

May 2021 Menu



Mon	Tue	Wed	Thu	Fri
3 Hawaiian Chicken over Yellow Rice Collard Greens Carrots Pineapple Tidbits Seasonal Fruit Oatmeal Cookie	4 Salmon Patty Broccoli Corn Whole Wheat Roll Fruit Gelatin Seasonal Fruit	5 Cube Steak w/ Gravy Oven Browned Potatoes Spinach Roll Seasonal Fruit Tropical Fruit Whip	6 Lemon Pesto Chicken over Rice Green Peas Carrots Applesauce Seasonal Fruit Brownie	7 Cheesy Beef & Mac Casserole Green Beans Cabbage Cottage Cheese Peaches Fruited Lime Gelatin
10 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Roll Seasonal Fruit Waldorf Salad	11 Chicken Filet Potato Wedges Green Peas Bun / Cheese Slice / Mayo Packet Lettuce / Tomato Slice / Pickle Fruit Parfait	12 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	13 Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit	14 Chicken & Rice Casserole Broccoli Baked Apples Roll Cucumber Tomato Salad Seasonal Fruit
17 Beef & Macaroni Casserole Carrots Green Peas Seasonal Fruit Fruit Gelatin Vanilla Wafers	18 Hamburger w/ Cheese Potato Wedges Apple Cobbler Bun / Mustard / Ketchup Lettuce / Tomato Slice / Dill Pickle Seasonal Fruit	19 Carved Turkey w/ Gravy Mashed Potatoes Broccoli Roll Tomato Aspic Seasonal Fruit	20 Chicken & Biscuit Pan Pie Collard Greens Corn Seasonal Fruit Pineapple Tidbits Italian Pasta Salad	21 Black & Red Beans and Rice Sautéed Mushrooms Blueberry Crisp Broccoli Cauliflower Salad Seasonal Fruit Pineapple Delight
24 Smothered Hamburger Patty Turnip Greens Mashed Potatoes Seasonal Fruit Mixed Fruit Salad Vanilla Pudding	25 Sloppy Joe Squash & Zucchini Potato Cake Bun Sweet & Sour Coleslaw Seasonal Fruit	26 Chicken Parmesan Parsley Potatoes Spinach Roll Garden Ranch Pasta Salad Mandarin Oranges	27 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Three Bean Salad Seasonal Fruit Cookies	28 Hamburger Baked Beans Hot Apple Crisp Bun / Mustard / Ketchup Lettuce / Tomato Slice / Dill Pickle Potato Salad
31 CLOSED 				

Let's Jumpstart Daily Meals!

We are excited to bring back daily, hot, nutritious meals to our homebound "Seniors" on June 1st.

We are a volunteer-driven organization and without volunteers, we would not be in existence. For over 45 years, volunteers have been meeting the social and nutritional needs of older adults in our community. Volunteers are the heart and soul of Meals on Wheels. **Thank you to all the volunteers who delivered meals Mondays and Thursdays throughout the pandemic.**

As of June 1st, we need all our experienced volunteers, new volunteers and potential volunteers. We depend on 54 daily volunteers to deliver a hot meal and a friendly greeting. Connect with your team coordinator or contact our office directly to get plugged in again.



Beginning June 1, volunteers will deliver a hot tray, cold tray and carton of milk to each participant. Insulated meal totes with the meals for your route can be picked up at your meal site. Each route is mapped out according to the area covered and the number of deliveries. The route is designed to return you to your meal pick up location. Site coordinators look forward to seeing you between 10:30 and 11:00 for pick-up. Follow your site coordinator's guidance for returning insulated meal totes and signed route sheets.

We want to remind our volunteers to **NEVER** leave meals in a cooler, on a porch, or with a neighbor. If the participant is not home, try to reach them by phone, and if no answer, call our office at 704-633-0352. We will instruct you to leave a yellow door tag and tell you what to do with the meal **BEFORE** you continue your route.

During the pandemic, we added "parking lot pick-up" to reduce numbers of volunteers inside at our sites. But as of June 1, our sites will be open for volunteer sign-in; however, we will continue rolling meal totes out to your car. **Please continue to wear masks at our sites and for every delivery. Our "Safety First" protocol remains in place to protect you, our staff and our participants.**

We will be excited to see all of our volunteers again when we jumpstart daily meals in June!



