

MARCH 2021 CALENDAR OF EVENTS

WINTER WEATHER PLAYED HAVOC WITH CURBSIDE PICKUP-UP OF MEALS

During the recent harsh winter storm, it was necessary to close the senior center for several days. Many times, it is not the streets that are the main issue, but the almost 200 sidewalks, steps and porches that we must maneuver to deliver all of the home delivered meals. Our volunteers are so wonderful and so dedicated and we would just hate for something to happen to any of them. We did follow the Cape Public Schools closure, but we also have to evaluate other circumstances such as the homes that we deliver to.

With all of that said... we appreciate your patience and understanding of the decisions made for the best interest of our clients, volunteers and the center.

ST PATRICK'S DAY MENU SET FOR MARCH 17

Top 'O the Mornin' To Ya!

You will see that a St. Patrick's Day menu has been set for March 17.

St. Patrick's Day has always been such a fun time in our dining room with fun activities, the joke telling event and the 50/50 raffle.

Here's to hoping we can open up the dining room in the future and get things back to "normal" or at least some type of a new normal.

MEMORIAL GIFTS GIVEN DURING THE MONTH

Memorial gifts were given in memory of our precious, long-time kitchen volunteer Fern Schlimme by Mike Matzen, Dan and Patricia Potts, Madeline Gieselman, Phil and Evelyn Finney, Southeast Missouri Amateur Radio Club, Dorinda and Terry Abbott, Tana and Roy Spiekermann, Bob and Dorothy Seabaugh, and Scott and Susan McClanahan.

Memorial gifts were given in memory of long-time friend of the senior center, Lillie Davie, given by Sharon Orrell, Ronnie, Rex and Rusty Yamnitz, David and Cathy Brown, and Scott and Susan McClanahan.

Memorial gifts were generously given by Marlene Cloude in memory of Dave Schaffner, Marilyn Wiggs, Bob Sandusky, Bill Bradshaw and Roger Christianson.

ANNUAL SURVEYS UPDATE

If you have not filled out an annual survey and would help us by doing so, we still have a few days to get those completed and the results sent into the state.

The curbside surveys are available through the curbside pick-up area and there is a box for the completed surveys to be dropped in. You can hand the survey to Dara and she will drop it into the box for you.

NEW MENU WILL START IN APRIL

As many of you may remember, the menu we serve is put together by the Registered Dietician at Aging Matters. The menu is a 5-week cycle and that cycle runs for 6 months. The end of this Fall and Winter menu cycle ends with the end of March and the new menu cycle will start on Monday, April 5.

From the annual surveys, many of you indicated that you miss the breakfast for lunch menu, so we will be bringing that back in some form or another.

The menu includes:

3 ounces (or more) of protein – meat, or a meat alternative like cheese or beans

2 – one half cup vegetable servings (only 1 high carbohydrate (starchy) vegetable serving per meal)

1 – one half cup fruit serving – canned, fresh or frozen, unsweetened, in 100% fruit juice, or in Lite syrup (no heavy syrup, pie fillings, etc)

2 – one ounce grain servings, at least 1 of which must be whole grain bread, rolls, biscuits, crackers, pasta, rice, noodles, cereal, etc.

8 ounces low fat milk

Our senior center does offer a special optional dessert, which is not a part of the meal plan, and many of you choose to have the optional dessert instead of the fruit dessert.

REMINDER THAT THE MEAL TICKETS ARE AVAILABLE FOR YOUR USE

We have the meal tickets available for you if you choose to use them. Each ticket is good for one meal and the regular suggested contribution applies just like the regular meal. When you come through the line, you drop in your meal ticket instead of your cash contribution. You can get as many as you'd like and there is no expiration date on them. The tickets are available as you drive through and we can count those out while your meal is being bagged up.

EMPLOYEE VACANCY WILL BE FILLED SOON

We have a full-time cooking position open and we are seeking a good person to fill that position.

Do you know of anyone looking for a job? The position is Monday-Friday, 7:00 am to 1:30 pm with competitive compensation, paid vacation and sick leave and paid holidays off. Not to mention a fun environment which offers the opportunity to work with fantastic senior adult volunteers.

Please send anyone you might know our way or help spread the word! Thank you!

The Senior Center is always in need of your time and resources.
Please remember your Senior Center when making your final arrangements.