

The latest updates for aging well in our community.



Senior Nutrition Programs: Strengthening Health, Independence & Community

by Dana Corwin, Director of Aging Services

Proper nutrition is one of the most important foundations of healthy aging. For older adults, access to balanced, nutrient-dense meals plays a critical role in maintaining strength, preventing illness, managing chronic conditions, and supporting the ability to remain independent at home.

The Chautauqua County Office for Aging Services (OFAS) delivers comprehensive nutrition services designed to ensure that older adults across the county have reliable access to healthy meals and supportive programming that promotes overall well-being.

As individuals age, natural changes occur that can impact appetite, metabolism, and nutrient absorption. Many older adults also manage chronic health conditions such as heart disease, diabetes, or hypertension. Others may face mobility limitations, transportation barriers, social isolation, or fixed incomes that make grocery shopping and meal preparation more difficult.

Well-balanced meals rich in essential nutrients help maintain muscle strength, support bone health, stabilize blood sugar, improve heart health, and enhance overall energy and mood.

Nutrition programs often serve as an entry point to additional services offered by the Office for Aging Services, including case management, caregiver support, benefits assistance, transportation coordination, and health insurance counseling. In this way, a meal may be the beginning of a broader support system that enhances safety, connection, and quality of life.

Nutrition is preventive health care — and it is central to aging well. The Chautauqua County Office for Aging Services remains committed to guiding, connecting, and advocating for older adults so they can remain healthy, independent, and engaged in the communities they call home.

In this newsletter you can expect:

A Letter from the Director

NY Connects Updates

Health Insurance Counseling Updates

Caregiver Support Services Updates

Wellness Program Updates

Dining In and Dining Out News & Menus

*Be well,
Dana Corwin*



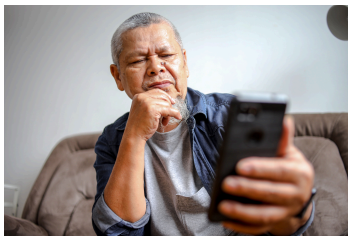


NEW YORK
STATE OF
OPPORTUNITY.

NY Connects
Your Link to Long Term
Services and Supports

716-753-4582

CCNYC@chqgov.com



Stay Connected

Chautauqua County uses the Blooming Health notification system to share important information with older adults, caregivers, and families across our community.

Blooming Health is a simple, reliable way to receive timely updates about programs, services, and resources through voicemail, text messages, or email - delivered in the way that works best for you.

Ready to sign up or want to learn more? Call NY Connects at 716-753-4582 or email CCNYC@chqgov.com and ask to be signed up for Blooming Health notifications.



NY Connects: Statewide Senior Action Council Advocates for New York's Older Adults

by Bridgette Paoletta, Coordinator of Aging Services

The Statewide Senior Action Council of New York has long been a leading voice for older adults, working to protect and expand the rights, benefits, and quality of life of seniors across the state.

Founded to ensure that older New Yorkers are not overlooked in public policy decisions, the organization focuses on advocacy, education, and grassroots action. Its mission centers on economic security, accessible healthcare, affordable housing, and the preservation of essential services that allow seniors to live with dignity and independence.

One of the Council's primary areas of focus is healthcare. The organization actively monitors changes to Medicare, Medicaid, and prescription drug policies, educating seniors about their benefits while advocating against cuts that could threaten access to care. Through workshops, informational materials, and community outreach, the Council helps seniors better understand complex healthcare systems and their rights within them. The Council also champions economic justice for retirees, including protections for pensions and Social Security, fair utility rates, and consumer protections against fraud and financial exploitation.

By working with legislators and state agencies, the organization seeks to ensure that seniors can maintain financial stability in an increasingly costly economy. A key strength of the Statewide Senior Action Council is its grassroots approach. Members are encouraged to participate in advocacy efforts such as letter-writing campaigns, public hearings, and meetings with elected officials. This involvement ensures that the voices of older adults are heard directly by decision-makers at the local and state levels. With a growing senior population in New York, the work of the Statewide Senior Action Council remains as relevant as ever. By combining advocacy, education, and community engagement, the organization continues to play a vital role in shaping policies that impact millions of older New Yorkers.

