

Old Colony Elder Services Nutrition Program

suggested donation-\$2.50/meal

December 2015 Menu

Menu subject to change without notice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  | 1 Greek Chicken Parslied Rotini Pasta California Vegetable Blend Marble Rye Bread Pound Cake MOD: Lorna Doones Calories: 345 Sodium: 523 mg Carbs:38 g | 2 Tender Barbeque Pork Patty Red Bliss Potatoes Jardiniere Vegetable Blend Whole Wheat Sub Roll Fresh Orange Calories: 306 Sodium:426 mg Carbs:36.2 g | 3 Vegetarian Chili Baked Rainbow Trout Served w/Lemon Pepper Sauce Herbed Rice Spring Summer Vegetable Blend Multigrain Bread Cinnamon Mousse Calories: 371 Sodium: 171 mg Carb:38.2 g | 4 Italian Pot Roast Sour Cream&Chive Mashed Potatoes Tuscany Vegetable Blend Whole Wheat Bread Banana Calories:430 Sodium: 294 mg Carb:55.7 g |
| | 7 Chicken w/Apple Bread Stuffing Whipped Sweet Potato Broccoli Whole Wheat Roll Double Chocolate Chip Cookie MOD: Lemon Grahams Calories: 306 Sodium: 426 mg Carb:36.2 g | 8 Swiss Cheese Omelette Home Fried Potatoes Peppers & Onions Apple Cinnamon Muffin Diced Peaches Calories: 367 Sodium: 370 mg Carb:31.6 g | 9 Minestrone Soup Baked Stuffed Shells Served with Meat Sauce Riviera Vegetable Blend Parmesan Cheese Italian Bread Light Hot Pear Crisp Calories: 351 Sodium: 467 mg Carb: 28.5 g | 10 Roasted Pork w/Cranberry Glaze Roasted Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Chocolate Pudding MOD: Diet Choc. Pudding Calories: 406 Sodium:133 mg Carb:39.5 g |
| 14 Potato Crunch Fish w/Tartar Sauce Mashed Sweet Potatoes Hot Chickpea Salad Oatmeal Bread Mandarin Oranges Calories: 476 Sodium: 513 mg Carb:70.5 g | 15 Aloha Chicken w/Sauce Served with Fried Rice Fiesta Vegetable Blend Multigrain Bread Lemon Pudding MOD: Diet Pudding Calories: 346 Sodium:555 mg Carb: 47.5 g | 16 ❖Kayem Lite Hot Dog on Whole Wheat Hot Dog Bun Baked Beans Broccoli Ketchup Fruit Cocktail Calories: 510 Sodium: 911 mg Carb:48.5 g | 17 Traditional Ravioli w/Meat Sauce Jardiniere Vegetable Blend Parmesan Cheese Italian Bread Hot Light Peach Crisp Calories: 347 Sodium: 423 mg Carb: 31.6 g | 18 Chicken & Broccoli Penne Served with a Creamy Alfredo Sauce Roman Vegetable Blend Whole Wheat Bread Raspberry Cookie MOD: SF Lemon Cookie Calories: 334 Sodium:160 mg Carb:37.4 g |
| 21 Teriyaki Pork Stir-Fry Vegetable Rice Pilaf Broccoli Marble Rye Bread Pumpkin Cookie MOD: Strawberry Graham Calories: 374 Sodium: 629 mg Carb:40.9 g | 22 Oven-Baked Beef & Chickpea Casserole Spring Summer Vegetable Blend Pumpkin Bread Light Hot Apple Crisp Calories: 347 Sodium: 315 mg Carb: 18.3 g | 23 ❖Roast Turkey w/Gravy Cranberry Sce/Stuffing Mashed Potatoes Baby Honey Glazed Carrots Whole Wheat Roll Chocolate Cupcake MOD:SF Oatmeal Cookie Calories: 333 Sodium: 682 mg Carb:40.1 g | 24 Homemade Italian Fish Stew Italian Green Beans Whole Wheat Bread Fresh Pear Calories: 478 Sodium: 533 mg Carb: 65.5 g | Christmas Day No Meals Served  |
| 28 Pasta w/Meatballs w/Tomato Sauce Brussel Sprouts Parmesan Cheese Italian Bread Pineapple Calories: 364 Sodium 276 mg Carb: 44.7 g | 29 Salmon Boat w/Newburg Sauce Brown Wild Rice Blend Spinach Rye Bread Fresh Orange Calories: 309 Sodium: 454 mg Carb: 42.4 g | 30 Chicken Picatta Roasted Sweet Potatoes Harvard Beets Whole Wheat Bread Vanilla Pudding MOD:Diet Vanilla Pudding Calories: 349 Sodium: 615 mg Carb:54.6 g | 31 Classic Beef & Rice Pepper Casserole Zucchini & Stewed Tomatoes Multigrain Bread Banana Calories: 279 Sodium: 247 mg Carb: 25.2 g | Nutrition information includes entrée only (protein/veg./starch) and are approximate Fro cancellations, call 508-584-1561 no later than 10:30 on the day of delivery. Thank you! |

