

**MEALS ON WHEELS OF DURHAM**  
**HOME DELIVERED MEALS - APRIL 2019 - UPDATED!**



**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
<b>1</b> Chicken N Dumplings Sauteed Spinach Fruit Compote Veggie Juice	<b>2</b> Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion	<b>3</b> Turkey Hot Dog w/ Whole Grain Bun Carrots Spiced Pineapple	<b>4</b> BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Roll	<b>5</b> Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
<b>8</b> Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	<b>9</b> Meatloaf w/ Gravy Sweet Potatoes Summer veggies Orange, Apple Juice Roll	<b>10</b> <b><u>Mow Office Closed</u></b> A shelf-stable meal will be delivered in advance of this day.	<b>11</b> Crab Cake Rice Pilaf Brussels Sprouts Fresh Fruit Orange Juice, Bread	<b>12</b> Baked Chicken Leg Dill Carrots Navy Beans Orange Roll
<b>15</b> Beef Pot Pie Cabbage and Carrots Field Peas Lemon Pudding Fresh Fruit, Bread	<b>16</b> Jambalaya with Sausage and Chicken Mixed Beans, Rice Fresh Fruit Roll	<b>17</b> Swiss Steak Creamed Spinach Beets Apple Juice, Banana Texas Toast	<b>18</b> Southwest Chicken Cherry Cobbler Turnip Greens Orange, Pinapple Juice Bread	<b>19</b> <b><u>Mow Office Closed</u></b> A shelf-stable meal will be delivered in advance of this day.
<b>22</b> BBQ Pork on Bun Sugar Snap Peas BBQ Beans Fresh Fruit Grape Juice	<b>23</b> Baked Chicken Leg Spinach Mashed Potatoes Cranberry Juice, Banana Sourdough Bread	<b>24</b> Beef and Broccoli Carrot Coins Apple Orange Juice Rice, White Bread	<b>25</b> Oven Fried Pollock Peas and Mushrooms Sweet Potatoes Coleslaw, Orange Wheat Bread	<b>26</b> Chicken and Dumplings Lima Beans Chopped Broccoli Wheat Roll Banana
<b>29</b> Chicken Picata Noodles Green Beans Cranberry Juice, Orange Sourdough Bread	<b>30</b> Smoked Sausage Peach Crisp Black Beans Coleslaw	<b>All Meals Include 2% Milk</b>	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