For seniors seeking information, support, or a way to get involved, the Statewide Senior Action Council offers an avenue to turn individual concerns into collective action—strengthening the voice of older adults across the state. Statewide can be contacted at 1-800-333-4374 or email at info@nysenior.org.

Medicare 101



A Medicare 101 presentation provides a simple, easy-to-understand overview of Medicare and how it works. Attendees will learn the basics of Medicare Parts A, B, C, and D; enrollment timelines, and the differences between Original Medicare and Medicare Advantage. This educational is to help individuals feel more confident about their Medicare options and make informed healthcare decisions.

This presentation will be offered monthly in alternating locations. Call NY Connects at 716-753-4582 to register for the upcoming session.

Medicare can feel confusing—but it doesn't have to be. ❤️

Join us for

Medicare 101 & Plan Finder Basics

Learn how Medicare works & compare plans with confidence!

March 17, 2026 at 1pm

Office for the Aging Services
51 E 3rd St, Suite #2, Dunkirk

Register with NY Connects at
716-753-4582

Seating is limited.

NEW YORK STATE OFFICE for the Aging
New York Caregiving Portal
Provided in Partnership With: Association on Aging in New York
Powered by Truista



Do you...

- Perform housework for someone?
- Help them shop for food?
- Help them bathe or get dressed?
- Drive them to appointments?
- Get up in the night to make sure they are safe?
- Pick up their medication?

Feel stressed?

There is help
NewYork-Caregivers.com



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NEW YORK STATE OFFICE for the Aging
New York Caregiving Portal
Provided in Partnership With: Association on Aging in New York
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Free online training and support is available to caregivers like you

- Improve your **confidence**, reduce **stress**, and prevent **burnout**
- Connect with other caregivers through community chat rooms
- Access **on-demand resources** to suit your schedule
- Suit your **learning preference** with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

NewYork-Caregivers.com



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Sign up today!
NewYork-Caregivers.com



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Powered by Truista



National Comedy Center Memory Cafe

Caring for someone you love takes strength and sometimes, a pause for laughter is just what's needed. At the National Comedy Center (NCC) Memory Cafe, exhale together and share moments of joy and connection - one laugh at a time.

People living with dementia-related illnesses and their caregivers can join us on the **first Monday of each month** at 10 A.M. to check in and experience the museum followed by a short program and refreshments.

Space is limited. Register in advance by calling 716-484-2222 or go online to [NCC Memory Cafe](https://www.nccmemorycafe.com).

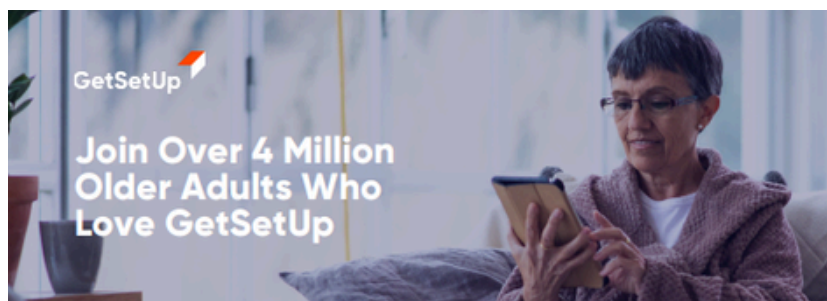


Memory Cafe

Memory Cafe at The Reg is a FREE respite program to experience and enjoy the arts with local artists and performers in a safe space.

People living with dementia-related illnesses and their caregivers can join us on the **second Tuesday of each month** at 12 P.M. for lunch and a program. This month Sukanya Burman Dance will lead us in rhythm and movement at our own pace. Participants will also create their own ankle bells to take home.

Space is limited. Register in advance by calling 716-484-7070 or email rsvp@reglenna.com.



GetSetUp provides virtual classes for older adults taught by peers - ask questions, make new friends, learn new things, and have fun. Our mission is to create an online platform that celebrates every older adult, offering opportunities for physical, mental, and social growth and enabling participation in communities with a renewed sense of joy, purpose, and fulfillment.

Try a FREE Online Class Today!
www.getsetup.io

5,000+ Online Classes Across Multiple Categories.

