

Meals on Wheels of Durham

919-667-9424

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Friendly Reminder: Please Refrigerate any uneaten food immediately!</p>				1-Sep
				Red Beans and Rice with Turkey Sausage Stewed Tomatoes w/ Okra Spiced Apples Wheat Roll Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<p>We are CLOSED for LABOR DAY!</p> <p>Shelf-stable meals will be delivered 1 week in advance of the holiday.</p>	Pasta Bolognese Mixed Veggies Spiced Apples Sliced White Bread Milk	Crab Cakes Roasted Potatoes Garlic Green Beans Yogurt & Pears Wheat Bread Milk	Chicken Creole Paprika Rice Confetti Corn Peaches Cornbread Stick Milk	BBQ Pulled Chicken Boiled Potatoes Cabbage Orange Hushpuppy Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Curry Chicken Brown Rice Peas Orange White Roll Milk	Pork Pizzaiola Garlic Mashed Potatoes Carrots Mandarins Sliced Bread Milk	Pesto Cheese Tortellini with Rosato Sauce (Pasta) Broccoli Warm Apples and Raisins Sourdough Milk	Chicken Dijon Black Eyed Peas Garlic Spinach Ambrosia Sourdough Milk	Fish Sticks Boiled Potatoes Mixed Veggies Apple Sauce Wheat Roll Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Ham & Cheese Omelet Grits Spiced Peaches Pancake w/ syrup Milk Orange Juice	Cheese Burger Baked Beans Corn Mandarins Burger Bun Milk	Chicken Florentine Cavitappi Pasta Carrots Pineapple Wheat Roll Milk	BBQ Pork Riblet Rice Cabbage Ambrosia Cornbread Stick Milk	Country Fried Steak Mashed Potatoes Green Beans Orange Sliced Bread Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Baked Spaghetti Mixed Veggies Warm Peaches White Roll Milk	Chicken Stir-Fry Brown Rice Glazed Carrots Pineapple Sourdough Bread Milk	Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Bread Milk	Chicken Alfredo (Pasta) Broccoli Spiced Apples Sourdough Bread Milk	Pork Chop Vera Cruz Cream Corn Zucchini Banana White Roll Milk

FOR YOUR HEALTH

September 2017

Falls Prevention Checklist for Your Home

What to look for:

How to fix it:

When you walk through a room, do you have to walk around furniture?	Ask someone to move the furniture so your path is clear.
Do you have throw rugs?	Remove the rugs OR use double sided tape OR use a non slip backing to avoid tripping.
Do you have papers, books, towels, shoes, magazines, boxes, blankets or other objects on the floor or stairs that cause you to lose your balance?	Keep passageways clear by removing any objects that could make you lose your balance.
Are the things you use often on high shelves?	Move items in your cabinets so they are within reach...on the lower shelves or about waist level. Avoid using chairs, use a sturdy step stool.
Proper lighting in rooms, halls and steps.	Have someone help you change light bulbs when needed.
Do you have to walk over or around wires or cords?	Coil or tape cords and wires next to the wall. DO NOT HAVE EXTENSION CORDS LAYING FROM ONE SIDE OF THE ROOM TO THE OTHER
Assistive devices in the bathroom	If you have any assistive devices installed, have them measured for your height.

