

## How You Can Reach Us

### Main Office:

765-2696 or 1-800-225-8571

### Waiver Program:

762-8025 or 1-888-520-9248

*If you are planning to go out,  
call and remind us so we can  
stop your meal for the day.*



**February is  
American  
Heart Month**

## Dial 9-1-1 Fast

Heart attacks and strokes are life-and-death emergencies - every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, **don't delay - get help right away!**

- Adapted from The American Heart Association



## Presidents' Day

Monday, February 18, is Presidents' Day. All Area Agency on Aging offices and Centers for active Living will be closed that day. Frozen meals for you to eat on Monday will be delivered to you on Friday, February 15, with your normal hot meal.

### Heart Attack Warning Signs

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

### Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PLEASE NOTE:</b></p> <p>MARGARINE &amp; 2% MILK SERVED WITH ALL MEALS.            MENUS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.            CONSUMERS WHO HAVE BEEN ASSIGNED A SPECIAL DIET BY THEIR PHYSICIAN            MAY RECEIVE DIFFERENT ITEMS FROM THOSE LISTED ON THE MENU.</p>				<p><b>1</b></p> <p>Hamburger on Roll            Baked Potato            Peas            Shredded Lettuce            &amp; Tomato Slice            Chocolate Pudding</p>
<p><b>4</b></p> <p>Meatloaf            w/ Gravy            Mashed Potatoes            Brussels Sprouts            Rice Pudding            Whole Wheat Bread</p>	<p><b>5</b></p> <p>Stuffed Cabbage Roll            w/ Sauce            Rice            Mixed Vegetables            Canned Pears            Whole Wheat Bread</p>	<p><b>6</b></p> <p>Cheese Ravioli            w/ Mozzarella Cheese            Italian Blend            Vegetables            Apple Juice            Tossed Salad            w/ Dressing            Chocolate Pudding            Whole Wheat Bread</p>	<p><b>7</b></p> <p>Baked Ham            Noodles            White Beans            Sliced Carrots            Sugar Cookies            Whole Wheat Bread</p>	<p><b>8</b></p> <p>Tuna Salad Sandwich            Lentil Vegetable Soup            Apple Crisp            Pickled Eggs            &amp; Beets            Cranberry Juice</p>
<p><b>11</b></p> <p>Cheese Omelet            Sausage            Hash Brown Potatoes            Orange Juice            Cheerios            Whole Wheat Bread</p>	<p><b>12</b></p> <p>Baked Chicken            Stuffing w/ Gravy            Harvard Beets            Coleslaw            Whole Wheat Bread</p>	<p><b>13</b></p> <p>Chili            Steamed Rice            Peas            Jell-o w/ Fruit            Corn Bread</p>	<p><b>14</b></p> <p>Roast Pork            Mashed Potatoes            Mixed Vegetables            Grape Juice            Graham Crackers            Whole Wheat Bread</p>	<p><b>15</b></p> <p>Breaded Fish Sandwich            Scalloped Potatoes            Green Beans            Orange            Cottage Cheese            w/ Pineapple</p>
<p><b>18</b></p> <p>Closed - Holiday</p>	<p><b>19</b></p> <p>Roast Beef w/ Gravy            Mashed Potatoes            Broccoli, Cauliflower,            &amp; Carrot Mix            Pear            Graham Crackers            Whole Wheat Bread</p>	<p><b>20</b></p> <p>Swedish Meatballs            Noodles            Sweet Potatoes            Apple            Sugar Cookies            Whole Wheat Bread</p>	<p><b>21</b></p> <p>Chicken Breast Verona            Penne Pasta            w/ Alfredo Sauce            Italian Blend            Vegetables            Orange Juice            Lemon Pudding            Dinner Roll</p>	<p><b>22</b></p> <p>Egg Salad Sandwich            Baked Beans            Apple Crisp            Tossed Salad            Dressing</p>
<p><b>25</b></p> <p>Spaghetti &amp; Meatballs            Spinach            Wax Beans            Sliced Peaches            Italian Bread</p>	<p><b>26</b></p> <p>Chicken            Dumpling w/ Gravy            Sliced Carrots            Orange Juice            Graham Crackers            Whole Wheat Bread</p>	<p><b>27</b></p> <p>Hamburger on Bun            Baked Potato            Baked Beans            Shredded Lettuce            Sliced Tomato            Tropical Fruit Salad</p>	<p><b>28</b></p> <p>Roast Pork            Sauerkraut            Mashed Potatoes            Apple            Oatmeal Raisin            Cookies            Whole Wheat Bread</p>	<p><b>29</b></p> <p>Baked Fish            Macaroni &amp; Cheese            Stewed Tomatoes            w/ Croutons            Coleslaw            Jell-o            w/ Whipped Topping            Whole Wheat Bread</p>