

April is Stress Awareness Month

Stress is a normal part of life, but sometimes it can become overwhelming and negatively impact our daily lives and overall mental and physical health. Those prone to chronic stress may be more susceptible to illnesses such as high blood pressure, insomnia, headaches, bowel irregularities, and heart disease. Especially during the past couple of years due to the pandemic, we need more support and strategies to help reduce stress.

Here are some relaxing activities to try, and healthy foods to nourish your body and mind

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|--|--------------------------------|
| ◆ Journaling; Read a book or favorite magazine | ◆ Meditation/Praying |
| ◆ Cooking; Try new recipes | ◆ Listening to music; Dancing |
| ◆ Exercise, going for a walk | ◆ Puzzles, Word Searches |
| ◆ Deep breathing techniques | ◆ Laughing, watch comedy shows |
| ◆ Talking to friends/family | ◆ Hobby, knitting, gardening |

Foods that may help improve mood and depression:

| | |
|--------------------------|----------------------|
| Oatmeal | Nuts and seeds |
| Fresh fruit like berries | Chamomile tea |
| Dark leafy greens | Spices like turmeric |
| Fatty fish like salmon | Dark chocolate |

(Source: www.stress.org)

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HOME DELIVERED MENUS

Breakfast/Lunch Menus

- Breakfast
- Traditional Chilled (Regular or No Added Salt)
- Cold Supper Sandwich
- Allergen Free
- Caribbean
- Chinese*
- Portuguese
- Vegetarian

Medically Tailored Menus

- Carb Control
- Heart Healthy
- Low Lactose
- Kidney Friendly
- Modified Consistency Menus
(Chopped Soft, Ground*, Puree)

NOTE: All meals are available chilled or frozen.

*Exceptions: Ground meal not available in frozen and Chinese meals are delivered hot only.

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 Cancellation Update

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

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.

WARNING: DO NOT USE TOASTER OVEN to reheat any meal (Chilled & Frozen)

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.

Heating Instructions for Chilled Regular Home Delivered Meals

- Reheat and enjoy meals right away or refrigerate upon delivery for later.
- Consume or discard refrigerated leftovers within 48 hours.
- Do not leave meals out in room temperature for more than 2 hours.

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.

*Reheat meals until internal temperature of 165F, careful with hot meals.

Congregate Meal Programs

Participants must be 60 years or older, or spouse/dependent with disability of any age.
Transportation to meal sites is available, call SCES at 617-628-2601.

| CAMBRIDGE | |
|---|---|
| <p>CAMBRIDGE SENIOR CENTER 806 Mass. Ave. / 617-349-6047 A Senior Dine Card is needed, call SCES at 617-628-2601 to get a card To reserve a meal, call: 617-349-6047 by 11am the business day before Lunch: Mon-Thu, 11:30am - 12:15pm</p> | <p>NORTH CAMBRIDGE SENIOR CENTER 2050 Mass. Ave. / 617-349-6320 To reserve a meal, sign up in community room or call: 617-349-6320 by 11am the business day before Lunch: Mon—Fri, 11:30am</p> |
| <p>KATE'S CAFE @ S&S (LBGT) (Nutrition) S&S 1334 Cambridge St. Call 617-628-2601 and ask for the Community Support Center or email info@eldercare.org \$12 suggested voluntary donation Everyone can participate regardless of a donation \$20 cost for adults under 60 Supper: 4th Wed of month 6:00pm</p> | <p>BURNS APARTMENTS 50 Churchill Ave, Cambridge Call Burns Service Coordinator, at 617-499-7108. Building residents under 60 welcome to join. Lunch: 1st and 3rd Tuesday/Month (may vary)</p> |
| SOMERVILLE | |
| <p>MANNING APARTMENTS 237 Franklin St. Center Coordinator: Donna Sign up sheet in community room or call SCES Nutrition Dept. at 617-628-2601 Building residents under 60 welcome to join. Lunch served: Mon-Fri 12:00 pm</p> | <p>PROPERZI APARTMENTS 13-25 Warren Ave. / 617-666-5882 Sign up 2 business days before, in community room or call SCES Nutrition Dept. at 617-628-2601 Building residents under 60 welcome to join. Breakfast: Mon-Fri 9:00am-10:00am</p> |
| <p>MA ALLIANCE OF PORTUGUESE SPEAKERS 1046 Cambridge St. / Call 617-864-7600 Portuguese Lunch: Mon-Friday at Noon</p> | <p>RALPH & JENNY SENIOR CENTER 9 New Washington St. To reserve a meal call 617-625-6600, x 2323 Lunch: Tuesdays noon, cold grab and go meal available upon request</p> |
| <p>MILLER'S RIVER 15 Lambert St. To reserve a meal, call Miller's River Resident Service Coordinator at 617-499-7155 by 11am the business day before Building residents under 60 welcome to join. Supper: Thu 4:30pm, Limited to 30 participants</p> | <p>SOMERVILLE HIGH CULINARY DEPT MEAL PROGRAM Gourmet meals are prepared the third Friday of every month October-May for pick up at 61 Medford Street, Somerville, at 1:00pm Please call 617-628-2601 to register. Meals are limited, please call in advance</p> |
| | <p>SOMERVILLE SENIOR CENTER 167 Holland St. To reserve a meal, call 617-625-6600, x 2323 Lunch: Thursdays noon, cold grab and go available upon request</p> |

**Monthly Grocery
Delivery Program**

**Commodity Supplemental
Food Program (CSFP)**

To receive monthly groceries, call:
Helia Kinney
Nutrition Office Supervisor
617-628-2601, ext. 3217

**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.

**Call Community Support Services SCES at
617-628-2601**

Blueberry Breakfast Smoothie

Source: www.allrecipes.com

Ingredients:

- 1 cup of fresh or frozen Blueberries
- 1/2 cup Greek yogurt
- 1/4 cup Orange Juice
- 1 tablespoon honey or maple syrup
- 1/4 teaspoon vanilla extract
- 1 pinch of ground cinnamon
- 3 ice cubes (optional)

Directions:

Blend all ingredients except ice in blender, on low for about 30 seconds. Increase speed to high and blend for an additional 2 minutes, add ice and blend another minute. Other variations: add different types of berries or fruit like bananas, leave the ice out if you prefer it less cold, or buy vanilla flavored Greek yogurt and omit the vanilla extract. Be as creative as you like!