Mental Enrichment

- Creative Writing
- Heart Healthy Cooking

Social Connection

- Music Fun Hour
- Game Time

Technology

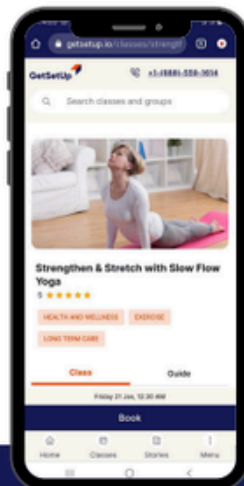
- iPhone Basics
- Google Search-Tips & Tricks

Physical Fitness

- Morning Fitness
- Core & Stretch Movement

Health and Wellness

- Face Yoga
- Energy & Purpose



Terri T.
GetSetUp Leaver

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."



www.getsetup.io

1-888-559-1614

help@getsetup.io

Caregiver Support Groups

Caregiving is a labor of love, but you shouldn't have to do it alone. Often, we don't realize how much we are carrying. Office for Aging Services provides a safe, judgement-free space to share experiences, access to resources, and receive emotional support monthly for Caregivers of loved ones with dementia.

NORTH COUNTY

Second Wednesday of each month
Domus Fare Restaurant
41 West Main St., Fredonia
9:30 A.M.

Meal not included.

SOUTH COUNTY

Fourth Tuesday of each month
Chautauqua Adult Day Services
358 East 5th St., Jamestown
1 P.M.

Park in rear parking lot; enter up the ramp and through canopied door.



ALZHEIMER'S ASSOCIATION®

Building Foundations of Caregiving

This session can empower you to provide quality care while managing your own well-being. Topics include the role of the caregiver, building your support team, and managing stress.

WHEN: Wednesday March 4th at 3:30 P.M.

WHERE: Heritage Meeting Room at Smith Memorial Library, 21 Miller Avenue, Chautauqua Institution

Seating is limited. Register by calling NY Connects at 716-753-4582.



Understanding Alzheimer's Disease and Dementia

Alzheimer's Disease is not a normal part of aging. This awareness program will teach you about the difference between Alzheimer's and Dementia, the impact of Alzheimer's, stages and risk factors, as well as current research, resources, and treatments available.

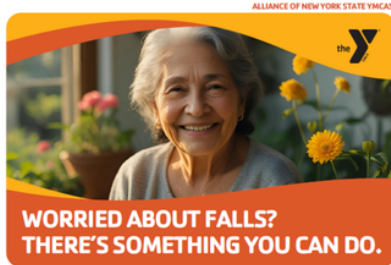
WHEN: Thursday April 2nd at 2 P.M.

WHERE: Chautauqua Adult Day Services, 358 East 5th Street, Jamestown.

Park in the rear of the building and enter up the ramp and rear canopied door.

Seating is limited. Register by calling NY Connects at 716-753-4582.

STAY STEADY. STAY ACTIVE.
STAY INDEPENDENT.



A Matter of Balance: Managing Concerns about Falls.

This live, online YMCA workshop helps you feel confident on your feet and do more of what you love. Learn proven tips to make falls more controllable. Set easy goals to increase your activity. Make simple home changes to reduce your risk. Practice gentle exercises that build strength and balance.

This is a 5 week series with 2 classes a week lasting 2 hours each session. The next series starts March 19th on Tuesdays and Thursdays from 2:30 P.M. to 4:30 P.M. Future series start April 22nd and May 27th on Mondays and Wednesdays from 2:30 P.M to 4:30 P.M.

Register directly at FindYourY.org or email healthpromotions@ymcanys.org.



PREVENTION
WORKS
Educate • Collaborate • Motivate

Wellness Initiative for Senior Education (WISE)

Join us to celebrate the exciting aspects of healthy aging and all the benefits that come with it! Each fun and interactive 2 hour class runs for 6 weeks.

This evidence-based program promotes wellness through practical tips for safe medication use, communicating effectively with healthcare providers and strategies for healthy living.

The Wellness Initiative for Senior Education (WISE) Program is offered in Chautauqua County for adults 60 and older, in partnership with Prevention Works.

Call NY Connects 716-753-4582 to register for next series of classes starting March 11th in various locations through the county.

Scammers may pose as government officials and pressure you for immediate payment.

