

February 2012

How to Join

You must have 60 years of lifetime experience or be the spouse of someone attending. Completing a participant information packet makes you an official member.

Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility.

**Please call the Tulsa Office
@ 918-835-4160**

This program is

funded by: Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations

Nutrition and Medical Treatments

i f n t o s n i d e w l y l w o l s t a e m
 f s s l n a r r c e f s d o o f t r a t c a
 h m n a s t o n i p z e s e l n e a e t o r
 e o c r v c n r c d t i s a e c r n r i r i
 i k p e h i g h f i b e r m i i e g s e e n
 s l a e m l l a m s t n e u q e r f b u s a
 n e p l f p l a s t i c u t e n s i l s r t
 r b e d t i m e s n a c k c p t f i n e f e
 d s r q e y d n l l p e d r l w s f t l h r
 a e p a s e t i p p a o o l o e e a a e r l
 e p l a n a h e a d c i u l o f w v p d f a
 h r a i s p r t a t d r c l t o o a a s u s
 a w t f r l o o o e s f h i n r a t q z l a
 k s e a a s a r w e s d o o f t e e w s l c
 o d s e v p t p c a d d i u q i l r a e l c
 o o m p y i l a d o s f l c t f t a t s i e
 c o o k t h o r o u g h l y s y c r d i q p
 d f r t e c z t s e e q h a b f e t a c u t
 e t i p i e e x s r e l e a r o h o g r i h
 i f o c r c n e b i t r o l n o o t e e d e
 t o e s a i g s t c e f f e e d i s t x y l
 e s b o v m e d i c a t i o n s s e t e t p

side effects
 meal replacements
 ensure
 snacks
 exercise
 cook ahead
 plastic utensils
 soft foods
 high fiber
 water
 full liquid
 sweet foods
 throat lozenge
 bedtime snack
 wash hands
 cook thoroughly
 fortify foods
 boost
 frequent small
 meals
 plan ahead
 doctor
 paper plates
 rest
 eat slowly
 low fiber
 clear liquid
 ice chips
 artificial saliva
 flavorful herbs
 extra protein
 pasteurized
 variety

Reminders

- Feb 14th Project Advisory Council Mtg 1:30 pm at 1st Lutheran Church
- Feb 20th TCCSNP Closed in observance of President's Day
- Feb 27th Senior Day at Capitol

Many types of medical treatments can cause nutritional problems. Some of these treatments include certain medications, hormones, chemo, radiation, immune system therapy, as well as the disease itself.

These treatments can cause side effects such as loss of appetite, weight loss, weight gain, fatigue, sore mouth, difficulty swallowing, taste changes, constipation, diarrhea, & food borne illness to name a few.

Work the puzzle for some helpful hints.