

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 4:00 pm

Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155

OCTOBER 2020

Attention: The Meals on Wheels Office Number 888-886-8971 is no longer in service! Please call **810-632-2155** to reach the Meals on Wheels office!



Meals on Wheels would like to wish everyone with a birthday in October a very Happy Birthday!

Fun Holidays to Celebrate in October!



Sweetest Day –
October 17th



National Pumpkin
Day – October 26th



National Candy Corn
Day – October 30th



Halloween –
October 31st



The October newsletter is sponsored by Brookdale Brighton Senior Living Solutions!

November 7th – Blizzard Box Deliveries



Emergency pantry packs will be delivered on Saturday, November 7th, be-

tween 10 am and 12 pm to each Homebound Senior enrolled in the Meals on Wheels Program. Please keep these handy for when the weather makes it difficult to leave home and your Meals on Wheels delivery may need to be cancelled.



'Tis the Season!

Meals on Wheels would like to say a huge THANK YOU to the St. Mary Magdalen Card group! They have been working up a storm like Santa's elves and have created and donated over 600 handmade Christmas cards to pass out to the seniors on our program at Christmas time! Each card is one-of-a-kind and absolutely beautiful! Keep an eye out around Christmas for these beautiful cards!

Meals on Wheels Duet

Meals on Wheels would like to say a big THANK YOU to one of our Brighton area volunteer drivers, John Hett! John started volunteering for Meals on Wheels in April 2020 and is leaving to go back to teaching. When saying goodbye John told us a wonderful story. On his route one of his deliveries was to our client Lorraine and when he would arrive she would be playing the piano. John would know the songs that she was playing, and come to find out he is an opera singer. So as time went on, John would sing with Lorraine and ended up putting Lorraine at the end of his route so they could spend more time together while he sang and she played the piano.



We love to hear stories like this and this is what Meals on Wheels is all about; it is more than a meal! Thank you John for your time volunteering at Meals on Wheels! We are going to miss you, and your clients on the route are going to miss you, especially Lorraine! WE LOVE OUR VOLUNTEERS!

Checklist: Autumn Safety and Wellness To-Dos for Older Adults

By: First Light Home Care

Happy Autumn!

This third season of the year is known as the “season of change.” The weather is growing cooler, the days shorter and the air crisper. As we adjust to the changes of autumn, it’s an ideal time to take action to ensure the safety and wellness of older adults who are aging in place. The following checklist will help you prepare yourself – and them – for the season.

- Schedule pre-winter heating maintenance. Before you crank up the heat, schedule regular maintenance for heating systems to confirm they’re in good working order. If your loved one’s home includes a fireplace, be sure to also have chimneys inspected and cleaned to prevent dangers like flue fires.
- Control the internal temperature. Now is the time to adjust automatic thermostats to account for the season’s fluctuations in temperature.
- Get ready for fall fashion. Don’t put the lighter clothing in moth balls just yet, but be sure to have sweaters and jackets at the ready. Layering is the name of the game throughout autumn. Be mindful of footwear, as well. Non-skid boots and shoes with plenty of traction can help prevent slips and falls in wet or frosty weather.
- Prepare for ice and snow.
- In cooler regions, it’s not unusual to get a preview of the cold, snowy and icy winter weather during the autumn months. Be sure to make shovels,



car brushes and salt accessible in the event of an early storm.

- Ward off seasonal illnesses. The frequency and severity of sicknesses escalates as the year comes to a close. Hand washing is one of the most effective ways to prevent the spread of fall illness. The Centers for Disease Control recommends washing hands with soap and clean, running water for 20 seconds. Wet, lather, scrub, rinse and dry. Older adults can also help boost immunity through good hydration, which can benefit the immune system during cold and flu season.
- Take advantage of the harvest. Many healthy – and delicious – fruits and vegetables are center stage this time of year. Adding seasonal produce such as beets, broccoli, Brussels sprouts, sweet potato, pumpkin, apples, cranberries, eggplant and kale can help manage diabetes, contribute to heart health and promote a healthy immune system.
- Beware of falling leaves. While colorful leaves are part of the beauty of autumn in many regions, they can present a safety hazard. When wet, they can become slippery and pose a fall risk. And piles of leaves can hide potentially dangerous obstacles. Be sure to remove them regularly from porches, sidewalks and key walkways for older adults.
- Be sure you can detect danger. Fall is one of the critical times of the year for checking smoke and carbon monoxide detectors. Change the batteries in these devices, and test them to make sure they’re in good working order.