

**Important Numbers**

Office  
(810) 632-2155

Fire, Police, Emergency  
911

**Office Hours**

Mon – Fri 7:30 am – 3:00 pm

# Livingston County Senior Nutrition Program



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



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



**No Meals on Wheels Delivery – Monday, May 27th**

\*see menu for details



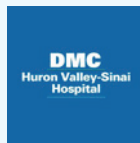
**Mother's Day – Sunday, May 12th**

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 the volunteers who came out on Easter Sunday to deliver the meals to our seniors. Over 300 meals were sent out on 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 Independence Village of Brighton Valley, The Cortland of Howell, and DMC Huron Valley-Sinai Hospital!

Meals on Wheels would like to say a very big thank you to Independence Village of Brighton Valley, The Cortland of Howell, and DMC Huron Valley-Sinai Hospital for helping our seniors have a great meal on Easter! All three organizations 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 all these organizations, and we thank you all for your help and generosity during the Easter Holiday!

## Volunteer Appreciation Week – April 21-27, 2024



April 21-27 was national volunteer appreciation week and words cannot explain how extremely fortunate and blessed we are to have such a strong volunteer team leading our organization and serving the homebound seniors of Livingston and Western Oakland County. Meals on Wheels depends on volunteers from first thing in the morning when they are packing our meals, delivering meals to our seniors, serving lunch at our congregate sites, and helping in the office. Our volunteers' efforts do not go unseen, Meals on Wheels will be hosting a Volunteer Appreciation Picnic in the summer to thank our volunteers and we would like to hear from our seniors about what our volunteers mean to them. Please see enclosed a form to fill out and send back to the office, tell us a story or a short sentence about what the Meals on Wheels volunteers mean to you. These stories and thoughts will be shared with our volunteers at the volunteer appreciation picnic.

# Aging in Place: Tips on Making Home Safe and Accessible

By: National Institute on Aging

*Living at home as you age requires careful consideration and planning. Learn how you can make some changes to help maintain your independence.*

There are a variety of ways to make your surroundings safer and easier to manage so they meet your needs as you age. Go through your home room by room to identify potential problems and safety issues. First, correct any immediate dangers, such as loose stair railings and poor lighting, and then work on other ways to ensure you will be as safe as possible at home.

See the picture, for suggestions to help you identify and remove hazards around the house. Keep in mind that it may not be necessary to make all the suggested changes. It is important, however, to reevaluate home safety every so often as your needs change.

Are you worried that making changes might be expensive? You may be able to get help paying for repairs and safety updates to your home. Check with your state housing finance agency, social services department, community development groups, or the federal government for financial aid programs and discounts. You can also contact Age Ways at 800-852-7795 for help finding resources.

## AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

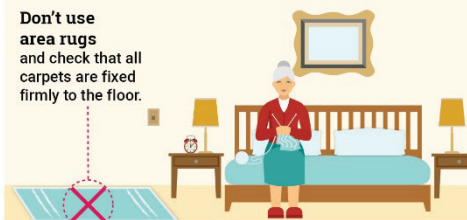
Many older adults want to “age in place”—stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.



**Don't use area rugs** and check that all carpets are fixed firmly to the floor.



**Install grab bars** near toilets and in the tub or shower.



**Replace handles** on doors or faucets with ones that are comfortable for you to use.

**Install a ramp** with handrails to the front door.



**Reduce fall hazards:** place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.



**Place light switches** at the top and bottom of stairs and remember to turn on night lights.

For more information about aging in place, visit [www.nia.nih.gov/aging-in-place](http://www.nia.nih.gov/aging-in-place).

**NIH** National Institute on Aging