

Nutrition Column

- National Nutrition Month 2025 -
-- Food Connects Us --

Boosting Immunity with Traditional and Modern Nutrition

Flu season is tough on seniors, making immune-boosting foods essential. Traditional Chinese Medicine (TCM) and modern nutrition both emphasize food as medicine. Ginger, long used in TCM, is now a popular wellness drink, blending tradition with science.

- **TCM and Modern Nutrition for Immunity**
Ginger, goji berries, herbal teas warm the body and reduce inflammation.
- **Nourishing meals** like ginger chicken soup and goji berry congee strengthen immunity.
- **Protein-rich foods** like eggs, tofu, and fish aid recovery.
- **Warm drinks** such as chrysanthemum tea keep the body hydrated and strong.

NNM Events: Nutrition Bingo

Quincy Tower: 3/10, 10:15-11:15am

Brighton House: 3/13, 12-1pm

Hong Lok House: 3/17, 12-1pm

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

Behavioral Health Column

Dear Members,

Are you eagerly awaiting the arrival of spring? However, Massachusetts' long and cold winter, as always, seems reluctant to leave. With reduced activities during this extended winter, coupled with the physical discomfort brought by seasonal transitions—such as flu, arthritis and muscle pain, cardiovascular diseases, allergies, and chronic respiratory illnesses—it is natural to sometimes feel low, lack energy, or lose interest in outdoor activities. In some severe cases, symptoms may include disrupted sleep patterns, decreased concentration, forgetfulness, social withdrawal, and anxiety. These challenges are quite common among many Massachusetts residents.

If you or a loved one is facing these difficulties and seeking support, please consider reaching out to our behavioral health specialist, **Ms. Kande Li** for a free consultation. The phone number is **617-357-0226, ext. 208**. All consultations will be strictly confidential.

There are always more solutions than problems—you are not alone. We are here to listen and explore solutions together.

“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.”

— Anne Bradstreet

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
March
2025

中華耆英會
營養計劃



March 2025 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Steamed Fish Fillet with Garlic Main Course + 160mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 472kcal	4 Mapo Tofu with Minced Pork Main Course + 515*mg + 125mg + 11mg Total Sodium = 651mg Calories: 927kcal	5 Salt and Pepper baked Shrimp Main Course + 736*mg + 125mg + 11mg Total Sodium = 872mg Calories: 433kcal	6 Baked Pork Ribs with Black Bean Sauce Main Course + 164mg + 125mg + 11mg Total Sodium = 301mg Calories: 713kcal	7 Baked Chicken Thigh with Ginger Powder Main Course + 312mg + 125mg + 11mg Total Sodium = 448mg Calories: 670kcal
10 Kung Pao Chicken Main Course + N/A Monthly Milk + 125mg Special Rice + 11mg Total Sodium = N/A Calories: N/A	11 Steamed Fish Fillet with Goji and Wood ear Main Course + 142mg + 125mg + 11mg Total Sodium = 279mg Calories: 491kcal	12 Tofu with Roasted Pork Belly Main Course + 123mg + 125mg + 11mg Total Sodium = 872mg Calories: 571kcal	13 Stir-fried Noodles with Curry Fish Ball Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A	14 Baked Ham with Shiitake Mushroom Main Course + 632*mg + 125mg + 11mg Total Sodium = 768mg Calories: 486kcal
17 Yu-shiang Eggplant and Minced Pork Main Course + 160mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 530kcal	18 Stir-fried Shrimp with Tomato Sauce Main Course + 884*mg + 125mg + 11mg Total Sodium = 1020mg Calories: 523kcal	19 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal	20 Chinese BBQ Pork Main Course + 512*mg + 125mg + 11mg Total Sodium = 648mg Calories: 760kcal	21 Noodles with Minced Pork in Bean Sauce Main Course + 687*mg + 125mg Total Sodium = 812mg Calories: 828kcal
24 Steamed Fish Fillet with Black Bean Sauce Main Course + 349mg Milk + 125mg Rice + 11mg Total Sodium = 486mg Calories: 534kcal	25 Beef Tendon and Radish Stew Main Course + 656*mg + 125mg + 11mg Total Sodium = 792mg Calories: 1027kcal	26 Stir-fried Shrimp with Garlic Main Course + 784*mg + 125mg + 11mg Total Sodium = 921mg Calories: 545kcal	27 Baked Chicken Wings with Fried Onions Main Course + 647*mg + 125mg + 11mg Total Sodium = 784mg Calories: 760kcal	28 Buddhist Delight Main Course + 356mg + 125mg + 11mg Total Sodium = 493mg Calories: 434kcal
31 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	<p style="text-align: center;">SAINT PATRICK'S DAY</p>			

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.