DICSA Meals on Wheels November 2026

M	T	W	TH	F	INFO
2. Biscuits & Gravy Oven Roasted Potatoes Spiced Pears	3. Tater Tot Casserole Carrots Dinner Roll Jello w/ Fruit	4. Sausage & Cabbage Soup Biscuit Banana	5. Chicken Pot Pie Mashed Potatoes Spiced Fruit	6. Italian Sub Carrot Salad Baked Chips Pudding	***Questions or Concerns please call DICSA 906-774-2256 EXT 244***
9. Sloppy Joe on a Bun Mac & Cheese Sweet Potato Fries	10. Farmers Casserole Sausage Mini Croissant Berry and Granola Yogurt Parfait	11. Lasagna Green Beans Garlic Bread **Veterans Day**	12. Chicken & Dressing Sandwich California Veggies Birthday Dessert	13. Taco Salad with tortilla Fiesta Corn Refried Beans Salsa/Sour Cream	***Meals are subject to change without notice***
16. Pancakes Hashbrowns Mini Croissant & Jelly Syrup	17. Italian Wedding Soup Biscuit Fresh Fruit	18. Honey Mustard Chicken Mashed Potatoes Cream Corn Pudding	19. Smothered Pork Chop Rice Oriental Veggies Dinner Roll	20. Loaded Potato Soup Biscuit Apple Crumble	***All meals served with choice of 2% milk or juice***
23. Chicken Alfredo Casserole Broccoli Breadstick	24. Mushroom Swiss Burger Tater Tots Corn	25. Turkey Mashed Potatoes & Gravy Stuffing Green Bean Casserole	26. **Closed - No deliveries** Cheese Ravioli Italian Sausage Garlic Bread **Delivered on 11/25**	27. Omelet Hashbrowns Banana Yogurt Cup	***Meals funded through program income, local mileage, OSA, & the local agency on aging.***
30. BBQ Chicken Rice PIlaf Baked Beans					

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov @niddkgov