


## March 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tioga Opportunities, Inc.</p>	<p style="text-align: center;">1</p> Herb Chicken Barley Pilaf Broccoli Gelatin Salad	<p style="text-align: center;">2</p> Garden Chili Baked Potato Fruit Yogurt	<p style="text-align: center;">3</p> <b>CLOSED FOR STAFF TRAINING</b>	<p style="text-align: center;">4</p> Beef Stroganoff Egg Noodles Green Beans Pear
	<p style="text-align: center;">7</p> Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Tapioca Pudding	<p style="text-align: center;">8</p> Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt	<p style="text-align: center;">9</p> Chicken Caprese Whole Wheat Pasta Green Beans Ricotta Mousse	<p style="text-align: center;">10</p> Swedish Meatballs Egg Noodles Brussel Sprouts Mandarin Oranges
<p style="text-align: center;">14</p> Pork Stir Fry Brown Rice Applesauce	<p style="text-align: center;">15</p> Swedish Meatballs Egg Noodles Brussel Sprouts Peaches	<p style="text-align: center;">16</p> Macaroni & Cheese Stewed Tomatoes Muffin	<p style="text-align: center;">17</p> Parmesan Chicken Orzo Broccoli Pudding	<p style="text-align: center;">18</p> Fish Sandwich Perogies Cole Slaw Pear
<p style="text-align: center;">21</p> Garden Chili Baked Potato Apricots	<p style="text-align: center;">22</p> Swiss Mushroom Burger Roasted Potatoes Fruit Cup	<p style="text-align: center;">23</p> Roasted Pork Mashed Potatoes Cabbage & Carrots Ambrosia Salad	<p style="text-align: center;">24</p> Meatloaf Mashed Potatoes Green Beans Fruit	<p style="text-align: center;">25</p> Chicken Sandwich Baked Beans Pudding
<p style="text-align: center;">28</p> Hungarian Goulash Asparagus Tropical Fruit	<p style="text-align: center;">29</p> Lemon Garlic Chicken Baked Potato Carrots	<p style="text-align: center;">30</p> Shepherd's Pie Broccoli Fruit Salad	<p style="text-align: center;">31</p> Spaghetti & Meatballs Spinach Grapes	

## March 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">1</p> Tuna Salad Four Bean Salad Cookie	<p style="text-align: center;">2</p> Egg Salad Tossed Salad Apple Slices	<p style="text-align: center;">3</p> <b>CLOSED FOR STAFF TRAINING</b>	<p style="text-align: center;">4</p> Seafood Salad Pea Salad Breakfast Bar
<p style="text-align: center;">7</p> Roast Beef Pickled Beets Pineapple	<p style="text-align: center;">8</p> Egg Salad Broccoli Salad Fruit Cup	<p style="text-align: center;">9</p> Tuna Salad Cottage Cheese Gelatin	<p style="text-align: center;">10</p> Chicken Salad Tossed Salad Cookie	<p style="text-align: center;">11</p> Turkey Potato Salad Yogurt
<p style="text-align: center;">14</p> Turkey & Cheese Four Bean Salad Cookie	<p style="text-align: center;">15</p> Seafood Salad Pesto Salad Crackers	<p style="text-align: center;">16</p> Ham & Swiss Bean Salad Apricots	<p style="text-align: center;">17</p> Egg Salad Cottage Cheese Yogurt	<p style="text-align: center;">18</p> Chicken Salad Tossed Salad Breakfast Bar
<p style="text-align: center;">21</p> Ham & Swiss Pickled Beets Crackers	<p style="text-align: center;">22</p> Egg Salad Pesto Pasta Crackers	<p style="text-align: center;">23</p> Cheese & Tomato Potato Salad Yogurt	<p style="text-align: center;">24</p> Seafood Salad Tossed Salad Cookie	<p style="text-align: center;">25</p> Ham Salad Bean Salad Pineapple
<p style="text-align: center;">28</p> Turkey & Swiss Four Bean Salad	<p style="text-align: center;">29</p> Tuna Salad Cucumber Salad	<p style="text-align: center;">30</p> Ham & Swiss Carrot Salad	<p style="text-align: center;">31</p> Chicken Salad Tossed Salad	<b>Cold dinner meals served with milk.</b>



# Healthy Habits

Prepared for  
**Tioga Opportunities, Inc.**  
by *Rachel A. Mischler, RD, CDN*

## Do you know about Sarcopenia?

### What is Sarcopenia?

Sarcopenia, also known as muscle loss, is a common condition that affects older adults. Although some of the causes of sarcopenia are a natural consequence of aging, others are preventable. In fact, a healthy diet and regular exercise can reverse sarcopenia, increasing lifespan and quality of life. Many individuals who have a diagnosis of malnutrition also have sarcopenia.

**Sarcopenia With Aging.** Although aging is the most common cause of sarcopenia, other factors can also decrease muscle mass, such as immobility, including a sedentary lifestyle, inadequate diet, and inflammation after injury or illness. Immobility is one of the strongest triggers of sarcopenia, leading to faster muscle loss and increasing weakness. Bed rest or immobilization after an injury or illness can lead to rapid loss of muscle. Muscle strength decreases, resulting in greater fatigue which makes it more difficult to return to normal activity.

**How to Tell If You May Have Sarcopenia?** Early signs of sarcopenia include feeling physically weaker over time, having more difficulty than usual lifting familiar objects, walking more slowly, becoming exhausted more easily, and having less interest in being active. Losing weight without trying can also be a sign of sarcopenia. Noticeable loss of strength or stamina and unintentional weight loss are signs of multiple diseases, including sarcopenia. If you are experiencing any of these, talk to your doctor or health care provider.

### What Can You Do About It?

The strongest way to fight sarcopenia is to keep your muscles active, including resistance training (even using light 1-lb weights), walking, or aerobic or balance training exercises. Talk to your health care provider about what type of activity routine is best for you.

### Eat a Balanced Diet

If you are deficient in calories, protein, or certain vitamins and minerals, you may be at higher risk of muscle loss. However, even if you are not deficient, getting higher doses of some key nutrients such as protein can help promote muscle growth or enhance the benefits of exercise.

### Speak up! Or Ask Your Loved One to Do So for You

If you are suffering from an acute illness which will leave you bedridden for a few weeks or an illness such as cancer which will invariably decrease your energy levels for activity along with your appetite, talk to your health care provider or registered dietitian *earlier* about this to see what you can do ahead of time, nutrition- and activity-wise, to reduce the likelihood of sarcopenia. Often, specific, individualized interventions in the *short-term* can make a significant difference in the *long term*.

Do you have questions about your nutrition health? Tioga Opportunities, Inc. provides nutrition counseling by a certified Registered Dietician. Please call 607-687-4120 for more information.

CDPHP® salutes **Tioga Opportunities**  
**Department of Aging.**

We applaud your accomplishments  
and dedication to our community.

[www.cdphp.com/medicare](http://www.cdphp.com/medicare)



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

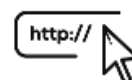


**Tioga Opportunities, Inc.**

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[www.tiogaopp.org](http://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 Carmel Buneo, HDM Services Specialist, at 607-687-4120, ext. 321.**