

ROCK ISLAND COUNTY
Senior Center
A SERVICE OF PROJECT NOW

AUGUST 2011

**Project
NOW**
Community
Action Agency



ROCK ISLAND COUNTY SENIOR CENTER
2221 - 11TH STREET
ROCK ISLAND IL 61201
(309) 788-6335



-Reminder

Project Now is pleased and honored to provide congregate and home delivered meals to you, but like all public services, we rely on your willingness to donate toward the services. A contribution of \$3.00 per meal for home delivered meal program and \$2.25 for congregate meal program goes a long way in keeping the meals available. If you have contributed, **Thank You.** If you have not, Please consider donating today. Your donation is very helpful in the future of these programs.

Farmer Market Coupons

The Farmer Market Coupons are available at the Rock Island County Senior Center.

Time : 8:00 am To 5:00pm

Date: Monday Thru Friday

Must Meet Income Guidelines



Beat The Heat!!

1 Keep cool. Air conditioning can be a lifesaver, especially if you have heart disease. If you don't have air conditioning, head to a cool shopping center, senior center, library, movie theater, or place of worship.

2 Cool baths or showers can provide relief. Ice bags and wet towels are also helpful.

3 Beware of dehydration; drink plenty of water even if you're not thirsty.

4 Curtail physical activity during extremely hot weather. Activity adds to heart strain.

5 Avoid heavy meals and alcohol. Alcohol acts as a diuretic, causing your body to lose water.

6 Limit salt use.

7 Wear loose fitting, lightweight clothing. Don't forget to wear a hat or carry an umbrella to protect your head and neck when you are outdoors.

8 Take the heat seriously. Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs that you should seek immediate medical attention.

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Mercer
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(309) 582-2644

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MENU

MON	TUE	WED	THU	FRI
1. TACO REFRIED BEANS PEARS CHIPS GRAPE JUICE MILK	2. FISH SANDWICH PEAS ORANGES CRANBERRY JUICE MILK	3. HAM CREAM CORN PINEAPPLE APPLE JUICE MILK	4. CHICKEN BREAST POTATOES& GRAVY APRICOTS DINNER ROLL OJ MILK	5. SALISBURY STEAK SWEET POTATO APPLESAUCE BREAD GRAPE JUICE MILK
8. CHICKEN CAESAR SALAD PINEAPPLE CRANBERRY JUICE MILK	9. SWEET AND SOUR CHICKEN CARROTS PEACHES RICE APPLE JUICE MILK	10. SPAGHETTI&SAUCE PEAS PEARS OJ MILK	11. ROAST PORK LIMA BEANS FRUIT COCKTAIL- BREAD CRANBERRY JUICE MILK	12. MACARONI& CHEESE BRUSSEL SPROUTS MANDARIN ORANGE GRAPE JUICE MILK
15. ITALIAN SAUSAGE CARROTS PEARS APPLE JUICE MILK	16. MEATLOAF CORN APPLESAUCE OJ MILK	17. <u>HAPPY BIRTHDAY!</u> CHICKEN QT. BAKED POTATO APRICOTS GRAPE JUICE MILK CAKE&ICE CREAM	18. TUNA NOODLES PEAS BANANA CRANBERRY JUICE MILK	19. SLOPPY JOE BAKED BEANS PEACHES APPLE JUICE MILK
22. FISH SANDWICH CORN PINEAPPLE CRANBERRY JUICE MILK	23. VEGETABLE LASAGNA THREE BEAN SAL- AD APRICOTS GRAPE JUICE MILK	24. BBQ PORK GREEN BEANS APPLE SAUCE CRANBERRY JUICE MILK	25. CHICKEN DIVAN CARROTS FRUIT COCKTAIL OJ MILK	26. BURRITOS REFRIED BEANS PINEAPPLE FRIED RICE APPLE JUICE MILK
29. ILLINI RITE BAKED BEANS MANDARIN ORANGE GRAPE JUICE MILK	30. GRILLED CHICKEN SWEET POTATO ORANGES APPLE JUICE MILK	31. BEEF GOULASH BUTTER BEANS PEARS CRANBERRY JUICE MILK	THERE COULD BE SLIGHT VARIATIONS IN THE HOME DELIVERED MEALS MENU ALL MEALS ARE SERVED WITH MILK. HOME DELIVERED MEALS \$3.00 DONATION	