

# Old Colony Elder Services Nutrition Program

suggested donation-\$2.50/meal

## October 2015 Menu\*

Menu subject to change without notice

				<b>THURSDAY</b>	<b>FRIDAY</b>
*Please note:nutrition analysis includes entrée only (protein/starch/veg). Add'l sodium from: Milk ~100 mg Sweets~200mg,Bread~150mg Margarine~45mg, Fruit~5mg ♦=high sodium entrée. ◆=congregate meal only				<b>1</b> Broccoli & Cheese Stuffed Chicken Roasted Sweet Potatoes Peas & Onions Whole Wheat Roll Cantaloupe Cubes Calories: 500 Sodium: 487mg Carb: 52.3	<b>2</b> Beef Burgundy Mashed Potatoes Italian Vegetable Blend Whole Wheat Bread Banana Calories: 283 Sodium: 145 mg Carb:31 g
<b>5</b> ♦ Cheese Ravioli w/Meat Sauce Scandinavian Vegetables Parmesan Cheese Italian Bread Light Hot Cranberry Crisp Calories: 299 Sodium: 821 Carbs: 35.8	<b>6</b> Greek Chicken Parslied Bowtie Pasta Honey Glazed Baby Carrots Multigrain Bread Honey Dew Melon Cubes Calories: 375 Sodium:572mg Carb:46.4g	<b>7</b> Minestrone Soup Tuna Salad on Lettuce Bed w/Whole Wheat Roll Cold Sweet Potato&Mango Sld (contains sesame oil&coconut milk) Roast Red Pepper&Tomato Sld Pumpkin Cookie MOD: Lorna Doones Calories: 347 Sodium: 670 mg Carb: g	<b>8</b> Italian Pot Roast Baked Potato w/Sour Cream Brussel Sprouts Whole Wheat Roll Lemon Pudding MOD: SF Lemon Cookie Calories: 273 Sodium: 202 mg Carb: 24.6g	<b>9</b> Chicken Pot Pie Broccoli Biscuit Light Hot Apple Crisp Calories: 453 Sodium: 546 mg Carb: 55g	
<b>12</b>  1492 Columbus Day	<b>13</b> Stuffed Shells with Meat Sauce Italian Vegetable Blend Parmesan Cheese Italian Bread Light Hot Peach Crisp Calories:351 Sodium: 481 mg Carb: 28.8g	<b>14</b> ♦BBQ Chicken Breast Mashed Potatoes w/Gravy Squash Medley Whole Wheat Roll Mandarin Oranges Calories:375 Sodium: 1081mg Carb:51.1g	<b>15</b> Roast Pork with Fruit Salsa Mashed Sweet Potatoes Beets Marble Rye Bread Vanilla Pudding MOD: Diet Vanilla Pudding Calories: 368 Sodium:294mg Carb: 51.9 g	<b>16</b> Meatloaf with Gravy Baked Potato w/Sour Cream French Cut Green Beans Multigrain Bread Banana Calories:449 Sodium: 388 mg Carb: 49.4g	
<b>19</b> Creamy Tomato Soup California Chicken Salad on Lettuce Bed w/Torpedo Roll Potato Salad Three Bean Salad Fruited Jello w/◆Topping MOD: Fruited Jello Calories: 463 Sodium: 425mg Carb:57.2g	<b>20</b> Macaroni & Cheese w/Bread Crumb Topping Jardiniere Vegetable Blend Wheat Bread Hot Caramelized Pears Calories: 422 Sodium: 677 mg Carb: 58.3g	<b>21</b> Salmon Burger with Tartar Sauce Chickpea Salad Vegetable Rice Pilaf Slider Roll Fresh Orange Calories: 445 Sodium: 427 mg Carb: 56g	<b>22</b> Chicken Cacciatore Mashed Sweet Potatoes Spinach Multigrain Bread Chocolate Cupcake MOD: Lorna Doones Calories:285 Sodium: 477 mg Carb: 36.6 g	<b>23</b> Penne Pasta w/Meatballs Roman Vegetable Blend Parmesan Cheese Italian Bread Light Hot Apple Crisp Calories: 352 Sodium: 277mg Carb: 42.2g	
<b>26</b> Chicken Marsala Parslied Penne Pasta Brussel Sprouts Oatmeal Bread Chocolate Pudding MOD: Diet Choc Pudding Calories: 320 Sodium 475 mg Carb:40.5g	<b>27</b> Beef Pepper Casserole Baby Carrots Whole Wheat Roll Hot Light Cranberry Crisp Calories: 286 Sodium: 236mg Carb: 26.6g	<b>28</b> Fish Florentine Roasted Sweet Potatoes Zucchini&Stewed Tomatoes Pumpernickel Bread Honey Dew Melon Cubes Calories: 370 Sodium:464mg Carb: 43.5g	<b>29</b> American Chop Suey Summer Spring Vegetable Blend Parmesan Cheese Whole Wheat Bread Banana Calories: 418 Sodium: 280mg Carb:49.2g	<b>30</b> Roast Turkey w/Gravy Roasted Butternut Squash with Apples Cranberry Sauce Broccoli/Whole Wheat Roll Halloween Cookie MOD: Lorna Doones Calories: 356 Sodium: 667 Carb: 31.1 g	



**FIRE SAFETY MONTH** will be observed on **October 11th** at the Halifax Fire Department from **11am-3pm**. This special day is a great outing for all, including grandkids. There'll be a moonwalk, popcorn & cotton candy, tours of the station and water hose displays. Drop by and meet your Fire Department!

