

# February 2012

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Seasoned Baked Fish Rice Pilaf Green Beans Muffin, Milk Pie	2 BBQ Pork on Bun Coleslaw Baked Beans Milk No Bake Cookies	3 Turkey Loaf w/ Gravy Mashed Potatoes w/ Gravy Peas/Carrots, Dinner Roll, Milk Assorted Dessert
6 Tuna Casserole Peas Muffin Milk Ice Cream	7 Breaded Chicken Sandwich, Tator Tots Mixed Vegetables Milk Frosted Cake	8 Beef Cubes & Gravy Oriental Vegetables Dinner Roll Milk Cookie	9 Boiled Dinner Corn Muffin Milk Fruit	10 Spaghetti /w Meat Sauce, Italian Mixed Vegetables Italian Bread, Milk Assorted Dessert
13 Goulash California Vegetables Dinner Roll Milk Fruit	14 Hot Roast Beef Sandwich Mashed Potatoes with Gravy, Buttered Carrots Milk No Bake Cookie	15 Hawaiian Baked Ham Sweet Potatoes Green Beans Dinner Roll Milk Pudding Parfait	16 Turkey Mashed Potato & Gravy, Stuffing, Prince William Mixed Vegetables, Cranberry Sauce, Milk Assorted Pie with Topping	17  <b>Cook's Choice!!</b>
20 <b>President's Day!!</b> Food & Friendship Centers Closed	21 Baked Chicken Seasoned Potatoes Winter Mixed Vegetables with Cheese Sauce Dinner Roll, Milk Chocolate Mousse	22 Cheese & Broccoli Quiche Escalloped Fruit Muffin, Milk Assorted Dessert	23 Beef Stew over Biscuit Yellow Beans Milk Fruited Jell-O	24 Cheese Pizza Italian Mixed Vegetables Warm Applesauce Milk, Assorted Dessert
27 Roast Pork Mashed Potatoes/Gravy, Spinach, Dinner Roll Milk, Cream Pie	28 Savory Baked Fish Parslied Potatoes, Winter Mixed Vegetables, Dinner Roll, Milk, Raspberry Filled Cookies	29 Spanish Rice Mixed Vegetables, Corn Muffin, Milk Frosted Cake	3/1 Chicken & Biscuits Beets, Milk Fruit Fluff	3/2  <b>Cook's Vegetarian Choice!!</b>

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 (Under 60)

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.

For more information contact DIANA McCORMICK (386-4730)

# ST. LAWRENCE COUNTY OFFICE FOR THE AGING

## ♥FEBRUARY IS HEART ♥ HEALTHY MONTH♥ NUTRITION UPDATE

**Knowing Your Cholesterol:** Having high cholesterol is a major controllable risk factor for many heart problems including heart attack, heart disease and stroke. The higher your cholesterol, the higher your risk for coronary heart disease, mix in high blood pressure and your risk for heart disease, increases dramatically. When too much bad cholesterol (LDL) is being put into your blood, it will slowly build up in the inner walls of the arteries which supply blood to your heart and brain. This can easily be avoided and even reversed with a little exercise and change in your diet! Knowing your cholesterol is important to reduce risk of blood clots, stroke and heart disease. So the next time you are at the doctor ask him or her if you are at risk and some simple ways to lower that bad cholesterol. Remember a healthy heart means a healthy mind! ♥

### Top 10 Heart ♥ Healthy Foods

- |            |              |            |              |             |
|------------|--------------|------------|--------------|-------------|
| 1. Oatmeal | 3. Avocado   | 5. Nuts    | 7. Spinach   | 9. Soy      |
| 2. Salmon  | 4. Olive Oil | 6. Berries | 8. Flax Seed | 10. Legumes |
- \*See these healthy food items in recipe below**

### Baked Oatmeal Snack Bars Recipe:

#### **Ingredients:**

- 1 ½ cups rolled **oats**
- ½ cup chopped **walnuts** (or any nuts)
- ½ cup dried **fruit** (raisins, cranberries, figs, prunes)
- ¼ cup **seeds** (sunflower, pumpkin, flax, sesame)
- 1 tsp cinnamon
- 1 tsp salt
- ¼ cup **soy milk** (or skim milk)
- 1 egg
- 1 tsp vanilla

**\*for the sweet tooth you can add ¼ cup brown sugar**

**Makes 9 servings:** Each bar is appx. **170** calories, **3** grams fiber and **5** grams protein. Cut into 12 squares reduces calories to about 125 calories per square

#### **Method:**

- 1. Preheat oven to 350\* F
- 2. Mix dry ingredients
- 3. Mix wet ingredients
- 4. Pour wet into dry. Stir to combine
- 5. Coat 9x9 baking dish in cooking spray
- 6. Put ingredients onto baking dish
- 7. Bake 40 min.; cut into 9 squares

## **FREE INCOME TAX HELP AVAILABLE TO SENIORS**

Free income tax preparation and electronic filing is being offered by the American Association of Retired Persons (AARP) Tax-Aide Program. It is for all low- to middle – income persons with special attention paid to those 60 and over.

**BRING:** Forms showing all income received 2011. Both spouses should come to file a joint return.

Schedule: **January 30 – April 16**

#### **CANTON:**

**Tuesdays** from **4-8pm** at the Canton Fire Department Building, 77 Riverside Drive; and **Wednesdays, by appointment only** at the Partridge Knoll, 30 Sullivan Drive. Call 386-2842 and ask for Nancey.

#### **POTSDAM:**

**Tuesdays** from **9am-1pm** in the Midtown Apartments, 28 Munson Street

#### **MASSENA:**

**Mondays** and **Tuesdays** from **8:30 am-12:30 pm** at the Community Center, 61 Beach Street

#### **OGDENSBURG:**

**Thursdays** from **9am- 1pm** at the Dobisky Community Center, 100 Riverside Ave.

For further information call Philip W. St. Amand, AARP district tax- aide coordinator, at 769-5736.