

ULSTER COUNTY'S NACIO AWARD WINNING
SPRING 2012 SENIOR VALLEY NEWS

ULSTER COUNTY OFFICE FOR THE AGING
1003 DEVELOPMENT COURT KINGSTON, NEW YORK 12401
TEL. (845) 340-3456

FROM THE DIRECTOR'S DESK:

Spring is here officially March 20, 2012. Spring is also the time when worms begin to emerge from the earth, ladybugs land on screen doors, green buds appear, birds chirp, and flowers begin to bloom. Older Americans Month in May is a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While County Executive Michael Hein and the Ulster County Office for the Aging provides services, support, and resources for older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

During the spring, the Office for the Aging Advisory Council conducts an annual senior citizen needs assessment survey to plan services and programs for the next year. Please return these surveys as soon as possible. Best wishes for a healthy spring!

Sincerely,

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

SATELLITE CENTERS:

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

Meals are prepared by Prestige Services, Inc., and are funded by Ulster County Office for the Aging, USAOA, NYSOFA, and Private Donations

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 \$7.67.

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**

Eating Right for Older Adults

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.

Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

This tip sheet is provided by: Authored by Academy of Nutrition and Dietetics staff registered dietitians. *Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.*

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Cauliflower - Food of the Month

Written By Sofia Layarda, MPH, RD on Mar 02, 2012

When we talk about eating more fruits and vegetables, what often comes to mind are the brightly colored varieties (hence the reference to eating "the colors of the rainbow"). But white-fleshed fruits and vegetables have their own secrets of the healthful kind. In celebration of Nutrition Month, let's take a closer look at a white vegetable: cauliflower.

Cauliflower belongs to the same family of cruciferous vegetables as kale, broccoli, and cabbage. While the variety we most often see in stores has a pale, off-white shade, there are colored varieties of cauliflower, such as orange and purple.

Nutritional Information for Cauliflower: 1 cup of cooked cauliflower florets contains:

- **Calories:** 29 kcal
- **Fat:** 0.6 g
- **Carbohydrates:** 5.1 g
- **Protein:** 2.3 g
- **Fiber:** 2.9 g
- **Glycemic Index:** Low

As far as vegetables go, cauliflower contains many powerful nutrients that act as antioxidants, anti-inflammatory, and detoxifying agents. In particular, cauliflower is high in phytonutrients called glucosinolates, which help activate our own body's detoxifying enzymes. Cauliflower is also a great source of the well-known antioxidant Vitamin C and the nutrient manganese, which is involved in antioxidant reactions within the body. Add to that the high fiber and low caloric load per serving and you've got yourself a deceptively humble nutritional superstar! Studies have linked regular consumption of cruciferous vegetables with decreased incidence of some types of cancer.

When buying cauliflower, look for firmly packed whole "heads" with no brownish or moldy spots.

Sometimes cauliflower comes pre-wrapped in plastic, so keep an eye on the florets to make sure there is no moisture developing while in storage. You can keep uncut whole heads in the fridge for about a week. If you buy pre-cut florets, use them within a couple of days because they tend to spoil sooner.

Served raw, cauliflower is crunchy and can have a slightly bitter taste and sharp smell. However, cooking cauliflower completely changes its personality; the texture softens and the sharpness of the flavor gets toned down. Personally, I prefer cooking cauliflower in a stir-fry with lots of garlic and a few dashes of broth instead of boiling or steaming, which leaves the vegetable soggy and fairly tasteless. Another tasty way to enjoy it is to roast the florets in the oven: simply cut into fairly large chunks, toss with a bit of olive oil, salt, and pepper, and roast covered in the oven at 375F for about 45 minutes (or longer, if you prefer a softer texture). Roasting brings out the sweetness of the vegetable and avoids the waterlogged mess from cooking in too much water.

