

JUNE

Telephone: (573)686-2074
Menu is subject to change without notice.

Senior citizens over 60, \$4.00,
Fish Friday \$5.00 Under 60, \$5.00

Serving time
11 a.m. - 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WE NEED YOU!</p>  <p>We are looking for a few good volunteers! (573) 686-8624</p>	<p>July 2018</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	 <p>Need a meeting room, or love to play music? CONTACT US! 573-686-8624</p>	<p>1</p> <p>Fish Potatoes Slaw Vegetable Dessert</p>	<p>11a • Xan Graves w/Country</p>
<p>4</p> <p>Glazed Ham Slice Sweet Potatoes Spinach Mandarin Oranges</p>	<p>5</p> <p>Chicken & Dumplings Beets Peas Fresh Pear</p>	<p>6</p> <p>Fiesta Taco Bake Spanish Rice Seasoned Black Beans Orange</p>	<p>7</p> <p>Oven Fried Chicken Potatoes w/White gravy Brussel Sprouts Apple Crisp</p>	<p>8</p> <p>Fish Potatoes Slaw Vegetable Dessert</p>
12p • Foster Grandparents	8a • Grace Foot Care	8a • Grace Foot Care	11:30a • Won-n-Grace	11a • Bill Hendrickson
<p>11</p> <p>Swiss Steak Scalloped Potatoes Broccoli Fruit Crisp</p>	<p>12</p> <p>Ravioli & Meatballs Corn Tom/Cucumbers/ Onions Apple</p>	<p>13</p> <p>Chicken & Dumplings Seasoned Cabbage Peas & Carrots Banana</p>	<p>14</p> <p>Meatloaf Mashed Potatoes w/Gravy Green Beans Fruit Salad</p>	<p>15</p> <p>Fish Potatoes Slaw Vegetable Dessert</p>
	8a • Senior Tax Board 11a • The Holdens	11a • Cane Creek Homemakers 11a • Legacy 12p • NARFE	11:30a • Army of the Lord	
<p>18</p> <p>BBQ Chicken Scalloped Potatoes Zucchini & Tomatoes Pear Crisp</p>	<p>19</p> <p>Scrambled Eggs w/sausage Potatoes Biscuit w/gravy Mixed berries</p>	<p>20</p> <p>Goulash Lima Beans Carrots Orange</p>	<p>21</p> <p>Pork Roast Sweet Potatoes Roasted Cauliflower Apples/ Raisins</p>	<p>22</p> <p>Fish Potatoes Slaw Vegetable Dessert</p>
	11a • Bill Anderson 3p • VNA Grief Support	11a • Reverta Hays	12p • SEMO Blind Club	12p • CRC Partnership
<p>25</p> <p>Smothered Steak Mashed Potatoes/Gravy Green Beans Applesauce</p>	<p>26</p> <p>Chicken Fettuccini Calif Veggies Spiced Peaches</p>	<p>27</p> <p>Chicken & Dressing w/Gravy Beets Peas Pears</p>	<p>28</p> <p>Pulled Pork Potatoes Seasoned Broccoli Pineapple</p>	<p>29</p> <p>Fish Potatoes Slaw Vegetable Dessert</p>
	11a • The Holdens	11a • Xan Graves w/Country	11a • VNA	

Town Tattler



June 2018

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

○ Full Moon ● New Moon

Activities

(AR) - Assembly Room; (A) - Altrusa Room;
(D) - Dining room; (K) - Kitchen; (L) Library
(TV) - Sample TV Room; (S) - Snider Room;
(ML) Montgomery Library, (T) Tollinger Room

PACE every M & W @ 9 a.m. (AR)
Church every T @ 6:00 p.m. (AR)
Bingo every M, W & Th @ 1:30 p.m. (S)
Tax Clinic every T & Th @ 8 a.m. (AR)

DAY • TIME	EVENT (PLACE)
1 • 10:30 a.m.	Bible Trivia (S)
1 • 11 a.m.	Xan Graves & the Country (D)
4 • 12 p.m.	Foster Grandparents (S)
5 • 8:00 a.m.	Grace Foot Care (K) (appointment only)
6 • 8:00 a.m.	Grace Foot Care (K) (appointment only)
7 • 11 a.m.	Won and Grace Gospel (D)
8 • 11 a.m.	Bill Hendrickson (D)
12 • 8 a.m.	Senior Tax Board (S)
12 • 11 a.m.	The Holden's (D)
13 • 11 a.m.	Cane Creek Homemakers (S)
13 • 11 a.m.	Legacy (D)
13 • 11 a.m.	NARFE (A)
14 • 11:30 a.m.	Army of the Lord (D)
19 • 11 a.m.	Bill Anderson (D)
19 • 3 p.m.	VNA Grief Support (S)
21 • 12 p.m.	SEMO Blind Club (S)
22 • 11 a.m.	Bill Hendrickson (D)
22 • 11 a.m.	Legacy (D)
22 • 12 p.m.	CRC Partnership (A)
26 • 11 a.m.	The Holden's (D)
27 • 11 a.m.	Xan Graves & the Country (D)

