



J-SEI March 2018 MENU



Mon-Th Onsite Lunch Begins at 11:30 and Must Be Requested in Advance

Suggested Donation
Aged 60+: \$5 | Under 60: \$8

Monday	Tuesday	Wednesday	Thursday	Friday (Delivery Only)
Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered	Miso-Based soup is served Monday through Thursday Mixed-grain rice served, unless indicated.	Menu Subject to Change <i>Funding support from Alameda County & Contra Costa County Area Agencies on Aging</i>	1 BEEF & TOFU PATTY w MUSHROOM GRAVY Spring Mix Salad w Carrots, Red Peppers, & Tomatoes*+ Braised Kabocha* Soup & Fruit	2 SALMON ONIGIRI (Seaweed- Wrapped Rice Triangle) 2 pcs Cabbage & Carrot Salad*+ Steamed Broccoli*+ Fruit
5 YOSENABE w CLEAR NOODLES* (Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Cucumber & Carrot Sunomono (in Vinegar)*+ Soup & Fruit	6 GINGER BEEF W/TOFU, GREEN ONIONS & SHIITAKE Cabbage & Carrot Salad *+ Yam* Soup & Fruit+	7 TOFU & EGGPLANT DENGAKU (Miso Glaze) Hijiki* (Asian Sea Veggie) w Edamame Spring Mix Salad with Garbanzo*+, Cucumbers Soup & Fruit	8 BAKED SALMON w LEMON Daikon & Carrot Sunomono (in Vinegar)*+ Steamed Mustard Greens*+ Soup & Fruit	9 BEEF & KABOCHA (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)*+ Fruit
12 GRILLED SLICED BEEF Spring Mix Salad*+ Baby Bok Choy*+ Soup & Fruit	13 BUTA DOFU*+ (Japanese-Style Pork & Tofu) Steamed Broccoli*+ Spring Mix Salad with Tomatoes and Cucumber*+ Soup & Fruit+	14 GYUDON (Beef Rice Bowl w Onion, & Pickled Ginger) Mustard Greens* Spinach Shira-ae (Mashed Tofu)+ Soup & Fruit+	15 NIMONO (Simmered Vegetables) w CHICKEN & EGG+ Braised Bok Choy*+ Soup & Fruit+	16 SALMON SHIOYAKI (Salt- Grilled) Daikon & Carrot Sunomono (in Vinegar)*+ Baked Butternut Squash* Fruit
19 UNAGI (Eel) & TOFU DONBURI (Over Rice) Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli*+ Soup & Fruit+	20 GYUNIKU TO YASAI*+ (Simmered Beef and Vegetables in Broth) Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+	21 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+	22 BUTA NABE*+ (Pork w Carrots, Nappa Cabbage, & Tofu in Broth) Hijiki (Asian Sea Vegetable) & Edamame Salad* Soup & Fruit+	23 CHICKEN MISOYAKI (Miso Marinated)+ Tofu Salad+ Steamed Broccoli*+ Fruit
26 CHICKEN NABEYAKI UDON (Udon w Chicken, Agé Tofu, Kamaboko, Spinach, Green Onions)* Cucumber Carrot Tsukemono (Pickled)*+ Soup & Fruit	27 GRILLED MARINATED SNAPPER WITH LEMON Daikon & Carrot Sunomono (in Vinegar)*+ Baked Yam* Soup & Fruit	28 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES*+ Spring Mix Salad*+ Soup & Fruit	29 NIKU DANGO (Beef Meatballs) Cabbage & Carrot Salad+ Baked Yam* Soup & Fruit	30 CHICKEN TERIYAKI Lettuce & Romaine Salad with Garbanzos*+ Steamed Mustard Greens* Fruit+

BIRTHDAY CELEBRATION 

IMPROVE YOUR BALANCE

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. Balance exercises can help prevent falls and avoid the disability that may result from falling. Be sure to try all four types of exercise — **ENDURANCE, STRENGTH, BALANCE,** and **FLEXIBILITY.**

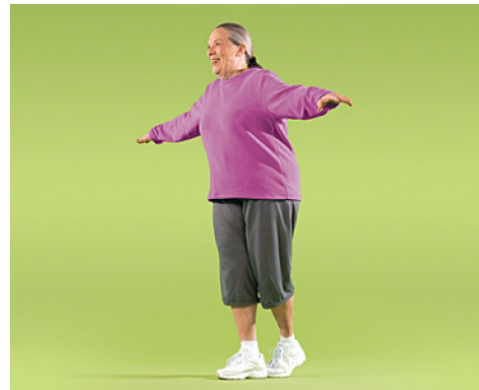
Taken from the Go4Life Campaign of the US Department of Health and Human Services. <https://go4life.nia.nih.gov/exercises/balance>



Stand on One Foot

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.



Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

Tip

If you are unsteady on your feet, try doing this near a wall so you can steady yourself if you need to.



Balance Walk

Good balance helps you walk safely and avoid tripping and falling over objects in your way.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

Tip

As you progress, try looking from side to side as you walk, but skip this step if you have inner ear problems.



Tai Chi

Balance is important to help you perform many of your daily activities and prevent falls.

Research has shown that tai chi can significantly reduce the risk of falls among older people. In tai chi, which is sometimes called “moving meditation,” you work to improve your balance by moving your body slowly, gently, and precisely, while breathing deeply. Other benefits from practicing tai chi include:

- improvements in bone and heart health
- easing of pain and stiffness from osteoarthritis
- better sleep
- improvements in overall wellness