

**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



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

**HAPPY**  
**FOURTH OF JULY**

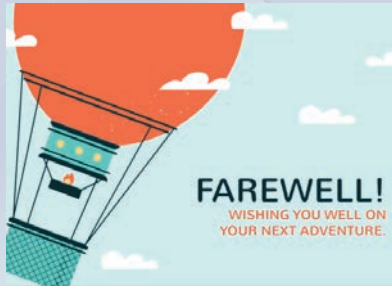
**Monday, July 5th –**  
**No Meals on Wheels Delivery**  
**\*See Menu for Details**

## Independence Day



Independence Day is celebrated annually on the 4th of July. It first began in the 18th century on July 2nd of

1776, when the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence. Festivities for this holiday include: firework shows, parades, concerts, barbecues and wearing red, white and blue.



## Farewell Wishes!!

Congratulations Nurse Bea on Your Retirement! Meals on Wheels will miss you dearly but we wish you all the best! Enjoy this new adventure!

Meals on Wheels wishes Mary Ann well on her next adventure in Florida! She volunteered at the Meals on Wheels office for many years and will be missed dearly. Thank you so much for all your time!

## The Salvation Army – Summer Lunch Bunch!



Every year Meals on Wheels partners with The Salvation Army providing sack lunches for their Summer

Lunch Bunch Program. From June 14th to August 26th The Salvation Army travels to different sites in Livingston County, providing lunches to children and their families in the area. For more information on The Salvation Army Summer Lunch Bunch Program you can visit <https://centralusa.salvationarmy.org/livingstoncounty/summer-lunch-bunch/>

## Meals on Wheels Testimonials

- “Thank you very much! Your Meals on Wheels Program has been a God Send to my 94-year-old mother!”
- “I appreciate all the good food. The volunteers are very nice and humorous – make my day better.”
- “I appreciate your service and your cheerful volunteers. Thank you! God bless all!”
- “All volunteers very pleasant, many I know personally. Thank you for your caring and kindness.”
- “Thank you for taking such great care of my Aunt and Uncle!”

## National Hot Dog Day

The most iconic American food has its own special day and National Hot Dog Day is celebrated on Wednesday, July 21, 2021 this year!

### Some facts about the hotdog!

- About 9 billion hot dogs are sold annually in the U.S.
- Americans eat about 155 million hot dogs on the 4th of July
- 26 million hot dogs a year are eaten at U.S. baseball stadiums
- Mustard is the most popular condiments for hot dogs with Ketchup coming in 2nd and chili being 3rd.



# How to Maintain Your Independence – Tips for Seniors

By: Vantage Aging

*“Don’t let your age control your life. Let your life control your age.” – Anthony D. Williams*

There is a common misconception that getting older means you are no longer capable of living at home and being independent. The truth is, most seniors would rather remain in the comfort of their own homes than go elsewhere. Being an independent senior has never been easier with the number of resources, programs, and services available to help you. Take advantage of the opportunities around you and do not let your age define what you can and cannot do. With this being said, it is important to know your limits and not act irrationally when choosing to remain independent. Be smart and safe because independence can be challenging, but it is achievable.

There are many things to consider when choosing to remain independent at home. One of the most important is ensuring that the home is safe and accessible. There are various ways to make a home safer. If you are not sure where to start, consider some of these basics:

## Medical alert system

Depending on the type of system you have, a medical alert system can connect you to an emergency dispatch or personal emergency contact with just the press of a button. It is convenient to have on your person and can even include a fall-detection feature.



## Home Health Aides

Choosing to remain at home as an independent senior does not come without its risks. Consider hiring a home healthcare aide who can visit a few times a week.

This is especially great for those seniors who are living alone. There are dozens of companies who will send someone into the home who can assist with healthcare needs like medication, nutrition, and checkups. If you are not looking to have someone visit your home, there are other ways that someone can still check in on you. Some programs offer TeleCare that sets up a call between a senior and a volunteer to provide companionship and make sure everything is alright.

## Enhance your home

- moving or securing carpets and loose cords to the floor
- installing lights in dark areas of the home with easy-to-access switches
- Installing automatic lights outside
- securing railings inside and out
- installing assistance rails in bathrooms and anywhere else they are needed
- installing a chair lift when necessary
- moving heavy items to waist height shelves and moving frequently used items to lower shelves where they are easily accessible
- consider a home security system

## Explore your interests

It is important to remain active and to take the time to do things outside of your home when possible. Explore your interests and find fun ways to spend your time. Maybe you are not sure what all of your interests are, which is perfectly fine. Try new things and take the time to figure out what you like.

## Take care of your mental and emotional health

At any age, it is important to take care of one's mental and emotional health. According to the World Health Organization, approximately 20% of adults over the age of 60 deal with some form of mental or neurological disorder. For adults 60 and over, depression affects about 7% of the population and anxiety disorders affect 3.8%. It is OK to experience a need for behavioral health treatment, and odds are you are not alone.

## Know your resources

Not enough information? Still curious about a certain topic? No worries! There are plenty of local resources available that can help answer any questions you still have about senior independence and other topics. Gain insight into volunteer opportunities, elder rights, how seniors are serving others, and get educated on the services available to seniors to make independent living possible.

### Area Agency on Aging 1-B

800-852-7795

### Livingston County Catholic Charities

517-545-5944

### Catholic Charities of Southeast Michigan

855-882-2736