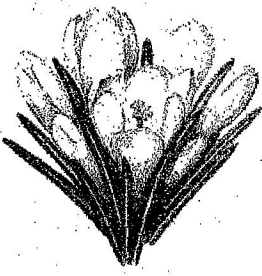


Old Colony Elder Services - Menu

March 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk and margarine are served at every meal.</p> <p>❖ Indicates entrée has > 700 mg Sodium</p>	<p>** Soup on 3/12 will be served at home and congregate.</p> <p>§ Soup on 3/8 & 3/22 will be served at congregate only.</p>		<p>1 Fiesta Fish</p> <p>Herbed Bowtie Pasta</p> <p>Broccoli</p> <p>Rye Bread</p> <p>Pears</p>	<p>Calories: 590 Fat: 17% Sodium: 830mg Fiber: 8g</p>
<p>4 Stuffed Shells</p> <p>w/ Meat Sauce</p> <p>Green Beans</p> <p>Cauliflower</p> <p>Italian Bread</p> <p>Oatmeal Cookie</p> <p>MOD: Strawberry Graham</p>	<p>5 Chicken w/</p> <p>Sage Stuffing</p> <p>Mashed Potato</p> <p>Herbed Carrots Coins</p> <p>Whole Wheat Bread</p> <p>Chocolate Pudding</p> <p>MOD: SF Pudding</p>	<p>6 Cheeseburger</p> <p>Tater Tots</p> <p>Mixed Vegetables</p> <p>Ketchup</p> <p>Hamburger Roll</p> <p>Pineapple</p>	<p>7 Spanish Pot Roast</p> <p>Brown Rice & Black Beans</p> <p>Broccoli</p> <p>Oatmeal Bread</p> <p>Peaches</p>	<p>8 Cheese Omelet</p> <p>O'Brien Potatoes</p> <p>Peas</p> <p>Garlic Roll</p> <p>Fresh Apple</p> <p>Kale Soup §</p>
<p>Calories: 630 Fat: 28% Sodium: 820mg Fiber: 9g</p>	<p>Calories: 620 Fat: 20% Sodium: 760mg Fiber: 7g</p>	<p>Calories: 880 Fat: 39% Sodium: 1220mg Fiber: 8g</p>	<p>Calories: 580 Fat: 20% Sodium: 510mg Fiber: 9g</p>	<p>Calories: 760 Fat: 40% Sodium: 800mg Fiber: 11g</p>
<p>11 Chicken Penne</p> <p>Primavera</p> <p>Spinach</p> <p>Multigrain Bread</p> <p>Mandarin Oranges</p>	<p>12 Sloppy Joe</p> <p>w/ Hamburger Bun</p> <p>Minestrone Soup **</p> <p>Corn</p> <p>Hot Cinnamon Apples</p>	<p>13 Turkey & Provolone</p> <p>on Whole Wheat</p> <p>Potato Salad</p> <p>Tomato/Cucumber</p> <p>Mayonnaise</p> <p>Fruit Cocktail</p>	<p>14 Corned Beef ❖</p> <p>Boiled Potato</p> <p>Cabbage & Carrots</p> <p>Rye Bread</p> <p>Lime Jello</p> <p>Mod: SF Jello</p>	<p>15 Potato Crunch Fish</p> <p>Tartar Sauce</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Pumpnickel Bread</p> <p>Apple Cinnamon Muffin</p> <p>MOD: Lemon Grahams</p>
