



# April 2011

Mon		Tue		Wed		Thu		Fri	
4	Hawaiian Baked Ham Scalloped Potatoes Spinach MBB, Fruit	5	Swiss Steak Mashed Potatoes Gravy Mixed Vegetables MB, Fruit Crisp w/Topping	6	Chicken Pot Pie Beets Muffin, MB Cookie Bar	7	Beans/Franks Chuck Wagon Corn MBB, Cream Pie 	8	Lemon/Pepper Fish Rice Pilaf Squash MB, Ice Cream
11	Cheese Burger Chips Buttered Carrots MB Assorted Dessert	12	BBQ Chicken Sweet Potatoes Peas/Carrots MBB Fruit Cobbler w/ Topping	13	Pork w/Gravy Mashed Potatoes/Gravy Prince William Vegetables Dinner Roll, MB Fruited Yogurt	14	Liver, Bacon, & Onions Macaroni & Cheese Brussell Sprouts Dinner Roll, MB Assorted Pie	15	Cheese Ravioli Italian Mixed Vegetables Italian Bread, MD Rice Pudding w/ Topping
18	Philly Cheese Steak Sandwich w/Mushrooms Tator Tots Stewed Tomatoes Milk, Fruit	19	Chicken Parmesan Pasta/Sauce French Style Green Beans Italian Bread, MBB Chocolate Mousse	20	Cook's Choice 	21	Turkey Loaf Parslied Potatoes Broccoli Dinner Roll, MB Oatmeal Pie	22	Tuna Casserole Peas Dinner Roll, MBB Fruit Salad
25	Upside Down Day! French Toast Sausage Escalloped Fruit MB, Ambrosia	26	Beef Cubes & Gravy over Noodles Cauliflower Dinner Roll, MB Frosted Cake	27	Chicken Tenders w/BBQ Sauce Macaroni and Cheese Spinach, MBB Fruited Jell-O w/ Topping	28	Breaded Fish Sandwich w/ Tartar Sauce Coleslaw, Hash browns Milk, Warm Cinnamon Applesauce	29	Spaghetti with Meat Sauce Italian Mixed Vegetables Italian Bread, MB Pudding Parfait

**ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM FOR THE ELDERLY**

Food & Friendship Centers Located in Brasher, Canton, DeKalb, Edwards, Morristown, Ogdensburg, Potsdam and Star Lake  
Suggested Donation: \$3.00 (age 60 +) Guest Fee \$5.00 (Under 60) MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.  
For more information contact DIANA McCORMICK (386-4730)



# MATURE LIVING

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Telephone (315) 386-4730  
Nancy Robert, Director

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## APRIL 2011 NUTRITION UPDATE

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### WARM COUNTRY SOUP RECIPE

#### Split Pea Soup

Serving Size:  $\frac{3}{4}$  cup

#### Ingredients:

- 1 large onion
- 3 Tablespoons margarine or butter
- 1  $\frac{1}{2}$  cup split peas, dry
- 6 cups water
- 1 teaspoon salt

#### Instructions:

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas and salt to onion. Bring to boiling.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

**Note:** Cook a ham bone or pieces of ham in the soup. Remove bone and serve meat in soup.

### NATIONAL VOLUNTEER WEEK APRIL 10 – 16<sup>th</sup>

**Our Office for the Aging Volunteers are Shining Stars**

**A volunteer is special!!**

**And that's truly what you are.**

**In our eyes you shine!**

***“THANKS FOR ALL THAT YOU DO”***

### **\*COMING SOON...DIRECT DEPOSIT OR PREPAID DEBIT CARDS INSTEAD OF SOCIAL SECURITY PAPER CHECKS!**

Paper Social Security checks are being retired! Retirees who apply for Social Security benefits on or after **May 1, 2011**, will no longer have the option of receiving a paper check in the mail. Seniors can have their payments directly deposited into a bank or credit union account or loaded onto a prepaid Direct Express Debit Master Card. “This important change will provide significant savings to American taxpayers who will no longer incur the annual \$120 million price tag associated with paper checks and will save Social Security \$1 billion over the next 10 years,” says Richard Gregg, Treasury Fiscal Assistant Secretary. Retirees already receiving paper checks will need to switch to direct deposit or the prepaid debit card by **March 1, 2013**.