


IRON RIVER

SEPTEMBER 2025 HOME DELIVERED MEALS

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