Ways to Add More Cauliflower to Your Diet

- Enjoy Creamy Mashed Cauliflower in place of potato
- Add chopped cauliflower florets to pizza, soup, and pasta dishes
- Make Indian Spiced Cauliflower and Potato
- Rice lovers can make Cauliflower "Rice"

March 2, 2012 - 08:01

Source URL: <http://www.healthcastle.com/cauliflower-food-month>

WEBSITES OF INTEREST

American Dietetic Association Food and Drug Administration, Administration on Aging
www.eatright.org
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 call the Office for the Aging at 340-3576 to cancel delivery of a meal if you are not going to be home. Congregate Center members please call Prestige Services at 336-7112 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 &

For Information

No Concentrated Sweet Diets Available

April 2012

340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked 4/2 Chicken Parmesan Parslied Boiled Potato Harvard Beets* Garlic Bread Fruit Cocktail	Pineapple 4/3 Juice Swiss and Spinach Quiche Mixed Vegetables Multigrain Roll Rice Pudding*	Grape Juice 4/4 Pork Loin w/ Gravy, Stuffing Oven Browned Potato Vegetable Blend Dinner Roll Lemon Meringue Pie*	Roast 4/5 Turkey w/ Gravy Sweet Potato Collard Greens Whole Wheat Bread Cran/apple Cup	Hearty 4/6 Vegetable Soup Tuna Salad on a Bed of Lettuce Three Bean Salad Wheat Roll Fresh Fruit
Blended Juice 4/9 Hungarian Goulash Egg Noodles Mixed Vegetables Whole Wheat Bread Sherbet*	Breaded 4/10 Baked Fish Sweet Potato Broccoli Wheat Bread Oatmeal Raisin Cookies*	Split Pea 4/11 Soup Turkey Pastrami & Cheese Sandwich* Macaroni Salad Dinner Roll Brownie*	Yankee 4/12 Pot Roast w/ Gravy Oven Browned Potato Beets Pumpkin Bread Fresh Fruit	Orange 4/13 Juice Lemon Shoyu Chicken Orzo and Rice California Blend Vegetables Rye Bread Peaches
BBQ Spare 4/16 Ribs Baked Beans Carrots Dinner Roll Tapioca Pudding*	Orange 4/17 Juice Pork Stir Fry Rice Oriental Vegetables Rye Bread Fruited Jello*	Grape Juice 4/18 Paprika Chicken w/ Gravy Creamed Corn Brussel Sprouts Banana Bread Pears	Baked Ziti 4/19 w/Sauce Spinach Tossed Salad Breadsticks Chocolate Chip Cookies*	Meatloaf 4/20 w/ Gravy Mashed Potato Acorn Squash Whole Wheat Bread Fresh fruit
Pineapple 4/23 Juice Italian Baked Chicken Brown/white Rice Ginger Carrots Rye Bread Italian Ice*	Spaghetti 4/24 and Meatballs Green Beans Three Bean Salad Garlic Bread Apple Crisp*	Cranberry 4/25 Juice Turkey Tetrazini Green and Garbanzo Medley Corn Muffin Fresh Fruit	Lemon 4/26 Ginger Pork Chop Mashed Potato Red cabbage Whole Wheat Bread Chocolate Pudding*	Macaroni 4/27 And Cheese Stewed Tomato Spinach Whole Wheat Bread Lorne Doones
Ham and 4/30 Scalloped Potato Lima Beans Carrots Rye Bread Fruit Cocktail w/ Strawberries				Menu Subject to Change *-Menu Substitutions May be Made According to Diet

Meals are prepared By Prestige Services, Inc., and are funded by USAOA, NYSOFA, UCOFA, and Private Donations

