

Nutrition Column

- Vitamin D -

-- Supplement Recommendations --

- Vitamin D3 is generally more effective than D2 at raising and maintaining blood levels. Check the label to ensure you're getting the preferred form.
- Since vitamin D is fat-soluble, take it with a meal that includes healthy fats for better absorption. Foods like avocado, nuts, or olive oil work well.
- Most adults need 600-800 IU daily, but doses for deficiencies may be higher. Avoid taking more than 4,000 IU daily without medical advice.
- Regular blood tests are crucial to ensure your vitamin D levels are in a safe range. Over-supplementation can lead to health issues like calcium buildup.
- If vitamin D causes stomach upset, take it earlier in the day or with your largest meal. Timing helps with consistency and absorption.

Vitamin D can interact with certain medications, such as steroids or weight-loss drugs. Always inform your healthcare provider about your supplements.

This article was provided by Dietitian Sophia Ding.
If you have any questions, please call 617-357-0226

Caregivers Column

Quality care starts with caring for yourself. Family members inevitably face numerous challenges and pressures in the caring process. Having served the elderly in the community for over a half century, we understand the needs of a caregiver. Our goal is to enhance your quality of life by providing practical and psychological resources.

Our services for caregivers include:

1. **Counselling Service:** Assist family members in addressing adjustment difficulties and managing emotional distress during the caregiving process.
2. **Caregiver Advisory Service:** Helping caregivers navigate community resources and develop effective caregiving skills.
3. **Informational Talks** – Hosting seminars on elder care to enhance caregivers' knowledge and understanding.
4. **Financial Assistance** – Offer subsidies to low-income caregivers for purchasing materials essential for elderly care.
5. **Family Support Group** – Organizing regular gatherings for caregivers to provide mutual support and shared experiences.

Support Group in February: 2/21/2025(Friday)

Time: 11:30a.m. – 1:00p.m.

Venue: Hong Lok House Activity Room
25 Essex St, Boston, MA 02111

Target: caregivers of elderly with dementia

Service Area: Either the elders or the caregivers who are living in the Boston Area

Enquiry: 617-542-7458 Ext 302

Contact Person: Amy Yan

Senior Centers/Meal Sites

Operation time: Monday to Friday from 9:00am to 2:00pm.
For activity schedule, please check our website OR social media platforms.

Quincy Tower

5 Oak Street West, Boston
Tel: (617) 423-7560
Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**
Activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston
Tel: (617) 936-3966
Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**
Activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

677 Cambridge St., Brighton
Tel: (617) 789-4289
Fax: (617) 789-5623

Lunch Dine-In
Lunch Time: **11:30am-12:00pm**
Activities: Taichi Soft Ball, Technology Workshops, ESL, Dance



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu February 2025

中華耆英會
營養計劃



February 2025 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange-Flavored Pork Ribs Main Course + 157mg Milk + 125mg Rice + 11mg Total Sodium = 294mg Calories: 664kcal	4 Stir-fried Shrimp with Mayo Main Course + 798*mg + 125mg + 11mg Total Sodium = 934mg Calories: 513kcal	5 Yu-shiang Eggplant with Minced Pork Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal	6 Stir-fried Vegetarian Trio Main Course + 298mg + 125mg + 11mg Total Sodium = 434mg Calories: 532kcal	7 Baked Chicken Wings with Ginger Powder Main Course + 651*mg + 125mg + 11mg Total Sodium = 788mg Calories: 734kcal
10 Mapo Tofu with Minced Pork Main Course + 139mg Milk + 125mg Rice + 11mg Total Sodium = 276mg Calories: 582kcal	11 Baked Pork Slices with Pickled Mustard Green Main Course + 122mg + 125mg + 11mg Total Sodium = 259mg Calories: 598kcal	12 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 11mg Total Sodium = 749mg Calories: 700kcal	13 Noodles with Garlic Shrimp Main Course + 925*mg Monthly Special + 125mg Total Sodium = 1050mg Calories: 440kcal	14 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
17 Closed for the day President's Day	18 Steamed Dumplings Main Course + 968*mg + 125mg + 11mg Total Sodium = 1093mg Calories: 477kcal	19 Baked Pork Ribs with Sugar and Vinegar Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg Calories: 758kcal	20 Baked Egg Patty Main Course + 340mg + 125mg Total Sodium = 476mg Calories: 658kcal	21 Baked Fish Fillet with Creamy Corn Main Course + 430mg + 125mg + 11mg Total Sodium = 567mg Calories: 581kcal
24 Stir-fried Shrimp, Chicken and fish balls Main Course + 1121*mg Milk + 125mg Rice + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	25 Soy Braised Tofu Stew Main Course + 549*mg + 125mg + 11mg Total Sodium = 686mg Calories: 671kcal	26 Baked Chicken Thigh with Chinese BBQ Sauce Main Course + 647mg + 125mg + 11mg Total Sodium = 784mg Calories: 760kcal	27 Noodles with Curry Fish Balls Main Course + 616*mg + 125mg Total Sodium = 741mg Calories: 321kcal	28 Buddhist Delight Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 527kcal

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes. Do not heat over 30 minutes.

*Caution: containers should never be put into a toaster oven.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions. **Please watch out for small bones in your meal to avoid choking or discomfort while eating.**



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, soybeans and sesame; and, food ingredient that contain these proteins.

