

Heart Healthy Tips to Ring in the New Year!

- 1. Maintain or aim for a healthier body weight.** As the body matures, it experiences natural changes that can lead to excess weight gain, such as less muscle mass, slower metabolism, decrease in physical activity, increased intake of easy to prepare convenience foods. Excess weight may lead to increase risk of heart disease, Type 2 diabetes, and high blood pressure. Even a small amount of weight loss if someone is overweight can have many positive health benefits.
- 2. Keep portion sizes in mind,** sometimes just cutting portions of foods by a little can add up to big savings in calories. Try not to overload your plate with large portions, use smaller plate, fill half your plate with fruit and vegetable, a quarter starch, and a quarter protein like poultry, fish, or lean beef.
- 3. Choose less visibly fatty types of meat,** these can be high in unhealthy fats called saturated fats. Instead try to include more healthier types of fats such as from fish like salmon, nuts, avocado, olive oils, nut butters like peanut or almond butter.
- 4. Aim to include five servings a day of colorful fruits and vegetables.** This could be 2 pieces of fruit and 3 servings of vegetables, or however you prefer. They are rich in fiber, vitamins, minerals, and antioxidants that help protect the body's cells from damage. Options are fresh, frozen, or canned, just look for low sodium or juice packed versions of canned produce.
- 5. Fiber rich foods** have been shown to help lower cholesterol. Fiber comes from "whole" grain breads, pasta, brown rice and cereals, as well as fruits and vegetables, include edible washed skins if possible, nuts, and beans.
- 6. Start gradual when setting new health goals** for yourself, choose one or two goals at a time and they will be more achievable and long lasting.

Source: enlivant.com/blog/7-heart-healthy-diet-tips-for-seniors

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Somerville-Cambridge Elder Services Meal Notices

Home Delivered Menu Options:

Chilled Regular No Added Salt
Cold Sandwich Plate
Vegetarian Menu
Chinese Menu
Caribbean Menu

Therapeutic Medically Tailored Menus:

Texture Modified - Chopped Soft, Ground, or Puree
Cardiac Heart Healthy
Carbohydrate Controlled
Renal (kidney)
Low Lactose

Missed Meal Policy

If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.

A **Registered Dietitian** is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.

Meal Cancellation Update

To find out if meals are cancelled due to bad weather, please call 617-628-2601, ext. 6789

Heating Instructions for Chilled Home Delivered Meals

Reheat and enjoy meals right away or refrigerate upon delivery for later.

Do NOT use toaster oven to reheat meal

Heating Chilled Meals

In Microwave: Peel back lid or slit film to vent steam. Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking. Microwave oven times may vary.

In Conventional Oven: Place meal on a cookie sheet and set oven at 350 degrees F for 10 minutes maximum.

Re-heating FROZEN Meals

In Microwave: Peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway.

In Conventional Oven: Place meal on cookie sheet and set oven at 350 degrees F for 30 minutes maximum.

CAMBRIDGE Locations (currently closed until further notice)

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King A Senior Dine Card is needed, call SCES	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 9:30-11:30am Must be 60 years or older
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older
North Cambridge Senior Center 2050 Mass Ave. / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am Must be 60 years or older
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601 Center Coordinator: Donna	Supper: Thu 4:30pm Non-residents must be 60 or older
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm Non-residents must be 60 or older
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm Must be 60 years or older
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601 A Senior Dine Card is needed, call SCES.	Supper: Mon-Fri 4:45-6:00pm Must be 60 years or older
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617-864-7600	Portuguese Lunch: Mon-Thurs Noon Must be 60 years or older

SOMERVILLE Locations (currently closed until further notice)

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am Must be 60 years or older
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Mon - Fri 11:30am Must be 60 years or older
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am Must be 60 years or older
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Allan	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older

Transportation to meal sites is available.

Reservations are required by noon the previous business day. Call SCES at 617-628-2601.
 Must be 60 years or older, unless in supportive housing.

Monthly Brown Bag

Currently Closed

Arts at the Armory
191 Highland Ave.
Somerville

Call first to see if
cancelled at
617-628-2614
ext. 6789

Purchase Ensure® Nutrition Drink Supplements from SCES

Flavors: Vanilla, Chocolate, or Strawberry

Regular Ensure® - \$29.00/24 drinks

Diabetic Ensure® (Glucerna) - \$40.00/24 drinks

Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

White Bean and Tuna Salad (4 servings)

2 tablespoons olive oil

1 can (16 ounces) cannellini beans, no salt added,
drained and rinsed

2 small dill pickles, cut into bite-size pieces (about 2
tablespoons)

1 small red onion, thinly sliced (about 1/2 cup)

2 tablespoons red wine vinegar

1/4 teaspoon pepper or lemon pepper

1 can (7 ounces) water-packed tuna, no salt added,
drained and rinsed

2 tablespoons finely chopped fresh parsley

In a large bowl, combine the oil, beans, pickles, onion, vinegar and pepper. Top with the tuna and parsley. Makes four servings. Enjoy with toasted baguette or whole grain roll.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/quick-bean-and-tuna-salad/rcp-20049996>