Nutrition information includes entree (protein/starch/vegetable) only, additional sodium from bread~150mg, milk~100mg, sweets~200mg,fruit~5mg,margarine~45mg. ❖=high sodium entree

Do you anticipate help with paying your heating bill this winter? Do you anticipate reapplying for Fuel Assistance?

HELP is available with our Outreach Coordinator on Tuesday OR Wednesdays, 1-3pm. Call our office for appointment.

You will need to prepare and bring the following documents:

- ◆ Recent electric, telephone and fuel bills.
- ◆ Copy of 4 recent pay stubs, award letter for pensions, statement of Social Security benefits for each person in household veterans, workers compensation or unemployment benefits.
- ◆ Information on interest bearing accounts, child support, alimony or any other income.
- ◆ Copy of tax bills, rent receipt or land rent receipt.
- ◆ Social Security cards for each person in the household, including children. Photo ID; license, etc.
- ◆ Front page of your home owners insurance policy.

If any of these items are not available, your fuel assistance may be held up or denied.

| Family Size (# of people in the household) | 100% of Federal Poverty Level | 125% of Federal Poverty Level | 150% of Federal Poverty Level | 175% of Federal Poverty Level | 200% of Federal Poverty Level | 60% of Estimated State Median Income |
|--|-------------------------------------|-------------------------------------|--|--|--|---|
| 1 | \$ 11,770 | \$ 14,713 | \$ 17,655 | \$ 20,598 | \$ 23,540 | \$ 33,126 |
| 2 | \$ 15,930 | \$ 19,913 | \$ 23,895 | \$ 27,878 | \$ 31,860 | \$ 43,319 |
| 3 | \$ 20,090 | \$ 25,113 | \$ 30,135 | \$ 35,158 | \$ 40,180 | \$ 53,511 |
| 4 | \$ 24,250 | \$ 30,313 | \$ 36,375 | \$ 42,438 | \$ 48,500 | \$ 63,704 |
| 5 | \$ 28,410 | \$ 35,513 | \$ 42,615 | \$ 49,718 | \$ 56,820 | \$ 73,897 |

▲ TRIAD's primary purpose is to provide a community partnership between seniors and law enforcement and public safety providers. They are asking any interested persons to attend their Christmas Party & Election of Officers on **Dec. 8th (10am)**. Please bring a wrapped \$10 gift and an appetizer or sweet to share.

★ GENERATION'S Tree Lighting at the COA is accepting donations in any amount in memory of loved ones on Monday, **Dec. 7th** between 10 and noon. Checks only, thank you!



PONDERISMS!

- If the Professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?
- If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?
- Why are you "IN" a movie, but you're "ON" TV?
- How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?
- What disease did cured ham actually have?
- Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny?
- Can you cry under water?

MORE TO COME IN FEBRUARY'S NEWSLETTER!

