



JANUARY 2021



REDUCE STRESS FOR HOLIDAYS

Self-care is always important for good mental and physical health during the holiday season, but even more important during a pandemic. If we want to get through this, we may cope better with a few strategies within our control. Here are 7 ways:

Reduce

- Reduce Stress for Holidays
- Reduce your sources of stress. Limit how many news sources you read as well as the frequency of consumption and discussion about things you can't control.
- Ignore information from unofficial or uncontrolled sources.

Talk

- Increase communication with friends or family.
- This is not only via phone or Zoom calls, but writing letters, sending holiday packages, or meeting in person, and if you can visit with social distancing that is good, too. Consider baking for neighbors and family.

Schedule

- Keep a regular schedule for meals and sleep.
- This may help maintain energy throughout the day, reduce frequent snacking, and help to reduce fatigue.

Outside

- Get outside.
- Being out in nature reduces your screen time and provides a mental break. Seeing neighbor's holiday decorations and lights may also cheer you up.

Exercise


- Exercise regularly. Go for a walk, bike ride, or hike. Use hand weights or a medicine ball indoors or a stationary bike, elliptical machine, or other equipment if you have it.

Volunteer

- Volunteer in your community.
- If you have time, spend some of it helping others.
- This will lift your spirits in addition to giving back. Opportunities such as food rescue, holiday toy drives or other charity work could use help these days.


Learn

- Learn a new hobby.
- Baking sourdough and banana bread became a hit this year because everyone had more time at home.
- Use an app to learn a new language or yoga or try your hand at a new craft like collaging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK			1 Chicken Parm (Swiss Steak) Carrots Lima Beans Cookie
4 Beef Goulash (Pub Fish) Green Beans Carrots Fruit Cocktail	5 Sicilian Cod (Chicken & Gravy) Biscuit Spinach Juice Apple Crisp	6 Honey Pork Chop (Stuffed Shells) Beans & greens Cauliflower Chick Pea Salad Brownie	7 Apricot Chicken (Pepper Steak) Rice Pilaf Broccoli Marinated Mushrooms Peaches	8 Meat Lasagna (Veggie Frittata) Mixed Veg Corn White Bean Salad Poke Cake
11 Sausage Pizzaiola (Breaded Fish) Obrien Potatoes Lima Bean Carrot Salad Orange	12 Creamy Pesto Chicken (Beef Paprikash) Noodles Mixed Veg Rice Pudding	13 Creamed Cod (Roast Turkey) Mashed Potatoes Peas & Carrots Rosy Apple Cherry berry Bars	14 Spinach Lasagna (Beef Spanish Rice) Citrus Beets Broccoli Green Salad Cookie	15 Chicken Scampi (Stuffed Peppers) Wild Rice Spinach Carrot Cake
18 Chicken Parm (Beef Patty w Onions) Corn Carrots Juice Cookie	19 Baked Ham (Crispy Chicken) Au gratin Potatoes Mixed Veg 3 Bean Salad Yogurt	20 Mac & Cheese (Lemon Fish) Stewed Tomatoes Green Beans with Red Peppers P.B. Cookie	21 Shepard's Pie (Tuna Casserole) Carrots Cauliflower Spinach Salad Cherry Squares	22 Honey Mustard Chicken (Pasta Fagioli) Cornbread Spinach Chick Pea Salad Blonde Brownie
25 BBQ Pork Riblet (Baked Beans) Baby Carrots Mac Salad Orange Pineapple Delight	26 Beef Chili (White Chicken Chili) Cheese Biscuit Green Beans Pears	27 Baked Ziti (Beef and Artichoke) Cauliflower Corn Applesauce Chocolate Cake	28 Ginger Chicken (Breaded Pork Chop) Broccoli Roasted Potatoes Marinated Cukes Almond Cookie	29 Sausage Penne (Fish Dijon) Sweet Potato Braised Cabbage Green Salad Banana Cake

Foodnet is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging, U.S. Administration on Aging, voluntary contributions from participants and charitable donations from individuals, businesses and foundations. Contributions for meals are completely voluntary. Any contribution you wish to make will be used to expand the program and will be greatly appreciated.

January 2021 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
				1
4 Roast Beef Oat Bread Orange	5 Tuna Salad Wheat Bread Apple	6 Ham 12 Grain Bread Banana	7 Egg Salad Wheat Bread Yogurt	8 Turkey Oat Bread Orange
11 Roast Beef Oat Bread Orange	12 Tuna Salad Wheat Bread Apple	13 Ham 12 Grain Bread Banana	14 Egg Salad Wheat Bread Yogurt	15 Turkey Oat Bread Orange
18	19 Tuna Salad Wheat Bread Apple	20 Ham 12 Grain Bread Banana	21 Egg Salad Wheat Bread Yogurt	22 Turkey Oat Bread Orange
25 Roast Beef Oat Bread Orange	26 Tuna Salad Wheat Bread Apple	27 Ham 12 Grain Bread Banana	28 Egg Salad Wheat Bread Yogurt	29 Turkey Oat Bread Orange



NEED HELP WITH YARD WORK & SNOW REMOVAL?

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow removal for seniors on either a paid or volunteer basis. Contact the Office for Aging at 274-5482 for more details.



COOKING CLASS WITH KELLY AND LOVE LIVING AT HOME

Please join Kelly Quinn (Foodnet dietitian) and Lorraine Johnson for our next zoom cooking class on January 28 at 2 pm. We will be making black bean brownies and a vegan chocolate cake. If you would like to cook along with us, please call or email Kelly Quinn at 607 252 7028 or kquinn@foodnet.org to get the zoom link, recipe/ingredient information 1 week ahead of time (January 21). You are welcome to watch and ask questions as we prepare these healthy indulgences over zoom. We will also be joined on zoom by our friends from Love Living at Home.

Reassurance Program Update:

Volunteers will continue to call clients to check-in every 1-2 weeks during January. We are in the process of training new community volunteers to assist with the program, so you may have a different caller. Our callers relay your concerns back to our remote team to be addressed and report that some clients do not have working phone numbers. If we have not been able to reach you repeatedly, we will send a note with your delivery to get updated phone information. If you would like less (or no) phone calls from the reassurance volunteers, please let your caller or our office know so you can be removed from our list. Many thanks to the volunteers who make this program possible and to you for being responsive to their calls!

Your contribution is encouraged but not required. Foodnet Meals on Wheels contracts with the Tompkins County Office for the Aging to provide meals to persons age 60 or older. Government funding helps us provide services along with fundraising and voluntary contributions from the people we serve.

We provide envelopes for confidentiality.

We accept cash, checks, VISA, Master Card, Discover, Diners Club, and American Express credit cards and SNAP benefits (food stamps).

Those able to contribute the full cost are encouraged to do so, but any amount helps. No one will be denied service because of inability to contribute.

Our cost of providing meals:

- \$8 per hot meal (\$40 per week)
 - \$9.50 for hot & sandwich meals (\$47.50 per week)
 - \$13 for two frozen meals
- (\$60 per week for 5 hot, 5 sandwich and 2 frozen meals)



Call Lu Ann at 266-9553 for more information.



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