

# September

# Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>HOLIDAY MEAL</b> BBQ CHICKEN On a Bun Baked Beans Country Coleslaw Canned Fruit Holiday Cupcake <b>1</b>
HOLIDAY - CENTERS CLOSED FOR LABOR DAY <b>4</b>	<b>BIRTHDAY MEAL</b> MEATLOAF w/Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Birthday Cupcake <b>5</b>	POTATO CRUST FISH w/ Tartar Sauce Peas & Onions Garden Vegetable Salad Canned Pears Cookies 'n Cream Pudding <b>6</b>	CHICKEN CORDON BLEU w/ Cordon Bleu Sauce Bowtie Pasta Seasoned Green Beans Seasoned Carrots Seasonal Fruit <b>7</b>	BBQ PORK RIBBETTE California Blend Vegetables O'Brien Potatoes Seasonal Fruit <b>8</b>
ROAST PORK w/ Pork Gravy Candied Sweet Potatoes Spinach Spiced Apples <b>11</b>	CHICKEN CHOP SUEY Lo Mein Noodles Snow Peas Canned Peaches Almond Cookie <b>12</b>	BAKED CHICKEN THIGH w/ Southwest Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup <b>13</b>	BEEF STROGANOFF w/ Egg Noodles Seasoned Carrots Broccoli Cuts & Florets Breadstick Chocolate Swirl Pudding <b>14</b>	BEEF POT ROAST w/ Gravy Roasted Red Potatoes Mixed Vegetables Peach Crisp <b>15</b>
BAKED CHICKEN BREAST w/ Marsala Sauce Roasted Red Potatoes California Blend Vegetables Tropical Fruit Sugar Cookie <b>18</b>	POTATO CRUST FISH w/ Tartar Sauce Wild Rice Pilaf Seasoned Green Beans Whole Kernel Corn Cranberry Apple Mold <b>19</b>	BEEF CHILI MAC Cauliflower & Broccoli Garden Vegetable Salad Bread Stick Pineapple <b>20</b>	GERMAN MEATBALLS w/ Whole Grain Pasta Red Cabbage & Apples Seasoned Carrots Chocolate Almond Pudding <b>21</b>	BEEF POT PIE Over Biscuit Green Peas Spinach Romaine Salad Canned Pears <b>22</b>
SWEET & SOUR PORK Steamed Brown Rice Peppers & Onions Mandarin Oranges Joy's Applesauce Cookie <b>25</b>	BAKED CHICKEN BREAST w/ Poultry Gravy Italian Blend Vegetables Spinach Romaine Salad Breadstick Seasonal Fruit <b>26</b>	BEEF CABBAGE BAKE Seasoned Green Beans Parslied Potatoes Normandy Blend Vegetables Pear Cobbler <b>27</b>	ORANGE GLAZE CHICKEN Pasta California Blend Vegetables Green Peas Tropical Orange Pudding <b>28</b>	SALISBURY PATTY w/ Gravy Whipped Potatoes Scandinavian Blend Vegetables Seasonal Fruit <b>29</b>

**Alternate meals for September\*:** Taco Salad

**Week 1** – Ground Beef (M,T); Shredded Chicken (W,Th,F)

**Week 2** – Shredded Chicken (M,T); Diced Pork (W,Th,F)

**Week 3** – Diced Pork (M,T); Ground Beef (W,Th,F)

**Week 4** – Ground Beef (M,T); Shredded Chicken (W,Th,F)

\*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.