

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - SEPTEMBER 2018



919-667-9424

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
3 Meals on Wheels CLOSED for Labor Day Meals have been sent in advance for this day.	4 Turkey Hot Dog Bun Carrots Spiced Pineapple	5 BBQ Pork Riblet Brown Rice California Veggies Ambrosia Wheat Roll	6 Meatball Stroganoff Noodles Mixed Veggies Apple Sauce Wheat Roll	7 Western Egg Bake Hashbrown Potatoes Garlic Spinach Apple Juice Wheat Pancake
10 Baked Ham Sweet Potatoes Green Beans Orange Roll	11 Cheeseburger Macaroni Zucchini & Tomatoes Veggie Juice Medley	12 Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	13 Chicken Tenders Confetti Brown Rice Squash Casserole Mandarins	14 Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
17 Philly Cheese Steak Hoagie Bun Summer Squash Spiced Peaches	18 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	19 Cheese Ravioli Meat Sauce Broccoli Spiced Pears Wheat Roll	20 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Wheat Bread	21 Chicken Parmesan Butter Noodles 5 Way Veggies Apple Juice
24 Salisbury Steak w/ Gravy & Onions Brown Rice Pilaf Green Beans Pineapple & White Roll	25 Chicken n Waffles Turnip Greens Spiced Apples Veggie Juice Waffle	26 Honey Glazed Pork Chop Green Beans Harvard Beets Peaches White Roll	27 Cheese Burger Wheat Bun Spiced Pears Broccoli	28 BBQ Pulled Pork Sweet Potato Souffle Collard Greens Orange Hushpuppy

For your health and safety:

Refrigerate
any uneaten food
immediately!

*Do you have a doctor's appointment
this month? Call us **today** to let us
know when you won't be home!*

All meals include 2% milk

Menu items are subject to change at any time

FOR YOUR HEALTH

September 2018

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. Use a sturdy step stool to reach items. Avoid using a chair to do so.
Do you have proper lighting in and around 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 & wires next to a wall. DO NOT HAVE EXTENSION CORDS LAYING FROM ONE SIDE OF THE ROOM TO THE OTHER.
Do you have assistive devices in the bathroom?	If you have any assistive devices installed, have them measured for your height.