



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

Monday, October 10th – No Meals on Wheels Delivery



**See Menu for Details*



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 15th

National Pumpkin Day – October 26th



National Candy Corn Day – October 30th



Halloween – October 31st

Saturday, November 5th – Blizzard Box Deliveries



Emergency pantry packs will be delivered on Saturday, November 5th, between 10:00 am and

12:00 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.

Meals on Wheels Volunteer Appreciation Picnic

Tuesday, September 13th, Meals on Wheels held a beautiful Volunteer Appreciation Picnic for all of our wonderful volunteers at Camp Dearborn. Meals on Wheels wouldn't be Meals on Wheels without our volunteers and we are so happy that after two years of not being able to have a Volunteer Recognition Party due to the pandemic, we were finally able to celebrate them!



Falls and Fractures in Older Adults: Causes and Prevention

By: National Institute on Aging

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age

Many older adults fear falling, even if they haven't fallen before. Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

Steps to take to prevent falls

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. Exercise also helps keep your joints, tendons, and ligaments flexible.
- Try balance and strength training exercises like: yoga, Pilates, and tai chi.

- Fall-proof your home
- Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls. When you get new eyeglasses or contact lenses, take time to get used to them. Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are tired, you are more likely to fall.
- Avoid or limit alcohol; too much alcohol can lead to balance problems and falls.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls. If your doctor tells you to use a cane or walker, make sure it's the right size for you.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.



- Consider staying inside when the weather is bad
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell.

What to do if you fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- Breathe. Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt. Getting up too quickly or in the wrong way could make an injury worse.
- Crawl to a sturdy chair. If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Slowly sit down in the chair. Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- Get help. If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smartwatches also have this feature.