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May 2012

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Stuffed 5/1 Shells w/ Sauce Yellow Summer Squash Tossed Salad Italian Roll Tropical Fruit Cup	Pineapple 5/2 Juice Egg Salad w/ Lettuce and Tomato Pickled Beets Chick Pea Salad Multigrain Roll Butterscotch Pudding*	Orange Juice 5/3 Oven breaded Fish Lemon Risotto Green Beans Applesauce Bread Apricots	BBQ Chicken Sweet Potato Broccoli Whole Wheat Bread Fresh Fruit
Orange Juice 5/7 Swedish Meatballs w/ Gravy Egg Noodles Acorn Squash Wheat Roll Ice Cream*	Pot Roast 5/8 w/Gravy Baked Red Bliss Potato Red Cabbage Whole Wheat Roll Pineapple	Stuffed 5/9 Peppers Harvard Beets Biscuit Vanilla Pudding*	Apple Juice 5/10 Chicken Breast in Orange Sauce Scalloped Potato Glazed Baby Carrots* Dinner Roll Sherbet Cake*	Chef 5/11 Salad Cucumber Salad Crackers Fresh Fruit
Cranberry 5/14 Juice Brunswick Stew Brussel Sprouts Biscuit Pineapple/Mandar in Oranges	Orange 5/15 Juice Chicken w/ Supreme Sauce Long Grain and Wild Rice Peas Whole Wheat Roll Ice Cream*	Sheppard's 5/16 Pie w/ gravy Cauliflower Green Beans Wheat Roll Brownie*	Ham 5/17 Steak w/ Gingered Fruit Sauce Sweet Potato Lima Beans Rye Bread Sliced Peaches	Lemon 5/18 Butter Fish Augratin Potato Mixed Vegetables Whole Wheat Bread Orange Creamsicle*
Oven Baked 5/21 Chicken Parmesan Parslied Boiled Potato Harvard Beets* Garlic Bread Fruit Cocktail	Pineapple 5/22 Juice Swiss and Spinach Quiche Mixed Vegetables Multigrain Roll Rice Pudding *	Grape Juice 5/23 Beef Stew Butternut Squash Biscuit Peach Crisp *	Roast 5/24 Turkey w/ Gravy Sweet Potato Collard Greens Whole Wheat Bread Cran/apple Cup	Hearty 5/25 Vegetable Soup Tuna Salad on a Bed of Lettuce 3-Bean Salad Wheat Roll Fresh Fruit
CLOSED 5/28 MEMORIAL DAY	Breaded 5/29 Baked Fish Sweet Potato Broccoli Wheat Bread Oatmeal Raisin Cookies*	Split Pea 5/30 Soup Turkey Pastrami & Cheese Sandwich* Macaroni Salad Dinner Roll Brownie*	Yankee 5/31 Pot Roast w/ Gravy Oven Browned Potato Beets Pumpkin Bread Fresh Fruit	Menu Subject to Change *-Menu Substitutions May be Made According to Diet

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June 2012

340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change *-Menu Substitutions May be Made According to Diet				Orange 6/1 Juice Lemon Shoyu Chicken Orzo and Rice California Blend Vegetables Rye Bread Peaches
BBQ Spare 6/4 Ribs Baked Beans Carrots Dinner Roll Tapioca Pudding*	Orange 6/5 Juice Pork Stir Fry Rice Oriental Vegetables Rye Bread Fruited Jello*	Grape Juice 6/6 Paprika Chicken w/ Gravy Creamed Corn Brussel Sprouts Banana Bread Pears	Baked Ziti 6/7 w/Sauce Spinach Tossed Salad Breadsticks Chocolate Chip Cookies*	Meatloaf 6/8 w/ Gravy Mashed Potato Acorn Squash Whole Wheat Bread Fresh fruit
Pineapple 6/11 Juice Italian Baked Chicken Brown/white Rice Ginger Carrots Rye Bread Italian Ice*	Spaghetti 6/12 and Meatballs Green Beans Three Bean Salad Garlic Bread Apple Crisp*	Blended 6/13 Juice Roast Beef w/ Mushroom Gravy Augratin Potato Peas & Pearl Onions Dinner Roll Boston Crème Pie*	Lemon 6/14 Ginger Pork Chop Mashed Potato Red cabbage Whole Wheat Bread Chocolate Pudding*	Macaroni 6/15 And Cheese Stewed Tomato Spinach Whole Wheat Bread Lorne Doones
Ham and 6/18 Scalloped Potato Lima Beans Carrots Rye Bread Fruit Cocktail w/ Strawberries	Stuffed 6/19 Shells w/ Sauce Yellow Summer Squash Tossed Salad Italian Roll Tropical Fruit Cup	Pineapple 6/20 Juice Egg Salad w/ Lettuce and Tomato Pickled Beets Chick Pea Salad Multigrain Roll Butterscotch Pudding*	Orange 6/21 Juice Oven breaded Fish Lemon Risotto Green Beans Applesauce Bread Apricots	BBQ 6/22 Chicken Sweet Potato Broccoli Whole Wheat Bread Fresh Fruit
Orange 6/25 Juice Swedish Meatballs w/ Gravy Egg Noodles Acorn Squash Wheat Roll Ice Cream*	Pot Roast 6/26 w/Gravy Baked Red Bliss Potato Red Cabbage Whole Wheat Roll Pineapple	Stuffed 6/27 Peppers Harvard Beets Biscuit Vanilla Pudding*	Apple 6/28 Juice Shake and Bake Chicken Noodles/Gravy Glazed Baby Carrots Corn Bread Peach Cobbler*	Chef Salad 6/29 Cucumber Salad Crackers Fresh Fruit

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