

May 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> Chicken Stir Fry Brown Rice Orange Juice Tropical Fruit	<p style="text-align: center;">4</p> Stuffed Peppers Mashed Potatoes Mixed Vegetables Apple Juice Greek Yogurt	<p style="text-align: center;">5</p> Garden Chili Deluxe Baked Potato Baby Carrots Fruit Punch Blueberry Oatmeal Muffin	<p style="text-align: center;">6</p> Chicken Philly Cheesesteak Red Potatoes Mixed Vegetables Grape Juice Gelatin Salad	<p style="text-align: center;">7</p> Spaghetti & Meatballs Spinach Cranberry Juice Mandarin Oranges
<p style="text-align: center;">10</p> Four Cheese Baked Ziti Asparagus Cranberry Juice Peaches	<p style="text-align: center;">11</p> Sloppy Joe Baked Beans Broccoli Apple Juice Pineapple	<p style="text-align: center;">12</p> Chicken Ratatouille Bow Tie Pasta Fruit Punch Carrot Cake	<p style="text-align: center;">13</p> Roasted Pork Loin Mashed Potatoes Cabbage & Carrots Orange Juice Applesauce	<p style="text-align: center;">14</p> Salisbury Steak Egg Noodles Stewed Tomatoes Grape Juice Rice Pudding
<p style="text-align: center;">17</p> Lemon Garlic Chicken Winter Squash Zucchini Cranberry Juice Pineapple	<p style="text-align: center;">18</p> Shepherd's Pie Mixed Vegetables Grape Juice Fruit Yogurt Parfait	<p style="text-align: center;">19</p> Swiss Mushroom Turkey Burger Baked Beans Green Beans Fruit Punch Cantaloupe	<p style="text-align: center;">20</p> Shrimp Scampi Pasta Broccoli Orange Juice Ambrosia Salad	<p style="text-align: center;">21</p> French Toast Scrambled Eggs Turkey Sausage Potato Hash Brown Apple Juice Tropical Fruit
<p style="text-align: center;">24</p> Chicken Sausage Rigatoni Spinach Orange Juice Fruit Blend	<p style="text-align: center;">25</p> Pulled Pork Sandwich Peas & Carrots Grape Juice Vanilla Pudding Banana & Wafers	<p style="text-align: center;">26</p> Macaroni & Cheese Stewed Tomatoes Fruit Punch Apple Slices	<p style="text-align: center;">27</p> Chicken Cacciatore Pasta Green Beans Cranberry Juice Apricots	<p style="text-align: center;">28</p> Chicken Spiedie Sandwich Potato Salad Mixed Vegetables Apple Juice Triple Berry Crisp
<p style="text-align: center;">31</p> CLOSED MEMORIAL DAY			Menu subject to change without notice.	Bread and milk served with hot meals.