Mailing Address:
P.O. Box 1914
Salisbury, NC 28145

Physical Address:
1307 South Salisbury Ave
Spencer, NC 28159

Phone: 704-633-0352
www.mowrowan.org
info@mowrowan.org



Serving Rowan County since 1976!

Our Office Will be **CLOSED** Monday May 31st for



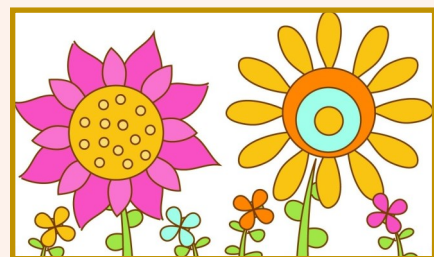
There will be no meal deliveries on that day.

MEAL RECIPIENT



BIRTHDAYS!

- 1st Dorothy Barnhardt
- 5th Donald Buckner
- Vernon Cleary
- 7th James Perhealth
- 8th Elizabeth Browne
- 13th Dorothy Miderski
- Elizabeth Stirewalt
- 15th Gail Little
- 18th Judy Brittain
- 19th Mamie Fowler
- 22nd Richard Grant
- 25th Yvonne Tucker
- 28th Elroy Haynes
- 31st James Zimmerman



We Need YOUR Help!

We need your help recruiting volunteers! Remember that the buddy system works best. One of the best ways to recruit another volunteer is to invite someone to ride along with you. Tell others what being a Meals on Wheels volunteer means to you. It takes about one hour and a gallon of gas to deliver meals. **Please share our recruiting message with your friends, family, church and social groups.**



St. Luke Baptist Church Delivers

The **St. Luke Baptist Church** team delivers every month. During April, we were excited to welcome the **Rev. Marcus Fairley & First Lady Courtney Fairley** who joined team members **Phyllis Thomside & Pamela Ramsey** to deliver meals!



Rev. Marcus & Courtney Fairley, Phyllis Thomside, Pamela Ramsey

John Calvin Presbyterian Delivers!

The **Rev. Kate Morrison** from **John Calvin Presbyterian Church** and longtime John Calvin volunteer **Joyce Caddell** teamed up to deliver meals on Route 7 in April. The John Calvin team delivers twice each month.



Joyce Caddell, Rev. Kate Morrison

How To Lock Up Your Meds & Dispose Of them Properly

Attention Meal Recipients! Here's a great opportunity to dispose of your prescription and over-the-counter medicines! Get a friend or neighbor to drive you to this event!

Drive-Thru Medication Take-Back Event

When: **June 5th from 10 am – 2 pm**

Where: **Rowan County Health Department**

You can drop off your medications in the medication drop box, drive-thru for a **FREE hotdog meal** from the Hot Dog Shack, and **FREE ice cream** from the Salisbury Police Department's NICE ice cream truck.

*Event hosted by YSUP Rowan & the Center of Prevention Services



YSUP Rowan (Youth Substance Use Prevention) is a local group that focuses on preventing youth prescription medication misuse and alcohol use. They aim to bring the community together in the fight to keep our young people happy, safe, and healthy.

One of the best ways we can ALL help is to lock up and secure our prescription and OTC (over-the-counter) medications in a lockbox or locked cabinet. 70% of people who abuse medications have taken the drugs from family and friends.



Another way to help prevent medication misuse is to dispose of your prescription and OTC medications properly. The BEST way to do this is to take your medicines to a local medication drop-box location. You can also use a medication disposal kit or mix your drugs with an unpleasant household mixture such as coffee grounds or cat litter and then throw them away. Please remember not to flush your medications down the toilet as this can harm the environment and our drinking water!

Meals on Wheels, in partnership with **YSUP Rowan** and the **Center of Prevention Services**, will connect with meal recipients during June & July to distribute medication lock boxes and disposal packets to those who need them.



Keep Meals on Wheels Rowan in mind when planning your annual and legacy giving.