#### DID YOU KNOW?

We have a free, magazine available in our office for you to come and pick up....**NEW LIFE STYLES** is a great resource (various senior housing types) and you will appreciate all the information in this periodical.

Having a comprehensive estate plan which includes a will, trust, Durable Power of Attorney, Health Proxy, Medical Directives and Beneficiary Designations are VITAL to having a good plan to avoid probate, save on estate taxes and protect assets. ALL estate plans should include, (at a minimum) two important estate planning instruments: a durable power of attorney and a will. A trust can also be useful to avoid probate and to manage your estate both during your life and after. In addition, medical directives allow you to appoint someone to make a medical decision on your behalf.

Taken from: [www.elderlawanswers.com](http://www.elderlawanswers.com)

You can also make an appointment with **Attorney Rawlings** on the one Friday of the month, 11a.m to explore this in greater detail. Call for appointments, date and time!

**IF** you know of someone who has a power wheel chair or scooter that they no longer want or need, **LIBERTY MOBILITY** of W. Warwick, RI makes sure that these chairs can be made available to those who need them at a fraction of the original cost. Free pick up! Call: 401-827-8800.

#### OUR SUMMER COOKOUT DOOR PRIZE WINNERS were:

- John the Barber (free hair cut) - Betty Corti
- Walmart gift cards - Tom Pease, Alice Dolan, Janet Poulos-Villano
- Salon Serenity (\$35.00 gift cert.) - Patty Fitzpatrick
- Teeka Lynne's Salon (\$35. gift cert.) - Walter Perry
- Monponsett Inn (gift cert.) - Carol Stevens
- USA Fitness - (1 free month) - Elizabeth Stevens
- Nails By Julie (2 free manicures each)- Myrna Yunits, Mary-Jane Lewis
- Mea's Dairy Bar (gift cert.) - Terry Seer, Noel Constatino, Robin Bousquet, Jean Quimby
- Lyonsville Tavern (\$25.00 gift cert.) - Annie Anderson
- Hawaii Garden (lunch for 2) - Jean Hatch
- Sideline Barber Shop (\$20 gift cert.) - Bob McEvoy



#### Superfoods of Autumn are:

Apples, brussel sprouts, parsnips, pears, rutabaga, cauliflower, pears, squash, pumpkin, sweet potatoes, turnips, pomegranates, dates, kiwi and grapefruit.

**EAT HEALTHY, EAT WISE!**

#### TWO LOVELY LADIES

Two weathered rocking chairs sway in the gentle breeze

A picture perfect moment, a sight you wish to freeze



"Two Lovely Ladies" sit and sway together side by side

Once a year they share dreams, a moment they will never be denied

Serene, content and happy they make quite a comely pair

Trusting and loyal friends, when together they do not despair

They embrace this peaceful respite no need to talk and chatter

Being at this special Kamp is all that seems to matter

As the "Two Lovely Ladies" rest in their rocking chairs

They gaze fondly at each other, their friendship is quite rare

For many years they've bonded, for many years they've shared

Both give thanks to God clasping hands in silent prayer

They view Seymour Pond's beauty reveling in the sight their eyes behold

Nothing in their lifetime has compared to this moment tenfold

Both hold the same belief; that God has traveled by their side

God shared their good times and shed tears when they cried

"Two Lovely Ladies" look forward to many more years of making memories

"Two Lovely Ladies" contemplate their future, they know God holds the master key.

*Written by Jean E. Marzilli, for her mother-in-law, Elaine and friend Marsha, September 4, 2011*

Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.

Thursday, noon to 1pm pick up = Stop & Shop

Friday, 9-10 am pick up = Walmart & errands

#### NEW van rates, roundtrip

- In town = \$3.00, surrounding towns = \$6.00 (E. Bridgewater, Hanson, Pembroke, Plympton)

- Outer Towns = \$8.00

(Brockton, Weymouth, Plymouth, Hanover, etc.)

Cape Cod = \$12.00, Boston = \$30.00 (RT or one way)

**DO YOU NEED HELP PAYING FOR FOOD?** The Supplemental Nutrition Assistance Program (SNAP) has a friendly and respectful staff to help you apply. Even if you think you don't qualify, give them a call. You might be surprised! Call 508-747-7575 x 6239 for more information.