

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - APRIL 2019



Important Policies:

***Be home between
10:00 am and 12:30 pm
Monday - Friday to receive
your meal.***

*Call us to cancel by **noon**
the day before delivery.*

*Do you have a doctor's
appointment this month?*

*Call us **today** to let us
know when you won't be
home!*

***If you are not home and
have not cancelled your
meal in advance, your
service could be
stopped.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken N Dumplings Sauteed Spinach Fruit Compote Veggie Juice	2 Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion	3 Turkey Hot Dog w/ Whole Grain Bun Carrots Spiced Pineapple	4 BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Roll	5 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
8 Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	9 Crab Cake w/ Lemon Sauce Corn Ratatouille Banana	10 <u>Mow Office Closed</u> A shelf-stable meal will be delivered in advance of this day.	11 Stuffed Peppers Carrots Spiced Pineapple Sliced Bread	12 Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange
15 Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll	16 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	17 Cheese Burger w/ Whole Wheat Bun Garden Peas Fruit Compote	18 Chicken Parmesan Butter Noodle 5 Way Veggies Apple Juice	19 <u>Mow Office Closed</u> A shelf-stable meal will be delivered in advance of this day.
22 Turkey Chili w/ Beans Broccoli Spiced Peaches Corn Bread	23 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	24 Baked Sausage Ziti Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	25 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	26 Chicken Stir-Fry w/ Veggies Brown Rice Mango Tango Wheat Roll
29 Salisbury Steak w/ Gravy and Onions Brown Rice Pilaf Carrots Pineapple, and Roll	30 Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread	All Meals Include 2% Milk	Remember: Please call us to cancel meals no later than noon, one business day in advance if you have any doctor's appointments. If you are not home and have not cancelled your meal in advance, your service could be stopped.	
For health and safety: Refrigerate any uneaten food immediately!				

Menu items are subject to change at any time



FOR YOUR HEALTH

April 2019



Topic: Elder Abuse

1. What is abuse?

- **Physical Abuse**--Non-accidental physical force that results in injury 
- **Psychological / Emotional Abuse**--Infliction of mental anguish by threat, intimidation, humiliation, or other such conduct
- **Financial Abuse**--Unauthorized use of funds or property
- **Neglect**--Failure to fulfill a caretaking obligation
 - **Active Neglect**: willful failure to provide care.
 - **Passive Neglect**: inadequate knowledge or infirmity of caretaker, resulting in non-willful failure to provide care. 
 - **Self-neglect**: failure of elder to care for her or himself
- **Sexual Abuse**--Non-consensual sexual contact

2. Facts.

- Elders are two times as likely to be victimized in or near their homes.
- Elders are more likely to be victims of violent crimes perpetrated by strangers.
- Elders are more often victimized by offenders with weapons, including firearms.

3. What to do if you or someone you know are being abused.

- Tell someone (doctor, aide, nurse, neighbor, pastor or anyone you feel safe telling).
- Call Adult Protective Services at (919) 560-8600