

DONATION: The suggested donation for individuals 60+ is \$4/lunch if receiving a meal more than once per week. The suggested donation for individuals 60+ is \$5/lunch if only receiving a lunch one time per week. Please donate what you can afford towards the cost of your meals. No senior is denied a meal for inability to contribute.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY HOME DELIVERY
<p>Menu Subject to Change Funding support from Alameda County and Contra Costa County Area Agency on Aging</p>	<p>Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.</p>	<p>Celebrate September Birthday at J-Sei on Sept 28th, Thursday</p> 		<p>1 BARACHI CHIRASHIZUSHI WITH EGG, FISH, SHRIMP, AGE, AND VEG Tofu Salad+ Edamame * Fruit+</p>
<p>4 J-SEI CLOSED</p> 	<p>5 SABA MISO (Grilled Mackerel in lite miso sauce) Soup Cabbage & Carrot Salad*+ Baked Yams* Fruit+</p>	<p>6 CHICKEN NABEYAKI UDON (chicken, tofu age, kamaboko, spinach w/ green onions over udon noodles)* Cucumber Carrot Tsukemono*+ Seasonal Squash *+ Fruit</p>	<p>7 UNAGI & TOFU DONBURI (Broiled Eel with firm tofu over rice) Soup Fruit+ Daikon and Carrot Sunomono*+ Steamed Broccoli*+</p>	<p>8 CHUKAMEN W/ CHICKEN* (chilled wheat noodles w/chicken, bean sprouts and wakame) Cabbage, Carrot, Daikon Salad*+ Fruit+</p>
<p>11 BAKED SALMON W/DILL CREAM SAUCE Soup Mixed Green Salad with cucumbers, tomatoes*+ Broccoli Goma-ae* Fruit+</p>	<p>12 CHICKEN, TOFU, SHITAKE (chicken breast, tofu and shiitake mushrooms) Soup Fruit+ Hijiki Salad* Steamed Mustard Greens*+</p>	<p>13 SALMON ONIGIRI & BEEF DANGO (3) (Rice ball with Salmon, Beef Meatballs(3)) Soup Fresh Fruit+ Cabbage & Carrot Salad*+Edamame*</p>	<p>14 OYAKO DONBURI** (chicken & egg with vegetables over rice) Soup Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Fresh Fruit</p>	<p>15 ASSORTED SUSHI* Edamame Spinach Shira-ae*+ Fruit+</p>
<p>18 BEEF CABBAGE ROLLS+(Ground beef in Cabbage & Tomato Sauce)+ Soup Fruit Spring Mix Salad w.carrot, red bell ppr & garbanzos</p>	<p>19 CHICKEN NABEYAKI (soup made with udon noodles, chicken, egg, age tofu, kamaboko, and spinach toppings)*+ Cucumber Carrot Tsukemono*+ Lettuce & Romaine Salad w garbanzos*+ Fruit</p>	<p>20 SWEET & SOUR SNAPPER*+ (grilled fresh snapper in sweet & sour sauce Loaded with vegetables) Soup Baked Kabocha* Fruit+</p>	<p>21 BAKED LEMON HERB CHICKEN Soup Spring Mix Salad *+ Baked Butternut Squash* Fruit</p>	<p>22 SALMON ONIGIRI & BEEF DANGO (3) (Rice ball with Salmon, Beef Meatballs(3)) Soup Fresh Fruit+ Cabbage & Carrot Salad*+Edamame*</p>
<p>25 ODEN with Egg and Vegetables (one pot winter dish consisting of several ingredients in a light, soy-flavored broth) Cabbage& Carrot Salad *+ Fruit+</p>	<p>26 SABA SHIOYAKI (Grilled Mackerel in lite soy sauce) Soup Spinach & Carrot Salad*+ Kabocha* Fruit+</p>	<p>27 TSUKIMI UDON*+ (Noodle Soup with poached egg, kamaboko, age tofu, spinach) Edamame Spring Mix Salad with Bell Peppers, Carrots and Beans* + Fruit+</p>	<p>28 September Sushi Birthday ASSORTED SUSHI* Edamame Spinach Shira-ae*+ CupCake or Fresh Fruit+</p>	<p>29 CHUKAMEN W/ CHICKEN* (chilled wheat noodles w/chicken, bean sprouts and wakame) Cabbage & Carrot Salad*+ Fruit+</p>



Latest expert advice about preventing cognitive decline and dementia

There are three steps people can take that might delay or prevent cognitive decline and dementia, a new report from a panel of experts has announced. The panel was asked by The National Academies of Sciences, Engineering, and Medicine to examine the most recent evidence on steps that can be taken to prevent, slow, or delay the onset of age-related cognitive decline, mild cognitive impairment, and Alzheimer's-type dementia. They issued their report in late June.

Cognitive training. This includes programs (which may or may not be computer-based) aimed at enhancing reasoning and problem solving, memory, and speed of processing.

The panel found good evidence that this can improve performance on a specific task, at least in the short term. What isn't clear is how long this improvement lasts, whether getting better at one cognitive skill improves other cognitive skills, and whether this helps people better manage their daily activities, such as driving and remembering to take medications.

Blood pressure management for people with hypertension. Most dementia patients have cerebrovascular disease, such as small strokes and bleeding in the brain. This suggests that cerebrovascular disease might be involved in causing cognitive decline.

We know that improved control of blood pressure in patients with hypertension is linked to a lower risk of having or dying from a stroke. So it's plausible that managing blood pressure in people with hypertension will both reduce the risk of stroke and cerebrovascular disease as well as the risk of dementia and cognitive decline, the experts said.

Increased physical activity. Some of the benefits of physical activity are known to help maintain the health of the brain and prevent cognitive decline. These benefits include lowering the risks of obesity, strokes, high blood pressure, and depression.

This led the panel to conclude that the evidence is sufficient to justify communicating to the public that increased physical activity for delaying or slowing age-related cognitive decline is supported by encouraging but inconclusive evidence.

“Even though clinical trials have not conclusively supported the three interventions discussed in our report, the evidence is strong enough to suggest the public should at least have access to these results to help inform their decisions about how they can invest their time and resources to maintain brain health with aging,” the panel's chair Alan I. Leshner said. You can read or download for free the full report here: [Preventing Cognitive Decline and Dementia: A Way Forward](#).

Excerpts from Nutrition Action Healthletter [July 3, 2017](#) by [David Schardt](#)

BE SURE TO SIGN UP FOR J-SEI CLASSES TO

PREVENT COGNITIVE DECLINE, INCREASE YOUR PHYSICAL ACTIVITY,

IMPROVE MENTAL WELL-BEING, AND ALERTNESS☺

LOOK FOR OUR SEPARATE PAGE ON HIGH BLOOD PRESSURE (Hypertension)

Compiled by Vera S. Yamamoto, MS, Registered Dietitian/Nutritionist at J-Sei, Inc.