Don't fall for it! **#SlamTheScam** and HANG UP!

**If you receive a
suspicious call:**



- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM

Social Security Administration | Publication No. 86-024 | June 2023 | Produced at U.S. taxpayer expense

**Help us #SlamTheScam and
stop government imposters
in their tracks.**

Protect yourself from fraud
and know what to do if your
Social Security information
is compromised.



Produced at U.S. taxpayer expense.



Protect yourself from scams!

Be on the lookout for fake calls, texts, emails, messages on social media, or letters in the mail.

Report suspicious activity at: ssa.gov/scam



Serving Up Solutions this National Nutrition Month

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

March is National Nutrition Month, a time to reflect on the powerful role food plays in supporting health, independence, and quality of life as we age. This year's theme, Serving Up Solutions, highlights the creativity, compassion, and teamwork that help nutrition programs meet the evolving needs of older adults. Every day, these programs do more than provide meals. They offer connection, dignity, and peace of mind to older adults and their families.

Address common barriers. Many older adults live on fixed incomes, which can make it difficult to afford nutritious food. Simple strategies such as choosing frozen or canned fruits and vegetables with no added salt or sugar, planning meals around sales, and buying in bulk when possible can help stretch food dollars.

Mobility and transportation can also be major obstacles. For older adults who cannot easily leave their homes, services such as home-delivered meals and community partnerships with local food banks or farms can improve access to nutritious options. These services not only nourish the body but also provide regular check-ins and social connection.

Physical changes may also make food preparation difficult. Providing simple, senior-friendly recipes, adaptive kitchen tools, and tips for preparing meals safely can empower older adults to continue cooking. Encouraging small, manageable changes rather than overwhelming shifts helps build confidence and long-term success. Ultimately, overcoming these barriers requires a community-based approach that combines education, access, and ongoing support so older adults can maintain their health, dignity, and quality of life.

Through the Senior Nutrition Program, older adults have access to home-delivered meals, congregate dining, nutrition education, and wellness programs. These services are designed to help older adults stay healthy, connected, and engaged in their communities.

As we celebrate National Nutrition Month, it is important to remember that good nutrition is about more than just what is on the plate. It is about connection, dignity, and ensuring that older adults have the support they need to live healthy and independent lives. By working together as a community and continuing to invest in programs that provide education, access, and meaningful engagement, we can continue to serve up solutions that truly make a difference. Every meal, every conversation, and every partnership brings us one step closer to a stronger, healthier community for all older adults.

If you or someone you love could benefit from these programs, we encourage you to reach out to the Office for Aging and learn more. For more information, call NY Connects at 716-753-4582.

*Thank you for
reading!*



Meet Our Nutrition Team!



Margo Perrello

Our Dining In **Nutrition Case Manager** for about 17 years. Margo uses her rich experience to complete in-home assessments for both new clients and the yearly reassessment. She ensures each client is on the correct individualized meal service plan, coordinates meal delivery with our subcontracted agencies, and connects clients to additional services as needed.

As our Dining In **Meals Assessor**, Dawn uses her vast knowledge as nurse to screen new clients for eligibility. Additionally, she touches base with clients at 6 months to ensure each client is on the correct individualized service plan, coordinates meal delivery with the subcontracted agencies, and connects clients to additional services as needed.



Dawn Keefer



**Carey Skelton
MS MPH RDN**

Carey Skelton, our **Nutrition and Wellness Coordinator**. Oversees and monitors all aspects of Chautauqua County Office for Aging's Nutrition and Wellness programs.



DINING IN PROGRAM

A Meal Delivered to Your Door

The Dining In program delivers a nutritious and delicious meal right to your door, providing you the opportunity to dine in your home. This program serves the most frail, homebound, and isolated older adults in our community. Eligibility screening determines clients who have limited access to food through transportation, mobility issues, or kitchen skills. Menus are created by a Registered Dietitian to meet ⅓ of your nutrition needs in each meal. Meals are then produced out of UPMC and delivered by our partners at Dunkirk-Fredonia Meals on Wheels and Jamestown Meals on Wheels.

For more information about the Dining In program visit <https://chautauquacountyny.gov/office-aging/Nutrition-Meal-Services>. Or call NY Connects at 716-753-4582.



