


BREEN SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday		
1. CLOSED FOR LABOR DAY	2. Baked Chicken Sweet Potatoes Corn Biscuit	3. <u>Celebrating All September Birthdays!!</u> Spaghetti & Meatballs Green Beans Garlic Bread	4. Scalloped Potatoes & Ham Peas Dinner Roll Fruit Crumble	<i>Breen Senior Center— 906—774—5110</i> <i>Salad Bar 11:00 Meal Served at 11:30</i>	
8. Baked Pork Chops Mashed Sweet Potatoes Peas & Carrots Applesauce	9. Oven Fried Fish & Chips Tartar Sauce Green Beans Pudding	10. Pork Roast Mashed Potatoes & Gravy Corn Dinner Roll	11. Meatloaf Mashed Potatoes & Gravy Carrots Biscuit	<i>Meals are subject to change without notifi- cation.</i>	
15. Pasty Pie Corn Applesauce	16. Smothered Chicken & Rice California Blend Veggies Biscuit	17. Liver or Substitute Roasted Garlic Potatoes Biscuit Pudding	18. Swedish Meatballs Buttered Noodles Mixed Veggies	<i>Meals are funded by program income, local millage, OSA & The Area Agency on Aging.</i>	
22. Chicken Fettucine Alfredo Broccoli Garlic Bread	23. Sloppy Joe w/ Bun Baked Mac & Cheese Sweet Potato Fries	24. Sweet & Sour Chicken Fried Rice Oriental Veggies Fortune Cookie	25. Hamburger Gravy over Mashed Potatoes Corn Dinner Roll	<i>All meals are served with choice of skim milk or juice and fruit.</i>	
29. Meatloaf Mashed Potatoes & Gravy Carrots Biscuit	30. Beef Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread			<i>Questions or Concerns please reach out to DICSA 906-774-2256 Ext. 235 or 244</i>	

Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

1. **Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. **Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
3. **Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. **Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
5. **Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.