




**MEALS on WHEELS
PRESCOTT**

TOGETHER, WE CAN DELIVER.

JUNE 2017

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."

Monday	Tuesday	Wednesday	Thursday	Friday
<p>www.PrescottMealsOnWheels.com 1280-A East Rosser Street, Prescott, AZ 86301 Phone: 928-445-7630</p> <p>Dining room hours are 11:15 am to 12:45 pm Reservations are not required. Please join us for lunch! The suggested donation for those 60 and over is \$5 The cost for per meal for those 59 and under is \$6 Each meal provides 1/3 RDA. Milk, tea, or coffee included</p> <p>KEY: DR=served in our Dining Room, HDM=Home Delivered Meals</p>			<p>1 <i>Chef John</i> Chicken Fried Steak Mashed Potatoes California Blend Veges Cucumber & Tomato Salad Bread Cherry Cobbler</p> <p><i>DR=Soup du Jour</i></p>	<p>2 <i>Chef Jeff</i> Chicken Parmesan Pasta Italian Vegetables DR=Garden Salad HDM=Coleslaw Garlic Bread Apricots</p>
<p>5 <i>Chef Jeff</i> Swiss Steak Roasted Potatoes Seasoned Broccoli DR=Garden Salad HDM=Cottage Cheese Bread Apricots</p>	<p>6 <i>Chef Jeff</i> Lasagna Italian Blend Veggies Italian Coleslaw Garlic Bread Strawberries</p>	<p>7 <i>Chef John</i> Pork Roast Mashed Potatoes & Gravy Peas Tomatoes & Cucumber Salad Bread Melon</p>	<p>8 <i>Chef John</i> Parmesan Crusted Fish Sweet Potato Mashers Roasted Brussels Sprouts Coleslaw Roll Pears</p>	<p>12 <i>Chef Jeff</i> Southwest Chicken Black Beans & Corn Broccoli & Cauliflower DR=Mixed Greens HDM=Cottage Cheese Bread Peaches & Berries</p>
<p>12 <i>Chef John</i> Cheese Pizza Chicken Wing Broccoli DR=Garden Salad HDM=Carrot Celery Slaw Pineapple, Mandarin Medley</p>	<p>13 <i>Chef Jeff</i> Beef Tips over Noodles Roasted Sage Broccoli Glazed Carrots Roll Peach Crisp</p>	<p>14 <i>Chef John</i> Fried Chicken Mashed Potatoes Gravy Green Beans Pasta Salad Pears Cookie</p>	<p>15 <i>Chef Jeff</i> Cheeseburger Tator Barrels Ranch-style Beans Lettuce/Tomato Bun Coleslaw Grapes</p>	<p>16 <i>Chef John</i> Pot Roast, Potatoes, Carrots & Onions Green Beans Corn Bread HDM=Peach</p>  <p><i>DR=Ice Cream Social</i></p>
<p>19 <i>Chef John</i> Roast Pork Chops Mashed Red Potatoes Sage Gravy California Blend Veges Bread Applesauce</p>	<p>20 <i>Chef John</i> Beef Stroganoff over Rice Peas Corn & Black Beans DR=Mixed Salad HDM=Cottage Cheese Bread Apricots</p>	<p>21 <i>Chef Jeff</i> Spaghetti & Meatballs Italian Vegetables DR=Garden Salad HDM=Italian Coleslaw Garlic Bread Grapes</p>	<p>22 <i>Chef Jeff</i> Meatloaf Roasted potatoes Peas & Carrots Pasta Salad Roll Strawberries</p>	<p>23 <i>Chef Jeff</i> Chicken Divan Mashed Potatoes Green Beans DR=Garden Salad HDM=Carrot Salad Bread Peaches</p>
<p>26 <i>Chef John</i> Country Chicken Wild Rice Carrots & Peas Bread Tropical Fruit Salad</p>	<p>27 <i>Chef Jeff</i> BBQ Pork Ribs Green Beans Coleslaw Cornbread Peaches</p>	<p>28 <i>Chef Jeff</i> Roast Beef Mashed Potatoes Green Beans DR=Green Salad HDM= Beets Bread Apricots</p>	<p>29 <i>Chef John</i> Hungarian Goulash Mashed Potatoes Peas & Carrots 3 Bean Salad Bread Mixed Berries</p>	<p>29 <i>Chef Jeff</i> Mild Curry Chicken Saffron Rice Chick Peas with Mixed Vegetables Cucumber & Tomatoes Salad Bread Melon/Yogurt</p>

THANK YOU

to the following sponsors and donors!

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June is Cataract Awareness Month

Prevent Blindness America has declared June as Cataract Awareness Month. Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by

cataracts, so it seems fitting that an entire month should be dedicated to education and awareness.

What is the treatment for cataracts? - Even though cataracts are so prevalent, they are very simple to treat.

Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. The solution to cataracts is cataract surgery, which requires a surgeon to remove the deteriorated lens and replace it with an artificial lens called an intraocular lens or IOL. Over 3 million Americans undergo cataract surgery annually, making it one of the most common surgeries in the United States. In fact, the entire surgery lasts only about 20 minutes, and most people can resume normal activities fairly rapidly.

Is cataract removal safe? - Cataract surgery is one of the safest and most effective surgeries with a success rate of 95 percent. Your surgeon will remove your clouded lens and replace it with an intraocular lens (IOL). Only a miniscule incision in the cornea is necessary to do this procedure, and it can be completed in about 15 minutes in an outpatient surgery center

Do cataracts only affect seniors? - Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can I prevent cataracts? - There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.