DINING IN MENU

March First Course

Allergen information for menu items is available. Ask an employee for details.

FIRST WEEK

Mon 3/2 • Barbeque Chicken Drumsticks
served with wild rice, Normandy vegetable blend, pineapple, whole wheat bread, & milk.

Tues 3/3 • Beef Stroganoff
over pasta, served with Key West blend, peas, tropical fruit, whole wheat bread, donut & milk.

Wed 3/4 • Meatloaf
served with mashed sweet potato, green beans, whole wheat bread, applesauce & milk.

Thurs 3/5 • Swedish Meatballs
served with mashed potatoes, Brussels sprouts, pear whip fruit salad, whole wheat bread & milk.

Fri 3/6 • Vegetarian Chili
served with carrots, spinach, cornbread, mixed fruit & milk.

SECOND WEEK

Mon 3/9 • American Pierogi Casserole
served with beets, green beans, creamy fruit salad, whole wheat bread & milk.

Tues 3/10 • Pork Roast
topped with apple slices, served with stuffing, red cabbage, whole wheat bread, applesauce & milk.

Wed 3/11 • Ham Dinner
topped with pineapple, served with sweet potato, green beans, whole wheat bread, mixed fruit & milk.

Thurs 3/12 • Asian Chicken Salad
topped with onion, cabbage, carrots, Mandarin oranges, Chow Mein noodles, peanuts, and Asian-style dressing, served with whole wheat bread & milk.

Fri 3/13 • Manicotti
topped with marinara sauce, served with Capri vegetables, spinach, whole wheat bread, fruit cocktail & milk.

THIRD WEEK

Mon 3/16 • Creamed Chicken
on a biscuit, served with brown rice, peas & carrots, pineapple & milk.

Happy St. Patty's Day!

Tues 3/17 • Corned Beef
served with baby bakes, sauerkraut, pear whip fruit salad, cornbread, green dessert & milk.

Wed 3/18 • Sausage Gravy
on a biscuit, served with home fry potato, peppers & onions, applesauce & milk.

Thurs 3/19 • Sweet & Sassy Chicken
served with baby bakes, tomato & zucchini, whole wheat bread, tropical fruit & milk.

Fri 3/20 • Bean & Cheese Burrito
served with brown rice, summer squash medley, orange dream fruit salad, salsa, sour cream & milk.

FOURTH WEEK

Mon 3/23 • Chicken Italiano
over whole wheat rotini pasta with marinara sauce, served with Prince Charles medley, whole wheat bread, peaches & milk.

Tues 3/24 • Loaded Baked Potato Soup
served with quinoa, Capri blend, whole wheat bread, mixed fruit & milk.

Wed 3/25 • Turkey a la King
served with roasted root vegetable, Italian blend, cranberry relish, whole wheat bread & milk.

Thurs 3/26 • Vegetable Lasagna
served with broccoli, stewed tomato, whole wheat bread, orange dream fruit salad & milk.

Fri 3/27 • Tuna Noodle Casserole
served with broccoli, stewed tomato, creamy fruit salad, whole wheat bread & milk.

LAST WEEK

Mon 3/30 • Chicken Alfredo
served with whole wheat pasta, Pacific blend vegetables, fruit cocktail, wheat bread & milk.

Tues 3/31 • Spaghetti
with meatballs and marinara sauce, served with Key West medley, whole wheat bread, pears & milk.



This material was funded in whole or in part by grants from the New York State Office for Aging (NYSOFA), and/or the Administration on Aging (AOA) and/or Administration for Community Living (ACL). Nothing herein is intended, nor should be construed, as an endorsement by the State of New York.

Meet Our Nutrition Team!



Linda Carson

Linda has 2 years in her new role as our Dining Out Nutrition Program Assistant. In this role, Linda will be your primary point of contact to answer questions about our Dining Out program, help get clients set up with a CHQAging card, ensure you complete your annual Nutrition Screen, and connect you with others on our team when appropriate.

Nancy Papalia has been with Office for Aging Services for 15 years! In the past 5 years in her role as our Dining In Nutrition Program Assistant, she has been your primary point of contact to answer questions about both Dining In and Dining Out programs and connects you with others on our team when appropriate. Be sure to wish her well on her upcoming retirement!



