


June 2021 Menu

Mon	Tue	Wed	Thu	Fri
May 31 CLOSED 	1 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	2 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	3 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad	4 Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
7 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	8 Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Seasonal Fruit Seasonal Fruit	9 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Seasonal Fruit Vanilla Pudding w/ Mixed Berries	10 Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Salty Crackers	11 Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Roll Black Bean Salad Seasonal Fruit
14 Hawaiian Chicken over Yellow Rice Collard Greens Carrots Pineapple Tidbits Seasonal Fruit Chocolate Chip Cookie	15 Creole Fish over Rice Yellow Squash Blueberry Cobbler Caesar Salad Pickled Beets Seasonal Fruit	16 Cube Steak w/ Gravy Oven Browned Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip	17 Chicken Stroganoff w/ Noodles Cauliflower Carrots Applesauce Seasonal Fruit Brownie	18 Cheesy Beef & Mac Casserole Green Beans Cabbage Shredded Lettuce Salad Peaches Lime Gelatin w/ Fruit
21 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad	22 Chicken Filet Diced Potatoes Green Peas Bun / Cheese Slice / Mayo Packet Shredded Lettuce/Tomato Slice/Pickle Seasonal Fruit	23 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	24 Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit	25 Chicken & Rice Casserole Broccoli Baked Apples Roll Cucumber Tomato Salad Seasonal Fruit
28 Chicken & Biscuit Pan Pie Cabbage Green Beans Seasonal Fruit Fruit Gelatin Vanilla Wafers	29 Veal Parmesan Spinach Corn Tossed Salad & Dressing Seasonal Fruit Chocolate Pudding w/ Whipped Cream	30 Carved Turkey w/ Gravy Mashed Potatoes Broccoli Roll Tomato Aspic Seasonal Fruit	Meat Substitute Meal Chopped Steak Collard Greens Vegetable Medley Cornbread Sweet & Sour Coleslaw Seasonal Fruit	Veggie Substitute Meal Pinto Beans Carrots Vegetable Medley Cornbread Sweet & Sour Coleslaw Seasonal Fruit

You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day. You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.



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!



How Meal Delivery Works

Daily hot meal delivery begins on June 1, 2021



It is very important that you be home to receive your meals **between 10:30 am and 12:30 pm, Monday through Friday.**

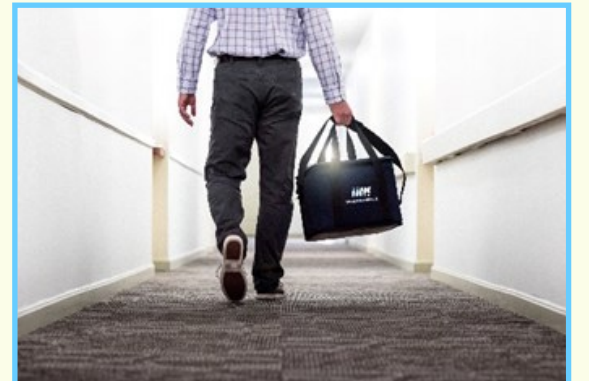
If you will not be at home between 10:30 am and 12:30 pm on the day of delivery, **call 704-633-0352 to cancel your meals by noon on the previous business day.**

Meal Delivery Schedule

Meals are Delivered
 10:30 am - 12:30 pm, Monday through Friday
You must be at Home to Receive Your Meals!!!

Volunteers DO NOT

- leave meals in a cooler
- leave meals on a porch
- leave meals with a neighbor.



Volunteers **only** leave meals at the participant's residence with the participant, a family member, or caregiver.

