



2020

Food for Senior Distribution
Thursday, November 5, 2020 7:30 am - 9:30 am
626 Pine Street Hahnville

Catholic Charities





Meetings

November 3, 2020 Executive Board of Directors Meeting 9:30 am

November 10, 2020 TRIAD Meeting 9:30 am

November 19, 2020 Finance Meeting 8:45 am Board of Directors Meeting 9:30 am





THURSDAY, NOVEMBER 26 & FRIDAY, NOVEMBER 27





Smoking & Lung Cancer

w Υ R D Ν C S Κ Υ Ζ т Ε R U R ĸ G C S Κ R S C J 0 Κ O т Ν Υ L S J R E R Ν M ı D Ε L Х Т В ı O т Z S E C ı O ν S Α Ν G Α Q O Х т R C Т Υ w L ı В Υ M R Α В J O Ν А S F Κ т ı Р U O Ν ν Ρ Υ А Х C Ν R C Т S G D M U S А А Κ А Р R А П В C F Ε Q D C R R ı Т Ε C G Ν Q O O н Ε D Υ F L Ε Ε Ε Ν R 0 J Ζ w Ν F C Ε В Т В Н 0 M Н А G Ε S Υ R M Ρ Т J т L M В т Т F Κ O н R J w O Q E Ρ O V O G S Q U R O Α Ρ S S Ν ν F M G Υ Ζ Q Н I Ζ D L L ı J Q O Ε В w Κ Ν Q ν ı D Н L Q Α U D O Х C S S Ε Ν Ε S F Р Н н O А R Ν А ı C Х S Ε R Α G O Т Т Ε ı C F G R D Z J Z E G Κ F F F S E D Н L V D ı

air pollution chemotherapy Nicotine

Tar

Cancer cigarettes radiotherapy tobacco carbon monoxide Hoarseness smoking

Chemicals Lungs surgery

Symptoms of lung cancer are often ignored



Persistent cough or change in a persistent cough



Coughing up phlegm (sputum) with signs of blood



Aches or pains when breathing or coughing



Fatigue



Breathlessness



Loss of appetite



Loss of weight

Diabetes Foods

U	В	R	0	С	С	0	L	Ι	M	Ι	L	K	Α
0	S	E	L	P	P	Α	T	0	L	T	D	0	C
C	В	N	D	Ε	U	T	L	E	G	U	L	Н	Α
Υ	E	E	R	В	S	В	0	Α	L	U	Ι	V	V
S	0	V	Ε	K	Ε	T	L	Ε	Ε	С	С	E	0
T	Υ	G	I	F	Ε	Н	Ε	Н	K	M	С	E	C
U	0	E	U	В	D	T	В	E	R	K	T	M	Α
N	Т	В	L	R	S	E	N	E	C	С	L	Α	D
Α	U	F	Ε	R	Т	0	F	S	R	F	S	E	0
L	R	T	E	Α	Α	0	R	I	0	R	Υ	T	0
I	K	S	М	U	N	В	S	E	S	В	Ι	0	C
L	Ε	L	Ε	G	Н	S	P	K	G	Н	Ε	E	Ε
C	Υ	0	L	Ι	V	Ε	0	I	L	G	S	Α	S
Ι	0	U	В	0	С	Α	R	R	0	T	S	С	С

BERRIES SEEDS OLIVE OIL **BEANS** BROCCOLI TURKEY NUTS **APPLES** OATMEAL CARROTS YOGURT CHICKEN **AVOCADO BEEF BARLEY** FISH MILK **EGGS**

SYMPTOMS OF DIABETES

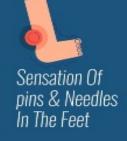












St. Charles Council on Aging, Inc 626 Pine Street, Suite A Hahnville, LA 70057





St. Charles Council on Aging, Inc. Administration Office

April Keller, Executive Director

626 Pine Street/Suite A Hahnville, Louisiana 70057 Office Hours: 8:00 am – 4:30 pm 985-783-6683 Fax: 985-783-1996 Monday – Friday

Email: information@stcharlescoa.com Website: www.stcharlescoa.com

Reservations for Transportation must be called in the day before by 1:30 pm

Meal reservations call the center nearest you before 12:30 pm for the following day

Home Delivered Meal Distribution Site

Luling Activity Center

626 Pine Street/Suite B

985-783-1180

8:30 a.m. – 1:30 p.m. Monday–Friday

Dasha Pierre, Manager

New Sarpy Activity Center

150 Troxclair Drive 985-764-4359

8:30 a.m. – 1:30 p.m. Monday–Friday TBA, Manager 145 Angus Drive 985-331-9701

8:30 a.m. 1:30 p.m. Monday–Friday TBA, Manager

Norco Activity Center

149 Apple Street 985-725-8006

8:30 a.m. – 1:30 p.m. Monday–Friday Keion Smith, Manager