





# June 2022



## Somerville Council on Aging Lunch Menu

SCES 617-628-2601, [www.eldercare.org](http://www.eldercare.org) Donations are appreciated. Suggested, voluntary contribution \$3.00 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>
<b>Ralph &amp; Jenny</b> 9 New Washington St, Somerville 11:30am on: Mondays - June 6, 13, 27 Every Tuesday (except June 21) Wednesdays - June 1, 15, 22, 29	<b>Holland St:</b> 167 Holland St, Somerville 11:30am on: Monday – June 27 Tuesday - June 21 Every Thursday Fridays - June 3, and 17	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 Minestrone Soup Roast Chicken Veg Sauté Beef/Swiss Orzo Pasta On Multigrain Oat Top Bread Pasta Salad Oatmeal Raisin Cole Slaw Cookie Diet Fruited Jello  <i>HOT: Calories: 909 Sodium: 1032 mg</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 Mushroom Soup Roast Beef & Swiss Chicken Cacciatore On Wheat Bread over Noodles English Pea Salad Broccoli Tomato Zucchini Wheat Bread Salad Fresh Fruit Pears  <i>HOT: Calories: 801 Sodium: 1146mg</i>	8	9 Fish & Cheese Cottage Cheese Sandwich Fruit Plate Tartar Sauce Barley Raisin Sweet Potato Tots Salad Cole Slaw Muffin Oatmeal Cookie Cookies  <i>Hot: Calories: 949 Sodium: 1115mg</i>	10
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 Cheese Rigatoni Tuna Salad Italian Meat Sauce On Multigrain Bread Italian Vegetables Broccoli Slaw Dinner Roll Balsamic Pasta Applesauce Salad Cookies  <i>HOT: Calories: 664 Sodium: 780mg</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 Chicken Veg Soup *Grilled Chicken Beef Burgundy Caesar Salad Cheddar Mashed Pot Sweet Potato Honey Glaze Carrots Salad Corn Bread Muffin Brownie Mixed Fruit  <i>HOT: Calories: 1205 Sodium: 1128 mg</i>	17 Roast Beef & Provolone 349mg On Multigrain Bread 270 Quinoa Tabbouleh Salad 28 Tossed Garden Salad 168 Diet Chocolate Pudding 142  <i>Calories: 809 Sodium: 1069mg</i>
20 Juneteenth Holiday Observed No Meals Today 	21 Garden Soup Egg Salad on Breaded Fish/Tartar Wheat Bread Sweet Potato Tots English Pea Salad Spinach Beet Salad Oat Top Bread Cookies Peaches  <i>HOT: Calories: 796 Sodium: 1009mg</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 Chicken Souvlaki *Ham Chef Red Bliss Potatoes Salad Brussels Sprouts Potato Salad Multigrain Bread Muffin Vanilla Pudding Fresh Fruit  <i>HOT: Calories: 899 Sodium: 924mg</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 Cr Pumpkin Soup Egg Salad Shepherd's Pie On Wheat Bread Green Beans Broccoli Slaw Wheat Bread Balsamic Pasta Peaches Salad Cookies  <i>HOT: Calories: 877 Sodium: 794mg</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 *Roast Turkey Tuna Salad Jardiniere Gravy On Multigrain Red Bliss Potatoes Bread Mixed Vegetables Macaroni Salad Wheat Bread Riviera Salad Chocolate Pudding Peaches  <i>HOT: Calories: 782 Sodium: 1174mg</i>	<p><b>Hot meals served on Tuesdays &amp; Thursdays are dine-in only, or Cold sandwich meal is available for Grab and Go.</b></p>

**Meal Cancellations Notices: Menu subject to change without notice.**

**Please cancel or reserve a meal reservation by 11:00 am the business day before at 617-625-6600, ext. 2321.**

**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.**



# Nutrition Tips for Healthy Living! June 2022

## June is Elder Abuse Awareness Month

### SCOA Lunch Locations

To reserve or cancel a meal, please call SCOA at 617-625-6600, ext. 2321, by 11AM the business day before.

#### Ralph and Jenny Senior Center

9 New Washington St, Somerville, 11:30am on Monday June 6, 13, 27; Tuesdays (except June 21), Wednesday June 1, 15, 22, 29

#### Holland St Senior Center

167 Holland St, Somerville, 11:30am on Monday June 27; Tuesday June 21; every Thursday; Fridays June 3 and 17<sup>th</sup>

Hot meals served on Tuesdays & Thursdays are dine-in only.  
Cold sandwich meals are available for Grab and Go.

### Nutrition Guidelines for Menu:

Meals provide 1/3 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](http://www.eldercare.org)

Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated cold meal within 48 hours.

### **Purchase Ensure® nutrition drink from SCES**

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