Volunteer Pick Up
 10:30 am - 11 am on Delivery Day

Volunteers pick up the meals they will deliver between 10:30 am and 11 am at one of six sites across Rowan County. Volunteers deliver at their own pace and may take 1-1 1/2 hours to complete their route. **Your delivery may be early or later during the delivery window, depending on where you are located on the route.**

- What happens if you are not at home when your meals are delivered?**
- If the volunteer tries to deliver meals and you are not at home, the volunteer will try to call you. If they cannot reach you, they will call our office.
 - Our Meals on Wheels staff will also try to contact you, and if we cannot get you on the phone, we will instruct the volunteer to leave a yellow door tag and give the meals to someone else on the route.
 - The yellow door tag tells you that the volunteer tried to deliver, and you are to call our office to let us know you are ok.
 - Our staff will also reach out to your emergency contact and ask them to make contact with you and let us know that you are ok.
 - If we cannot reach your emergency contact and cannot reach you in the next couple of hours, we may send local law enforcement to do a wellness check.

MEAL RECIPIENT



BIRTHDAYS!

- 1st Cecil Julian
- 3rd Rose Dedmon
Penny Poe
- 5th Ricky James
Gina Jones
- 6th Ree Belk
Virginia Stephenson
- 7th Ed Wilson
Marion Gilliam
- 9th Doris Rabon
Jane McClenney
- 11th Kevin Myers
- 12th Evelyn Butler
- 13th Cecile Palmer
Margie Hall
- 14th Sue Horton
- 16th Benny Fleming
- 19th Ronnie Shehan
- 20th Cathy Taylor
Brenda Mills
- 22nd David Corns
- 24th Frances Norris
- 25th Wanda Honeycutt
- 28th Vincent Wilkins

Fruit Word Search



s i c a t o t o e g n a r o s
 p e a r h n a r r l s s s y r
 g s b a n a n a i d u t w l g
 r e s d m o g n a v u r o f r
 a j a a p e a c h e a a o r a
 p h i m o r l s e p i w r e p
 e m e r c r r o u u d b f t e
 f o s d r o r c n s k e h t s
 r g l a o e h n d e c r s u l
 u e c u f e l p p a j r p b i
 i r m r a g o n e p t y n e r
 t m i r i k b w a l t s l u g
 s n p i l u o a k p l u m e s

- Apple
- pear
- grapes
- banana
- orange
- peach
- melon
- plum
- grapefruit
- strawberry

Look for our puzzles, games and brainteasers each month.
 Mail your completed puzzle to Meals on Wheels, PO Box 1914,
 Salisbury, NC 28145 for your chance to win a prize!!!

You May Be Malnourished!

Malnourished individuals may be underweight or overweight. "Sixteen percent of independent older adults are at high risk for malnutrition." Malnourishment occurs when an individual's diet does not contain the right amount of nutrients.

Malnutrition has many warning signs including:

- Muscle weakness
- Fatigue
- Increased Illness or Infection
- Feeling Irritable or Depressed
- Unplanned weight loss
- Decreased appetite.

1 in 10 older people
 are suffering from or are at risk of
malnutrition

Malnutrition can impact your muscles and bones, immune system, organs, and your body's ability to heal. Everyday tasks such as walking, dressing, and bathing can be made harder by weak muscles and bones. A poor immune system can increase your risk for illnesses and infection. Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and/or macular degeneration.

Nutrient deficiencies may speed up the rate at which your brain loses neurons, which can impair mental function. A lack of fluids and electrolytes can cause your kidneys to overwork, which can affect their ability to function.

Avoid Malnutrition by making smart food choices. Take care of your teeth so you can eat well. If you are receiving home-delivered meals, you have taken the first step toward getting essential vitamins and nutrients. If you experience any of the warning signs listed above, please consult your health care provider.

(Information provided by the National Council on Aging.)



We welcome **Danise Lamore**, the newest member of the **Milford Hills United Methodist Church** delivery team. Milford Hills UMC faithfully delivers multiple Salisbury Routes on the third Monday each month.



Welcome to new volunteer, **Lauren Owens!** Lauren will be delivering our **Granite Quarry Route** in East Rowan and serve as a substitute on additional routes when needed. She is also a shopper for our Grocery Program.



Welcome to **Reg Boland** and **Barb Whenal**, new members of the **St. Luke's Episcopal Church** delivery team. Reg and Barb will be delivering to our participants on Route 2.

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