

## August 2020 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Garden Chili Baked Potato Orange Juice Applesauce	4 Stuffed Cabbage Mashed Potatoes Roasted Summer Squash Cranberry Juice Yogurt	5 Herb Crusted Chicken Rice Pilaf Brussel Sprouts Fruit Punch Juice Fresh Pear	6 Honey Mustard Pork Chop Red Potatoes Cabbage & Carrots Apple Juice Peaches	7 Hamburger with Lettuce & Tomato Baked Beans Mixed Vegetables Grape Juice Gingerbread Cookie
10 Vegetable Lasagna Broccoli Orange Juice Apricots	11 Turkey Burger with Lettuce & Tomato Sweet Potato Fries Green Beans Cranberry Juice Mandarin Oranges	12 Chicken Ratatouille over Pasta Fruit Punch Juice Grapes	13 Philly Cheesesteak Red Potatoes Mixed Vegetables Grape Juice Ricotta Mousse	14 Pork Stir Fry over Brown Rice Apple Juice Yogurt
17 BBQ Chicken Potato Salad Green Beans Apple Juice Yogurt	18 Sloppy Joe Sweet Potato Broccoli Orange Juice Fruit Cocktail	19 French Toast Eggs with Broccoli & Cheese Turkey Sausage Fruit Punch Juice Watermelon	20 Spaghetti & Meatballs Spinach Grape Juice Pudding Banana & Wafers	21 Vegetable Frittata Mashed Potatoes Summer Squash Cranberry Juice Jello Cup
24 Pulled Pork Sandwich Baked Beans Mixed Vegetables Cranberry Juice Fruit Cup	25 Macaroni & Cheese Stewed Tomatoes Grape Juice Yogurt	26 Swedish Meatballs over Noodles Mixed Vegetables Orange Juice Kiwi	27 Lemon Garlic Chicken Baked Potato Asparagus Fruit Punch Juice Blueberries	28 Herb Crusted Cod Perogies Peas & Carrots Apple Juice Ambrosia
31 Turkey a la King over Brown Rice Spinach Grape Juice Yogurt			Menu subject to change without notice.	Bread and milk served with hot meals.

## August 2020 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lower Sodium Ham & Swiss Four Bean Salad Grape Juice Breakfast Bar	4 Sliced Turkey Tossed Salad Fruit Punch Juice Fruit Cocktail	5 Egg Salad Mashed Sweet Potatoes Apple Juice Vanilla Wafers	6 Provolone Cheese & Tomato Beets Orange Juice Macaroons	7 Peanut Butter & Jelly Cottage Cheese Cranberry Juice Kiwi
10 Provolone & Tomato Pickled Beets Grape Juice Yogurt	11 Tuna Salad Potato Salad Apple Juice Blueberry Muffin	12 Roast Beef & Cheddar Tossed Salad Orange Juice Shortbread	13 Egg Salad Mashed Sweet Potatoes Fruit Punch Juice Pineapple	14 Turkey & Swiss Garbanzo Bean Salad Cranberry Juice Fruit Blend
17 Roast Beef & Cheddar Four Bean Salad Grape Juice Tropical Fruit	18 Lower Sodium Ham & Swiss Tossed Salad Cranberry Juice Ginger Cookie	19 Egg Salad Pea Salad Apple Juice Muffin	20 Tuna Salad Tossed Salad Orange Juice Animal Crackers	21 Provolone & Tomato Carrot Salad Fruit Punch Juice Yogurt
24 Turkey & Cheddar Pickled Beets Orange Juice Oatmeal Chip Bar	25 Tuna Salad Cucumber & Tomato Salad Fruit Punch Juice Fruit Blend	26 Seafood Salad Tossed Salad Grape Juice Apple Cinnamon Square	27 Lower Sodium Ham & Swiss Marinated Broccoli Apple Juice Rice Pudding	28 Chicken Salad Tossed Salad Cranberry Juice Fruit Cocktail
31 Roast Beef & Cheddar Four Bean Salad Apple Juice Macaroons			Menu subject to change without notice.	Cold dinner meals served with milk.



# Healthy Habits

Prepared for  
Tioga Opportunities, Inc.  
Family Services Department  
August 2020  
*Adapted from [agingcare.com](http://agingcare.com)  
July 2020*

## Hydration Tips for Older Adults

Not getting enough fluids can pose serious health problems for anyone, but older adults are at particular risk for dehydration. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually *feels* thirsty, essential fluids could already be extremely low.

Initial signs to look for include headache, constipation, muscle cramps, dry mouth and tongue, and sleepiness or lethargy. Urine color is another helpful indicator and should be clear or light yellow for someone who is properly hydrated. Talk to your health-care provider about other signs and symptoms to look out for if you are concerned about dehydration.

For most of us, drinking plenty of fluids and eating foods with a higher water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64-ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. A good rule of thumb is to try balancing fluid intake with output. If you are sweating or urinating more frequently, then your fluid intake should become more frequent as well.

Remember, water is not the only option. Most fluids count towards the 64-ounces (except for alcohol), and many foods do, too. If you are unwilling to drink plain water, there are plenty of modifications and alternatives available. Opt for pre-flavored waters, combine a half water/half juice mixture, or try fruit-infused water. Consider both savory and sweet flavors. Warm chicken, beef, or vegetable broth can provide a soothing savory source of fluids and electrolytes that seems more like a "meal" and less like a drink. For those who are fond of sweets, popsicles, milkshakes, and smoothies may be more enticing options that function as a sweet vehicle for fluids.

### Foods Can Be Hydrating, Too!

While water is the go-to for most people, keep in mind that beverages are not the only source of fluids. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes, and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Choose more fruits and vegetables with a higher percentage of water. These include cucumber, tomato, watermelon, bell pepper, grapes, cantaloupe, oranges, blueberries, and apples.

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**You may temporarily stop delivery of your meals for a single day or an extended period of time if you:**

- Have an excess amount of food.
- Have an appointment or will not be home for your delivery.
- Are admitted to the hospital.
- Do not like what is being served and wish to cancel your delivery for the day.

**To cancel your meal, call Bobbi Jo Otis, HDM Services Specialist, at 607-687-4120, ext. 321.**