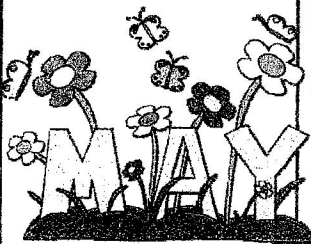



# Old Colony Elder Services Nutrition Program

## May 2014 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk and margarine are served at every meal and are included in the nutrition breakdown	** Soup on 5/5 will be served at home and congregate.  ❖ Indicates entrée has > 700 mg Sodium	1 Stuffed Pepper Cauliflower Rye Bread Pineapple	2 Linguine with a Red Seafood Sauce Broccoli Garlic Roll Peaches
			Calories: 570 Fat: 29% Sodium: 505mg Carb: 71g	Calories: 605 Fat: 22% Sodium: 975mg Carb: 86g
5 Sloppy Joe with Hamburger Bun Corn Green Beans Vegetable Soup Mandarin Oranges	6 Chicken Marsala Egg Noodles Parmesan Spinach Wheat Roll Fresh Apple	7 Meatloaf with Gravy Buttered Potatoes Peas and Carrots Rye Bread Pineapple	8 Baked Salmon with Dill Sauce Brown Rice California Vegetables Multigrain Bread Fresh Orange	9 Roast Beef au Jus Red Bliss Potatoes Broccoli Whole Wheat Roll Light Apple Crisp
Calories: 760 Fat: 24% Sodium: 1005mg Carb: 104g	Calories: 615 Fat: 21% Sodium: 640mg Carb: 79g	Calories: 805 Fat: 27% Sodium: 785mg Carb: 108g	Calories: 565 Fat: 19% Sodium: 415mg Carb: 80g	Calories: 705 Fat: 35% Sodium: 390mg Carb: 78g
12 ❖ Baked Ham Sweet Potatoes Peas and Onions Pumpkin Bread Pineapple	13 Orange Dijon Chicken Wild Brown Rice Broccoli Whole Wheat Bread Sugar Cookie MOD: Vanilla Wafers	14 Swiss Cheese Omelette Home Fries Peppers and Onions Rye Bread Mandarin Oranges	15 Sweet Potato Fish Buttered Noodles Carrot Coins Italian Bread Peaches	16 Shepherd's Pie Carrots Wheat Dinner Roll Fresh Orange
Calories: 558 Fat: 17% Sodium: 1180mg Carb: 87g	Calories: 690 Fat: 24% Sodium: 650mg Carb: 87g	Calories: 645 Fat: 37% Sodium: 810mg Carb: 72g	Calories: 720 Fat: 31% Sodium: 695mg Carb: 93g	Calories: 665 Fat: 33% Sodium: 700mg Carb: 77g
19 Chicken Cacciatore Mashed Potatoes Broccoli Whole Wheat Bread Chocolate Pudding MOD: Diet Pudding	20 Cheese Burger on a Bun Lyonnais Potatoes California Vegetables Pears	21 Breaded White Fish Corn and Bean Salsa Wild Brown Rice Spring Veg Blend Multigrain Bread Peaches	22 Mac and Cheese Peas and Onions Garlic Roll Mandarin Orange	23 Roast Turkey with Gravy Mashed Potato Green Beans Rye Bread Apple Cinnamon Muffin MOD: Lemon Grahams
Calories: 625 Fat: 23% Sodium: 690mg Carb: 80g	Calories: 745 Fat: 38% Sodium: 800mg Carb: 73g	Calories: 710 Fat: 26% Sodium: 745mg Carb: 105g	Calories: 715 Fat: 34% Sodium: 580mg Carb: 88g	Calories: 540 Fat: 25% Sodium: 945mg Carb: 70g
26 Memorial Day No Meals Served  	27 Meatball Sub with Sub Roll Corn Green Beans Fruit Cocktail	28 Chicken Stir Fry Oriental Vegetables Brown Rice Pita Pocket Chocolate Chip Cookie MOD: Lorna Doone	29 Tuna Salad with Hamburger Bun Carrot and Raisin Salad Italian Pasta Salad Fresh Orange	30 Italian Pot Roast with gravy Half Baked Potato Peas and mushrooms Rye Bread Peaches
	Calories: 690 Fat: 39% Sodium: 785mg Carb: 82g	Calories: 760 Fat: 26% Sodium: 830mg Carb: 100g	Calories: 820 Fat: 26% Sodium: 925mg Carb: 110g	Calories: 585 Fat: 20% Sodium: 525mg Carb: 75g

Menu is subject to change without notice

**Suggested Donation - \$2.50 per meal**

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561  
Cancellations should be made no later than 10:30 am on the day before delivery



