roasted Potato Beets Dinner Roll Tapioca Pudding MOD: SF Pudding Calories: 705 Fat: 34% Sodium: 710mg Fiber: 4g	11 Turkey Provolone Sandwich on Rye Potato Salad Tomato Cuke Salad Cinnamon Apples Calories: 762 Fat: 40% Sodium: 1170mg Fiber: 4g	12 Salmon Boat w/ Tarragon Sauce Buttered Noodles Peas Whole Wheat Roll Mandarin Oranges Calories: 757 Fat: 34% Sodium: 496mg Fiber: 8g
15 Greek Chicken Wild Rice Blend Broccoli Whole Wheat Bread Pears Calories: 611 Fat: 21% Sodium: 608 mg Fiber: 10g	16 Roast Beef Sandwich w/ Lettuce/Tomato/Mayo on Whole Wheat Marinated Zucchini Fresh Orange Calories: 595 Fat: 30% Sodium: 556 mg Fiber: 8g	17 Sloppy Joe Corn Green & Wax Beans Hamburger Bun Chocolate Cake MOD: SF Cake Calories: 682 Fat: 27% Sodium: 643mg Fiber: 9g	18 Fiesta Fish Vegetable Rice Spinach Pumpnickel Bread Fruit Cocktail Calories: 579 Fat: 16% Sodium: 685mg Fiber: 8g	19 Roast Turkey w/ Stuffing Mashed Potato California Blend Veg. Rye Bread Lemon Pudding MOD: SF Pudding Calories: 617 Fat: 24% Sodium: 1319mg Fiber: 8g
22 American Chop Suey Green Beans Pumpnickel Bread Pineapple Calories: 670 Fat: 25% Sodium: 452mg Fiber: 8g	23 Potato Crunch Fish Tartar Sauce Herbed Rotini Broccoli Whole Wheat Bread Peaches Calories: 732 Fat: 36% Sodium: 771 mg Fiber: 9g	24 California Chicken Salad Pasta Salad Cole Slaw Pita Pocket Fresh Fruit in Season Calories: 681 Fat: 29% Sodium: 711mg Fiber: 7g	25 Beef Veggie Stew Steamed Potato Oatmeal Bread Vanilla Pudding MOD: SF Pudding Calories: 648 Fat: 30% Sodium: 564 mg Fiber: 5g	26 Chicken Pot Pie w/ Biscuit Boiled Potatoes Applesauce Calories: 674 Fat: 24% Sodium: 657mg Fiber: 8g
29 Tortellini w/ Tomato Sauce Carrots Whole Wheat Bread Mandarin Oranges Calories: 669 Fat: 21% Sodium: 824mg Fiber: 12g	30 BBQ Chicken Mashed Potato Harvard Beets Multigrain Bread Fruit Loaf MOD: Lemon Grahams Calories: 687 Fat: 19% Sodium: 1374mg Fiber: 8g	31 Tuna Fish Sandwich on Whole Wheat Bread English Pea Salad Pineapple Calories: 673 Fat: 26% Sodium: 924mg Fiber: 10g		Milk and margarine are served at every meal ❖ Indicates entrée has > 700 mg Sodium

Menu is subject to change without notice

Suggested donation - \$2.50 per meal.