

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

OCTUBRE



Lunes	Martes	Miércoles	Jueves	Viernes
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS <i>Menú sujeto a cambios</i> = Postre diabético \$4.00 Contribución Sugerida				
Pavo en pan 5 Puré de patatas Coles de Bruselas Zumo de arándano Crumble de manzana Fruta	Pescado al horno 6 Salsa de eneldo Patatas Pequeñas Judías verdes y de cera Pan de centeno mármol Peras Rosadas	Ziti horneado 7 Guisantes y cebollas Melocotones Yogur frutal Clementine	Cerdo a la barbacoa 1 Pasta de verduras Maíz dulce Zumo de uva Piña	Pastel de carne y salsa 2 Patatas rojas Verduras de Wisconsin Ensalada de espinacas Barra de grano Nutri
Riblet de cerdo 12 Batatas Col estofada Zumo de naranja Magdalena de arándanos	Sloppy Joe 13 en pan Patatas O'Brien Guisantes y Zanahorias Manzana Amarilla	Ensalada de pollo 14 con gyro Tzatziki Pan francés Zumo Melón	Cazuela de pizza 15 Verduras a la parrilla Manzanas con canela Ponche de frutas Chocolate Mousse	Sandwich de atún 16 Chips Ensalada de brocoli Piña Delicia de Rice Krispie Fruit
Albóndigas con salsa 19 Fideos Judías verdes Ensalada de zanahoria Gelatina con fruta	Sándwich de desayuno 20 <i>huevos, salchicha, queso</i> Patatas hash Verduras salteadas Plátano	Chicken à la King 21 Verduras al vapor Biscuit Zumo Cóctel de frutas	Hamburguesa de pavo 22 Setas y Suizos Tater Tots Mezclado de Frijoles Galleta de avena y pasas Pasas	Salsa de carne italiana 23 Pasta de pene Verduras italianas Ensalada mixta Oreos Fruit
Chop Suey de Pollo 26 Arroz Verduras al estilo asiático Pelusa de piña Galleta de la Fortuna	Pollo a la parmesana 27 Fideos y salsa Sicilian Vegetables Zumo de uva Peras frías	Patata asada 28 Jamón picado Brócoli y queso Panecillo Hawaiano Mezcla de frutas tropicales	Macarrones con carne y queso 29 Coliflor Succotash Melocotones Fríos Barra de granola	Filete de pescado 30 Pan Cuñas de patata Guisantes Naranja fresca

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