

September

Menu

Please make a donation at sco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY - CENTERS CLOSED FOR LABOR DAY 3	<u>BIRTHDAY MEAL</u> MEATLOAF w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Fresh Tangerine Birthday Cupcake 4	SPAGHETTI & MEAT SAUCE Seasoned Cut Green Beans Spinach Romaine Salad Applesauce Breadstick 5	TURKEY BURGER on a Bun Lettuce & Tomato Baked Beans Mixed Vegetables BBQ Sauce 6	<u>LABOR DAY SPECIAL</u> SHREDDED BBQ CHICKEN on a Bun Baked Beans Country Coleslaw Canned Fruit Holiday Cupcake 7
CHICKEN THIGH w/ Mushroom Gravy Seasoned Brown Rice Broccoli Cuts & Florets Whole Kernel Corn Lemon Cookie 10	SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Fresh Apple 11	POTATO CRUSTED FISH w/ Tartar Sauce Peas & Onions Garden Vegetable Salad Canned Pears Cookies n' Cream Pudding 12	CHICKEN CORDON BLEU w/ Cordon Bleu Sauce Bowtie Pasta Seasoned Green Beans Seasoned Carrots Fresh Banana 13	BBQ PORK RIBETTE California Blend Vegetables O'Brien Potatoes Fresh Tangerine BBQ Sauce 14
ROAST PORK w/ Pork Gravy Mashed Potatoes Spinach Spiced Apples 17	ORIENTAL SHOYU CHICKEN Lo Mein Noodles Oriental Blend Vegetables Mandarin Oranges Pineapple Nut Cookie 18	BAKED CHICKEN THIGH w/ Southwest Sauce Brown Spanish Rice Pinto Beans Tropical Fruit Cup 19	BEEF STROGANOFF w/ Egg Noodles Seasoned Carrots Broccoli Cuts & Florets Breadstick Chocolate Pudding 20	TURKEY POT ROAST w/ Gravy Roasted Red Potatoes Mixed Vegetables Carrots Peach Crisp 21
BAKED CHICKEN BREAST w/ Marsala Sauce Roasted Red Potatoes California Blend Vegetables Fresh Apple Sugar Cookie 24	POTATO CRUSTED FISH w/ Tartar Sauce Wild Rice Pilaf Seasoned Green Beans Whole Kernel Corn Cranberry Apple Mold 25	BEEF MAC & CHEESE Cauliflower & Broccoli Garden Vegetable Salad Bread Stick Pineapple 26	GERMAN MEATBALLS w/ Whole Grain Pasta Coleslaw Seasoned Carrots Lemon Pudding 27	TURKEY POT ROAST w/ Gravy Over Biscuit Green Peas Spinach Romaine Salad Pears 28

Alternate meals for September*: Soup or Salad

Week 1 – Taco Salad w/ Ground Beef & Cheese

Week 2 – Potato Soup w/ Turkey Sandwich

Week 3 – Chili w/ Baked Potato

Week 4 – Taco Salad w/ Shredded Chicken & Cheese

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

Falls Are Not a Normal Part of Aging

Yet, 1 in 4 Utahns aged 65+ fall every year. Falls are the leading cause of fatal and non-fatal injuries for older Americans.

What can you do to prevent a fall?

The National Council on Aging and the CDC suggests 4 things you can do to prevent a fall:

- 1. Exercise.** Participate in a program that will help build balance, strength and flexibility. Check out the EnhanceFitness or other exercise classes at your senior center.
- 2. Review your medications with your pharmacist.** Make sure side effects such as dizziness or drowsiness aren't increasing your risk of falling. As you get older, the way medicines work in your body can change. Take medications only as prescribed.
- 3. Get your vision checked annually.** Poor vision can increase your chances of falling.
- 4. Make your home safer.** Remove things you can trip on like throw rugs, papers and shoes. Keep items you use often where you can reach them without using a step stool. Use non-slip mats in the bathtub or shower. Improve lighting in your home—especially over the stairs. Install grab bars in your bathroom. Always wear good fitting shoes.