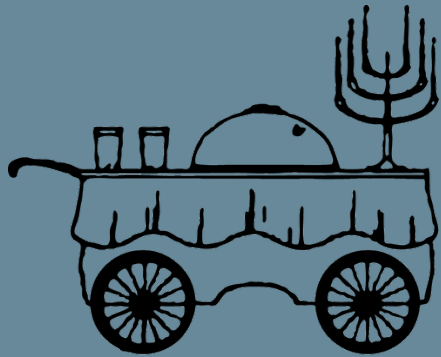
Nancy Papalia
Retiring May 1st!



Ellen Colasuonno
MS RDN

Ellen is our **Nutrition and Wellness Educator**. She contributes to menu development and approval for both the Dining In and Dining Out programs, ensuring nutritional compliance with dietary guidelines. The most enjoyable part of her job is delivering evidence-based nutrition education to groups of older adults in our community to encourage healthy lifestyles.

Meet Our Dining In Partners



Jamestown Meals on Wheels

ENDING SENIOR HUNGER IN CHAUTAUQUA COUNTY

For more than 40 years, Meals on Wheels of the Jamestown Area has helped older adults in Chautauqua County remain safe, nourished, and independent at home. Each month, over 10,000 meals are prepared and delivered by a team of caring staff and volunteers.

But the food is only part of the story. Every delivery provides three essentials: Nutritious meals, friendly visits and peace of mind.

For over 55 years, Dunkirk-Fredonia Meals on Wheels has been delivering nutrition, independence, and friendship right to our neighbors' doors. You can count on us; whether it's a hot meal, a daily check-in, or a friendly smile, Dunkirk-Fredonia Meals on Wheels provides the support you and your loved ones deserve. We are here to serve, support, and uplift our community—one meal at a time.

MORE THAN A MEAL. IT'S A LIFELINE.



UPMC
CHAUTAUQUA

UPMC Jones Hill Kitchen plays an essential role in preparing meals for distribution across the county. Their team assembles emergency food kits, supports fresh produce box packing when available, and maintains a safe, clean, and efficient kitchen space that keeps our program running smoothly.

We appreciate their continued partnership and commitment to serving our community!

Dining Out

CENTRAL STATION
Monday through Thursday

BREAKFAST

The Eye Opener

Two eggs any style served with one slice of toast, homemade home fries, fresh fruit, and choice of sausage or bacon.

The Early Bird

One egg any style served with fresh fruit, choice of pancake or French toast, and choice of sausage or bacon.

The Scrambler

Two scrambled eggs with cheese served with one slice of toast, homemade home fries, fresh fruit, and choice of sausage or bacon.

Breakfast Sandwich

Egg, cheese, and choice of sausage or bacon on your choice of bread. Served with fresh fruit.

LUNCH

Tuna Melt

Tuna salad on grilled bread with American cheese, served with choice of a deli salad and fresh fruit.

B.L.T

The All-American classic: Bacon, lettuce, tomato, and mayo on your choice of bread, served with choice of a deli salad and fresh fruit.

Greek Chicken Salad

Grilled chicken, feta cheese, Kalamata olives, red onion, tomato, and cucumber. Served with a roll.

1/2 Sandwich & Soup

Choose from ham, turkey, roast beef, tuna salad, or egg salad, served with a cup of soup and fresh fruit.

Chicken Salad Platter

Chicken Salad with grapes, and apples, served with cottage cheese, fresh fruit, and a roll.

Mandarin Chicken Salad

Grilled chicken, bacon, Mandarin oranges, almonds, greens, tomatoes, and cucumbers served with Sweet & Sour dressing and a roll.

Deli Salad Sides: Potato Salad, Coleslaw, or Macaroni Salad

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of

Older Americans Act, no substitutions.

Gratuities not included, please tip your server.



Dining Out

Community Built Around a Table

The Dining Out program allows you to enjoy a meal where a community is built around a table. In addition to a healthy meal, programs offered to provide opportunities for social engagement, connection, information on healthy aging, and meaningful volunteer roles.

