



# May 2011

Mon	Tue	Wed	Thu	Fri
<b>2</b> Marinated Pork Mashed Potatoes/Gravy Stewed Tomatoes MBB Fruit	<b>3</b> Chicken and Biscuits Harvard Beets MB Fruited Bavarian	<b>4</b> Spanish Rice Corn Italian Bread MBB Pudding Parfait	<b>5</b> Roast Beef w/Gravy Mashed Potato/Gravy Spinach Muffin MB Fruit	<b>6</b> Macaroni and Cheese Green Beans Dinner Roll MB Assorted Desserts
<b>9</b> Goulash Buttered Carrots Dinner Roll MB Ice Cream	<b>10</b> Sweet & Sour Pork over Rice Oriental Vegetables MBB Fruited Jell-O w/Topping	<b>11</b> Cheeseburger Tator Tots Broccoli MB Fruit	<b>12</b> Meat/Cheese Subs Chips Coleslaw Milk Yogurt	<b>13</b> Cook's Choice Assorted Dessert 
<b>16</b> Creamed Chip Beef over Biscuit Mixed Vegetables MB Fruit	<b>17</b> Cottage Cheese Fruit Plate Muffin MB Assorted Pie	<b>18</b> Meatloaf w/Gravy Mashed Potatoes/Gravy Green Beans Dinner Roll MB Fruit Crisp	<b>19</b> Egg/Cheese/Sausage Casserole Apple/Carrot Bake Hash Browns MB Fruit Salad	<b>20</b> Salmon Patty w/ White Sauce Rice Pilaf Squash MB
<b>23</b> Breaded Chicken Sandwich Baked Beans Cauliflower MB Cream Pie	<b>24</b> Pot Roast w/Gravy Boiled Potatoes Carrots Dinner Roll MB Warm Cinnamon Applesauce	<b>25</b> Egg/Tuna Cold Plate Macaroni Salad Pickled Beets MBB Cookie	<b>26</b> Cook's Choice 	<b>27</b> Salisbury Steak Mashed Potatoes w/Gravy Spinach Dinner Roll MB Assorted Dessert

**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

St. Lawrence County Office for the Aging  
80 State Highway 310, Suite 7, Canton, New York 13617-1497 ♦  
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**.