




Meals-on-Wheels June 2022 Cold Supper Sandwich Menu

SCES 617-628-2601, www.eldercare.org

Suggested, voluntary contribution \$2.00 Per Meal

MONDAY <small>sodium mg</small>	TUESDAY <small>sodium mg</small>	WEDNESDAY <small>sodium mg</small>	THURSDAY <small>sodium mg</small>	FRIDAY <small>sodium mg</small>
		1 Tuna Salad 241mg On Wheat Bread 130 Sweet Potato Salad 60 Tossed Garden Salad 168 Fresh Fruit 0 <i>Calories: 706 Sodium: 708mg</i>	2 Roast Beef & Swiss 268mg On Multigrain Bread 270 Balsamic Pasta Salad 14 Cole Slaw 45 Diet Fruited Gelatin 10 <i>Calories: 767 Sodium: 770mg</i>	3 Egg Salad on 130mg Wheat Bread 130 Potato Salad 100 Tomato Zucchini Salad 75 Diet Chocolate Pudding 142 <i>Calories: 793 Sodium: 684 mg</i>
6 California Chicken Salad 70mg On Wheat Bread 130 Root Vegetable Salad 86 Potato Salad 100 Diet Vanilla Pudding 142 <i>Calories: 841 Sodium: 635mg</i>	7 Roast Beef & Swiss 268mg On Wheat Bread 130 English Pea Salad 156 Tomato Zucchini Salad 60 Pears 5 <i>Calories: 798 Sodium: 730mg</i>	8 Tuna Salad 241mg On Wheat Bread 130 Spinach Mandarin Salad 206 Balsamic Pasta Salad 14 Peaches 8 <i>Calories: 733 Sodium: 707mg</i>	9 Cottage Cheese 180mg Fruit Plate Barley Raisin Salad 129 Muffin 160 Cookies 56 <i>Calories: 678 Sodium: 623mg</i>	10 *Turkey & Provolone 551mg On Oat Top Bread 230 Broccoli Slaw 4 Italian Pasta Salad 145 Fresh Fruit 0 <i>Calories: 999 Sodium: 1177mg</i>
13 Egg Salad 130mg On Wheat Bread 130 Garden Pasta Salad 201 Beet Salad 143 Fresh Fruit 0 <i>Calories: 910 Sodium: 712mg</i>	14 Tuna Salad 241mg On Multigrain Bread 270 Broccoli Slaw 145 Balsamic Pasta Salad 14 Cookies 117 <i>Calories: 850 Sodium: 895mg</i>	15 Turkey & Swiss 470mg On Oat Top Bread 230 Spinach Mandarin Salad 206 Barley Raisin Salad 129 Tropical Fruit 10 <i>Calories: 890 Sodium: 1147mg</i>	16 *Grilled Chicken 519mg Caesar Salad Sweet Potato Salad 60 Muffin 160 Mixed Fruit 3 <i>Calories: 777 Sodium: 839mg</i>	17 Roast Beef & Provolone 349mg On Multigrain Bread 270 Quinoa Tabbouleh Salad 28 Tossed Garden Salad 168 Diet Chocolate Pudding 142 <i>Cals: 809 Sodium: 1069mg</i>
20 Juneteenth Holiday Observed No Meals Delivery 	21 Egg Salad on 130mg Wheat Bread 130 English Pea Salad 156 Beet Salad 143 Cookies 117 <i>Calories: 929 Sodium: 787mg</i>	22 Turkey & Swiss 470mg On Oat Top Bread 230 Sweet Potato Salad 60 Tossed Salad 168 Diet Pistachio Pudding 142 <i>Calories: 722 Sodium: 1178mg</i>	23 *Ham Chef Salad 570mg Potato Salad 100 Muffin 120 Fresh Fruit 0 <i>Calories: 771 Sodium: 900mg</i>	24 Tuna Salad 241mg On Wheat Bread 130 Balsamic Pasta Salad 14 Cole Slaw 45 Pineapple 3 <i>Calories: 790 Sodium: 540mg</i>
27 Chicken Salad 75mg On Wheat Bread 130 Cucumber Feta Salad 80 Potato Salad 100 Diet Tapioca Pudding 142 <i>Calories: 843 Sodium: 635mg</i>	28 Egg Salad 130mg On Wheat Bread 130 Broccoli Slaw 145 Balsamic Pasta Salad 14 Cookies 100 <i>Calories: 872 Sodium: 627mg</i>	29 Roast Beef & Provolone 349mg On Wheat Bread 130 Tossed Salad 168 Italian Pasta Salad 138 Fresh Fruit 0 <i>Calories: 909 Sodium: 950mg</i>	30 Tuna Salad 241mg On Multigrain Bread 270 Macaroni Salad 138 Riviera Salad 92 Peaches 8 <i>Calories: 840 Sodium: 856mg</i>	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.

