

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS = DIABETIC DESSERT Menu subject to change without notice				
1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	3 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	4 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit
6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	8 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	9 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce	10 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin
11 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	12 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	13 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	14 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	15 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse
16 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	17 Breakfast Sandwich <i>Eggs, Sausage, Cheese</i> Hashbrowns Sautéed Vegetables Banana	18 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	19 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit	20 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
21 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	22 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	23 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange	24 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	25 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin
26 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	27 Breakfast Sandwich <i>Eggs, Sausage, Cheese</i> Hashbrowns Sautéed Vegetables Banana	28 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	29 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	30 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
31 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	32 Breakfast Sandwich <i>Eggs, Sausage, Cheese</i> Hashbrowns Sautéed Vegetables Banana	33 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	34 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	35 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ **fall each year**
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program