

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

January 2023

500 E. Cherry Street, Cottonwood


Phone 928-634-5450

60+ Senior Subsidized Meal Contribution (Dining Room and Home Delivered Meals) \$5.00; Private Pay Home delivered Meals \$10.00;
Under 60 Dining Room Meal \$10.00

Luncheon Served from 12 to 1pm – Monday Through Friday.

Reservations Preferred. Menu subject to change without notice We reserve the right to refuse service to anyone.

ALL MEALS SERVED WITH 2% MILK, A BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Closed</p>  <p>Welcome 2023!</p>	<p>3) Sweet & Sour Meatballs w/Onions, Bell Peppers & Pineapple over Brown Rice Oriental Vegetable w/Snap Peas, Carrots</p>	<p>4) Teriyaki Ground Chicken rice Bowl w/Broccoli & Carrots Steamed Cabbage Roasted Fresh Zucchini WW Bread Pineapple Chunks Tapioca Pudding</p>	<p>5) Cheese Ravioli w/ Marinara Sauce Steamed Spinach Yellow Squash WW Garlic Bread Stick Apricot Halves</p>	<p>6) Roast Pork Loin over Stuffing w/ Gravy Green Peas Carrot Medallions Sliced Pickled Beets WW Bread Applesauce</p>
<p>9) Herb Baked Chicken over Orzo w/Gravy 4 Way Mixed Vegetable 3 Bean Salad WW Bread Hot Peach Crisp</p>	<p>10) Sweet Italian Sausage w/Bell Peppers and Onions Tater Tots Stewed Tomatoes w/Kale WW Bread Tropical Fruit</p>	<p>11) Old Fashioned Meatloaf w/ Onions & Celery Baked Potato California Blend Ditalini Salad w/Cucumbers, Tomatoes, Black Olives & Spinach WW Bread Fresh Banana</p>	<p>12) Curried Chicken over Brown Rice Pilaf w/Peas, Carrots and Onions Baked Sweet Potato WW Bread Plums</p>	<p>13) Salmon/Potato Patty w/ Hollandaise Sauce Green Peas & Carrots Brussels Sprouts WW Bread Apricot Halves Bread Pudding</p>
<p>16) Chicken Fried Steak w/Country Gravy Mashed Potatoes Succotash Spinach /Mandarin Salad w/ Red Onion, & Croutons WW Bread Sliced Peaches</p>	<p>17) Pork & Rice Casserole w/ Peppers & Onions Broccoli Baked Sweet Potato WW Bread Fruit Cocktail</p>	<p>18) Salisbury Steak w/ Mushroom Sauce over Egg Noodles French Style Green Beans Mexicalli Corn WW Bread Birthday Cake</p>	<p>19) Hot Ham & Cheese on a Bun Baked Beans Mac 'n' Cheese w/Broccoli Sliced Tomato and Onion Chocolate Pudding</p>	<p>20) Oven Fried Chicken w/Gravy Mashed Potatoes Mixed Vegetables WW Bread Sliced Pears Oatmeal/Chocolate Chip Cookie</p>
<p>23) Spaghetti Bolognese w/Mushrooms Yellow Squash Steamed Spinach Romaine Tossed Salad WW Bread Plums</p>	<p>24) Baked Sliced Ham Scalloped Potatoes Whole Baby Carrots WW Bread Fresh Banana</p>	<p>25) Old Fashioned Pot Roast w/ Carrots, Celery, Onions & Gravy Brussels Sprouts Boiled Red Potatoes WW Bread Peaches w/Sliced Strawberries</p>	<p>26) Vegetable Beef Soup Hot Ham & Cheese Sandwich on a Bun Sliced Tomato and Onion Sliced Pears</p>	<p>27) Herb Crusted Fish over Brown Rice Mac 'n' Cheese Broccoli/Cauliflower Medley Ditalini Pasta Slaw WW Bread Tropical Fruit</p>
<p>30) BBQ Chicken Thighs Mexicalli Corn Baked Beans Potato Salad w/Egg WW Bread Pineapple Chunks</p>	<p>31) Fish Florentine Rice Pilaf Carrot Medallions WW Bread Apricot Halves Vanilla Pudding</p>	<p>January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere. Flower: Carnation. Birthstone: Garnet. Zodiac signs: December 22 – January 19 Capricorn and January 20 to February 18 Aquarius.</p>		

Nutrition services are **partially** funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, or disability is prohibited. Reasonable accommodation will be made to allow a person with a disability to take part in a program, service, or activities.

BEATING THE JANUARY BLUES FOR THE ELDERLY

Here are our top tips to help beat the January blues, particularly with the elderly in mind:

1. Daylight exposure

The vitamin D from natural light can help to improve your mood and sunlight is one of the most effective remedies for winter depression. It has been shown to improve the body's circadian rhythm and boost serotonin levels. Many seniors can benefit from spending some time outside each day. Those who can't make it out can open the blinds or curtains in their home and sit near a window. Ask someone to help by trimming the trees or bushes that are keeping light from entering your home.

2. Stay Active

Exercise, while important all year round, can be vital to lifting you up during the winter months. You can exercise indoors or dress in layers and take your exercise outdoors for some fresh air if the temperature isn't too cold. Stretching and walking are a couple of ideas to get you started. You can also try these indoor exercises, especially with the elderly in mind.

3. Eat a Balanced Diet

Eating a balanced diet is essential for older adults and is a natural way to boost your mood and energy. Provide your body with the right combination of proteins, carbohydrates, dairy products, fruits, and vegetables. Avoid the temptation to eat unhealthy snacks, and instead, snack on complex carbohydrates and super foods such as blueberries and Greek yogurt.

4. Socialize

Being around other people and/or talking to them can lift your spirits. We understand that getting together with friends or family can be difficult now. However, a simple call can make the world of difference. You can also organize video calls (and we've been sharing a number of ways of staying connected during the current pandemic, from watching theatre shows together, to even going on an online safari)!

5. Stick to a Schedule

When experiencing the January blues for the elderly, it can be tempting to alter your schedule to avoid activities and socialization – and hibernate instead. For example, if you prepared dinner at a certain time every day, try to stick to that same schedule. Or if you typically attend Sunday services at your church, don't skip it this time of year (again these can be attended virtually).

6. Respite Care

Respite care can be an excellent option for older people struggling with the winter blues. Older adults who have mobility challenges or are afraid to leave home during dangerous weather can benefit significantly from respite care. Not only does it provide a safe place to stay during the winter months, but it also provides social opportunities. If you'd like to know more about how we can help in this area, then please get in touch.

Remember that many people are feeling sluggish, unmotivated, and down during the colder months. The most important thing is to talk somebody and know that people are around to help and offer support.

Courtesy of: <https://www.ascotresidentialhomes.com/blog-beating-the-january-blues-for-the-elderly/>