## PEOPLE PROFILE . . . FEATURING Paul Marchant

We hope that you come by on any Tuesday, Wednesday or Thursday to meet Paul, our resident greeter and friend maker at the COA. Paul started helping out with projects at the COA when he was 73 years young, and has been diligently overseeing the system of collating the newsletter project for 20 years. (The mailing has grown from 100 pieces to 1,400!) Paul was born in Boston as one of the 'first' set of twins in Boston and grew up in Roxbury, attended school there and had many interesting jobs during his younger years. (Post office Custodian, Painter, Public works manager in Somerville, and a 1st class private in the Army during WW2) He once was the proud caretaker of a chunky bunny, which he overfed with lettuce and vegetables from the gardens and local markets. He fondly remembers "cat pies", a tasty, square pastry made from bakery leftovers that they bought to eat on their trips to Magazine Beach in Cambridge. But his favorite food today is fresh fish and listening to light jazz or classical as he contemplates his next model car project. (Most recently, he completed a radio controlled Maserati) If you haven't seen the tug boat in the window at the COA, come and have a look—it was made by Paul! Paul moved to Halifax many years ago when he got tired of the big city. He enjoys meeting people at the COA and hopes more will realize that it's a great place to come and contribute to this important part of our community. When asked what book that he has enjoyed and would recommend for others, it is "The Finest Hours" by Michael Tougias. Come on in and meet Paul soon!

Overheard near a park bench:

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

Taken from [greatcleanjokes.com](http://greatcleanjokes.com)



On **Thursday, May 8 @11:30am**, you can benefit from having a spectacular massage treatment by Jen. Please reserve your space by calling the office. Rates are only \$1.00 per minute and you can be assured a reducing stress, pain and muscle tension. Studies have shown that massage reduces anxiety, digestive disorders, headaches, insomnia, related stresses and much more!



Indulge and enjoy the benefits!

We hope you'll come to hear the presentation on self-care **Tuesday, May 20th 12:30pm** and learn:

- How to release feelings in a safe way.
- Recognize your limitations.
- Know when to ask for help and what your resources are
- The risk factors of caregiver distress. How to recognize them and how to cope.

Please RSVP for this as well as lunch (12:00) at least by May 16th

### A few fun facts about Mother's Day:

There are 84 million moms in the United States.

Mother's Day is the third most popular holiday, after Christmas and then Easter.

Mother's Day is the busiest day of the year for restaurants. There are more phone calls made on Mother's Day than on any other day of the year. 24.8 is the median age of women when they give birth for the first time - meaning one-half are above this age and one-half are below. The median age has risen nearly three years since 1970.

Julia Ward Howe wrote the Battle Hymn of the Republic and was a staunch fighter for women's rights. She staged an unusual protest for peace in Boston, by celebrating a special day for mothers. Julia wanted to call attention to the need for peace by pointing out mothers who were left alone in the world without their sons and husbands after the bloody Franco-Prussian War.

4.3 babies are born every second.

<http://www.examiner.com>



Please note change in SNAP/Food Stamps & Medical deduction...

What is the Medical Expense Deduction?

Households with an elder (age 60 or over) or disabled member may be eligible for a medical expense deduction which can increase SNAP benefits. If the elder/disabled household member has at least \$35/month in unreimbursed health care expenses--and can prove those costs with DTA--then they will get an income deduction. In Massachusetts, once an elder/disabled household verifies over \$35 a month or more, DTA allows a standard deduction of \$155/month for medical expenses. If the household has over \$190/month in expenses (\$35 plus \$155), the household can claim actual expenses for an even larger income deduction.

**ALERT:** The SNAP standard medical deduction increased from \$90 to \$155/month as of March 1st, 2014.

During the month of March 2014, DTA automatically adjusted the SNAP benefit amounts for elder and disabled SNAP recipients that had previously claimed medical expenses. SNAP recipients may get notices in the mail telling them their SNAP benefits have increased. These households do not need to do anything for the SNAP increase.

Q. I am a senior. Do I need a photo on my food stamp card?

A. Probably not. A new Mass. State law requires that certain Electronic Benefit Transfer (EBT) cardholders have their photo on their card. If you receive SNAP or cash benefits, you may get a letter from the state about the new photo EBT card. About half of SNAP households will have a photo EBT card...but a photo is **not** needed if the head of your household is age 60 or older, disabled or blind, under the age of 19, a victim of domestic violence, or if you have a sincere religious objection to having a photo taken. If a member of your household is not allowed to use your EBT card or if you think you are being discriminated against, call your local Legal Services, or go to [www.masslegalhelp.org](http://www.masslegalhelp.org) for advice.

**The NEWSLETTER is put together by the 5th of every new month. Kindly submit any items you'd like added or adapted by the 5th FOR THE FOLLOWING MONTH by placing in the Newsletter box of the reception room.**