<p>Calories: 680 Fat: 21% Sodium: 650mg Fiber: 11g</p>	<p>Calories: 740 Fat: 29% Sodium: 1030mg Fiber: 10g</p>	<p>Calories: 750 Fat: 36% Sodium: 940mg Fiber: 8g</p>	<p>Calories: 600 Fat: 37% Sodium: 1400mg Fiber: 7g</p>	<p>Calories: 800 Fat: 39% Sodium: 1040mg Fiber: 6g</p>
<p>18 Eggplant Parmesan</p> <p>Orzo Rice Pilaf</p> <p>Peas & Onions</p> <p>Oatmeal Bread</p> <p>Butterscotch Pudding</p> <p>MOD: SF Pudding</p>	<p>19 Swedish Meatballs</p> <p>Egg Noodles</p> <p>Broccoli</p> <p>Multigrain Bread</p> <p>Peaches</p>	<p>20 Greek Chicken</p> <p>Oven Browned Potatoes</p> <p>Carrot Coins</p> <p>Whole Wheat Roll</p> <p>Lemon Cake</p> <p>MOD: LS Cake</p>	<p>21 Orange Almond Pork</p> <p>Garlic Mashed Potato</p> <p>Scandinavian Blend Veg</p> <p>Pumpnickel Bread</p> <p>Fresh Orange</p>	<p>22 Fish Florentine</p> <p>Roasted Sweet Potato</p> <p>Harvard Beets</p> <p>Rye Bread</p> <p>Fruit Cocktail</p> <p>Cream of Mushroom Soup §</p>
<p>Calories: 750 Fat: 32% Sodium: 1120mg Fiber: 8g</p>	<p>Calories: 600 Fat: 27% Sodium: 560mg Fiber: 12g</p>	<p>Calories: 650 Fat: 27% Sodium: 800mg Fiber: 8g</p>	<p>Calories: 710 Fat: 30% Sodium: 560mg Fiber: 10g</p>	<p>Calories: 750 Fat: 30% Sodium: 950mg Fiber: 5g</p>
<p>25 Sweet 'n Sour</p> <p>Chicken</p> <p>Lemon Rice</p> <p>Oriental Vegetables</p> <p>Whole Wheat Bread</p> <p>Mandarin Oranges</p>	<p>26 Lasagna w/</p> <p>Meat Sauce</p> <p>Spinach</p> <p>Cauliflower</p> <p>Italian Bread</p> <p>Brownie</p> <p>MOD: LS Brownie</p>	<p>27 Beef Marsala</p> <p>Mashed Sweet Potato</p> <p>Green Beans</p> <p>Multigrain Bread</p> <p>Fresh Apple</p>	<p>28 Roast Turkey</p> <p>w/ gravy</p> <p>Roasted Potato</p> <p>Carrot Coins</p> <p>Whole Wheat Roll</p> <p>Peaches</p>	<p>29 Egg Salad</p> <p>Sandwich</p> <p>Cole Slaw</p> <p>English Pea Salad</p> <p>Rice Pudding</p> <p>MOD: SF Pudding</p>
<p>Calories: 600 Fat: 21% Sodium: 600mg Fiber: 8g</p>	<p>Calories: 680 Fat: 34% Sodium: 940mg Fiber: 9g</p>	<p>Calories: 720 Fat: 30% Sodium: 520mg Fiber: 12g</p>	<p>Calories: 590 Fat: 26% Sodium: 1000mg Fiber: 8g</p>	<p>Calories: 730 Fat: 35% Sodium: 850mg Fiber: 9g</p>

