OCES NUTRITION PROGRAM
September 2016

Old Colony Elder Services
Providing services to the community since 1974

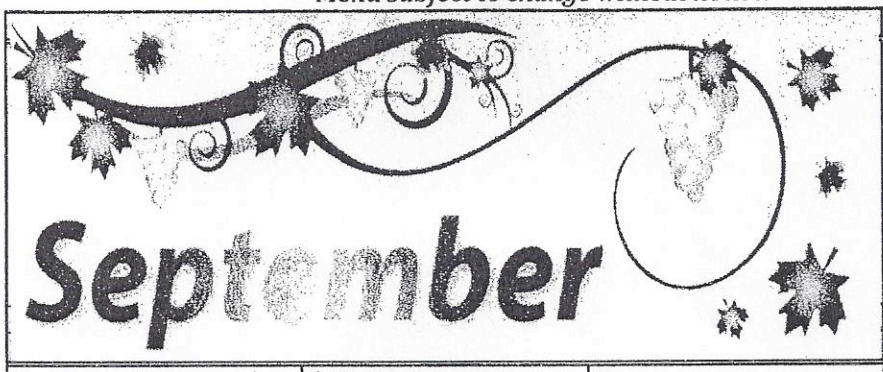
Community Dining Menu

Please call the nutrition department for meal cancellations by 10 am *two days* before delivery-508-584-1561.

Menu subject to change without notice.

Suggested donation-$2.50/meal

WW=whole wheat *WG=whole grain*



THURSDAY	FRIDAY
1 Chicken Scallopini (351) Brown Wild Rice (35) Blend Broccoli (12) Multigrain Bread (150) Double Chocolate Chip Cookie (91) MOD:SF Choc.Chip Cookie (55) Calories: 704 Sodium: 794mg Carb: 90.2g	**2** Fish Florentine (150) Tater Tots (341) Italian Vegetable Blend (19) WW Dinner Roll (180) Banana (1) Calories: 704 Sodium: 846mg Carb: 92.1g

5 Labor Day No Meals Served 	**6** Hot Dog (490) Vegetarian Baked Beans (140) Cauliflower w/Red Pepper (17) Mustard (55) Ketchup (82) WW Hot Dog Roll (250) Fresh Orange (0) Calories: 647 Sodium: 1188mg Carb: 82.3g	**7** Breaded Pork w/* (500) Apple Cabbage Slaw (23) Italian Roasted Potatoes (6) Zucchini (2) Wheat Bread (115) Peaches (6) Calories: 798 Sodium: 807mg Carb: 105.5g	**8(no milk served)** Spanish Pot Roast (99) Fresh Roasted Sweet Potatoes (41) Spinach (110) Garlic Roll (181) Apple Juice (5) Fruited Yogurt (75) Calories: 687 Sodium: 558mg Carb: 82.4g	**9 Cold Meal** Chicken Breast w/Tomatoes & Cucumbers (415) Tricolor Pasta Salad (52) WW Sub Roll (330) Fruited Oatmeal Bar (85) MOD:SF Oatmeal Cookie (65) Calories: 846 Sodium: 1037mg Carb: 118.1g
12 ❖ Lasagna with (290) Meat Sauce (102) Broccoli (12) Parmesan Cheese (108) Italian Bread (380) Lemon Pudding (200) MOD:Diet Jello (8) Calories: 715 Sodium: 1247mg Carb: 98.9g	**13** Swiss Cheese Omelette (296) O'Brien Potatoes (31) Peppers & Onions (2) Fruited Snack Loaf (170) Applesauce (14) Calories: 782 Sodium: 669mg Carb: 96.7g	**14** Orange Dijon Chicken (418) Orzo w/Brown Rice & Carrots (2) Chef's Choice Vegetable Blend (51) WW Dinner Roll (180) Cantaloupe (14) Calories: 660 Sodium: 820mg Carb: 91.9g	**15** Potato Crunch Fish (220) Herbed Brown Rice (41) Chuck Wagon Vegetable Blend (2) Tartar Sauce (130) Wheat Bread (115) Chocolate Cupcake (170) MOD:Vanilla Wafers (65) Calories: 872 Sodium: 832mg Carb: 112.8g	**16** Roast Turkey*❖ (607) w/Gravy (67) Stuffing Garnish (83) Mashed Potatoes (135) Spring/Summer Veg.Blend (65) Cranberry Sauce (4) Mulitigrain Bread (150) Banana (1) Calories: 730 Sodium: 1266mg Carb: 95g
19. Greek Chicken (489) Served Over Penne Pasta (4) Green Beans (3) WW Dinner Roll (180) Hot Caramelized Apples (76) Calories: 777 Sodium: 907mg Carb: 99.6g	**20** Grilled Tilapia (55) w/Mango Salsa (26) Caribbean Rice (34) Fiesta Veg.Blend (15) Tortilla (227) Vanilla Pudding (200) MOD:Diet Jello (8) Calories: 693 Sodium: 710mg Carb: 95.1g	**21** Meatballs w/Sauce (261) Served Over Rotini Pasta (4) Broccoli (12) Parmesan Cheese (108) Wheat Bread (115) Hot Cinnamon Pears (64) Calories: 710 Sodium: 719mg Carb: 85.5g	**22** Roast Pork (56) w/Marsala Sauce (93) Whipped Sweet Potato (24) Scandinavian Vegetable Blend (41) WW Dinner Roll (180) Tropical Fruit Mix (8) Calories: 753 Sodium: 557mg Carb: 90.8g	**23** Egg Salad served (170) w/Lettuce & Tomato (2) Potato Salad (57) Spinach Salad w/ Mandarin Oranges (33) Snowflake Roll (180) Fruited Oatmeal Bar (85) MOD:Waffle Snaps (65) Calories: 722 Sodium: 677mg Carb: 81.8g
26 Macaroni&Cheese* (616) Hot Chickpea Salad (145) Zucchini&Tomatoes (56) Oatmeal Bread (150) Honey Dew Melon (15) Calories: 708 Sodium: 1137 mg Carb: 99.4g	**27** Chicken Parmesan* (722) Parslied Bowtie Pasta (4) Cauliflower w/Red Pepper (17) Wheat Bread (115) Fresh Orange (0) Calories: 703 Sodium: 1012mg Carb: 90.8g	**28** Salmon w/Dill Sauce (79) Brown Wild Rice Blend (35) Tuscany Veg.Blend (47) Rye Bread (150) Sugar Cookie (203) MOD:Lorna Doones (100) Calories: 789 Sodium: 668 mg Carb: 99.4g	**29** Turkey Salad (490) w/Lettuce&Tomato (2) Pasta Salad Vinaigrette (8) Broccoli&Tomato Salad (64) Mini Kaiser Roll (200) Butterscotch Pudding (200) MOD:Waffle Snaps (65) Calories: 706 Sodium: 1116mg Carb: 92.7g	**30**Homemade Meatloaf (119) w/Gravy (14) Baked Potato (4) Diced Beets (173) Sour Cream (13) Multigrain Bread (150) Cantaloupe (14) Calories: 704 Sodium: 628mg Carb: 73.8g

