

Nutrition Column

- Spring Detox: Myths vs. Facts -

Every spring, detox trends like juice fasting, apple cider vinegar, and detox teas resurface. However, the body already has a natural detox system through the liver, kidneys, and digestive system, making additional “cleansing” unnecessary.

Myth 1: Juice fasting removes toxins. While juices provide vitamins, they lack protein and fiber, leading to blood sugar spikes and muscle loss. Long-term fasting can also slow metabolism.

Myth 2: Apple cider vinegar detoxifies the body. Though it may aid digestion, it does not remove toxins. Overconsumption can irritate the stomach and erode tooth enamel.

Myth 3: Detox teas eliminate toxins. Many contain laxatives that cause temporary water loss rather than actual detoxification. Frequent use may harm digestive health.

True detox comes from maintaining healthy lifestyle habits, not extreme methods.

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

Dementia Program Column

As we age, Dementia has become a challenge many families must face. For both patients and caregivers, reducing stress and improving quality of life are crucial concerns. That’s why we offer a range of care and support services to provide warmth and strength throughout this journey.

- **Memory Café** – A comfortable social space where patients and caregivers can interact, share experiences, and build a support network while alleviating the stress of caregiving.
- **Mindfulness Workshops** – Led by Age Strong experts, these sessions teach mindfulness practices and techniques to help prevent and manage dementia, enhance memory, and promote mental well-being.
- **Caregiver Support Services** – Professional services including counseling and support groups to help caregivers relieve stress, develop caregiving skills, and maintain their own well-being.

Caregiving is not just a responsibility—it is an act of love and companionship!

Whether you are a patient or a caregiver, you don’t have to go through this alone. We are here to support you with practical resources and care, bringing love and hope into everyday life.

Contact Bowen Fu for more information!
Tel: 617-357-0226 ext. 115

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
April
2025



中華耆英會
營養計劃



April Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salt and Pepper baked Chicken Wings Main Course + 736*mg + 125mg + 11mg Total Sodium = 872mg Calories: 433kcal	2 Vegetarian Tofu Dish Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 527kcal	3 Baked Pork Patty with Shiitake Mushroom Main Course + 352mg + 125mg + 11mg Total Sodium = 488mg Calories: 622kcal	4 Yu-shiang Eggplant and Minced Pork Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal
7 Baked Fish Fillet with Italian Seasoning Main Course + 613mg Milk + 125mg Rice + 11mg Total Sodium = 749mg Calories: 700kcal	8 Baked Pork Ribs with Sugar and Vinegar Sauce Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg Calories: 758kcal	9 Mixed Seafood Stir-fry Main Course + 601*mg + 125mg + 11mg Total Sodium = 737mg Calories: 411kcal	10 Stir-fried Noodles with Minced Pork Main Course + 687*mg + 125mg Total Sodium = 824mg Calories: 1048kcal	11 Soy Braised Chicken Wings Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
14 Satay Fish Balls Main Course + 616*mg Milk + 125mg Rice + 11mg Total Sodium = 753mg Calories: 541kcal	15 Mapo Tofu with Minced Pork Main Course + 515*mg + 125mg + 11mg Total Sodium = 651mg Calories: 927kcal	16 Baked Shrimp with Mayo Main Course + 798*mg 125mg + 11mg Total Sodium = 934mg Calories: 513kcal	17 Baked Fish Fillet with Goji and Wood ear Main Course + 142mg + 125mg + 11mg Total Sodium = 279mg Calories: 491kcal	18 Baked Chicken Thigh with Scallion and Ginger Main Course + 456mg + 125mg + 11mg Total Sodium = 592mg Calories: 754kcal
21 Closed for the day Patriots' Day	22 Steamed Pork Dumpling Main Course + 968*mg + 125mg + 11mg Total Sodium = 1093mg High Sodium Calories: 477kcal	23 Stir-fried Noodles with Mixed Seafood Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A	24 Baked Fish Fillet with Spicy Seasoning Main Course + 426mg + 125mg + 11mg Total Sodium = 562mg Calories: 506kcal	25 General Gao's Chicken Main Course + N/A + 125mg Monthly Special + 11mg Total Sodium = N/A Calories: N/A
28 Baked Pork Slices with Pickled Cabbage Main Course + 387mg Milk + 125mg Rice + 11mg Total Sodium = 523mg Calories: 632kcal	29 Braised Pork Feet Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	30 Stir-fried Trio Main Course + 1121*mg + 125mg + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal		

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.