



# JUNE BREAKFAST



	<b>Wednesday – 6/1</b> Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Sliced Cheddar Fresh Fruit	<b>Thursday – 6/2</b> Grape Juice Sliced Turkey Ham & Swiss Cheese Whole Wheat Sandwich Thin Raisins Graham Crackers
<b>Tuesday – 6/7</b> Orange Juice Bran Flakes Cereal Pancakes (2) & Pancake Syrup Turkey Sausage Link Fresh Fruit	<b>Wednesday – 6/8</b> Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	<b>Thursday – 6/9</b> Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Graham Crackers (2)
<b>Tuesday – 6/14</b> Grape Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll Fresh Fruit	<b>Wednesday – 6/15</b> Apple Juice Oatmeal Hard Boiled Egg Fresh Fruit Whole Wheat Bagel & Peanut Butter	<b>Thursday – 6/16</b> Orange Juice Turkey Sausage Biscuit Swiss Cheese Raisin Bran Cereal
<b>Tuesday – 6/21</b> <b>NO BREAKFAST DELIVERY</b> 	<b>Wednesday – 6/22</b> Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	<b>Thursday – 6/23</b> Cranberry Juice Cinnamon Squares Cereal Chicken Biscuit String Cheese
<b>Tuesday – 6/28</b> Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	<b>Wednesday – 6/29</b> Apple Juice Oatmeal Chicken Biscuit Tropical Fruit	<b>Thursday – 6/30</b> Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel Cream Cheese & Assorted Jelly Fresh Fruit

### Healthy Living Tips Get Set for a Healthy Summer

In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks. Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home’s air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breathe easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.

[https://acl.gov/sites/default/files/news%20201703/HealthyLivingTips\\_Healthy\\_Summer.pdf](https://acl.gov/sites/default/files/news%20201703/HealthyLivingTips_Healthy_Summer.pdf)

T F S W I M M I N G S K V L Z  
 N O R G J Y G E O N R R A L F  
 H A O I C A L U R X E A C A A  
 J D F F S Y A E F J L P A B N  
 I Z P U E B U C Z X K R T E Q  
 S K D N H R E T K G N E I S W  
 P T C I Y P A E D A I T O A V  
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 S R O O D T U O Y E P W V O E  
 F L I P F L O P S S S L A O H  
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 L I B C M A Q G R J T A V P Z  
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 B O W X F F V P I V J W D P E



BAREFOOT  
 BASEBALL  
 BEACH  
 FLIP FLOPS  
 FRISBEE  
 GAMES  
 OUTDOORS  
 ROAD TRIP  
 SPRINKLERS  
 SWIMMING  
 VACATION  
 WATER PARK

JUNE	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	702	90.3	934
Week 2	656	83.0	883
Week 3	723	99.3	831
Week 4	726	103.2	954
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

### Feeding Your Loved One: Tips for Caregivers

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes, and one major worry for caregivers can be ensuring that their loved one is eating healthfully. Good nutrition is important for managing chronic conditions like diabetes and heart disease, preserving stamina and independence, and maintaining a strong immune system that can fend off illnesses. However, special dietary needs, reduced ability to eat independently or recognize hunger, reduced appetite, difficult behaviors, and other issues all can make providing a healthy diet challenging, and malnutrition is a real risk.

Looking for strategies to improve nutrition and reduce stressful mealtimes? The What’s on Your Plate? Guide from the National Institute on Aging Resources can help with choosing foods and planning meals, and the following ideas may help meals go more smoothly:

- Offer one food at a time. Too much food on a plate can be confusing and overwhelming.
- Eat with your loved one. Model eating behavior and have pleasant conversations during meals.
- Talk about the smell and enjoyment of each food.
- If chewing or swallowing are a problem, prepare soft, chopped or bite-size foods like cottage cheese, scrambled eggs, applesauce, etc. Watch for choking hazards like small hard objects (grapes, raw carrot pieces). Make sure dentures are in place and fit well.
- Keep table settings simple to avoid distractions. Don’t worry about messy eating.
- Serve finger foods like sandwiches (in quarters), carrot or cheese sticks, fruit slices.
- Optimize appetite for meals by offering opportunities for physical activity and avoid constipation with plenty of fluids and fiber.
- Offer small, frequent meals rather than three large meals.

To find more ideas for feeding people with dementia or to prevent malnutrition in your older loved one, consult your healthcare provider, contact a dietitian, or visit the nutrition resources created by the Alzheimer’s Association, the U.S. Department of Agriculture or the Academy of Nutrition and Dietetics.

[https://acl.gov/sites/default/files/news%202020-10/Feeding%20Your%20Loved%20One\\_5%20Oct%202020.pdf](https://acl.gov/sites/default/files/news%202020-10/Feeding%20Your%20Loved%20One_5%20Oct%202020.pdf)