

**MEALS ON WHEELS OF DURHAM**  
**HOME DELIVERED MEALS - APRIL 29th-May 31st**



**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>April 29</b>	<b>April 30</b>	<b>1</b>	<b>2</b>	<b>3</b>
Salisbury Steak Brown Rice Pilaf Carrots Pineapple Wheat Roll	Roasted Turkey w/Gravy Mac-N-Cheese Green Beans Tropical Fruit Corn Bread	Chicken-N-Waffles Turnip Greens Spiced Apples Veggie Juice	BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy	Mango Chicken Rice Pilaf Peas & Carrots Pears Wheat Roll
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken N Dumplings Sauteed Spinach Fruit Compote Veggie Juice	Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion	Turkey Hot Dog w/ Whole Grain Bun Carrots Spiced Pineapple 8	BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Roll	Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	Crab Cake w/ Lemon Sauce Corn Ratatouille Banana	BBQ Pork Rib Sandwich Pickles & Cheddar Burger Bun California Veggies	Stuffed Peppers Carrots Spiced Pineapple Sliced Bread	Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll	Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	Cheese Burger w/ Whole Wheat Bun Garden Peas Fruit Compote	Chicken Parmesan Butter Noodle 5 Way Veggies Apple Juice	Country Fried Steak Mashed Potatoes Seasoned Greens Fruit Explosion
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Mow Office Closed A shelf-stable meal will be delivered in advance of this day.	Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	Baked Sausage Ziti Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	Chicken Stir-Fry w/ Veggies Brown Rice Mango Tango Wheat Roll

**For health and safety: Refrigerate any uneaten food immediately!**

*Menu items are subject to change at any time*




# FOR YOUR HEALTH

May 2019



Topic: Aging Well and Living Healthy

## Five Secrets To Aging Well

- 1. Know what makes you happy.**
  - ❖ Happiness boosts the immune system and helps reduce stress.
  - ❖ Happiness may increase your activity; bring you joy and boost optimism & positive attitude, both of which are linked to longevity.
- 2. Approach the “new” often.**
  - ❖ Trying or learning new things builds new neural connections.
  - ❖ Engage in “mental aerobics” brain workouts daily
    - Puzzles, Scrabble, Trivial Pursuit, Etc.
- 3. Be your own best friend.**
  - ❖ Lacking compassion and a sense of worth leads to making unfortunate choices that can damage health and well-being. Liking yourself infuses everything you do with a more positive outlook—You make better choices.
- 4. Be both a giver and a taker.**
  - ❖ People who are socially connected live longer, maintain better cognitive health and have overall better well-being.
- 5. Sweat at the Fountain of Youth.**
  - ❖ People who exercise regularly have lower health risk and are more likely to maintain a stable, healthy weight and less likely to be obese.
  - ❖ Rethink your idea of exercise as movement of all kinds count.