



# Western Oakland Meals on Wheels



## Important Numbers

Office  
(810) 632-2155

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 Birthday in May a very Happy Birthday!



No Meals on Wheels Delivery – Monday, May 26th

\*see menu for details



Mother's Day Sunday, May 11th

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, Independence Village of White Lake, and DMC Huron Valley-Sinai Hospital!

Meals on Wheels would like to say a very big thank you to Independence Village of Brighton Valley, Independence Village of White Lake 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 20-26, 2025



April 20-26 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, and serving lunch at our congregate sites. Our volunteers' efforts do not go unseen! Please acknowledge your volunteer driver and let them know how much you appreciate them!

## 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!



# Home Safety for Older Adults: A Comprehensive Guide 2025

By: National Council on Aging

**A**s we age, our homes should continue to be a place where we feel safe, secure, and comfortable. But research shows the exact opposite is sometimes true. A 2014 study conducted by the Centers for Disease Control and Prevention (CDC) found 28.7% of adults over the age of 65 reported falling at least once in the last 12 months. Another study by the Hospital for Special Surgery found 60% of falls happen in the home. To help prevent falls and other accidents, you can make safety modifications to your environment and eliminate common hazards.

The NCOA have assembled this guide and checklist highlighting home safety tips and helpful devices to ensure your home, or your loved one's home, continues to be a safe environment for aging in place.

## Help in an emergency

Having tools and processes in place to get help in an emergency and minimize damage from falls, accidents, or other dangers is vital. The systems and processes below can help ensure you get the help you need when you need it—with no time wasted.

- Create an emergency phone tree
- Consider purchasing a medical alert system if you or someone you care for are concerned about falls risks
- Home security systems can help prevent theft and allow you to communicate better with visitors

## Interior home safety

When assessing the safety of the inside of the home, it might be easiest to go through each room, taking notes as you go, to spot potential hazards and make changes as needed. Be sure to use the tips below.

- Be sure heavy furniture is safely secured to avoid tip-overs.
- Consider removing or moving low-level tables or furniture to prevent tripping
- Keep a charging station next to the sitting area for easy access to devices
- If using an area rug, make sure it's fixed to the floor, and the edges won't bunch up under your feet or walking aid
- Be aware of your pets


## Walkways and stairways

When assessing hallways, look for potential trip hazards, like throw rugs and thresholds, and consider adding handrails along the walls. Even if you or your loved one are fully mobile, installing a handrail is good for fall prevention. Adding bright contrast tape to uneven parts of the floor can help you be more aware when walking. If electrical cords or other lines or cables are crossing the path, relocate the device to another plug more out of the way to reduce the possibility of tripping over the cables.

- Add nonslip tread covers to steps
- Use motion detection lighting to illuminate halls and stairwells
- Install handrailing throughout halls and up the stairs
- Consider installing a stair lift (if needed)
- Move cables that cross high-traffic areas to prevent tripping
- If there are thresholds or uneven flooring, use bright tape to mark the hazard

## Bedroom Safety

- The bedroom can harbor risks that disproportionately affect



**Home Safety Checklist for Aging Adults** ncoa.org Adviser

Use our room-by-room checklist as you walk through your home and note potential safety hazards and modifications you should make.

<b>Exterior</b> <ul style="list-style-type: none"><li>• Use entryway lighting</li><li>• Install railings around all steps</li></ul>	<b>Walkways</b> <ul style="list-style-type: none"><li>• Install handrailing throughout halls</li><li>• Use bright tape to mark uneven flooring or thresholds</li></ul>
<b>Living Area</b> <ul style="list-style-type: none"><li>• Fix area rugs to the floor</li><li>• Set up a charging station for devices next to the seating area</li></ul>	<b>Bedroom</b> <ul style="list-style-type: none"><li>• Keep the room clutter-free for more restful sleep</li><li>• Make sure the bed is easy to get into and out of</li></ul>
<b>Stairways</b> <ul style="list-style-type: none"><li>• Add nonslip tread covers on steps</li><li>• Illuminate halls and stairways with motion detection lights</li></ul>	<b>Kitchen</b> <ul style="list-style-type: none"><li>• Use cut-resistant gloves and nonslip cutting boards</li><li>• Ensure appliances are in working order</li></ul>
	<b>Bathroom</b> <ul style="list-style-type: none"><li>• Mount grab bars near the toilet and bathing area</li><li>• Add a nonslip mat on the tub or shower floor</li></ul>

older adults, and awareness and proactive measures can help prevent potential accidents associated with bed and room falls, bedding hygiene, circulation issues, mattress safety, and fires.

## Kitchen

- Maintain smoke and carbon monoxide detectors per the manufacturer's instructions
- Check appliances for frayed cords and ensure they're in working order
- Keep the phone number for poison control accessible
- Wear appropriate clothing when cooking (short sleeves and fire-resistant material)
- Purchase cut-resistant protective gloves and rubberized cutting boards

## Bathroom

- Install grab bars near the toilet and in the shower or tub area
- Add gripping to the bottom of the tub or shower
- Insert a shower chair or bench
- Replace low toilets with higher ones, or add a raised toilet seat
- Secure nonslip bath mats or rugs to the floor
- Install durable and easy-to-use faucets (consider using a single-handle faucet)

## Exterior home safety

- Entryway lighting (motion detector or always-on lighting)
- Ramps when necessary
- Railings around all steps
- Keep mats to a minimum (to prevent trips and falls)
- Clear walkways leading to the point of entry
- Make sure the front door (and storm door) is easy to open, lock, and unlock