

APRIL 2024



# Western Oakland Meals on Wheels



**Important Numbers**  
Office  
(810) 632-2155  
  
Fire, Police, Emergency  
911

11600 Grand River Ave. • Brighton, MI 48116 • (810) 632-2155

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



**Pharmacare  
Drugs**

The April Newsletter is sponsored  
by Pharmacare!



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



**Earth Day –  
Monday, April 22nd**



## Meals on Wheels has Moved!

Meals on Wheels is very excited to announce that as of March 4th, we have officially moved into our new building! Our new address is 11600 Grand River Ave Brighton, MI 48116; some of you may know this as the Old Bar None restaurant or even E.G. Nick's back in the day. It has been an exciting process transforming the space to meet the needs of Meals on Wheels.

Our phone number and fax line have remained the same; we have been very thankful and blessed to be able to continue our service with no pauses throughout the move. With our new space, it allows us to be more efficient in serving our growing clientele in Livingston and Oakland County. We look forward to working in our beautiful new space, for many years to come!

## Thank you, Brighton Optimist Club and Eternity Brewing Company!



Meals on Wheels would like to say a very big thank you to Brighton Optimist Club and Eternity Brewing Company. On the 2nd Tuesday of each month at Eternity Brewing Company, the Brighton Optimist Club has a euchre night to benefit a different local charitable organization, and Meals on Wheels was chosen as the beneficiary! On March 12th, the two organizations raised over \$800 from their euchre night and Eternity Brewing Company's beer promotion. Thank you so much for choosing Meals on Wheels as the beneficiary! For more information on the Euchre Nights please visit <https://www.BrightonOptimist.org/euchre>



## The Importance of Food Safety for Older Adults

By: [FoodSafety.gov](https://www.foodsafety.gov)

**W**hen disease-causing bacteria, viruses, or parasites 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.

According to the Centers for Disease Control and Prevention, 48 million persons — or 1 of every 6 people get foodborne infections each year. Of those, 128,000 are hospitalized, and 3,000 die from their foodborne illness. People who have a weakened immune system have a higher risk for food poisoning. They are more likely to have a lengthier illness, undergo hospitalization, or die as a result of foodborne disease.

People 65 and older are at a high risk from foodborne illness. This increased risk is because organs and body systems change as the body ages:

Beginning around age 60, the immune system begins to decline. A network of cells, tissues, and organs spread throughout the body, the immune system is vital for health because it defends the body against infectious organisms and other invaders. When a healthy immune system senses disease-causing organisms and other substances that invade the body, it responds to fight them off.

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.

Many older adults have chronic conditions that result in further weakening of the immune system.

### Reduce Your Risk

Practice the four basics of food safety to reduce your risk.

- 1. Clean — Wash Hands, Utensils, and Surfaces Often**
  - Use plain soap and water—skip the antibacterial soap—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds.
- 2. Separate — Don't Cross Contaminate**
  - Keep produce and any other foods that won't be cooked away from the juices of raw meat, poultry, seafood, and eggs.
- 3. Cook to the Right Temperature**
  - Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick
- 4. Chill — Refrigerate and Freeze Food Properly**
  - Refrigerate perishable foods within 2 hours.