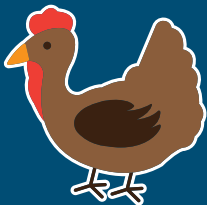


November 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken tenders 3 Peas and carrots Apple sauce	Meat loaf 4 Mashed potatoes Vegetables Jello	Spaghetti 5 Vegetables Garlic bread Birthday cake	Krupp's Pasties 6 Thank you to Krupp's!	Fresh fish 7 Ancient grains Vegetables Fruit
Orange chicken 10 Rice Stir fry Vegetables Fortune cookie	Ham, egg and cheese croissant 11 Watermelon	Cheeseburgers 12 Tater tots Vegetable medley Fruited jello	Salad with chicken 13 Cookie	Sweet and sour pork 14 Rice Stir fry Vegetables
Chili 17 Crackers Cottage cheese	Cod 18 Potatoes Green beans Coleslaw	Turkey dinner 19 Mashed potatoes Glazed carrots Dinner roll	Ziti 20 Vegetables Garlic bread Pudding	Ham, pepperoni & onion pizza 21 Salad Fruit
Pannukkaku 24 Turkey sausage Breakfast potatoes	Corned beef and cabbage 25 Vegetables, Fruited jello Will deliver holiday meals.	Pork dinner 26 Sweet potatoes Carrots and corn Will deliver weekend meals.	CLOSED 27 HAPPY THANKSGIVING! Will receive meal on Tuesday, Nov. 25.	CLOSED 28 Will receive meal on Tuesday, Nov. 25.



To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.

- Includes local ingredient(s)

coppershores.org/mealsonwheels

All meals include 2% Milk. Menu may vary due to availability of supply and demand.



Diabetes-Related Chronic Kidney Disease (CKD)



Kidneys are important organs as they:

- Filter blood
- Regulate your body's balance of salt and water
- Help regulate blood pressure
- Help correct low glucose levels

What are the risk factors for developing CKD?



Things we **CANNOT** change:

- Family history
- Ethnicity
 - African American, Hispanic

Things we **CAN** change:

- High blood glucose
- High blood pressure
- High cholesterol
- Smoking
- Overweight or obesity

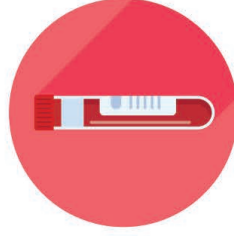
Will I have symptoms?

Most people with
CKD will not have
any symptoms.

How will my health care professional diagnose CKD?



Checking for protein in
your urine (UACR)



Blood test
(eGFR)

Possible further testing may be needed

Prevent CKD by:

- Manage blood glucose
- Manage blood pressure
- Making healthy lifestyle choices
- Do not smoke



I have CKD. Now what?

- Make healthy lifestyle choices
- Manage blood glucose levels
- Manage blood pressure
- Discuss all treatment options with health care professional, including a referral to a kidney specialist

UACR = Urinary albumin to creatinine ratio

eGFR = Estimated glomerular filtration rate

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

American Diabetes Association® (ADA)

This infographic is based on recommendations from the ADA's Standards of Care in Diabetes—2024

Copper Shores Meals on Wheels is a program of Copper Shores Community Health Foundation. Copper Shores Community Health Foundation is a 501(c)(3) that complies with Title VI of the Civil Rights Act of 1964, which prohibits discrimination based upon race, color, and national origin.