Going into the new year...don't forget to check the status of your Driver's License! It may be time to renew. Is it time to check your vehicle registration? If you've had a change of address, become remarried, divorced or change in your legal name...all this information needs to be changed on your license. Check for details at this website:

<http://www.massrmv.com/rmv/license/10renew.htm>

FYI...**THE "Silent Call" Procedure...**

This can be used when a caller is unable to verbally communicate their emergency over the phone. If a resident calls 9-1-1 and is unable to speak for ANY reason (physical disability, domestic violence, home invasion or medical condition) the need for help can still be communicated to dispatcher by using this "silent Call" procedure....

Once the call is answered, indicate your need by pressing the appropriate number on your telephone...

IF YOU NEED POLICE...PRESS "1"

IF YOU NEED FIRE...PRESS "2"

IF YOU NEED AN AMBULANCE...PRESS "3"

If the 9-1-1 Dispatcher asks questions that require "yes" or "no" answers...

Press 4 for YES

press 5 for NO



JANUARY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| LOCAL Food Pantry's: ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays 2:30-400pm ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. | The next appointments for care with Dr. Greg Cormier (podiatry) will be available on Tuesday, February 9th |  | 1  OFFICE CLOSED | |
| 4 9:00 Church 10:00 Computer Class & Cards 12:00 1:00 Crochet/ Knitting 2:00 Joy of Writing | 5 9:00 The Best Breakfast* SHINE Assistance 12:00 Lunch 12:00-1:30 Nails by Julie* 1:00 Joanne Campbell* 2:30 Line Dancing @ All Seasons Restaurant <i>*call office to reserve space.</i> | 6 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2:45 Tech. Savvy 6:30 Line Dancing, All Seasons Restaurant | 7 9:00 Men's Coffee 10:00 Oil Painting 12:00 Special Mediterranean Lunch* 12:30 Grocery Shopping <i>*Call office for reservation!</i> | 8 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes |
| 11 9:00 Church 10:00 Computer Class & Cards 10:30 Lunch & Shop trip to Hanover Mall with Chris 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing | 12 9:00 SHINE Assistance 10:00 TRIAD Health Presentation 12:00 Lunch 1:00 Joanne Campbell* 2:30 Line Dancing @ All Season's Restaurant | 13 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent Wil Corey 12:00 Lunch Senior Law Project 12:30 MLMH 2:45 Tech. Savvy 6:30 Line Dancing, All Seasons Restaurant | 14 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage* by Jen 12:00 Lunch 12:30 Grocery Shopping <i>*Massage available 11:30-12:30—call office for appointment times</i> | 15 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes |
| 18 Martin Luther King's Birthday observation  OFFICE CLOSED | 19 9:00 SHINE Assistance 10:00 COA Board Mtg. 12:00 Lunch 1:00 Joanne Campbell* 2:30 Line Dancing @ All Seasons Restaurant | 20 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2:00 Men's Widow Support Group 2:45 Tech. Savvy 6:30 Line Dancing, All Season's restaurant | 21 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping | 22 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes |
| 25 9:00 Church 10:00 Computer Class & Cards 12:00 Pizza & Salad Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing | 26 9:00 SHINE Assistance 12:00 Lunch 1:30-3:30 Tax Help with Joe Benson* 2:30 Line Dancing @ All Seasons Restaurant <i>*Call office for appointments!</i> | 27 10:00 Quilting 10a-1pm Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2:45 Tech. Savvy 6:30 Line Dancing, All Seasons Restaurant | 28 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping | 29 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Attorney Rawlins available* 12:00 Lunch 1:00 Office closes <i>*Call office for appointment!</i> |

Coming in January:

Thursday, January 7th, 12pm: Special Mediterranean Lunch of Chicken breast, lemon alive rice, vegetable ratatouille, dinner roll and chocolate fudge cake. RSVP! Suggested donation: \$2.50pp

Wednesday, January 13th, 12pm: The Justice Center of Southeast Ma. Law Project (a subsidiary of South Coastal Counties Legal Services, Inc.) will come to speak to us about services they offer, types of cases they handle and answer your questions on how to access their services.

