

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

December 2018

## The Inside Story on Staying Warm

Sometimes It's Not Enough Just to Be Indoors

A too-cold house can actually make an older person's body temperature drop dangerously low. That can lead to hypothermia, which can cause heart, kidney and liver problems. Avoid those health risks this winter by following these tips.

- **Set Your Thermostat to at Least 68 Degrees**

That should be low enough to save money, but still be safe. To stay warmer -- and for more efficient heating -- close off rooms you're not using, close the vents in those rooms and put a rolled towel at the base of exterior doors to keep out drafts.

- **Watch out for Windows**

Make sure your house is not losing heat through windows. Let the sun shine in, but when it's not, close your blinds or curtains. And use weather stripping or caulk to fill gaps around windows -- keeping warm air in and cold air out.

- **Dress Warmly**

Just because you're inside doesn't mean you shouldn't wear warm clothes. Dress in thin layers to insulate your body. Add a sweater and a hat of some kind. Keep your feet warm with socks and slippers. And throw a blanket over your legs when you sit down.

- **Eat Enough and Avoid Alcohol**

If you're prone to be thin, be sure to eat enough to maintain a healthy weight for extra warmth. And since alcohol can make you lose body heat, drink only in moderation.

- **Ask Someone to Check on You**

If you live by yourself, it's a good idea to ask family or friends to check on you periodically. They can also gauge how warm -- or cold -- your home may be so that you can make adjustments accordingly.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: National Institute on Aging

Remove lower portion and return with your kind donation.

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$25      \_\_\_\$50      \_\_\_\$100      \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_



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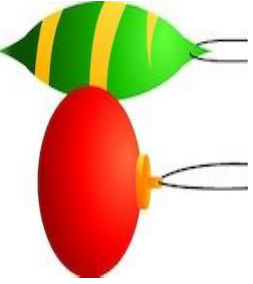

You may also donate online at [www.mowjefco.org/donate](http://www.mowjefco.org/donate).

CSH-12/18

# DECEMBER

## ADSS NUTRITION PROGRAM

## FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 6 Swedish Meatballs (5) Rotini Noodles Zucchini Casserole Carrots Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk &amp; Chocolate Milk</p>	<p>Menu 7 Beef Tacos: Ground Beef Shredded Lettuce Cheese &amp; Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce &amp; Sour Cream Fruited Strawberry Gelatin 1% Milk</p>	<p>Menu 8 Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato &amp; Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk</p>	<p>Menu 9 Turkey Salad Sandwich Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk</p>	<p>Menu 10 Beef Hot Dog/Bun Coleslaw Baked Beans Pineapple Tidbits Ketchup/Mustard/Diced Onions Banana Pudding 1% Milk</p>
<p>Menu 11 Baked Chicken Thigh Collard Greens Mashed Sweet Potatoes Applesauce Cornbread Margarine Sugar Cookie 1% Milk/Buttermilk</p>	<p>Menu 12 Egg Salad Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk</p>	<p>Menu 13 Pork Chop Patty/Sweet &amp; Sour Sauce Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p>Menu 14 Chicken Garden Casserole Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk</p>	<p>Menu 15 Meatballs (5) Spaghetti/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk</p>
<p>Menu 16 Smoked Sausage/Bun Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk</p>	<p>Menu 17 Chicken Breast/ Cacciatore Sauce Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p>Menu 18 Turkey Sausage Links (4) Country Pepper Gravy Cheese Grits Stewed Tomatoes Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p>Menu 19 Flame Broiled Beef Patty/Bun Mixed Vegetables Lettuce, Tomato, &amp; Onion Baked Beans Pears Ketchup, Mustard, Mayonnaise Vanilla Mini Moon Pie 1% Milk/Chocolate Milk</p>	<p>Theme Menu Baked Ham Sweet Potato Casserole Green Beans &amp; Mushroom Christmas Fruit Cup Whole Grain Roll Margarine Iced Coconut Cake 1% Milk</p>
<p>24</p> 	<p>25</p> <p><b>Merry Christmas</b></p>	<p>26</p> 	<p>27</p> <p><b>Happy Holidays</b></p>	<p>28</p> 
<p>No Vendor Meal</p> <p>31</p>	<p>No Vendor Meal</p>	<p>No Vendor Meal</p>	<p>No Vendor Meal</p>	<p>No Vendor Meal</p>
<p>No Vendor Meal</p>				

Comments or Suggestions