

ULSTER COUNTY'S  
NACIO AWARD WINNING  
***SENIOR VALLEY NEWS***  
ULSTER COUNTY OFFICE FOR THE AGING  
1003 DEVELOPMENT COURT  
KINGSTON, NEW YORK 12401  
TEL. (845) 340-3456  
**SUMMER 2011**

FROM THE DIRECTOR'S DESK:

The Office for the Aging is reviewing the policy for canceling meals and we are requesting you call the office (#340-3576) at least 24 hours in advance to cancel your luncheon meal.

**This year in March, 80 meals were cancelled, most the morning of delivery resulting in: 80 x \$7.42 per meal = a loss of \$593.60. The annual projection would be \$7,123.32 paid for meals undeliverable to seniors.**

The Office for the Aging is trying to serve as many seniors as possible and it is important to cancel your meal as soon as you know you will not be able to go to the luncheon site where you requested a meal. It is an honor to assist you in helping maintain your independence at home and we look forward to serving more seniors as the population ages.

The Office for the Aging would also like to invite you to a Picnic in August. We are proposing the sites to be at the Robert E Post Park in the Town of Ulster and Lippman Park in Wawarsing. As soon as the availabilities are confirmed, the dates will be announced. The suggested donation for the event will be \$3 for Seniors 60 and over; other guests will be charged \$7.42 which is the regular cost of our meal.

The Office is also anticipating the Farmers Market Coupons to be ready for distribution in mid-July. This program is for eligible seniors who are 60 or older; meet the income eligibility (\$1,678/month for one person household, \$2,267/month for a two person household, \$2,856/month for a 3 person household) **or** currently receiving or are eligible for SSI, Food Stamps, public assistance, or Section 8 housing subsidy. You must personally sign for the coupons. Coupons cannot be mailed; proxies may not pick up and sign for eligible seniors. They cannot be reserved and are distributed on a "First Come First Serve" basis. You may call our office for further information.

Please stay healthy, keep yourself protected from the heat and sun, and call us FIRST for any information and assistance that will keep you independent and in your home.

***Anne Cardinale***

Anne Cardinale, RN, GCNS-BC  
Director, Ulster County Office For the Aging

### SENIOR DINING CENTERS

All are welcome to join us at one of our conveniently located Dining Centers in Ulster County. Please refer to the list below to find the center nearest you and to place a reservation. COME, JOIN US FOR LUNCH!!!

#### ULSTER COUNTY DINING CENTERS:

<u>NUTRITION CENTER:</u>	<u>SITE MANAGER</u>	<u>PHONE</u>
SAUGERTIES	Kate Hendrickson	246-9987
KINGSTON, (mid-town)	Donna Briglia	339-4934
ROSENDALE	Vincene Pennacchio	658-8110
ELLENVILLE	Carolyn Shorter	647-1605

#### SATELITE CENTERS:

Reservoir United Methodist Church, Ashokan	Second and Fourth Tuesdays	336-7112
Town of New Paltz Community Center	Every Thursday	255-3631
Town of Ulster Senior Center	First and Third Tuesdays	340-3576 or 389-0015

**\*\*Meals are prepared by Prestige Services, Inc. and are funded by the Ulster County Office For The Aging. Made possible by Funds provided by USAOA, NYSOFA, UCOFA, & Private Funds.**

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#### HELP US HELP YOU!!

It is our pleasure to serve you a Home Delivered Meal or a Congregate Meal. We hope that you enjoy them. Voluntary contributions keep our dining programs available to all Ulster County senior citizens.

The suggested donation for senior meals is **\$3.00 per meal or \$15.00 per week.**

Your contribution is **voluntary and confidential and no one will be denied a meal** if they cannot contribute. Guests under age 60 will be charged \$7.42.

Please contact the Office for the Aging for further information at:

**ULSTER COUNTY OFFICE FOR THE AGING  
1003 DEVELOPMENT COURT  
KINGSTON, N.Y., 12401  
#845-340-3456**

## NEW RECIPES TO LOOK FOR IN THIS QUARTERS MENUS

### **Hamburger Yakisoba:**

Yakisoba is translated as Japanese Fried Noodles. This is derived from the Chinese Chow Mein and has been integrated into the Japanese cuisine. The dish we will serve consists of spaghetti, hamburger, and vegetables in a soy sauce, ginger, garlic base. Try it, it is very tasty.