Menu is subject to change without notice

Suggested Donation - \$2.50 per meal

Take a Hike and Enjoy Better Health!

"No one knows, till he tries, how easily a habit of walking is acquired." — Thomas Jefferson

WALKING is a safe, low impact exercise suitable for all ages. According to the Weight Control Information Network <http://win.nidk.nih.gov/> walking may: 1- Gives you more energy, stamina & lifts your mood, 2- Tone muscles & strengthen bones, 3-increase calories your body uses, 4-Lower risk of health problems, like high blood pressure, heart disease, diabetes & cholesterol, 5-Give you opportunities to actively socialize.

Experts recommend adults get at least 150 minutes each week of moderate intense physical activity. Walking briskly for 30 minutes, 3— 5 days a week is a great way to reach that goal!

CALLING ALL BRIDGE & CRIBBAGE PLAYERS

Every Monday morning from 10am—noon. Looking for more people who enjoy playing! Bring a friend or two and join us for a fun filled morning! Many thanks to David Drew from Abington who travels to Halifax this day & loves to teach new people the game of Bridge. See you soon, give it a try!

DONATE BOOK BOX at POPES TAVERN SENIOR CENTER

LOCATED: Behind the COA **PLEASE BRING BOOKS!

DO's: Want hard & paperbacks, DVDs/CDs, audio books & textbooks

DON'Ts: Do not want encyclopedias, catalogs, magazines, newspapers or damaged items

"GENERATIONS" says thank you for your donations!!

Joke of the Month

You know your getting older when—You remember when doorbells buzzed instead of chiming out little songs.

Definition of getting older—"You just wake up one morning, and you got it!" (Moms Mabley)

VETERAN AGENT—WIL COREY, we thank you for coming the past four months to meet with seniors and their family members with concerns & questions. We thank Wil for his continued support at the COA every 3rd Wednesday of the month from 11am—noontime!

Nails by Julie—The first Tuesday of every month—March 5th- Julie gives basic manicures & pedicures for a great price. Call anytime for information & to make an appointment.

SENSITIVITY PANEL at HOLMES PUBLIC LIBRARY

WHEN: Tuesday, March 12th from 3:00-4:00pm

Information: To increase awareness about the needs of residents with disabilities and spread the word about the library's Assistive Technology grant funded project. This will improve services for Halifax residents with low-vision and/or low hearing. Generations will be providing goodies after. Please consider coming to learn more about this program!

ALZHEIMER WALK coming MAY 5, 2013 (Sunday)

THE SHOUTH SHORE ARTHRITIS WALK will be celebrating a year-round of movement! Help with building awareness, prevention & fundraising. Consider walking, staying healthy & also having fun at the same time! Please call Robin Maxcy for more info—617-219-8221.

Monday—1pm *Knitters, Crocheters & Crafters*

Are presently making baby sweaters, baby hats, etc. to help others in need throughout the greater community. If you would like to learn & join them, please drop in! Thank you ladies for a great job!

Your loved one is home alone? Would you like a call every morning made to them? The ARE YOU OK PROGRAM, operated by the Plymouth County Sheriff's Department may be the answer. This valuable program uses an electronic phone call system to check on your loved one. It will give you peace of mind knowing someone is checking on them. Please give us a call at the Council on Aging, we would love to help you make someone you love safer.

To Report Elder Abuse, Call the Hotline- 1-800-922-2275

Halifax Food Pantry — Is located at the Halifax Congregational Church next to Town Hall — open Tuesdays from 2:30-4:00pm. Please bring a picture ID. Call for information if needed.

Quilting with Carol — Every Wednesday from 10am—noon— Have you ever wanted to learn how to quilt! Please stop by and give it a try. Let us know if you are interested. Ask a friend to join you.

An Aspirin A Day?

Should I be taking an aspirin a day?

The simple answer is “Not until your doctor tells you it’s ok.”

The Mayo Clinic says there are benefits and risks of taking a daily aspirin. It may lower your risk of heart attack—but not be right for everyone.

If you’ve had a heart attack or stroke, your doctor will likely recommend you take a daily aspirin provided you do not have a serious allergy or history of bleeding. If you’re at high risk of having a first heart attack, your doctor might also recommend aspirin.

An occasional aspirin or two for headaches or fever is safe for most adults—but daily use of aspirin can have side effects, like internal bleeding.

The function of our blood’s clotting cells, known as platelets, is to form a plug to seal a wound and stop bleeding. In many situations this is helpful. However, clotting can also occur inside blood vessels that supply your heart with blood—if fatty deposits in the lining of your arteries burst, a blood clot could form quickly and cause a blockage in the artery, preventing blood flow to the heart and resulting in a heart attack. Because aspirin reduces the clumping of platelets, it can lower the chance of a heart attack. But, keep in mind that aspirin therapy to reduce blood clotting cannot be targeted to only reduce clots in arteries; it will have an effect on blood clotting throughout your body.

There is disagreement over whether to give aspirin to people without a history of heart attack. Before taking a daily aspirin, talk with your doctor. Let your doctor know if you have any health condition that might increase your risk of bleeding like a bleeding or clotting disorder; if you have an aspirin allergy; or, if you have bleeding stomach ulcers.

