


Old Colony Elder Services Nutrition Program - Menu

September, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day  <i>No Meals Served</i>	3 Reduced Sodium Hot Dog on a Bun Ketchup/Mustard Succotash Potato Wedges Mandarin Oranges	4 Herbed Chicken Lemon Pepper Bowties Peas & Carrots Oatmeal Bread Fruit Cocktail	5 Fiesta Fish Mashed Potato Green Beans Whole Wheat Roll Apple Cinn. Muffin MOD: Apple Grahams	6 Beef Stroganoff Egg Noodles Broccoli Pumpernickel Bread Peaches
9 Sloppy Joe (beef) Tater Tots Peas & Onions Hamburger Bun Oatmeal Cookie MOD: Lemon Graham	10 Chicken Salad Marinated Vegetable Salad Whole Wheat Bread Pears (in tray) <i>(diced chicken)</i> <i>(2 slices bread)</i>	11 Wild Salmon w/ Saffron Sauce Brown Rice Spinach Rye Bread Peaches	12 BBQ Pork Sweet Potato Green & Wax Beans Multigrain Bread Lemon Pudding MOD: SF Pudding	13 Roast Turkey w/ Gravy & Cran Sauce Mashed Potato Carrot Coins Garlic Roll Fresh Fruit in Season
16 Swedish Meatballs Egg Noodles Green Bean Almondine Multigrain Bread Mandarin Oranges	17 Potato Crunch Fish Lemon Brown Rice Blend Tarter Sauce Zucchini & Tomatoes Whole Wheat Bread Pineapple	18 Chicken Cacciatore Italian Roasted Potato Peas Multigrain Roll Brownie MOD: LS Brownie	19 Beef Marsala Garlic Mashed Potato Parslied Carrots Rye Bread Fresh Apple	20 Bean, Rice & Cheese Empanada Corn Broccoli Peach Mousse MOD: SF Pudding
23 WG Lasagna w/ Meat Sauce Spinach Genoa Vegetables Oatmeal Bread Pears	24 Teriyaki Chicken Green Beans & Carrots Brown Rice Wheat Roll Cherry Snack 'n Loaf MOD: Blueberry Grahams	25 Egg Salad Sandwich on Wheat Coleslaw Three Bean Salad Fresh Orange	26 Orange Ginger Beef with Broccoli Vegetable Fried Rice Whole Wheat Roll Fruit Cocktail	27 Meatball Sub w/ Tomato Sauce Corn Zucchini Chocolate Pudding MOD: SF Pudding
30 Turkey Ham & Provolone on Wheat Chickpea Salad Dill Cucumber Salad Vanilla Pudding MOD: SF Pudding				Milk and margarine are served at every meal ♦ Indicates entrée has > 700 mg Sodium

Menu Guidelines

700-800 Calories per meal

30% or less of calories from fat

less than 300 mg sodium per total meal

Menu is subject to change without notice

Suggested Donation - \$2.50 per Meal

FUEL ASSISTANCE SEASON IS HERE—Recertification's & First Timers—HOW TO APPLY

The Council on Aging will be taking appointments on Tuesdays & Wednesdays from 1:00—3:00pm with Outreach Worker Joyce Curran and Assistant Outreach Worker Elaine Marzill, starting September 24th, 2013.

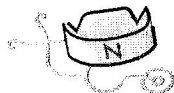
Bring with you: recent electric bill, phone & fuel bills; 4 recent pay stubs or annual award letter & pension statement from Social Security for each person in household; Veteran benefits, worker's comp or unemployment benefits; Interest bearing accounts, child support, alimony, other income; tax bill, rent receipt or land rent; social security cards for all in household; and photo ID; Homeowner's policy. Please give us a call if you have questions or need assistance.

Norwell Visiting Nurse Wellness
Blood Pressure Clinic Schedule for
the Town of Halifax —

Monday, Sept. 9th at Halifax Library

Monday, Sept 23 at Halifax Town Hall (2nd floor)

Please note — Halifax Council on Aging Blood pressures & Glucose Testing done by Nurse, Carol
The last (3) Thursdays of the month



WELCOME TO OUR TRIAD PROGRAM on 9/10/13—

Halifax Police Station—upstairs

Speaker — Jeff LaFleur on Cranberry History of the South Shore Area

Please come and join us at 10am—Bring a friend!

Veteran Agent Mr. Wil Corey will meet with Veterans every third Wednesday of the month at the COA to talk. Next visit: 9/18 from 11am-noon.

BETTER BUSINESS BUREAU (BBB) TALK coming...

November 14th at 12:15 at the COA: The Strands of Trust talk will discuss ways in which the consumer can utilize the BBB as a free precautionary tool before signing contracts or hiring a business. BBB.org in particular is a major resource tool with over four million business reviews. It would be good to learn how to use this tool when researching businesses and charity organizations and staying up to date on the latest scams. Give us a call to sign up for the talk and/or lunch.

WELCOME TO Bridge & Cribbage on MONDAYS at 10am

Looking for more players that are interested in learning these games or improving. Did you know these are great games for your mind & memory. Come on down and give it a try, you may enjoy learning with new friends!

Healthy Eyes

Maintaining Your Vision (-Provided by National Eye Institute or NIAIC@nia.nih.gov)

Taking good care of your eyes is vital to your overall health and wellbeing. Even if you enjoy good vision now, you need to start or continue to practice good eye healthcare by visiting your eye care professional to have a comprehensive dilated eye exam.

Who Performs Eye Exams?

An eye care professional is either an optometrist or ophthalmologist. An ophthalmologist is a medical or osteopathic doctor who specializes in eye and vision care. An optometrist is the primary health care professional for the eye. Both professionals are qualified to perform eye exams.

Aging and Vision Changes

As you age, it is normal to experience some changes in your vision, such as difficulty adjusting to glare, and distinguishing some colors, particularly shades of blue and green. Some common vision problems require glasses or contacts to see clearly and up close. However, these changes can be easily corrected and won't lead to vision loss or blindness. Remember, vision loss is not a normal part of aging. In fact, you can live an active lifestyle well into your later years without ever experiencing vision loss.

Tips for Healthy Eyes — Try this four question quiz to see how much you know about Healthy Eyes:

I. You Can Protect Your Eyes By

A. Eating a diet in fruit & vegetables B. Wearing sunglasses C. Knowing your family health history D. All the above

*Please call a professional if you are having difficulties with your vision and get tested soon.