

July 2023

Lunch Reservations: 928-774-2606

Call by 2pm the day before

COCONINO COUNTY HEALTH AND HUMAN SERVICES
COMMUNITY SERVICES—SENIOR NUTRITION PROGRAM
245 N THORPE ROAD, FLAGSTAFF

MON	TUE	WED	THU	FRI
3 Pizza, Side Salad, Roasted Cauliflower, and Tropical Fruit	4 Closed due to Holiday	5 Ground Beef Tacos with Salsa, Spanish Rice, Black Beans, Green Salad, Watermelon, and Banana Pudding	6 Pork Ribs, Mac Salad, Green Salad, Yellow Squash, and Pears	7 Black Bean Cheese Burgers with Lettuce, Onions, Tomatoes, Sweet Potato Fries, and Fruit Cup
10 Tilapia with Mango Salsa, Mixed Veggies, Sautéed Spinach, Brown Rice, and Applesauce	11 Baked Mac and Cheese, Broccoli, Stewed Tomatoes, and Mixed Berries	12 Chicken Caesar Wraps, Three Bean Salad, Grapes, and Ice Cream	13 Sloppy Joes, Roasted Cauliflower, Coleslaw, and Cantaloupe	14 Turkey and Rice Soup, Sautéed Cabbage, Mixed Veggies, Cornbread, and Mixed Fruit
17 Cod Foil Packets, Broccoli Salad, Wild Rice, and Honey Dew	18 Chefs Salad, Whole- Wheat Breadstick, and Strawberries	19 Pork Chops with Gravy, Diced Potatoes, Collard Greens, Whole Wheat Roll, Bananas, and Brownies	20 Egg Salad on a Croissant, Carrot Salad, Side Salad, and Watermelon	21 Cheeseburgers with Lettuce, Onions, Tomatoes, Potato Wedges, Fruit Cup, and Birthday Cake with Frosting for July Birthdays
24 Chicken Tortilla Soup, Side Salad, Sautéed Yellow Squash, Cornbread, and Mangoes	25 Turkey and Cheddar Cheese on Whole Wheat Bread with Lettuce, Onions, Tomatoes, Broccoli Salad, and Oranges	26 Shrimp Broil, Texas Toast, Fruit Cocktail, and Jell-o	27 Roast Beef, Mashed Potatoes with Gravy, Mixed Veggies, Whole- Wheat roll, and Pears	28 Eggplant Parmesan over Spaghetti, Cannellini Beans, Green Salad, and Mixed Fruit
31 Pork Green Chile Burritos, Spanish Rice, Black Beans, Side Salad, and Peaches				

Congregate Meals

- To make or cancel a reservation at the congregare site please call 928-774-2606 by 2 pm the day before.

Home Delivery Meals (Meals on Wheels)

- To cancel a home delivered meal (MOW) for the day, please call 928-774-2606 before 9 am.
- Please **DO NOT** microwave aluminum trays. Food should be removed from tray prior to microwaving. However, aluminum trays are oven safe.
- Keep frozen meals in freezer until ready to consume. Frozen meals may be thawed overnight prior consumption and reheat to 165° F.

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."

Announcements

Please join us for Family Feud on July 11th, 2023 from 11am to 12pm with Tasha Vigil from Angel's Care! Family Feud will be every second Tuesday of the month. Our next family feud will be August 8, 2023.



Please join us on our [Field Trip to the Sedona Heritage Museum and lunch at the Sedona Senior Center](#). The trip will be on Monday, July 24th. The trip fee is \$12 dollars which covers the museum fee and lunch fee. More details to come.

Please join us for a hydration demo given by [Reese Walker](#) on Thursday, July 13th during 11am-12pm in the Meeting Room . During this hydration demo, you will learn how the importance of being hydrated, ways to increase drinking more fluids, and concerns of being dehydrated. In this hydration demo, we will be creating fun different waters to taste!



Please join us for a FREE performance of Romeo & Juliet-- William Shakespeare's classic story of star-crossed lovers from feuding families. This performance is provided by the Flagstaff Shakespeare Festival and it will be held on Thursday, August 10th at 1pm at the Lowell Observatory. Coconino County vehicles will be provided to help transfer members to Lowell Observatory.

Let's have some Fun! We will be hosting a Summer BBQ on Friday, August 11th at the Thorpe Park Ramada. Please RSVP no later than Tuesday, August 8th.



Hydration Tips: Summer is Here!



Dehydration can cause headaches, heat stroke, urinary problems, and even organ failure in chronic cases

01

Have water near you *always*: Whether a bottle, plastic cup, or pitcher

02

Reduce your alcohol intake: This may be contributing to your dehydration!

03

Look for "high water content foods": Berries, watermelon, tomatoes, soups/broths

04

Change it up: Add fresh fruits, berries, or sugar-free flavoring to your beverages

05

Schedule your intake: Have a time each day that you consume fluid

