

### Wednesday Community Lunch

#### June 4

Marinated Pork Roast  
Mashed Potatoes & Gravy  
Seasoned Corn,  
Capri Blend Vegetables,  
Apple Crisp

#### June 11

Grilled Pineapple Terriyaki Chicken  
over Ancient Grains,  
Tuscan Blend Vegetables,  
Pineapple,  
Happy Birthday Jello Cake

#### June 18

Popcorn Chicken with  
Mashed Potatoes & Gravy,  
Seasoned Corn,  
Broccoli,  
Mixed Berry Crisp

#### June 25

Meatloaf with **VT Beef**,  
Mashed Potatoes and Gravy,  
Brussel Sprouts,  
Seasoned Peas, WG Dinner Roll  
Ice Cream with Maple Syrup

Serving 11:00 AM to Noon  
\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order take-out  
Call 802-888-5011

### Summer Social

#### Friday, June 13, 2025

Pasta Salad Plate with Ham & Cheese,  
Coleslaw, Fresh Watermelon Chunks, and  
S'more Campfire Bar  
Serving 11am to 12 pm

To Reserve your Meal or Order Take-out  
Call 802-888-5011



## Mitzvah Fund Mobile Veterinary Clinic

June 17, 9:00 a.m. - 3:00 p.m.  
Meals on Wheels of Lamoille County  
21 Munson Ave, Morristown

Are you putting off caring for your animal companion because of financial constraints or struggling to provide care due to cost?

Central Vermont Council on Aging (CVCOA) is sponsoring free veterinary services through the Mitzvah Fund Mobile Clinic at Meals on Wheels of Lamoille County.

Eligibility: This service is open to adults age 60+ who meet the income qualifications OR express special financial need.

**Free veterinary services for income-eligible adults age 60+**



**This clinic is by appointment only.**

**Call Kim by June 3rd to secure a spot!**

**802-476-2739**

## Tips for Chewing and Swallowing Problems

You may have trouble swallowing due to loss of control of your mouth and throat muscles. As a result, chewing and managing solid foods can be difficult. If you have difficulty chewing or swallowing, there are several things you can do to make eating and drinking easier and safer.

- 1) Choose soft moist foods such as:
  - Scrambled eggs
  - Macaroni and cheese
  - Soups and stews
  - Ice Cream, custard and puddings
  - Mashed potatoes with gravy
  - Cooked cereal without lumps
  - Yogurt or gelatin made with soft canned fruit
  - Cooked vegetables
  - Cottage cheese
- 2) Chop, puree or blenderize foods you have difficulty chewing or swallowing.
- 3) Add gravy, sauces, broth, butter, margarine, mayonnaise or sour cream to soften and moisten foods.
- 4) Cut food into small bites.
- 5) Soften hard foods such as toast by dunking it into milk, cocoa, coffee or tea.
- 6) Keep mealtime relaxed.
- 7) Sit as upright as possible when you eat.
- 8) Do not talk and swallow at the same time.
- 9) Take small bites, less than 1 teaspoon per bite of food. Chew well and swallow your food before taking another bite.
- 10) Take a sip of beverage after each bite of food.
- 11) Do not try to wash down solids with sips of liquids, unless your speech or swallowing therapist instructs you to do so.
- 12) Drink 8 cups of fluid each day, unless you are on a fluid restriction or you have difficulty swallowing water or other thin liquids. If you require thickened liquids, follow recommendations for the appropriate thickness.
- 13) Contact your healthcare provider, dietitian or speech pathologist if your swallowing worsens, you cough when eating or drinking solids and/or liquids or losing weight.



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Defining  
**VA** EXCELLENCE  
HEALTH CARE  
in the 21st Century