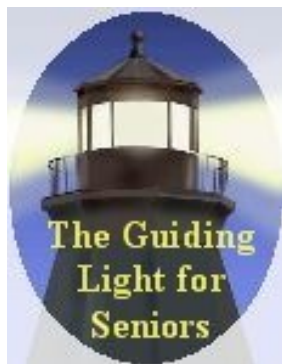


The Guiding Light



WELCOME TO THE GUIDING LIGHT!

Greetings! My name is Tricia Hurley and I'm the Executive Director for the Oconto County Commission on Aging. Since joining the organization in November, I've been busy visiting our various meal sites, meeting staff and learning the ropes. I've been fortunate to be able to train and work alongside our former Executive Director, Frank Schersing as well, which has offered

much valuable insight into the organization and its mission.

I'm excited to announce that we have started hosting different activities at our Oconto meal site including Movie Days, Monday Morning Coffee & Tea, Make-Your-Own-Sundaes, a Craft Day and Trivia Day in addition to hosting card clubs. Watch our Facebook page and our calendar on our website for more fun activities in the months to come and if you have suggestions for what you'd like to see at the Commission on Aging, feel free to contact me.

I hope to have the opportunity to meet each of you soon. If you have any questions or comments, please feel free to contact our office at 920-834-7707.



MEAL SITES

Join us for lunch at one of our six meal sites!

Oconto

920-834-7709

Oconto Falls

920-846-3475

Gillett

920-855-2066

Little Suamico

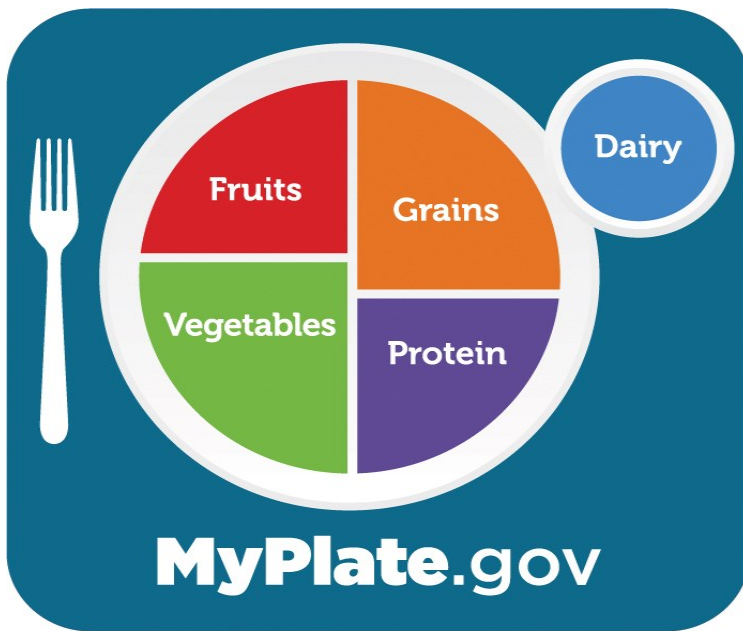
920-826-7785

Mountain

920-629-0507

Suring

920-590-0878



BE SALT SMART

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Read the label

The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.

Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”

Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.

Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.

Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.

Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.

The benefits of healthy eating add up over time, bite by bite.

FOOT CARE CLINICS



The Oconto County Commission on Aging offers twice-monthly foot care clinics for the elderly. Rhonda Kroll, a registered nurse, provides the service. If you would like to make an appointment, please call the meal site nearest you.

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920-629-0507

Little Suamico
920-834-7785

The suggested donation for this service is \$20.00. This is a self-sufficient program. In other words, if we do not receive donations to support the program, the program will cease to exist. There are no federal or state grants to provide this service.