

## FLU PREVENTION TIPS



**Protect Yourself**

### Here are some helpful hints on protecting yourself

- 1) Get Vaccinated
- 2) Wash Hands
- 3) Cover mouth and Nose
- 4) Avoid sick people
- 5) Avoid touching eyes, nose, mouth
- 6) Good health habits
- 7) Clean touched objects routinely
- 8) exercise
- 9) Smile more often

**If you receive a Flu Vaccination, please give a copy to Roxanne. We need to place it in your employee file. If you decline a Flu Vaccination you will need to fill out a declination form.**

**These are State Guidelines.**

### Simple ideas for meals for Seniors

**Breakfast-** Warm Oatmeal and berries, a hardboiled egg, whole grain pancakes and waffles, yogurt parfait, power toast (use peanut butter or almond butter), poached egg

**Lunch-** Quinoa salad, Eggs and red potatoes, Cottage fries (Red Potatoes fried in olive oil sprinkled with Cheese), Omelet, Vegetables mixed with rice, fruit or vegetables with cottage cheese, English muffin with slice of tomato/cheese, homemade mac'n cheese with ham

**Dinner-** Beans and rice, Liver and fennel, Shrimp and pasta, Baked Chicken and Vegetables, Chicken Salad, black beans with rice in a tortilla, Egg salad sandwich, tuna sandwich with lettuce, spaghetti and meatballs, salad with avocado&/or egg, turkey meatloaf with mashed potatoes, Roast chicken with potatoes and vegetables



### Birthdays for September

**Cheryl September 8<sup>th</sup>**

Jenny September 16<sup>th</sup>

**Cindy September 20<sup>th</sup>**

Donschlotte September 25<sup>th</sup>

**Terry September 30<sup>th</sup>**