Your doctor will tell you what dose of aspirin is appropriate. A baby aspirin dose is 81 milligrams and a regular strength aspirin is around 325 mg. If you are taking an aspirin daily, you shouldn’t suddenly stop taking it. If you have had a heart attack or a stent placed in one or more heart arteries, stopping daily aspirin could trigger a blood clot that results in a heart attack.

The side effects for taking a daily aspirin include—

- Stroke caused by a burst blood vessel, a hemorrhagic stroke.
- Gastrointestinal bleeding. If you have a bleeding ulcer or bleeding anywhere in your gastrointestinal tract, taking aspirin will cause it to bleed more, perhaps to a life-threatening extent.
- Allergic reaction. If you’re allergic to aspirin, taking any amount of aspirin can trigger a serious allergic reaction.
- Ringing in the ears (tinnitus) and hearing loss. Too much aspirin can cause tinnitus and eventual hearing loss in some people.

To prevent excessive bleeding during surgical procedures or dental work, be sure to tell the surgeon or dentist that you take daily aspirin.

People who regularly take aspirin should limit the amount of alcohol consumed because of its additional blood-thinning effects and potential to upset your stomach. One drink a day for people 65 and over is an appropriate limit. Lastly, be sure to tell your doctor about any other drugs you take to avoid any drug interactions.



Concerned about Medicare Costs? There may be help!



Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing. Below is a list of these programs, their eligibility requirements, the benefits they provide, and instructions on how to apply. For full details or questions regarding these programs, you may contact a SHINE Counselor at 1-800-AGE-INFO (1-800-243-4636).

Income and Asset Limits as of January 2013

	Gross Monthly Income Limit	Asset Limit	Application	Benefits
MassHealth (65+ years old)	\$951 (individual)*	\$2,000 (individual)**	MassHealth Senior Medical Benefit Request 1-800-841-2900	Supplemental health and drug coverage Automatic enrollment in Senior Buy-in Automatic enrollment in Extra Help
	\$1,281 (couple)*	\$3,000 (couple)**		
MassHealth Senior Buy-in (QMB)	\$951 (individual)	\$7,080 (individual)**	MassHealth Senior Medical Benefit Request 1-800-841-2900	Pays Medicare Part A & B premiums Pays Medicare Part A & B deductibles & copays Automatic enrollment in Extra Help
	\$1,281 (couple)	\$10,620 (couple)**		
MassHealth Buy-in (SLMB, QI)	\$1,277 (individual)	\$7,080 (individual)**	MassHealth Buy-in Application 1-800-841-2900	Pays Medicare Part B premium Automatic enrollment in Extra Help
	\$1,723 (couple)	\$10,620 (couple)**		
Extra Help Full (LIS)	\$1,277 (individual)	\$8,580 (individual)***	Social Security Application for Extra Help 1-800-772-1213	Reduces Part D premium Eliminates Part D deductible Lowers Part D copays to \$6.60 or less
	\$1,723 (couple)	\$13,620 (couple)***		
Extra Help Partial (LIS)	\$1,417 (individual)	\$13,300 (individual)***	Social Security Application for Extra Help 1-800-772-1213	Reduces Part D premium Reduces Part D deductible Lowers Part D copays to 15%
	\$1,912 (couple)	\$26,580 (couple)***		
Prescription Advantage (no enrollment fee)	\$2,793 (individual)	NONE	Prescription Advantage Application 1-800-243-4636	Supplemental prescription coverage that reduces copays once the total retail costs of covered prescription drugs reaches \$2,970.
	\$3,783 (couple)			
Prescription Advantage (\$200 enrollment fee)	\$4,655 (individual)	NONE	Prescription Advantage Application 1-800-243-4636	Supplemental prescription coverage that pays prescription copays once out-of-pocket drug costs reach \$3,355.
	\$6,305 (couple)			

*If over the income limit, may qualify by meeting a deductible

**Primary residence and one vehicle are not counted

***Primary residence, vehicles, and life insurance policies are not counted