



# Western Oakland Meals on Wheels



**Important Numbers**  
Office  
(248) 223-9160  
Fire, Police, Emergency  
911

9525 E. Highland Road • Howell, MI 48843 • (248) 223-9160

**Office Hours**  
Mon – Fri 7:30 am – 3:00 pm



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



**No Meals on Wheels Delivery –**  
**Monday, May 29th**  
*\*see menu for details*



**Mother's Day –**  
**Sunday, May 14th**  
Meals on Wheels would like to wish all the Mothers and Motherly figures a very Happy Mother's Day!

## Easter Bunny Helpers



Meals on Wheels would like to say a huge thank you to all of the volunteers who came out on Easter Sunday to deliver the meals to our seniors. A total of 250 meals were sent out Easter Morning! We also would like to say another big thank you to our volunteers who helped pack and put together all the Easter meals. We could not have done it without these lovely volunteers and we thank you for your help during the Easter Holiday!

## Thank You Neighborhoods of White Lake!

Meals on Wheels would like to say a very big thank you to The Neighborhoods of White Lake for helping our seniors have a great meal on Easter! This organization prepared a traditional Easter Dinner for our Homebound Seniors who reserved a meal and were home on Easter Day. We couldn't have done it without your organization and we thank you for your help and generosity during the Easter Holiday!



*Pictured (from left to right) Neighborhoods of White Lake Chef Troy, Meals on Wheels transporter Dave, Neighborhoods of White Lake Housekeeper Kayla and Maintenance Supervisor Bill.*

## Thank you Brookdale of Novi!

Meals on Wheels would like to say a very big thank you to Brookdale of Novi for helping our seniors have a great meal on Easter! This organization prepared a traditional Easter Dinner for our Homebound Seniors who reserved a meal and were home on Easter Day. We couldn't have done it without your organization and we thank you for your help and generosity during the Easter Holiday!



*Pictured (from left to right) Meals on Wheels transporter Jeff, Brookdale of Novi Chef Corey and Sales Manager Nikole.*

# Home Safety Tips for Older Adults

By: [HealthinAging.org](http://HealthinAging.org)

**W**ith a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

## Keep Emergency Numbers Handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

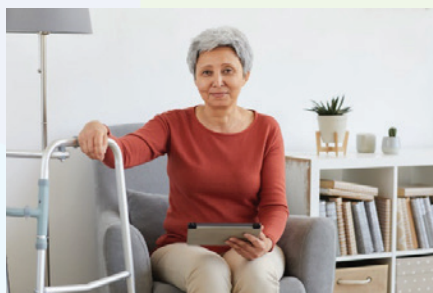
- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

## Prevent Falls

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such

as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.

- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.



## Safety-proof Your Home

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

## Protect Against Fire and Related Dangers

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.

- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

## Avoid Bathroom Hazards

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

## Protect Against Abuse

- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.