Participants are screened for economic and social needs and then assigned a CHQAging Card pre-loaded with an individualized number of monthly meal units (5, 10, or 15). The card is used at all Dining Out locations for no more than 1 meal per day.



HOURS
Dining Out Program is honored
Monday, Wednesday, Friday
Lunch served at Noon
Make meal reservations by 8AM
At 716-962-3455
Coffee and Socialization available
prior to meal service.

March 2026

Monday March 2nd

Scalloped Potatoes w/Ham served with Brussel Sprouts, WW bread and fruit

Monday March 9th

Chicken Alfredo served with Broccoli, Beets, WW bread and fruit.

Monday March 16th

Corned Beef & Cabbage served with Potato, Carrots, WW bread, and fruit.

Monday March 23rd

Hamburger Gravy over Mashed Potato served with Stewed Tomatoes & Zucchini, WW bread, and fruit.

Monday March 30th

Meatloaf served with Smashed red Potatoes, Green Beans, WW bread, and fruit.

Wednesday March 4th

Chicken Tenders served with Seasoned Rice, Mixed Vegetables, WW bread, and fruit.

Wednesday March 11th

Shepherd's Pie served with Spinach, Garlic Bread, and fruit.

Wednesday March 18th

Sloppy Joes on WW bread served with Potato Salad, Peas & Carrots and fruit.

Wednesday March 25th

BBQ Pulled Pork served with, Mac -n- Cheese, Broccoli, WW Roll and fruit.

Friday March 6th

Spaghetti w/Meat sauce served with Side Salad, Garlic Bread, and fruit.

Friday March 13th

Chili served with Side Salad, Corn Bread, and fruit.

Friday March 20th

Chicken & Biscuits served with, California Blend, and fruit.

Friday March 27th

Vegetable Soup served with, Grilled Cheese Sandwich, on WW bread and fruit.

Menu created to meet nutrition standards of Older Americans Act, substitutions pre-approved by

CHQAging
LEADERS IN AGING WELL

Meals served with 1% Milk.
Beverage Options: Water, Coffee, or Tea.
Alternate Meal: Chef Salad

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Dining Out @ Meaders

BREAKFAST

Oatmeal Breakfast

Oatmeal and 1 slice of toast, served with 1 egg, and choice of applesauce or fresh fruit cup.

Breakfast Platter

Two eggs served with choice of 1 sausage or 1 bacon, and choice of white or wheat toast or homemade Home Fries.

Breakfast Sandwich

One egg served with choice of 1 sausage or 2 bacon on choice of English muffin or bagel, served with applesauce or fresh fruit cup.

The Griddler

Choice of one Pancake or Texas French Toast, served with two eggs, 2 sausage links and choice of applesauce or fresh fruit cup.

Omelette

A small American cheese omelette served with choice of white or wheat toast or homemade Home Fries, and choice of applesauce or fresh fruit cup.

LUNCH & DINNER

Sandwich

Choice Hot Ham, Cheeseburger, or Hamburger. Served with choice of vegetable side, and Applesauce or fresh fruit cup.

Dinner Platter

Choice of Meatloaf, Roast Beef with Gravy, or Grilled Fish. Served with mashed potato, choice of vegetable side, and applesauce or fresh fruit cup.

Spaghetti Dinner

Spaghetti with meat sauce as smaller portion, served with choice of vegetable side, and applesauce or fresh fruit cup.

Soup & Salad

Bowl of chili or Soup of the day with crackers, side salad, and choice of applesauce or fresh fruit cup.

Lite Platter

Tuna Salad, Cottage Cheese, coleslaw, and fresh fruit.

Vegetable Sides: Hot Vegetable of the day or coleslaw

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of

Older Americans Act, no substitutions.

Gratuity not included, please tip your server.

Dining Out @ Shaw's Fine

BREAKFAST

Breakfast Platter

Two eggs served with toast, a choice of sausage, ham or bacon, and choice of applesauce or mixed fruit.

The Griddler

Choice of Pancakes or French Toast with syrup, served with one egg, and choice of applesauce or mixed fruit.

Omelet

A small omelet served with toast, choice of sausage, ham or bacon, and choice of applesauce or mixed fruit.

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of

Older Americans Act, no substitutions.

LUNCH

The Griller

Grilled Cheese or Tuna Melt, served with choice of vegetable side, and choice of fruit.

