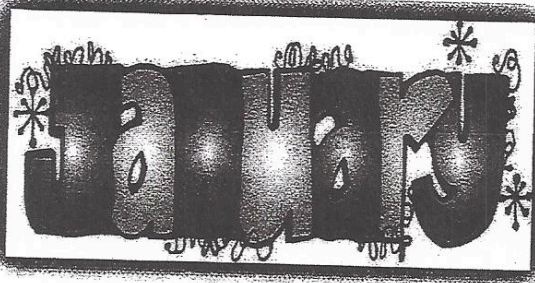




Old Colony Elder Services Nutrition Program

January 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk & margarine are served at every meal and are included in the nutrition analysis</p> <p>♦ Indicates entrée has >700mg sodium</p> <p>♦ Soup is for congregate meal sites</p>			<p>1 New Year's Day No Meals Served</p> 	<p>2 Chicken Marsala Mashed Sweet Potato Peas and Mushrooms Oatmeal Bread Apricots</p> <p>Calories: 630 Fat: 15% Sodium: 520mg Carb: 92g</p>
<p>5 Tortellini with Tomato Sauce California Veg. Blend Garlic Roll Peach Crisp</p> <p>Calories: 700 Fat: 25% Sodium: 770 mg Carb: 105g</p>	<p>6 Italian Pot Roast Oven Roasted Potato Brussel Sprouts Italian Bread Chocolate Chip Cookie MOD: Lorna Dorne</p> <p>Calories: 675 Fat: 29% Sodium: 560mg Carb: 79 g</p>	<p>7 Roast Pork w/Raisin Sauce Herbed Buttered Penne Mixed Vegetables Pumpnickel Bread Fresh Apple</p> <p>Calories: 760 Fat: 26% Sodium: 450mg Carb: 98g</p>	<p>8 Mediterranean Chicken Orzo Vegetable Blend Spinach Oatmeal Bread Pineapple</p> <p>Calories: 675 Fat: 22% Sodium: 865mg Carb: 89g</p>	<p>9 Breaded White Fish Tarter Sauce Roasted Sweet Potato Broccoli Multigrain Bread Mandarin Oranges</p> <p>Calories: 720 Fat: 38% Sodium: 790mg Carb: 90g</p>
<p>12 Lasagna w/Tomato Sauce Spinach Peas and Onions Italian Bread Fresh Orange</p> <p>Calories: 570 Fat: 24% Sodium: 710mg Carb: 81g</p>	<p>13 Aloha Chicken Buttered Potatoes Broccoli Rye Bread Lemon Cake MOD: Low sugar cake</p> <p>Calories: 780 Fat: 21% Sodium: 890mg Carb: 109g</p>	<p>14 Turkey a la King Over Penne Pasta Carrots Biscuit Fruit Cocktail</p> <p>Calories: 740 Fat: 29% Sodium: 740mg Carb: 86g</p>	<p>15 ♦ Baked Ham w/Pineapple Sauce Mashed Sweet Potato Green Beans Multigrain Bread Pineapple</p> <p>Calories: 540 Fat: 18% Sodium: 1160mg Carb: 83 g</p>	<p>16 Wild Salmon w/Lemon Dill Sauce Orzo with Carrots Green Beans Almondine Oatmeal Bread Pears</p> <p>Calories: 645 Fat: 19% Sodium: 480mg Carb: 92g</p>
<p>19 Martin Luther King Day No Meals Served</p> 	<p>20 Baked Ziti with Meat Sauce Carrots & Cauliflower Wheat Roll Peach Sauce</p> <p>Calories: 760 Fat: 22% Sodium: 590mg Carb: 110g</p>	<p>21 Chicken Teriyaki Brown Rice & Peas Oriental Vegetables Oatmeal Bread Vanilla Pudding MOD: SF pudding</p> <p>Calories: 680 Fat: 23% Sodium: 970mg Carb: 87 g</p>	<p>22 Spanish Beef Tips Mashed Sweet Potato Fiesta Vegetables ♦ Vegetable Soup Wheat Roll Fresh Apple</p> <p>Calories: 710 Fat: 20% Sodium: 810 mg Carb: 99g</p>	<p>23 ♦ Hawaiian Roast Pork Oven Roasted Potatoes Brussel Sprouts Corn Muffin Fruit Cocktail</p> <p>Calories: 780 Fat: 25% Sodium: 955mg Carb: 107g</p>
<p>26 Roast Turkey w/ Gravy; Mash. Potato Green Beans Multigrain Bread Fruit Snack N Loaf MOD: Lemon Grahams</p> <p>Calories: 588 Fat: 26 % Sodium: 1031mg Carb: 76 g</p>	<p>27 American Chop Suey California Vegetables Oatmeal Bread Mandarin Oranges</p> <p>Calories: 660 Fat: 26% Sodium: 410mg Carb: 88 g</p>	<p>28 Orange Almond Chicken Carrots Succotash Rye Bread Peaches</p> <p>Calories: 630 Fat: 18% Sodium: 550 mg Carb: 92 g</p>	<p>29 Roast Beef au Jus Red Bliss Potatoes Broccoli Whole Wheat Roll Apple Crisp</p> <p>Calories: 725 Fat: 35% Sodium: 391 mg Carb: 87g</p>	<p>30 Salmon Stir Fry with Soy Ginger Glaze Oriental Vegetables Brown Rice Wheat Bread Pineapple</p> <p>Calories: 525 Fat: 19% Sodium: 510mg Carb: 71 g</p>

