

Pardee UNC Healthcare: Hendersonville Council on Aging MOW DAILY HOT MEAL MENU - July 2021

The frozen meal menu includes the same or similar entrées, but we cannot forecast with precision which meals will be delivered for a given week.

Remember – if you want to cancel delivery for a day or for a week, you need to call by no later than 11 a.m. the day before the scheduled day of the delivery you wish to cancel. Timely cancellations help us avoid wasting our resources.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Entrée/Protein Source	5 Independence Day Holiday	6 Barbecue Pork Cole Slaw Carrots Peas	7 Chicken Pot Pie Stewed Tomatoes Spiced Peaches	8 Spaghetti Malibu Blend Succotash Beans Pasta	9 Shepherd's Pie Green Beans Mashed Potatoes Corn
Vegetarian		Western Egg Bake	Veg. Pot Pie	Veg. Lo Mein	Veg. Shepherd's Pie
Main Entrée/Protein Source	12 Chicken w/ Herbs California Blend Mash Sweet Potatoes	13 Pork/Sweet Potato Stir Fry Brown Rice Succotash	14 Meat Loaf/gravy Collard Greens Mash Sweet Potato	15 Chick. & Broccoli Stewed Apples Carrots Tortellini	16 Turkey/Dressing Green Beans Mashed Potatoes
Vegetarian	Garden Burger	Sweet Potato Stir Fry	Veg. Stuffed Pepper	Baked Frittata	Garden
Main Entrée/Protein Source	19 Baked Chicken Mixed Vegetables Mashed Red Potatoes	20 Swed. Meatballs Green Peas Rotini Pasta	21 Chicken Chili Brussel Sprouts Carrots	22 Smothered Pork Collard Greens Mashed Potatoes Baked Beans	23 Veg. Lasagna Bermuda Blend Lima Beans
Vegetarian	Cottage Cheese	Veg. Swed. Meatballs	Veg. Chili	Baked Beans	Veg. Lasagna
Main Entrée/Protein Source	26 Chicken Marsala & Pasta Fiesta Corn Carrots	27 Salisbury Steak Bermuda Blend Succotash	28 Chick. Florentine Carrots Peas Pasta	29 <u>Roast Pork</u> <u>Green Beans</u> <u>Mash Sweet Potatoes</u>	30 Turkey/Dressing Calif. Normandy Mashed Potatoes
Vegetarian	Pinto Beans	Garden Burger	Mac & Cheese	<u>Boca Demi Glaze</u>	Garden Burger



Did you know about the Sheriff's office Reassurance Program?

This program is for seniors who may live alone, be isolated, or frail, or have safety issues living at home. This is a way to have contact with someone every day.

They must be able to make a phone call each day.

1. Senior calls Sheriff Dept to get set up with the Reassurance program at **(828) 697- 4912**.
2. They will gather basic information on the senior- name, address, phone, emergency contact information.
3. Senior then is to call the above number every day before 10am, to let them know s/he is OK.
4. If Sheriff Dept does not hear by 10am, they try to call the senior to check.
5. If they cannot reach the person, the Sheriff Dept then tries to reach emergency contact.
6. If no luck on reaching anyone, they will send a representative out to check on the senior.

7 TIPS FOR STAYING HYDRATED AS THE SUMMER **HEATS UP!**

1. Drink **WATER** often and regularly – sip small amounts throughout the day.
2. Drink **BEFORE** you feel thirsty – make this a habit!
3. Consume extra fluids in the **HEAT** – you sweat more so you must drink more.
4. Hydrate **before, during, and after** physical activity.
5. Boost fluid intake during illness – many illnesses cause water loss, so you must replace it.
6. Recognize the signs – these include dry lips or mouth, headache, or fainting.
7. Eat fluid rich foods like yummy fruits and veggies.

