



# Western Oakland Meals on Wheels



### Important Numbers

Office  
(248) 223-9160

Fire, Police, Emergency  
911

### Office Hours

Mon – Fri 7:30 AM – 3:00 PM

11600 Grand River Ave. • Brighton, MI 48116

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

### Easter Sunday – April 20th

Meals on Wheels would like to wish everyone a very Blessed and Happy Easter



### Reminder for Easter Sunday Meal Reservation!

Attention Meals on Wheels Clients! Please call the office if you would like a meal delivered on Easter Sunday, April 20, 2025. Delivery is between 10:00 AM and 12:00 PM. Please reserve by Friday, April 11th.



**No Meals on Wheels Deliveries – Friday, April 18th**

\*See menu for details



**EARTH DAY – Tuesday, April 22nd**

### Meals on Wheels Cancellation Policy



This is a friendly reminder that under no circumstance can Meals on Wheels leave a meal if no one is home. We must hand the meal to you. If you are not going to be home for any reason, please call the office with 24-hour notice to cancel the meal for the day.

### Meals on Wheels Texting Notifications!

Meals on Wheels now offers texting notifications to clients and volunteers who have texting capabilities on their phone. We will be using it to notify when there are closures due to weather and reminders of upcoming closures. If you would like to be included on future text notifications, please text "SUBSCRIBE" to 810-632-2155 and we will get you added to our list. Thank you!



### Meals on Wheels Family Time!

Meals on Wheels driver Michael brought his two granddaughters with him to help him deliver to the seniors on his route. We love seeing the kids get involved with the community and our seniors love to see them too!



### Homemade Cards!

Meals on Wheels would like to say a very big thank you to the group of ladies that homemade cards for our Meals on Wheels recipients. They have donated thousands of beautiful cards over the years to our program: birthday cards, Christmas cards, Thanksgiving cards, and even positive message cards! We know this brings so much joy to our seniors! Thank you for all the time and beautiful cards you have donated to our program!



# The Importance of Food Safety for Older Adults

By: [Foodsafety.gov](http://foodsafety.gov)

When 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.