

Second Helping

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

March 2019

Be Careful Not to Fall into Spring

Follow these Simple Tips to Help Keep Yourself from Falling

Nearly one out of three seniors falls each year. And falling once doubles your chance of falling again. Many falls are minor mishaps, but we know they often result in broken bones or head injuries. Take these simple steps to help keep yourself safe from falls.

- **Talk to Your Doctor**

Ask him or her to evaluate your risk of falling. Also ask about whether your medications (prescription and over-the-counter) might make you dizzy or sleepy, and whether you should be taking vitamin D supplements to strengthen your bones.

- **Do Strength and Balance Exercises**

Do exercises that make your legs stronger. Walking is one of the simplest ways, but you may also want to try some type of resistance exercise (using elastic bands or just your body weight). Tai Chi is a good way to improve both strength and balance -- check with your nearest Senior Center to see if classes are available.

- **Have Your Eyes Checked**

See an eye doctor at least once a year and update your glasses if necessary. If you wear bifocals or progressive lenses, consider an extra pair of glasses just for distance vision when you're walking. That would help prevent problems with depth perception.

- **Make Your Home Safer**

Look around for things you could easily slip on or trip over. Remove items such as small area rugs that have no type of non-skid backing. Add no-slip adhesive strips to the floor of your tub or shower. Add grab bars inside and outside the tub or shower, as well as next to the toilet. Add a handrail to both sides of stairways. And make sure your home has lots of light by adding more or brighter light bulbs.

- **Find More Helpful Information at www.cdc.gov/steady**

Questions for Meals on Wheels? Call us at 205.592.0413. Source: Centers for Disease Control & Prevention

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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Birmingham, AL 35232-0189
205.592.0413



You may also donate online at www.mowjeffco.org/donate.

CSH-03/19

MARCH

ADSS NUTRITION PROGRAM

WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 5 Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Milk</p>	<p>Menu 6 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk</p>	 <p>Menu 7 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p>Menu 8 Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p>Menu 4 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Creme Pie 1% Milk/Buttermilk</p>
<p>Menu 10 Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk</p>	<p>Menu 11 Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p>Menu 12 Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk</p>	<p>Menu 13 Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk</p>	<p>Menu 14 Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p>Menu 15 Grape Juice Salisbury Steak/Brown Gravy Rosemary Potatoes Green Beans Whole Grain Bread Margarine Chocolate Chip Cookie 1% Milk</p>	<p>Menu 16 Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p>Menu 17 Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p>Menu 18 Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p>Menu 19 Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk</p>
<p>Menu 20 Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p>Menu 1 Orange Juice Baked Lemon Pepper Chicken Thigh Parsled Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk</p>	<p>Menu 2 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p>Menu 3 Three Bean Beef Chili Parsled Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	<p>Menu 4 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Creme Pie 1% Milk/Buttermilk</p>

Comments or Suggestions