





NOVEMBER 2024



Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834 the day prior. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES, DAAS to NACOG Aging. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>And the dead leaves lie huddled and still, No longer blown hither and thither; The last lone aster is gone; The flowers of the witch-hazel wither.. -Robert Frost (1874-1963)</i></p>		<p>November is National Diabetes Month</p>		<p>1) Lasagna Italian Veggie medley Garlic bread House Salad Cookies</p>
<p>4) Beef Stroganoff w/Egg Noodles Sweet Potatoes Green Beans House Salad Fruit Medley</p>	<p>5) Election Day Baked Ziti Cooked Spinach Garlic Bread House Salad Melon Medley</p>	<p>6) Chicken & Dumplings Peas & Carrots House Salad Pineapple</p>	<p>7) Macaroni & Cheese w/Ham Spinach Dinner Roll House Salad Snickerdoodle Cookies</p>	<p>8) Oven Fried Chicken Mashed Potatoes Veggie House Salad Jell-o</p>
	<p>12) Spaghetti & Meatballs Italian Veggie Blend House Salad Birthday Cake</p>	<p>13) Herb Chicken Rice Pilaf Roasted Carrots House Salad Apple Crumble</p>	<p>14) Loaded Potato Soup House Salad Brownie</p>	<p>15) Herb Crusted Fish Couscous Butternut Squash House Salad Lemon Bars</p>
<p>18) Roast Beef w/Gravy Roasted Potatoes Carrots House Salad Chocolate Cake</p>	<p>19) Chicken Alfredo Veggie Blend Garlic Bread House Salad Fruit</p>	<p>20) Meatloaf Mashed Potatoes Green Beans House Salad Chocolate Pudding</p>	<p>21) Roast Pork Loin Roasted Potatoes Veggie House Salad Fruit</p>	<p>22) Restaurant Partner El Rincon</p>
<p>25) Chicken a la King Squash Medley Brown Rice House Salad Fruit</p>	<p>26) Taco Casserole Mexicali Rice Tortilla Chips Lettuce & Tomato Ambrosia</p>	<p>27) Turkey & Gravy Mashed Potatoes Green Bean Casserole Dinner Roll Apple Pie & Pumpkin Pie</p>		

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov

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Meals on Wheels Clients ~ Please call us at **928-282-2834** if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

Turkey Trivia: Fun Facts About Turkeys

Why Do Turkeys Gobble?

Only male turkeys, or toms, can make a call known as a “gobble;” they mostly do it in the spring and fall. It is a mating call and attracts the hens. Wild turkeys gobble when they're surprised by loud sounds and when they settle in for the night. The wild turkey can make at least 30 different calls!

What's That Weird Wobbly Thing on a Turkey's Neck?

The loose red skin attached to the underside of a turkey's beak is called a **wattle**. When the male turkey is excited, especially during mating season, the wattle turns a scarlet red. The fleshy flap of skin hanging over the gobbler's beak is called a snood and turns bright red when the bird is excited. The wobbly little thing on the turkey's chest is the turkey's **beard**, which is made of keratin bristles. Keratin is the same substance that forms hair and horns on other animals.

How Much Turkey Does a Person Eat Per Year?

The average person in the United States will eat 15 pounds of turkey this year.