

**MEALS ON WHEELS OF DURHAM**  
HOME DELIVERED MEALS - September 2020



**919-667-9424**

**Important Policies:**

***Be home between  
9:30 am and 1:30 pm  
on  
Mondays to receive  
your meals.***

***Call us by noon on  
Wednesdays to  
cancel your meals  
for the upcoming  
week.***

***Please Help Us Keep  
Safe!  
Remember to Wear  
Your Face Mask  
During Deliveries***

|                                                                                        |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Week of September 1</b>                                                             |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
| <b>Roasted Turkey w/ Gravy</b><br>Cheesy Potatoes<br>Green Beans<br>Topical Fruit Roll | <b>Beef and Rice Casserole</b><br>Spinach<br>Fruit Cobbler Roll                      | <b>Southern Chicken w/ Gravy</b><br>Black-eyed Peas<br>Broccoli<br>Orange         | <b>Chicken Bayou</b><br>Rice<br>Zucchini & Tomatoes<br>Apple Sauce<br>Breadstick     | <b>Meatloaf</b><br>Mashed Potatoes<br>Green Beans<br>Pears<br>Sourdough Bread   |
| <b>Week of September 7</b>                                                             |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
| <b>MOW Office Closed</b><br>you received a shelf stable meal in advance for this day   | <b>BBQ Chicken</b><br>Sweet Potato<br>Creamed Spinach<br>Orange<br>Hushpuppy         | <b>Jerk Chicken</b><br>Rice Pilaf<br>Peas & Carrots<br>Apple Sauce<br>Roll        | <b>Sloppy Joe</b><br>Boiled Potatoes<br>Cabbage<br>Fruit Explosion<br>Burger Bun     | <b>Chicken Alfredo</b><br>Spiced Apples & Raisins<br>Sourdough Bread            |
| <b>Week of September 14</b>                                                            |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
| <b>Turkey Hot Dog</b><br>Carrots<br>Spiced Pineapple<br>Hot Dog Bun                    | <b>Country Fried Steak</b><br>Mashed Potatoes<br>Seasoned Greens<br>Mandarin Oranges | <b>Apple Pork Chop</b><br>Sweet Potatoes<br>Zucchini<br>Banana                    | <b>Baked Spaghetti</b><br>Mixed Veggies<br>Warm Peaches                              | <b>Chicken Chow Mein</b><br>Garlicky Broccoli<br>Spiced Pears<br>Garlic Roll    |
| <b>Week of September 21</b>                                                            |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
| <b>Meatball Stroganoff</b><br>Mixed Veggies<br>Apple Sauce<br>Roll                     | <b>Bruschetta Chicken</b><br>Green Beans<br>Fantasy Fruit<br>Breadstick              | <b>Irish Stew</b><br>Potatoes & Carrots<br>Cabbage<br>Spiced Peaches<br>Cornbread | <b>Turkey Corn Dogs</b><br>Cheesy Potatoes<br>Summer Squash<br>Orange                | <b>Chicken Parmesan</b><br>Butter Noodles<br>California Veg Blend<br>Banana     |
| <b>Week of September 28</b>                                                            |                                                                                      |                                                                                   |                                                                                      |                                                                                 |
| <b>Inside out Cordon Bleu</b><br>Broccoli<br>Peaches<br>Roll                           | <b>Beef Chili Mac</b><br>California Veggies<br>Fruit Compote<br>Garlic Roll<br>Roll  | <b>Glazed Ham</b><br>Sweet Potatoes<br>Green Beans<br>Orange<br>Roll              | <b>Citrus Tarragon Chicken</b><br>Navy Beans<br>Carrots<br>Pineapple<br>Garlic Bread | <b>Cheese Burger</b><br>Baked Beans<br>Confetti Corn<br>Mandarins<br>Burger Bun |
| <b>For health and safety: Refrigerate any uneaten food immediately!</b>                |                                                                                      |                                                                                   |                                                                                      |                                                                                 |

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

## September 2020

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.                                                                                       |
| Do you have proper lighting in and around rooms, halls and steps?                                                                                 | Use a sturdy step stool to reach items. Avoid using a chair to do so.                                                                                                                 |
| Do you have to walk over or around wires or cords?                                                                                                | Have someone help you change light bulbs when needed.<br>Coil or tape cords & wires next to a wall. <b>DO NOT HAVE EXTENSION CORDS LAYING FROM ONE SIDE OF THE ROOM TO THE OTHER.</b> |
| Do you have assistive devices in the bathroom?                                                                                                    | If you have any assistive devices installed, have them measured for your height.                                                                                                      |