





CAPITAL CITY CAFÉ MENU SEPTEMBER 2019

Catered by Encore

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We are #together4seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Labor Day Meals on Wheels Closed	LABOR DAY MEAL Tomato Soup Bacon Cheeseburger Roasted Potato Tossed Salad Wheat Hamburger Roll Eclairs Ham & Swiss on Wheat	Fruit Salad Chicken Cacciatore Green Beans Whole Grain Wild Rice Jell-O Tuna Salad on Wheat	Split Pea Soup Pork Chop w/Red Sauce Mashed Cauliflower Sliced Carrots Wheat Roll Pudding Greek Salad w/Chicken	Berry & Mango Salad Sausage & Pepper Sandwich on a Whole Wheat Roll Peas Chips Fruit Cup Seafood Salad on Wheat
Navy Bean Soup Shepherd's Pie Mashed Potatoes Wheat Biscuit Fruit Salad Turkey Club	Caprese Salad Ravioli w/Meat Sauce Mixed Vegetables Whole Wheat Roll Brownie Roast Beef on Bulkie	 Vegetable Noodle Soup Crab Cakes Cole Slaw Wax Beans Fruit Cup Cobb Salad	Cream of Mushroom Soup Chicken Piccata Roasted Potato Brussel Sprouts Coffee Cake Egg Salad on Wheat	Tossed Salad Pork Tacos w/Pineapple Salsa Whole Grain Tortilla Rice Pinto Beans Fruit Cup Meatball Grinder
Minestrone Soup Greek Chicken Drummie Macaroni Salad Peas & Carrots Fruit Salad Cheeseburger on Wheat Roll	Apple Cranberry Salad Roast Beef w/Gravy Potato Wedges Roasted Zucchini w/Tomato Oatmeal Raisin Cookie Italian Grinder	Chicken Escarole Soup Spaghetti & Meatballs Wax Beans Italian Bread Fruit Cup Tuna Club on Wheat	Kale & Bean Soup Stuffed Chicken Boneless Thigh (Seafood Stuffing) w/Gravy Mashed Potato Broccoli Lorna Doone Cookie Chef Salad	Red Clam Chowder Fish Sandwich on a Whole Wheat Roll Cole Slaw Pasta Salad Fruit Salad Pastrami Reuben on Rye
Autumn Begins Mushroom Barley Soup Chicken Marsala Rice Pilaf Spinach Wheat Roll Jell-O Sausage & Pepper Sandwich	Italian Wedding Soup Pot Roast w/Gravy Mashed Potato Green Beans Whole Wheat Roll Cake Chicken Salad on Wheat Roll	Fresh Fruit Italian Chicken Cauliflower Green Cucumber Salad Cookies Seafood Salad Plate	Brunch 100% Juice Scrambled Eggs Home Fries Bacon & Sliced Ham WG French Toast w/Syrup	Vegetable Soup Sticky Chicken Thighs Bean Salad Baby Carrots Brownies Egg Salad Plate
Tomato Soup Pork Chop Suey Garlic Noodles Eggroll Pudding BBQ Chicken Sandwich	Serving Size Vegetable – ¾ Cup Fruit – ¾ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup All menu items may contain nuts, seeds, beans, wheat, bran and other allergens	Dining reservations must be made with the café manager 24 hours in advance. Inform the manager of any known food allergies. <i>Menu subject to change.</i>	SUGGESTED DONATION: \$3.00 PER MEAL <i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i> Thank you for your donation. Donations help to maintain the meal program.	<i>Meals on Wheels of RI is a nonprofit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the RI Office of Healthy Aging.</i>

HURRICANE PREPARATION TIPS AND CHECKLIST FOR SENIORS

With the start of hurricane season upon us, older adults may be among the most vulnerable victims. That's why we are providing you with a disaster safety preparation checklist to help prepare seniors for the possibility of natural disasters. A disaster like a hurricane can be deadly for some seniors because of physical and other limitations. That's why the sooner the better for families to talk with their loved ones and begin preparing for any kind of emergency that could threaten their health or safety.

Tune in. Stay abreast of what's going on through your local radio or television and emergency management office.

Take stock. Decide what your senior can or can't do in the event of a hurricane. Make a list of what would be needed in the event of a hurricane. For example, if your loved one is wheelchair-bound, determine an evacuation strategy ahead of time.

Pets. Include pets in the evacuation strategy. There are a few special shelters that allow pets, learn which hotels in the area allow pets well in advance of needing them. Make sure pets are vaccinated and have up-to-date ID tags fastened to your pet's collar. Carry a current photo of your pet and have a properly sized pet carrier.

To go or to stay? When deciding to evacuate, older adults should go sooner rather than later. By waiting too long, they may be unable to leave if they require assistance.

Make a plan. Schedule a family meeting to develop a plan of action. Include in your plan key people, such as neighbors, friends, relatives & professional caregivers.

More than one way out. Seniors should develop at least two escape routes: one to evacuate their home and one to evacuate their community. The local emergency management office can tell you escape routes out of the community.

Meet up. Designate a place to meet relatives or key support network people outside the house, as well as a second location outside the neighborhood, such as a school or church. Practice the plan.

Get up and "Go Kit". Have an easy to carry backpack including three days non-perishable food and water with an additional four days of food and water readily accessible at home. Have at least one gallon of bottle water per person per day. Refresh and replace your supplies as needed. And don't forget the blanket, flashlight, portable radio, batteries and paper products such as toilet paper.

Pack extras and copies. Have at least a one-month supply of medication on hand at all times. Make ready other important documents in a waterproof protector including copies of prescriptions, car title, registration and driver's license, insurance documents and bank account numbers and checkbook. Also take extra eyeglasses and hearing-aid batteries. Label every piece of important equipment or personal item in case they are lost.

Contact list. Compile a contact list and include people on senior's support network as well as doctors and other important health-care professionals.

If you're living alone, enlist the help of family or friends, or contact a professional caregiving company.