January's Meals on Wheels Menu calendar is available in our office after December 15th, 2015

"Keep On Moving" ...one step at a time

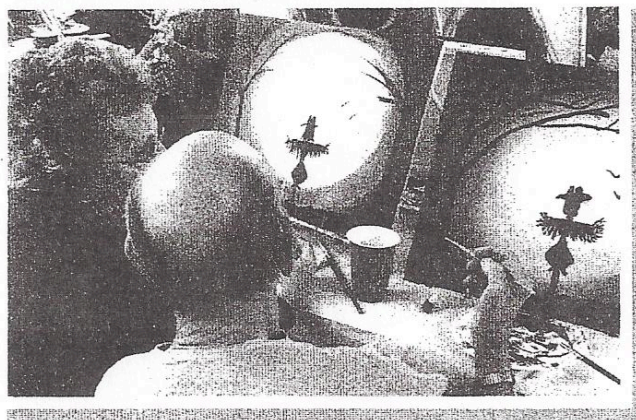
Did You Know? – The average person's stride length is approximately 2.5 feet long, which takes about 2000 steps to walk one mile. Our walk Program designed for any age, done at your convenience, done with or without a pedometer, one can track time walked into miles or steps into miles: 2000 steps = 1 hour walk = 1 mile; 1000 steps = ½ hour walk = ½ mile and so on. Our "Sneaking across America" Map at the Council on Aging is waiting for you to track your miles. Ask for a tracking booklet if you don't have one. Please continue to challenge yourselves to walk more today than yesterday for many positive benefits that will help you! There are many ways to increase your daily steps. Use your imagination and come up with your own ideas: Take a walk with your spouse, neighbor or friend; Walk the dog; Use stairs instead of elevator; Park further from store; Walk to store; Get up to change channels; Window shop; Walk parking lot while waiting for appointment; Plan a walking meeting; Go to mall when it gets cold; Walk to visit a neighbor or sick friend; step in place to music or TV holding chair/walker.

Continue to track your daily steps and/or miles and keep a journal on how you feel, how your body is improving and other changes you are making to improve your health. * If you need a tracking booklet which tracks miles for one year please stop by the Council on Aging and ask the staff.

**Interesting fact!**

Research suggests that a heart-healthy diet rich in vegetables and fruits, whole grains and fish may help guard against cognitive decline. A new study, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, says that study participants who ate a mix of healthy and less-healthy foods, such as red and processed meats, sugar and beer, still fared better on brain tests over a six-year period compared to those who ate diets heavy on less-healthy foods.

You can help Old Colony Elder Services assist seniors and individuals with disabilities who are in need. OCES provides in-home and community-based services and support for frail and low-income people to help them maintain their independence; remain at home; and avoid unnecessary hospitalization or nursing home placement. Your contributions support services like homemakers, home health aides, home-delivered/congregate meals, laundry and food shopping. OCES is a 501(c)(3) private nonprofit corporation; your donations are tax-deductible to the extent permitted by law. #giving Tuesday will accept mailed donations to: Old Colony Elder Services Emergency Fund, 144 Main St., Brockton, MA 02301.

Fun at Paint Night @ COA in October...**Coming on Thursday, February 11th, 1:00 pm:**

A seminar for Seniors on what you need to know about gun safety and the Massachusetts Gun Laws



Don't miss this presentation by Edward Lapenas, a MA State Police Certified Firearms instructor, NRA Certified Firearms Instructor and former State Police Officer. His topics will include: the type of license required for different firearms, what to do in the event your spouse passes away and you are left with one or more firearms, how to obtain a firearms license, how to legally transport and store a firearm, what does 'concealed carry' mean, etc.

Bring your questions, comments and concerns! Call for a reserved seat!

"Lo, the tax man cometh..."

...and he's here to help you! Joe Benson will be in our office on Tuesdays 1:30-3:30pm to help you do your taxes, for only \$30.00 per person. Appointments are necessary to have an opportunity to receive his assistance.

*A continuation of our special introductory time with **Joanne Campbell***, a certified consulting hypnotist will occur on January 5, 12 and 19th from 1:00-2:15pm. The three week session will focus on personal weight reduction and the 3-step course will be \$12.00 pp, paid in advance. Eight people needed to cover the cost.