Soup & Salad

Soup with crackers, served with a side salad & dressing, and a choice of fruit.

Hamburger or Cheeseburger

The 3.5oz burger with choice of cheese, topped with lettuce, tomato, and onion. Served with vegetable side and choice of fruit.

Pizza Meal

A single slice of pizza served with a tossed salad and choice of fruit.

Vegetable Sides: Potato Salad, Coleslaw, or Side Salad with dressing

Fruit Sides: Applesauce or Mixed Fruit

Dining Out @ UPMC

Choice of one meal per day

BREAKFAST

Served from 7am-10am

Oatmeal

Oatmeal served with fresh fruit, 2-hard boiled eggs, cottage cheese plus an additional choice of dairy.

Breakfast Platter

Two eggs with choice of 1- sausage patty or 2- bacon strips, a choice of toast, or English muffin or bagel, 1-cup fruit, and a choice of dairy.

LUNCH

Served from 10:30am-1:30 pm

Today's Entree

Hot entree of the day or deli sandwich with hot vegetable or side salad, fruit, and a choice of dairy.

Soup & Salad

Soup served with a side salad and dressing, fruit, crackers and peanut butter with a choice of dairy.

Choice of dairy includes: ½ pint milk, yogurt (not parfait), cottage cheese or 2 cheese sticks.

Meals include: Water, Coffee, or Tea.

Meals do not include desserts or snacks.

These items are available for separate purchase.

Dining Out @ FPMC

COMMUNITY BUILT AROUND A TABLE

Please call (716)679-1514 if you would like to be added to the list on Wednesday, March 18. Limited seating available. You will get a confirmation call once your spot is reserved and lunch sign-ups will proceed normally after opening day. Thank you for your continued support!

Wednesday Mar 18th

Corned beef and cabbage, carrots, potatoes, fruit, and WW bread.

Friday Mar 20th

Grilled fish, rice, potato, or pasta, pineapple coleslaw, fruit, and WW roll.

Wednesday Mar 25th

Scalloped potato and ham soup, side vegetable, fruit, and WW roll.

Friday Mar 27th

Grilled fish, rice, potato, or pasta, pineapple coleslaw, fruit, and WW roll.

Beverage Options:

Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of Older Americans Act, no substitutions.

HOURS
Dining Out Program is honored
Monday and Friday
Lunch served at Noon
Wellness Programs offered
prior to meals, see activities
calendar.



Comprehensive Nutrition Services: More than a Meal.

*By Carey Skelton, MS MPH RDN; Nutrition & Wellness Coordinator
and Dana Corwin, Director of Aging Services*

If you have attended one of my nutrition presentations, you likely heard me talk about the cephalic phase of eating. This is the part of the meal that happens even before you put any food in your mouth. This is because smells, sights, and sounds trigger not only our physiologic response to food, but also memories and connections to those around us. This is what makes food such an intimate part of our life. Food is a common connection to our past, present, and future.

In this issue, you have been introduced to how Office for Aging Services administers meal programs like Dining In and Dining Out through a countywide nutrition network to reach both active and homebound older adults. These Older Americans Act programs are supported through federal, state, and local funds as well as through contributions from older adults like you.

Chautauqua County's rural geography can present unique challenges, including transportation barriers and limited food access to healthy options in certain areas. Physical and cognitive changes common to the aging process play an additional role in the food security landscape of our older adults.

The foundation of the Dining In and Dining Out programs are built around consistent access to a nutritious meal in order to reduce barriers to healthy food. There are additional benefits to both physical and emotional health when participating in these programs. Some benefits include:

- Reduced risk of malnutrition and hospital admissions,
- Opportunities to decrease loneliness and isolation,
- Connections to additional aging services, and
- Monthly nutrition education materials and wellness programs to encourage healthy lifestyles.

I entered the career of nutrition and food service because I love to feed people. And now, I have the great pleasure of helping to oversee nutrition programs that not only feed your body; but also engage your mind and provide comfort in connection. Thank you for allowing our nutrition team to serve you!



*To your health,
Carey*

Thank you for reading!

CHAUTAUQUA COUNTY OFFICE FOR AGING SERVICES	716-753-4582
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