### **Greek Lemon Turkey Pasta:**

This dish consists of boneless turkey, noodles, spinach, and onions in a lemon, garlic, soy sauce base.

### **Cranberry Glazed Chicken**

### **Cucumber and Beet Salad**

### **Lemon Fluff**

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## **Fix Your Gaze on Fruits and Vegetables**

Cataracts, the most common cause of blindness, may result from exposure to sunlight throughout your life. What we eat may help protect not only against cataracts but also against glaucoma and macular degeneration and can promote overall and **eye health**.

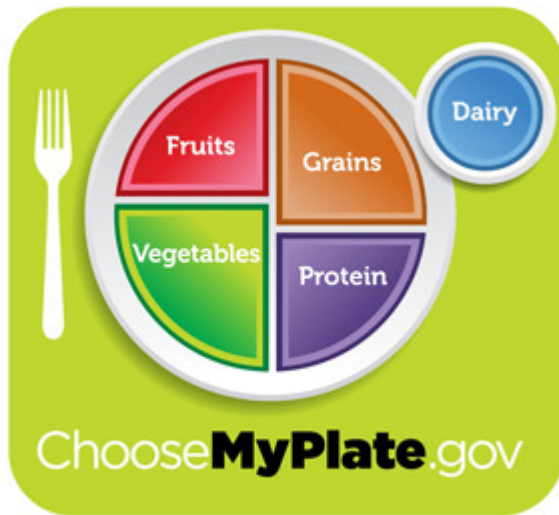
Several research studies have found antioxidants like vitamin E and vitamin C help lower the rate of cataracts. Vitamin A, lutein and zeaxanthin are three compounds found in food that also are essential for good **eye health**.

Vitamin E is found in wheat germ, nuts, seeds and oils. Vitamin C is found in oranges, grapefruit, strawberries, broccoli and peppers. Vitamin A promotes normal vision and helps you see in the dark by adjusting to lower levels of light. Good sources of vitamin A are carrots, papaya, milk and tomatoes.

Both lutein and zeaxanthin are found in dark green leafy vegetables, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. They help keep the lens, retina and the pigment of the macula (or central area of the eye) healthy.

You've probably noticed these foods benefit your overall health in addition to being good for your eyes. Remember, one of the best things you can do to keep your eyes healthy is to consume five to nine servings of fruits and vegetables every day.

***USDA FOOD PYRAMID replaced with MY PLATE ICON***



***Balancing Calories***

- Enjoy your food, but eat less.
- Avoid oversized portions.

***Foods to Increase***

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

***Foods to Reduce***

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

## **WEBSITES OF INTEREST**

American Dietetic Association Food and Drug Administration, Administration on Aging

[www.eatright.org](http://www.eatright.org)

[www.fda.gov](http://www.fda.gov)

[Http://www.aoa.gov](http://www.aoa.gov)

National Institute on Aging

<http://www.nih.gov/nia>

### **Just a Friendly Reminder**

Please be sure to call the Office for the Aging at 340-3576 to cancel 24 hours before delivery of a meal if you are not going to be home. Congregate Center members must also call Prestige Services or your local nutrition center to cancel your meal if you cannot attend the center.

Thank you for your cooperation.



