

September

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheesy Ham Casserole Green Beans Romaine Garden Salad Banana Bread	2 Smothered Pork Cutlet Red Skin Potatoes Prince Charles Blend Grapes Dinner Roll	3 BBQ Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves Bread	4 Cod Red Skin Potatoes Peas & Carrots Citrus Fruit Bread
7 OPC CLOSED NO DELIVERY USE FROZEN MEAL	8 Chicken w/Broccoli & Cheese Baked Sweet Potato Capri Blend Vegetable Tapioca Pudding w/Fruit Wheat Bread	9 Baked Ham Scalloped Potatoes Whole Green Beans Applesauce Wheat Bread	10 Stuffed Shells w/Sauce Italian Vegetable Garden Salad Pineapple Tidbits Whole Wheat Roll	11 Potato Crunch Pollock Butternut Squash Broccoli Citrus Fruit Dinner Roll
14 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Wheat Bread	15 Chicken Cacciatore Red Skin Potatoes California Blend Apricots Dinner Roll	16 Sloppy Joes Baked Beans Carrots Fruit Cocktail Bun	17 Roast Turkey w/Gravy Cornbread Stuffing Whole Green Beans Garden Salad Applesauce/Bread	18 Beef Mostaccioli Dilled Carrots Romaine Salad Pear Slices Wheat Roll
21 Swedish Meatballs Egg Noodles Scandinavian Blend Cole Slaw Orange Bread	22 Roast Pork Loin Mashed Potatoes & Gravy Steamed Spinach Pears Dinner Roll	23 Chicken & Biscuit Mixed Vegetables Potato Romaine Salad Pineapple Rings Bread	24 Italian Ravioli Savoty Spinach Cabbage Pineapple Slaw Applesauce Wheat Bread	25 Sweet & Sour Chicken Rice Vegetable Salad Green Beans Apricots/Bread
28 Macaroni & Cheese Mixed Vegetable Romaine Salad Fruit Cocktail Corn Muffin	29 Chicken Florentine Whipped Potatoes Capri Blend Vegetable Peach Cobbler Bread	30 Italian Lasagna Italian Green Beans Romaine Salad Pineapple & Oranges Bread	FRIENDLY REMINDER: • Keep pets restrained during meal delivery. • Please call in advance to cancel a meal delivery 248-608-0264. • Must be home to receive your meal ... meals can't be left.	

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.AgeWays.org • 1.800.852.7795

--- Meals are subject to change based on availability ---



American Heart Association,
Healthy for Good™

Life's Essential



HOW TO GET HEALTHY SLEEP



Getting a good night's sleep every night is vital to your heart and brain health.

ADULTS SHOULD AIM FOR AN AVERAGE OF 7-9 HOURS

Babies and kids need more depending on their age.



LEARN THE BENEFITS OF SLEEP



BETTER BRAIN FUNCTION including alertness, decision-making, focus, learning, memory, reasoning and problem-solving



IMPROVED mood and energy



STRONGER immune system



HEALING and repairing of cells, tissues and blood vessels



LESS RISK of chronic disease



LEARN HOW SLEEP AFFECTS YOUR HEALTH

Sleep is an important time for your brain to reset. Regular, restful sleep is important to keep your brain running smoothly. Poor sleep may put you at higher risk for:

- ▶ Depression and anxiety
- ▶ Memory loss and dementia
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity
- ▶ Heart disease



Learn more at heart.org/lifes8

©Copyright 2024 American Heart Association, Inc. All rights reserved. Unabridged use prohibited. Clinical use only upon request. WH-000104-1/24



TIPS FOR SUCCESS

Check your room



DIM IT.

Dimming the lights before sleep helps signal to your brain that it's time to wind down. Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your "internal clock" and melatonin production, a hormone that regulates sleep.



SET IT.

Go to bed and wake up at the same time every day. This helps regulate your body's internal clock and makes it easier to fall asleep and wake up naturally. Set a bedtime alarm to remind you it's time to wrap it up for the night.



CREATE IT.

Establish a nighttime routine. Spend 20-30 minutes winding down before bed, such as reading, meditating, or taking a warm bath. Avoid screens.



BLOCK IT.

Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.