

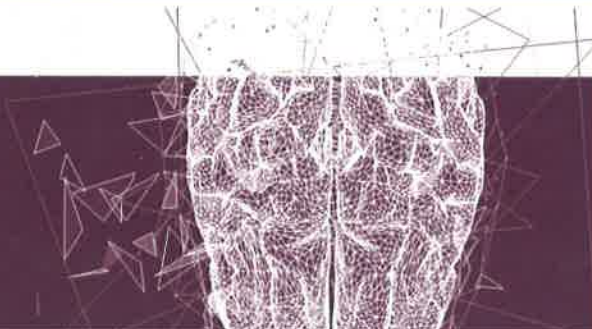


RVCOG Food & Friends | June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALLERGEN DISCLAIMER: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.</p>		<p>1 Meatloaf w/Gravy Whipped Potatoes Broccoli Cracked Wheat Bread Caramel Apple Pudding</p>	<p>2 Santa Fe Chicken Salad over Spinach Romaine Broccoli Salad Seven Grain Roll Carrot Cake</p>	<p>3 Teriyaki Meatballs w/Sauce Rice Scandinavian Vegetable Blend Sliced Carrots Seasonal Fruit</p>
<p>6 Spaghetti w/Meat Sauce Peas & Carrots Broccoli Garlic Bread Fresh Orange</p>	<p>7 Garden Chicken Salad w/Caesar Dressing over Spinach Romaine Beet & Mandarin Orange Salad Rye Bran Roll Tapioca Pudding</p>	<p>8 Beef & Black Bean Chili Succotash Scandinavian Vegetable Blend Cornbread Hermit Bar</p>	<p>9 Hamburger w/Cheese Baked Beans Italian Vegetable Blend Hamburger Bun Snickerdoodle Bar</p>	<p>10 Beef Stuffed Bell Pepper Spinach Carrots Oat Bran Wheat Roll Blushing Pears</p>
<p>13 Waikiki Chicken Delmonico Potatoes Green Beans Multigrain Roll Chocolate Chip Cookie</p>	<p>14 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Rye Bran Roll Peanut Butter Cookie</p>	<p>15 Turkey Pastina Scandinavian Vegetable Blend Whole Kernel Corn Seven Grain Bread Key Lime Bar</p>	<p>16 Meatloaf w/Mushroom Gravy Whipped Potatoes Italian Vegetable Blend Oat Bran Wheat Roll Chocolate Cake</p>	<p>17 Chicken Salad Sandwich Lettuce & Tomato Cucumber Salad Carrot/Raisin Salad WG Bread 2 slices Fresh Orange</p>
<p>20 Beef Rigatoni Bake Sliced Carrots Chuckwagon Corn Sunflower Seed Bread Seasonal Fruit</p>	<p>21 Country Meatballs w/Country Gravy Whipped Potatoes Glazed Carrots Cracked Wheat Bread Spiced Peaches</p>	<p>22 BBQ Chicken Patty Baked Beans San Francisco Vegetable Blend Hamburger Bun Lemon Pudding</p>	<p>23 Curry Chicken Salad over Spinach Romaine Pineapple Coleslaw Oat Bran Wheat Roll Cranberry Crunch Bar</p>	<p>24 Pork Roast w/Pork Gravy Scalloped Potatoes Spinach French Bread Applesauce</p>
<p>27 Slc Roasted Turkey w/Poultry Gravy Whipped Potatoes Green Bean w/Red Peppers Multigrain Roll Seasonal Fresh Fruit</p>	<p>28 Beef Kettle Lasagna Italian Vegetable Blend Tossed Salad Garlic Roll Lemon Cookie FF Italian Dressing</p>	<p>29 Egg Salad Sandwich Lettuce & Tomato Kidney Bean Salad Beet Salad WG Bread 2 slices Snickerdoodle Bar</p>	<p>30 Beef Mushroom Patty/Gravy Garlic Whipped Potatoes Sliced Carrots Squash Bread Apple Streusel Cake</p>	<p>A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.</p>

ALZHEIMER'S & BRAIN
AWARENESS MONTH

HEALTHY
me,
HEALTHY
mind



Alzheimer's disease and dementia impacts every 1 in 10 Americans over the age of 65. The development of Alzheimer's disease and dementia occurs over many years; therefore, chances of developing the disease increases over the age of 65. While age, gender, genetics, and environment contribute to risk, many risk factors are tied to lifestyle factors, such as smoking, unhealthy diet, lack of exercise, and social isolation. Follow the tips below to better mental health.

EAT MINDfully

The MIND diet may reduce your risk of Alzheimer's disease, up to 53%. The MIND diet is a combination of the Mediterranean diet principles with the DASH (Dietary Approaches to Stop Hypertension) diet.

- Consume 6+ servings of leafy greens per week—think salads, sautéed greens, green smoothies.
- Berries are delicious on top of cereals, salads, or alone as a snack—aim for 2+ servings weekly.
- Eat 1–2 servings of fish per week.
- Make nuts your snack of choice.
- Substitute unsaturated oils, like olive oil for butter or margarine.
- Spare your mind from fried or fast foods and cheese—aim for less than 1x per week.
- Switch your sweets from cakes, cookies and pies to fresh fruits and berries.

LIVE HAPPILY

Being happy is critical to mental health.

- Avoid too much alone time. Stay in touch with family and friends.
- Join community organizations and clubs to reduce risk of boredom and depression.
- Make exercise a priority and perform physical activities that bring you joy.
- Strive to obtain seven to eight hours of sleep each night.
- Avoid excessive alcohol consumption.
- Spend time journaling a few times per week to keep your mind engaged with your goals.
- Use motivational daily calendars to set yourself up with positivity each day.
- Hang around friends and family that are also working to live healthfully.
- Reach out to a smoking cessation program to help live a tobacco free life.

Jackson County

Dining Centers are located in:

Ashland
Central Point
Eagle Point
Jacksonville
Medford
Rogue River
Shady Cove
Talent

Home delivered meals are also available in Gold Hill, Phoenix and White City.

For more information, please call Food & Friends at (541) 734-9505.

Josephine County

Dining Centers are located in:

Grants Pass
Merlin
Wolf Creek
Wilderville
Cave Junction

Home delivered meals are also available in Williams.

For more information, please call Food & Friends at (541) 955-8839