## ***YOUR PARTNERS IN HEALTH***

***We would like to thank the Health Alliance of the Hudson Valley for sponsoring this newsletter.***

ULSTER COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION/DINING PROGRAM

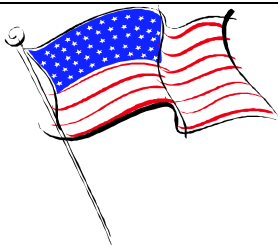
No Added Salt &

No Concentrated Sweet Diets Available

JULY 2011

For Information Call

340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change  *-Menu Substitutions May Be Made According to Diet				Hot Dogs* 7/1 w/Sauerkraut* Baked Beans German Potato Salad Hot Dog Roll Watermelon
7/4 <b>Closed</b>  <b>4<sup>th</sup> of July</b>	Italian Baked Chicken 7/5 Sweet Potato Brussel Sprouts Rye Bread Oatmeal Cookies	Vegetable Bean Soup 7/6 Turkey Pastrami, Lettuce, Tomato on a Whole Wheat Bread Green Salad Brownie	Tomato Juice 7/7 Cottage Cheese Fruit Cup Cereal Banana Bread	Stuffed Peppers w/ Sauce 7/8 Gingered Carrots Whole Wheat Roll Peaches
Hamburger 7/11 Yakisoba Noodles Cooked Spinach Mandarin Oranges Dinner Roll Lorne Doone	Orange Juice 7/12 Polynesian Pork Rice Mixed Vegetables Yellow Squash Whole Wheat Applesauce	BBQ Baked Chicken 7/13 Sweet Potato Broccoli Rye Bread Melon	Turkey Burger w/ Peppers & Onion 7/14 Tomato Basil Salad Lima Beans Whole Wheat Bun Fresh Fruit	Pineapple Juice 7/15 Tuna Salad & Provolone Cheese* on a Wheat Roll Green Salad Cardinal Salad Vanilla Pudding*
Grape Juice 7/18 Greek Lemon Turkey Pasta Green Beans Whole Wheat Roll Pineapple	Sloppy Joes 7/19 Corn Medley Broccoli Whole Wheat Roll Fresh Fruit	Apple Juice 7/20 Lemon Butter Fish Rice Mixed Vegetables Rye Bread Apple Crisp*	Chicken Parmesan w/ Sauce 7/21 Carrots Spinach Whole Wheat Bread Rice Pudding*	Egg Salad 7/22 on a Bed of Lettuce & Tomato Green Salad Tropical Fruit Salad Rye Bread Fruited Jello*
Cranberry Juice 7/25 Hot Turkey Sandwich w/Gravy Mashed Potato Garden Vegetables Whole Wheat Bread Vanilla Ice Cream*	Braised Pork 7/26 Chop w/ Gravy Sweet Potato Red Cabbage Rye Bread Butterscotch Pudding*	Macaroni And Cheese 7/27 Stewed Tomato Beet and Cucumber Salad Whole Wheat Roll Fresh Fruit	Pineapple Juice 7/28 Breaded Baked Fish Spanish Rice Broccoli Rye Bread Chocolate Chip Cookies*	Spaghetti and Meat Sauce 7/29 Spinach Salad Summer Squash Garlic Bread Applesauce

Meals Prepared By Prestige Services, Inc., and are funded by the Ulster County Office for the Aging. Made possible by funds provided by USAOA, NYSOFA, UCOFA and Private Funds.

**ULSTER COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION/DINING PROGRAM**

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AUGUST 2011

For Information Call

340-3576

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Swedish 8/1 Meatballs Noodles w/Gravy Broccoli Zucchini/Yellow Squash Whole Wheat Bread Apricots	Grape Juice 8/2 Lemon Shoya Chicken Rice Oriental Vegetables Rye Bread Fresh Fruit	Ziti 8/3 Florentine w/Tomato Sauce Parslied Carrots Italian Roll Fruited Yogurt	Orange 8/4 Juice Ham Steak* w/ Pineapple Sauce Red Bliss Potato Peas Whole Wheat Bread Fruited Jello*	Chef Salad 8/5 Macaroni Salad Tomato Fruit Rye Bread Tapioca Pudding*
Apple Juice 8/8 Pepper Steak Confetti Rice Oriental Vegetables Whole Wheat Bread Fresh Fruit	Cranberry 8/9 Glazed Chicken Sweet Potato Spinach Rye Bread Oatmeal Cookies*	Pineapple 8/10 Juice Shepard's Pie w/Gravy Green Beans Whole Wheat Roll Lemon Fluff*	Stuffed 8/11 Shells w/ Sauce Summer Squash Green Salad Garlic Bread Fresh Fruit	Tomato 8/12 Juice BBQ Spareribs Orzo Pilaf Carrots Whole Wheat Roll Chocolate Pudding*
Meatloaf 8/15 w/Gravy Mashed Potato Glazed Carrots Rye Bread Apricots	Taco Casserole 8/16 Mixed Vegetables Mild Salsa Whole Wheat Bread Fresh Fruit	Grape Juice 8/17 Fish Kiev Barley Pilaf Collard Greens Rye Bread Mandarin Oranges	Lentil 8/18 Soup Ham and Swiss Sandwich on a Whole Wheat Roll Coleslaw Italian Ice*	Apple Juice 8/19 Chicken Caccatoire w/Tomato Sauce Noodles Zucchini Whole Wheat Bread Orange Creamsicle*
Apple 8/22 Juice Philly Cheese Steak Peppers and Onions Creamed Corn Whole Wheat Roll Watermelon	Italian Baked 8/23 Chicken Sweet Potato Brussel Sprouts Rye Bread Oatmeal Cookies	Vegetable 8/24 Bean Soup Turkey Pastrami, Lettuce, Tomato on a Whole Wheat Bread Green Salad Brownie	Tomato 8/25 Juice Cottage Cheese Fruit Cup Cereal Banana Bread	Stuffed 8/26 Peppers w/ Sauce Gingered Carrots Whole Wheat Roll Peaches
Hamburger 8/29 Yakisoba Noodles Cooked Spinach Mandarin Oranges Dinner Roll Lorne Doone	Orange 8/30 Juice Polynesian Pork Rice Mixed Vegetables Yellow Squash Whole Wheat Applesauce	BBQ 8/31 Baked Chicken Sweet Potato Broccoli Rye Bread Melon		Menu Subject to Change  *-Menu Substitutions May Be Made According to Diet

