


IRON MOUNTAIN

SEPTEMBER 2025 HOME DELIVERED MEALS

Mon	Tues	Wed	Thurs	Fri	
1. LABOR DAY Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread MEAL DELIVERED ON 9/2	2. Cranberry Maple Chicken Baked Potato Peas Biscuit	3. Philly Cheese Sandwich w/ ground beef Baked fries Corn	4. Pork Roast Roasted Red Potatoes Carrots Cookies	5. Crack Chicken Penne Broccoli Dinner Roll	Questions or Concerns please call DICSA 774-2256 ext. 230, 235 or 244
8. Apple Pork Chops Mashed Potatoes Peas Biscuit	9. Italian Sausage Bake Cauliflower Garlic Bread	10. Fish w/ Hollandaise Sauce Parsley Noodles Wax Beans	11. Stuffed Pepper Soup Biscuit Pudding	12. Deluxe Hamburger Potato Wedges Baked Beans	All meals served with choice of milk or juice and fruit.
15. Salisbury Steak Mashed Potatoes & Gravy Carrots	16. Sweet & Sour Chicken over Noodles Oriental Veggies Mandarin Oranges Fortune Cookie	17. Liver or Substitute Roasted Potatoes Pudding Biscuit	18. <u>Celebrating All September Birthdays!!</u> Swedish Meatballs over Buttered Noodles Applesauce Mixed Veggies Cake	19. Brats Corn Mac & Cheese Fruited Jello w/ Whipped Topping	Meals are subject to change without notification
22. Sloppy Joe w/ Bun Cowboy Beans Baked Potato Chips	23. Hamburger Gravy over Mashed Potatoes Broccoli Dinner Roll	24. Chicken Cacciatore over Rice Carrots Dinner Roll	25. Turkey Dinner Mashed Sweet Potatoes Green Bean Casserole Brownie	26. Shepherds Pie Corn Biscuit	<i>Meals funded through program income, local millage, OSA & The Local Agency on Aging.</i>
29. Baked Pork Chops Rice Pilaf Green Beans Applesauce	30. Meatloaf Baked Potato Green Beans Dinner Roll				

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.