May 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> Roast Beef Pickled Beets Grape Juice Strawberry Jello	<p style="text-align: center;">4</p> Swiss & Tomato Broccoli Raisin Salad Cranberry Juice Mixed Fruit	<p style="text-align: center;">5</p> Egg Salad Sweet Potatoes Apple Juice Apricots	<p style="text-align: center;">6</p> Lower Sodium Ham & Swiss Tossed Salad Orange Juice Applesauce	<p style="text-align: center;">7</p> Chicken Salad Pea Salad Fruit Punch Breakfast Bar
<p style="text-align: center;">10</p> Turkey & Cheddar Four Bean Salad Grape Juice Yogurt	<p style="text-align: center;">11</p> Seafood Salad Sweet Potato Salad Orange Juice Ginger Cookie	<p style="text-align: center;">12</p> Provolone & Tomato Pesto Pasta Salad Apple Juice Fruit	<p style="text-align: center;">13</p> Tuna Salad Potato Salad Cranberry Juice Oatmeal Raisin Cookie	<p style="text-align: center;">14</p> Lower Sodium Ham & Swiss Tossed Salad Fruit Punch Fruit Cocktail
<p style="text-align: center;">17</p> Beef & Cheddar Pickled Beets Orange Juice Shortbread Cookies	<p style="text-align: center;">18</p> Seafood Salad Tossed Salad Apple Juice Fig Bar	<p style="text-align: center;">19</p> Lower Sodium Ham & Swiss Cottage Cheese Cranberry Juice Yogurt	<p style="text-align: center;">20</p> Chicken Salad Garden Cottage Cheese Fruit Punch Cheese Crackers	<p style="text-align: center;">21</p> Tuna Salad Macaroni Salad Grape Juice Bean & Veggie Crackers
<p style="text-align: center;">24</p> Lower Sodium Ham & Swiss Four Bean Salad Orange Juice Shortbread Cookies	<p style="text-align: center;">25</p> Chicken Salad Tossed Salad Apple Juice Tropical Blend	<p style="text-align: center;">26</p> Beef & Cheddar Cottage Cheese Cranberry Juice Sweet Potato Crackers	<p style="text-align: center;">27</p> Turkey & Cheddar Sweet Potatoes Fruit Punch Snack Bag	<p style="text-align: center;">28</p> Tuna Salad Garbanzo Bean Salad Grape Juice Mandarin Oranges
<p style="text-align: center;">31</p> CLOSED MEMORIAL DAY			Menu subject to change without notice.	Cold dinner meals served with milk.



Healthy Habits

Prepared for
Tioga Opportunities, Inc.
*Adapted from The Academy of
Nutrition and Dietetics, March
2021*

Understanding Hypertension (High Blood Pressure)

Chronically high blood pressure — or hypertension — can cause damage to your blood vessels and internal organs including your heart. Currently affecting nearly half of adults in the United States, hypertension has been called a silent threat because the condition itself has no symptoms. However, the effect on your body can be life-threatening over time. Engaging in healthy lifestyle behaviors at all stages of life can help to decrease your risk.

What You Can Do about High Blood Pressure

The first thing you can do is visit your doctor for routine checkups. Even though high blood pressure rarely shows symptoms, the abnormal force of blood through the arteries, over time, can cause damage to your organs, including your heart, blood vessels, and kidneys. Thus, chronic hypertension increases the risk for cardiovascular disease and other serious health issues.

Know your blood pressure and have it monitored. Regular physicals will determine if your blood pressure is within the healthy limits. A blood pressure of less than 120 over 80 is considered healthy. The top number, known as systolic pressure, often gets more attention when discussing the severity of high blood pressure. However, it is important to keep both numbers in the healthy range. If necessary, your doctor will discuss treatment options and supportive health care.

Age and other Risk Factors

High blood pressure tends to increase with age. Additionally, non-Hispanic Black Americans also are at higher risk of developing pre-hypertension and hypertension than non-Hispanic whites, Hispanics, Asians, Pacific Islanders, American Indians, and Alaska Natives. Social determinants of health and access may play a role. However, anyone can be at risk, especially people with diabetes or those with obesity or who are overweight.

Healthy Lifestyle Choices to Reduce Risk of Hypertension

Focusing on lifestyle changes can help reduce your risk of hypertension. Getting regular physical activity, limiting alcohol intake, avoiding tobacco, and focusing on a healthful eating style are all ways to help reduce risk. People at risk for high blood pressure may be advised to follow the Dietary Approaches to Stop Hypertension diet to lower their blood pressure. **The DASH diet is rich in fruits and vegetables and low in saturated fat and sodium. Studies show that the DASH diet can help lower your blood pressure.**

Since most Americans are getting too much sodium from the foods they eat, it is important to learn ways to reduce it. Simply lowering sodium intake may have a significant impact on blood pressure and thus improve overall health.

Keeping up with regular health appointments is also important, especially if you have a chronic condition like diabetes. Remember that high blood pressure rarely shows symptoms, so following a healthy lifestyle can help to lower your risk.

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Department of Aging.

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and dedication to our community.

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Capital District Physicians' Health Plan, Inc.



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607-687-4120 www.tiogaopp.org

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.