Meal Cancellations & Notices:

Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call Nutrition at 617-628-2601.

To find out if meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.

Menu subject to change without notice. See back of menu for heating instructions and more nutrition information.



Nutrition Tips for Healthy Living! June 2022

June is Elder Abuse Awareness Month

Staying hydrated: Tips from the National Institute on Aging:

- Do not wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Have a cup of broth-based soup.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Do not stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.
- Aim for 6-8 cups fluids per day, unless otherwise recommended by your healthcare provider for medical reasons.



Sources: <https://www.nia.nih.gov/health/getting-enough-fluids>; <https://health.usnews.com/health-care/patient-advice/articles/what-older-adults-need-to-know-about-hydration>

Heating Instructions for Soups and Regular Chilled Home Delivered Meals

Soup Heating instructions:

Remove cover to vent soup. Microwave 1 or 2 minutes, microwave times will vary; or pour soup in a small pot and heat on stove. Contents will be hot.

Heating Instructions:

- Keep meals refrigerator until ready to eat.
- **Do NOT use toaster oven to reheat home delivered meals.**
- **Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.
- Reheat meals until reaches internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48 hours.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended dietary allowance.

- ✓ Regular, no added salt (NAS) menu.
- ✓ Calories range 700-800 calories per meal.
- ✓ Total fat content no more than 30%/Cals.
- ✓ Total Calories and Sodium for each meal is provided on menu.
- ✓ Meals are “No Added Salt” regular menus.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted.
- ✓ Entrée over 500mg sodium marked with asterisk (*), high sodium meals marked.
- ✓ Sodium totals include milk, crackers, and condiments where applicable.

For menu options and nutrition information visit www.eldercare.org

Purchase Ensure® from SCES

Ensure® \$29.00/case of 24 drinks
 Ensure® Plus \$31.00/case of 24 drinks
 Glucerna Diabetic \$40.00/case of 24
 Flavor Options: Strawberry, Vanilla, Chocolate
 Call Age Info Dept at 617-628-2601
 Delivery options are available

June is Elder Abuse Awareness Month!

Concerned about abuse? Help is available

Elder abuse can be physical, emotional, sexual or financial. It also includes neglect and self-neglect. It affects elders across all income levels, cultures, gender and races.

Roughly 10% of older adults have experienced some form of elder abuse — but only 1 out of every 14 cases are reported to authorities.

Know the signs of Elder Abuse:

- Unexplained financial loss
- Unexplained bruises or injuries
- Isolation
- Verbal abuse
- Threats
- Changes in mood or behavior
- Rapid decline in health
- Sudden confusion
- Unexplained weight loss
- Neglecting care needs
- Hesitation to speak openly

Concerned about Elder Abuse? Elder Protective Services (PS) can assess the level of risk and work with older adults to break the cycle of abuse.

Other resources that can help with elder abuse include:

- Cambridge Council On Aging 617-349-6220
- Somerville Council On Aging 617-625-6600 x2300
- Transition House 857-777-6724
- RESPOND 24-Hour Hotline..... 617-623-5900



Report Elder Abuse by calling the state Elder Abuse Hotline at

1-800-922-2275

All calls are confidential