



Western Oakland Meals on Wheels



Important Numbers
 Office
 (810) 632-2155
 Fire, Police, Emergency
 911
Office Hours
 Mon – Fri 7:30 am – 4:00 pm

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



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



Easter Sunday – April 17th
 Meals on Wheels would like to wish everyone a very Blessed and Happy Easter!



No Meals on Wheels Deliveries
Friday, April 15th
 *see menu for details

Easter Sunday Meal Reservation! Attention Meals on Wheels Clients! Please call the office at 810-632-2155 if you would like a meal delivered on Easter Sunday, April 17, 2022. Delivery is between 10:00 AM and 12:00 PM. Please reserve by Friday, April 8th.



Sedona Taphouse – “Dine out for Charity”

Meals on Wheels is excited to partner with Sedona Taphouse of Novi, “Dine out for Charity” initiative for the month of April. During the month of April on Mondays, enjoy 50% off a great meal at Sedona Taphouse while doing your part for charity. For every HALF PRICE 8 oz. Black Angus Flat Iron Steak, or 7 oz. Grilled Salmon entrée, Sedona Taphouse will donate \$1 to our organization!



Fine Print: You must dine in on a Monday, purchase a beverage, and the promotion is limited to one entrée per person. You can't beat that!

Meals on Wheels Testimonials

“I’m a 1952 Korean War Vet, people used to say to me thank you for your service. Now I say thank you for all Meals on Wheels folks!”

“Thank you for all you do to support elderly and disabled clients who are homebound! Your services have provided peace of mind for our family!”

“Thanks for this wonderful service, so much appreciated!”

“The cheerful people and your caring really help with the loneliness of people like me. A BIG thanks for all you do that makes a difference!”

“Your time, service, and expense is very appreciated!”

“Very good meals!”

“Thank you for your service!”

Food Safety for Older Adults

By: FDA U.S. Food & Drug

Food safety is important for everyone – but it’s extremely important for individuals with a weakened immune system, which makes them especially vulnerable to foodborne illness. This information is intended to help older adults and people with cancer, diabetes, HIV/AIDS, organ transplants, or autoimmune diseases avoid foodborne infections.

In addition to the information, talk with your health care provider about any foods or other products to avoid because of any special health needs you may have.



The Immune System: Its Importance

Your immune system is vital for your health because it defends your body against infectious organisms and other invaders. Spread throughout your body, the immune system is made up of a network of cells, tissues, and organs that work together to protect you. When your immune system senses disease-causing organisms and other substances that invade the body, it responds to fight them off.

As people get older, their immune systems decline. Diseases such as cancer and diabetes can weaken the immune system. Also, medications for HIV/AIDS, organ transplants, and autoimmune diseases, like rheumatoid arthritis and lupus, weaken the immune system.

Food Safety: Why It’s Critical for People with a Weakened Immune System

When disease-causing bacteria, viruses, or parasites (germs) contaminate food, they can cause foodborne illness, often called food poisoning. While the food supply in the United States is among the safest in the world, it can still be a source of infection. People who have a weakened immune system have a higher risk for food poisoning. People with weakened immune systems are more likely to have a lengthier illness, undergo hospitalization, or even die as a result of foodborne disease.

Older Adults — People 65 and older are at a higher risk for hospitalization and death from foodborne illness. This increased risk is because organs and body systems change as the body ages.

- The digestive system holds food longer, allowing bacteria to grow while the stomach may not produce enough acid to limit the number of intestinal bacteria.
- The liver and kidneys may not properly rid the body of foreign bacteria and toxins.

- Between 50 and 60, the immune system in most people begins to decline. After age 75, many adults have an immune system so weakened that their risk for contracting a foodborne illness increase while the ability of their bodies to fight the infection is lowered.

Eating at Home: Making Wise Food Choices

Some foods are riskier than others. The foods most likely to contain harmful bacteria or viruses fall into two categories:

- Uncooked fresh fruits and vegetables.
- Some animal products, such as unpasteurized (raw) milk; soft cheeses made with raw milk; raw or undercooked eggs; raw meat, raw poultry, raw fish, raw shellfish and their juices; luncheon meats; and deli salads (without added preservatives) prepared on site in a deli-type store or restaurant.

The risk these foods pose depends on the origin or source of the food and how the food is processed, stored, and prepared.

Taking Care: Handling and Preparing Food

It’s important for anyone handling and preparing food to always be careful. The proven way to do this is to know and follow the four basic steps to food safety:

1. Clean: Wash hands and surfaces often
2. Separate: Don’t cross contaminate
3. Cook: Cook to safe temperatures
4. Chill: Refrigerate promptly

Being Smart When Eating Out

Eating out can be enjoyable – to make sure it is, follow some simple guidelines to avoid foodborne illness. Don’t hesitate to ask questions before you order and let your server know you don’t want any food item containing raw meat, poultry, seafood, sprouts, or eggs. Servers can be quite helpful if you ask how a food is prepared.

Basic Rules for Ordering

- Ask whether the food contains uncooked ingredients such as eggs, sprouts, meat, poultry, or seafood. If in doubt, make another selection!
- Don’t order meat cooked “rare.”
- Ask how the foods have been cooked. If the server does not know the answer, ask to speak to the chef to be sure your food has been cooked to a safe minimum internal temperature.
- If you plan to take home leftovers to eat later, refrigerate perishable foods as soon as possible and always within 2 hours after purchase or delivery. If the leftover is in temperatures above 90°F, refrigerate within 1 hour.