



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			1 Pizza Supreme Three Bean Salad Creamy Cole Slaw Red Apple Cookie	2 Rosemary Chicken Breast Wild Rice Roasted Brussels Sprouts Garden Salad Peaches/Bread
5 Stuffed Green Pepper Roasted Potatoes Carrots Apple Breadstick	6 Chicken Kiev Red Skin Potatoes Capri Blend Vegetable Orange Sections Bread	7 Pub Burger Lettuce/Tomatoes Cucumber Salad Red Grapes	8 Tuna Tetrizzini Broccoli Cuts Garden Salad Peach Halves Bread	9 Pork Patty Sweet Potatoes Mixed Vegetables Banana Dinner Roll
12 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	13 Spaghetti w/Meat Sauce Italian Vegetable Cucumber & Tomato Salad Peaches Garlic Bread	14 BBQ Chicken Broccoli Salad Potato Salad Banana Bun	15 Beef Stew w/Vegetables Cole Slaw Apple Corn Bread	16 Turkey Breast w/Gravy Sliced Potatoes Steamed Spinach Cabbage Slaw Apple Crisp
19 Baked Pork Chop Scalloped Potatoes Mixed Vegetables Apple Slaw Fresh Pear Bread	20 Smothered Chicken Breast Chive Potatoes European Blend Fruit Surprise Whole Wheat Bread	21 Tuna Tetrizzini Cole Slaw Green Beans Orange Wheat Bread	22 Oven Baked Fish Potato Wedges Broccoli Cuts Banana Bread	23 Pizza Supreme Three Bean Salad Garden Salad Red Apple Chocolate Chip Cookie
26 Stuffed Cabbage Rosemary Potatoes Carrots Salad Peach Slices Bread	27 Meatloaf w/Gravy Oven Browned Potatoes Garden Salad Mexican Corn Fruit Salad Wheat Roll	28 Ham Low Sodium Scalloped Potatoes Capri Blend Tapioca Pudding w/Fruit Breadstick	29 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetable Apple Bread	30 Tuna Pasta Salad Shredded Lettuce Pickled Beets Fresh Orange Mini Muffin

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 ---

HOW TO MANAGE BLOOD PRESSURE

High blood pressure (hypertension) can harm heart and brain health and usually has no symptoms. It damages blood vessels and can lead to serious health problems. It can cause other health problems, like heart attack, stroke, dementia, heart failure, kidney disease/failure, and vision loss. It can even lead to erectile dysfunction in men and reduced sexual arousal in women.

✓ UNDERSTAND READINGS

Blood pressure is typically recorded as two numbers, written as a ratio like this:



117
76

Read as "117 over 76"
millimeters of mercury.

SYSTOLIC - The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC - The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

*Symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

✓ TRACK LEVELS



You can track your blood pressure at home with a validated blood pressure device. Some pharmacies, health clinics and fire stations have free monitoring stations. A high blood pressure diagnosis must be confirmed by a health care professional.

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



EAT SMART

Lower your sodium, saturated and trans fats and added sugars. Eat a DASH-like pattern; eat meals with lots of vegetables, fruits, nuts, seeds, legumes, whole grains, healthy nontropical oils, lean protein such as fish, seafood, low-fat dairy and, if desired, lean poultry and meats. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.



MOVE MORE

Exercise can help lower high blood pressure levels. It can also improve your mood and clear your mind.



MANAGE WEIGHT

If you have overweight or obesity, even a weight loss of at least 5%, can lower or prevent high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco or nicotine pouches, the nicotine can cause a temporary increase in blood pressure.



SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.



ALCOHOL

Drink less or no alcohol to lower or prevent high blood pressure.