*Indicates food item with >500mg sodium ❖=high sodium meal ♦=appropriate for modified dessert

If you desire to reduce carbohydrates or sodium in your meal, consider saving items such as bread, milk, or dessert for a snack or have them with another meal.

In the Spotlight

...It's time to meet **BRENDA FITZERGALD**, our new Outreach Worker here! Brenda is a seventeen year resident of Halifax, so many of you may have already met her, and we hope you'll come in or call to meet her soon! Brenda was a firstborn, grew up and was schooled in the Dorchester area with a large family of 7 siblings. Her dad and mom were hard workers, but the most unique business they formerly owned was an ice cream store, once called Scoops. Brenda loves coffee ice cream to this day! (but only tea for a hot drink)

After graduating from high school, Brenda worked at the Marian Manor Nursing Home and was trained by the sisters there to do the work of a Nurses Assistant. Later, she became a certified Home Health Aide and has always loved taking care of people. Her grandmothers on both sides were nurses, which inspired her to continue in this special calling. In addition, she started her own business, "Clean As A Whistle" which included house cleaning. Brenda has raised three daughters; Kristen, Marissa and Julia. Brenda's goal of raising good people who are genuine and honest is being accomplished!

Brenda loves the safety and tight knit community that Halifax has offered their family. Her mother, sister and brothers live nearby. Brenda has been blessed also through re-homing of dogs and owns a 7-year old Husky and an 11 year old Jack Russell terrier. She would love to help more animals because she loves them very much. (Animal Planet is a show that she enjoys watching!) In addition, Brenda loves to work in her flower garden and enjoys growing things that delight the eye. Whenever Brenda has the time, she enjoys relaxing and watching talent and reality shows, especially America's Got Talent because it's inspiring to witness those who have the courage to share their gifts and talents. Brenda is looking forward to serving our seniors, building trust and support, and is humbled by the opportunity to appreciate their wisdom, and developing friendships.

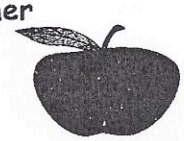
WELCOME to Halifax Council on Aging, **Brenda**!

KEEP MOVING!

Join us on this simple walk program....at your convenience, wherever you are, any time throughout the year! Record your miles in a log book (free at our office) and simply keep track of your time spent walking. (walk/step;, 1 hour = 1 mile; walk/step 1/2 hour = 1/2 mile; 1/4 hour = 1/4 mile; 1/8 hour = 1/8 mile) Members on the move to Colorado (check our map track in the office) are: Harold Davis, Sandra Rigo, Carol Keegan, Hank Finn, Helene Ferrara & Jo Schofield. The benefits of participating are too numerous to mention here, but it'll bring your closer to even better health.

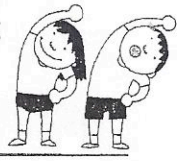
The Department of Telecommunications and Cable has done research to help consumers, and wants seniors (over 65 years of age) to know that VERIZON cannot terminate basic landline service, gives free unlimited , local directory assistant calls and discounts through the government's Lifeline Program, and discounts are available for cable service. Call our office for specifics.

I appear once in summer
and twice in autumn.
What am I?



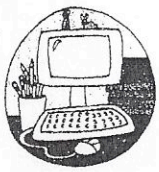
The letter "U"

LORI HUNTER is re-offering a time of Senior Fit Exercise beginning September 7th. Every Wednesdays, from 9:30-10:30a.m at the Halifax Policed Station, 2nd floor. There is group encouragement with warm ups, cardio and aerobic dance, core strengthening and stretching. ($4.00 pp)



Get into shape and have some fun!

Every day, we have a community lunch program at noon. There is a $2.50pp donation request. On the

FIRST Thursday of the month (Sept. 1st) we will offer a ***special*** lunch, which will include MEDITERRANEAN CHICKEN BREAST, LEMON OLIVE RICE, VEGETABLE RATATOUILLE, A DINNER ROLL AND CHOCOLATE FUDGE CAKE. (Yum!) ***Please reserve your space by Monday of that week.***

Would you like to learn more about computers and what they can do? Or, do you have a challenge you want help with? Betty will help you with the basics and is available on Monday mornings, 10:00.