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ULSTER COUNTY OFFICE FOR THE AGING  
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SEPTEMBER 2011

For Information Call  
340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change  *-Menu Substitutions May Be Made According to Diet			Turkey 9/1 Burger w/ Peppers & Onion Tomato Basil Salad Lima Beans Whole Wheat Bun Fresh Fruit	Pineapple 9/2 Juice Tuna Salad & Provolone Cheese* on a Wheat Roll Green/Cardina Salad Vanilla Pudding*
<b>Closed 9/5</b>  <b>Labor Day</b>	Sloppy Joes 9/6 Corn Medley Broccoli Whole Wheat Roll Fresh Fruit	Apple Juice 9/7 Lemon Butter Fish Rice Mixed Vegetables Rye Bread Apple Crisp*	Chicken 9/8 Parmesan w/ Sauce Carrots Spinach Whole Wheat Bread Rice Pudding*	Egg Salad 9/9 on a Bed of Lettuce & Tomato Green Salad Tropical Fruit Salad Rye Bread Fruited Jello*
Cranberry 9/12 Juice Hot Turkey Sandwich w/Gravy Mashed Potato Garden Vegetables Whole Wheat Bread Vanilla Ice Cream*	Braised Pork 9/13 Chop w/ Gravy Sweet Potato Red Cabbage Rye Bread Butterscotch Pudding*	Macaroni 9/14 And Cheese Stewed Tomato Beet and Cucumber Salad Whole Wheat Roll Fresh Fruit	Pineapple 9/15 Juice Breaded Baked Fish Spanish Rice Broccoli Rye Bread Chocolate Chip Cookies*	Spaghetti 9/16 and Meat Sauce Spinach Salad Summer Squash Garlic Bread Applesauce
Swedish 9/19 Meatballs Noodles w/Gravy Broccoli Zucchini/Yellow Squash Whole Wheat Bread Apricots	Grape Juice 9/20 Lemon Shoya Chicken Rice Oriental Vegetables Rye Bread Fresh Fruit	Ziti 9/21 Florentine w/Tomato Sauce Parslied Carrots Italian Roll Fruited Yogurt	Orange 9/22 Juice Ham Steak* w/ Pineapple Sauce Red Bliss Potato Peas Whole Wheat Bread Fruited Jello*	Chef 9/23 Salad Macaroni Salad Tomato Fruit Rye Bread Tapioca Pudding*
Apple Juice 9/26 Pepper Steak Confetti Rice Oriental Vegetables Whole Wheat Bread Fresh Fruit	Cranberry 9/27 Glazed Chicken Sweet Potato Spinach Rye Bread Oatmeal Cookies*	Pineapple 9/28 Juice Shepard's Pie w/Gravy Green Beans Whole Wheat Roll Lemon Fluff*	Stuffed 9/29 Shells w/ Sauce Summer Squash Green Salad Garlic Bread Chocolate Pudding*	Tomato 9/30 Juice BBQ Spareribs Orzo Pilaf Carrots Whole Wheat Roll Fresh Fruit

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