Menu is subject to change without notice
Suggested donation - \$2.50 per meal



PEOPLE PROFILE . . . FEATURING Florence St. Laurent

Imagine some of the events during 1915....you would learn that it was the year that the first phone call was completed, Rocky National Park was established, World War I is in full bloom, SS Lusitania was sunk by the Germans, Red Sox Pitcher Babe Ruth made is debut, William Taft was President, "Of Human Bondage" was printed, the Raggedy Ann doll is patented, Henry Ford manufacturers the millionth Model T and.... **a special citizen of Halifax by the name of Florence St. Laurent was born in Brockton on January 2nd!** Florence was the youngest child of an Armenian father and French mother, along with two older sisters and one brother. She grew up in Brockton and attended schools there as well as working with the National Youth Administration, an organization that focused on providing work and training for youth. Her father was a regular bell ringer for a church in Brockton and gave her a special set of ice skating shoes which she remembers fondly. After marrying, she moved to Hanson and had five children. She enjoyed sewing for her family and to this day, loves country music. In fact, she plays a harmonica and keyboard by ear to her special pet, a 10 year old Coon cat. She has a real gift of free-hand drawing, of which you can see in the photo. Florence is known for being a "can do!" person and still drives locally to purchase her household needs and do errands. Happy **100th** Birthday to Florence! She looks forward to having pizza and ice cream cake on her special day!

Note! The Meals on Wheels meal calendar for JANUARY will be available in our office during the later part of the December.



Fifteen seniors just completed the eight week Matter of Balance course led by Phyllis Shea and Anne-Marie Powers, both PTAs from Norwell Visiting Nurse's Association. We learned a great deal about fall prevention and what steps to take in case of a fall. We learned about equipment to have in our homes to help prevent falls; some of which may be paid through our insurance company and/or Medicare with a prescription from our doctor. The course was very informative and educational. Through discussion, we were able to share our own ideas as to how to help prevent falls in our homes.

The group wishes to thank our Director, Barbara Brenton for her work in arranging this very useful course. Submitted by Mary Jane Lewis

Seniors! Please be aware that there is an increase of many businesses that try hard to make you believe that their products are vital for you to purchase. However, it is best to do research on these companies, as many are scamming the public. Call the local Better Business Bureau to find out more on suspicions you might have before agreeing to purchase their offerings.



A Victorian Christmas at the Daniel Webster Estate

Talented designers will transform twelve rooms of this Queen Anne Victorian mansion, and we will be providing a special van trip on **Monday, December 8th** to see it! Join us at **10:00am at the COA; the van will leave @10:30**. Tickets to view the estate are \$8.00 per senior, and the van fee is \$4.00. (\$12.00 per person) After the tour, we will return back to Halifax for lunch at an agreed location. RESERVE your place by calling our office as soon as possible!

The Daniel Webster Estate & Heritage Center is located at 238 Webster St, Marshfield, Phone 781-834-0548 Website: <http://www.danielwebsterestate.org/current-events/draft-victorian-christmas/>

A possible trip to the Boston Flower & Garden Show will be on **Friday, March 13th!** (17:00pp in advance) Be watching in upcoming newsletters for details. If you'd like to join us, please give us a call!

You can apply for fuel assistance here at the Halifax Senior Center. Fuel assistance is available for both homeowners and renters. The Center provides help in applying for people of all ages. **Please call our offices for an appointment.** For those who received fuel assistance last year, you should have received a notification form. You need to send those forms back with your signature, picture identification, income documents, heating and electric bills. The eligibility chart below for you to see what percentage of assistance is available.

Family Size	100% Federal Poverty Level	125% Federal Poverty Level	150% Federal Poverty Level	175% Federal Poverty Level	200% Federal Poverty Level	60% Est. State Median Income
1	\$ 11,670	\$ 14,588	\$ 17,505	\$ 20,423	\$ 23,340	\$ 32,618
2	\$ 15,730	\$ 19,663	\$ 23,595	\$ 27,528	\$ 31,360	\$ 42,654
3	\$ 19,790	\$ 24,738	\$ 29,685	\$ 34,633	\$ 39,580	\$ 52,691
4	\$ 23,850	\$ 29,813	\$ 35,775	\$ 41,738	\$ 47,700	\$ 62,727
5	\$ 27,910	\$ 34,888	\$ 41,865	\$ 48,843	\$ 55,820	\$ 72,763
6	\$ 31,970	\$ 39,963	\$ 47,955	\$ 55,948	\$ 63,940	\$ 82,800
7	\$ 36,030	\$ 45,038	\$ 54,045	\$ 64,053	\$ 72,060	\$ 84,681