Subject to change

Cardinals baseball

1 • vs PIT..... 7:15	17 • vs CHC. 1:15 (TBA)
2 • vs PIT..... 1:15	18 • at PHL..... 6:05
3 • vs PIT..... 1:15	19 • at PHL..... 6:05
5 • vs MIA..... 7:15 (FS1)	20 • at PHL..... 12:05
6 • vs MIA..... 7:15	21 • at MIL..... 7:10
7 • vs MIA..... 12:15	22 • at MIL..... 7:10
8 • at CIN..... 6:10	23 • at MIL..... 3:10
9 • at CIN..... 3:10	24 • at MIL..... 1:10
10 • at CIN..... 12:10	25 • vs CLE..... 7:15
11 • vs SD..... 7:15	26 • vs CLE..... 7:15
12 • vs SD..... 7:15	27 • vs CLE..... 7:15
13 • vs SD..... 7:15	29 • vs ATL..... 7:15
15 • vs CHC..... 7:15	30 • vs ATL..6:15 (FOX)
16 • vs CHC..7:15 (FOX)	

CONTACT US

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Prescription Drug Abuse Epidemic; Painkillers Driving Addiction, Overdose

Every day, 60 people die from opioid pain medications. That's 22,000 people every year.

Opioids are being overprescribed. And it is not children reaching in medicine cabinets who have made drug poisoning the #1 cause of unintentional death in the United States. Adults have been prescribed opioids by doctors and subsequently become addicted or move from pills to heroin.

Perhaps even more alarming: 70% of people who have abused prescription painkillers reported getting them from friends or relatives. Most people don't know that sharing opioids is a felony.

'Painkillers Don't Kill Pain; They Kill People'

People who take opioid painkillers for too long and in doses too large are more at risk of addiction and more likely to die of drug poisoning. The numbers are staggering. In a 2014 National Survey on Drug Use and Health report, the Substance Abuse and Medical Health Services Administration says there are 4.3 million current nonmedical users of painkillers. Nearly 2 million people have painkiller substance use disorders.

"Painkillers don't kill pain. They kill people," says Dr. Don Teater, National Safety Council medical advisor.

People think taking opioids is the best way to treat pain. But the reality is other non-addictive medicines are just as effective, including many over-the-counter drugs such as ibuprofen or naproxen.

Learn How to Help Keep Loved Ones Alive

National Safety Council is here to provide answers for families, resources for employers and prescribers, and information to help keep you safe at home and in your community:

- Research indicates people who take opioid painkillers quickly can develop a tolerance to and dependence on this class of

drug; learn how they work and why they can be risky

- Talk to children about taking drugs that weren't prescribed
- Learn how to get rid of painkillers properly and what constitutes a safe storage site
- Find out how much good can come from a coordinated effort, such as the Safe Communities America initiative in Madison and Dane County, Wis.
- Learn what legal measures are being taken to address drug overdose
- Learn why ibuprofen and acetaminophen when taken together form one of the strongest oral treatments for pain and how opioids delay recovery from injury or surgery
- In 2011, more than 25% of workers compensation prescription drug claim costs were for opioids; learn why spending on opioids does not guarantee better outcomes

Where do Opioids Come From and What is the Cost?

- Like heroin, opioid painkillers come from the poppy plant; opioids contain morphine and codeine
- In 2010, more than 400,000 emergency room visits were made related to prescription painkillers
- In 2006, the estimated total cost in the United States of nonmedical use of prescription opioids was \$53.4 billion, of which \$42 billion (79%) was attributable to lost productivity
- Four out of five new heroin users started by misusing prescription painkillers
- Research indicates 4% to 6% of prescription painkiller abusers will transition to heroin use.

Medication disposal bags are available in the Northside Nutrition Center, the Library at the Twin Towers and the RSVP office. These bags help provide a safe disposal for virtually all drugs, including opioids and controlled substances. Just add water seal pouch and toss in the trash.