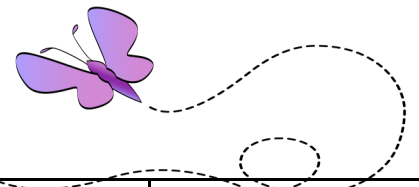




August 2019



Mon	Tue	Wed	Thu	Fri
 <p>8/21 National Senior Citizens Day</p>		 <p>On August 21</p>	<p>1</p> <p>Italian Pork Chop Italian Veggies Buttered Noodles Bread Sticks Mini Peach Upside Down Cake</p>	<p>2</p> <p>Lemon Pepper Fish Roasted Potatoes Brussel Sprouts Hush Puppies Watermelon Ice-Cream</p>
<p>5</p> <p>Scrambled Eggs Sausage Patties Biscuits / Gravy Hash Browns Apple Pie</p>	<p>6</p> <p>Oven Fried Chicken Au Gratin Potatoes Broccoli Salad Garlic Bread White Cake with Strawberry Drizzle</p>	<p>7</p> <p>Ham Hobo Pack Tomato Salad Biscuit Cheese Cake</p>	<p>8</p> <p>Salisbury Steak with Brown Gravy Potato Wedges Peaches with Cottage Cheese Hawaiian Roll Chocolate Cupcakes</p>	<p>9</p> <p>Baked Pork Chops Mac and Cheese Spinach Mini Biscuit Peanut Butter Cookie</p>
<p>12</p> <p>Baked Spaghetti With Meat Sauce Tuscan Blend Garlic Bread Chocolate Cake</p>	<p>13</p> <p>BBQ Chicken Coleslaw French Fries Corn Muffin Cherry Cobbler</p>	<p>14</p> <p>Fish Florentine Italian Veggies White Rice Garlic Bread Stick Popsicle/Ice Cream</p>	<p>15</p> <p>Oven Fried Chicken Baked Potato Antigua Veggies Cheesy Bread Brownie</p>	<p>16</p> <p>Frito Pie Fresh Fruit Brussel Sprouts Oreo Cake Pops</p>
<p>19</p> <p>Chicken 'n Dumplings Green Beans Roll Cinnamon Roll Cake</p>	<p>20</p> <p>Ham and Beans Spinach Corn Bread Chocolate Chip Cookies</p>	 <p>21</p> <p>Oven Fried Chicken Mashed Potatoes with Gravy Cucumber Salad Cheddar Biscuits Peanut Butter Cupcakes</p>	<p>22</p> <p>Sweet and Sour Meatballs White Rice Oriental Veggies Fortune Cookie Yellow Cake</p>	<p>23</p> <p><u>Birthday Celebration!</u> BBQ Ribs Broccoli Salad Corn Casserole Garlic Bread Birthday Cake</p>
<p>26</p> <p>Oven Fried Fish Stewed Tomatoes Creamy Bacon Pea Salad Hush Puppies Strawberry Shortcake Poke Cake</p>	<p>27</p> <p>Chicken Fried Steak Mashed Potatoes with White Gravy Green Beans Dinner Roll Peach Delight</p>	<p>28</p> <p>Meatloaf Cheesy Hash Brown Spiced Pears Hawaiian Roll Blueberry Pie Cookies</p>	<p>29</p> <p>Sliced Pot Roast Sweet Potatoes Cabbage Bread Knots Apple Cobbler</p>	<p>30</p> <p>Oven Fried Chicken Scalloped Potatoes Meadow Blend Mini Biscuit Banana Bread Ice Cream</p>

Daily Bread Meal Program

Lunch served continuously

Monday– Friday

11:30 a.m.- 12:30 p.m.

Meal Tickets

Meal tickets can be purchased at the SeniorAge sign –in desk. Meal tickets may be used at any Senior Center and do not expire! Meal Tickets are available at your convenience.

5 Meals for \$18.75

10 Meals for \$37.50

Suggested Contributions

In our continuing effort to provide meals to seniors we ask that you be generous in your contribution for meals.

The suggested contribution for persons 60 and older is \$3.75 and guests under 60 years of age are required to pay \$6.00.

Salad Bar

Salad Bar is funded by the Greene County Senior Citizens Tax Board and your donations.

Thank you!



Kitchen Assistants

Several duties to choose from:

Wrapping silverware, coffee monitor, bus tables, help pack homebound meals and much more.

Homebound Meal Delivery Drivers

One or more days per week: 10 a.m.

(approx. 1 hour) Mileage reimbursed.

Contact Brad Cox for details or call 864-8606

SeniorAge Staff

Chris Thompson, *Director of Field Operations*

JJ Bowler, *Program Administrator*

Brad Cox, *Office Assistant*

SeniorAge Kitchen Staff

Carla Pena, *Lead Cook*

Melanie Ferrera, *Assistant Cook*

Mary Giboney, *Assistant Cook*



Phone Number: (417) 864-8606

Website: SeniorAgeMO.org

Facebook: Northview Senior Center



Heat Exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke is a Medical Emergency

Signs of Heat Stroke

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

To Avoid Heat Exhaustion or Heat Stroke

- Drink plenty of liquids, such as water or fruit juice.
- Keep your house cool; limit your use of the oven and keep your curtains closed during the hottest part of the day.
- If your house is too hot, try to spend more time at our center, visit a friends house or anywhere there is air conditioning.
- Dress in light cotton clothes.
- Shower, bathe or sponge off with cool water.