

Important NumbersOffice
(810) 632-2155Fire, 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



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

**Monday,
October 13th**No Meals on
Wheels Delivery!
**see menu for details*

Saturday, November 8th – Blizzard Box Deliveries

Emergency pantry packs will be delivered on Saturday, November 8th, between 10:00 am and 12:00 pm to each Homebound Senior enrolled in the Meals on Wheels Program. Please keep these boxes handy for when the weather makes it difficult to leave home and your Meals on Wheels delivery may need to be cancelled.



Fun Holidays to Celebrate in October!



Sweetest Day – October 18th

National Pumpkin Day –
October 26thNational Candy Corn Day –
October 30th

Halloween – October 31st

Meals on Wheels Cancellation Policy



It is extremely important to call the Meals on Wheels office and cancel delivery if you will not be home to accept the meal from the driver. Under NO circumstances can we leave the food when you are not home. Please provide at least 24-hour notice to cancel meals (call before noon). Any meals with a No Answer or Late Cancel will be included on your donation statement; we will no longer be providing credit.

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 Volunteer Appreciation Picnic!



On Tuesday, September 9th, Meals on Wheels had a Volunteer Appreciation Picnic for all our volunteers!

We couldn't do it without our volunteers, and we are so blessed to have all of them!

We want to thank the Multi-Lakes Conservation Association for letting us use their beautiful space to host our picnic.

It was a perfect day!



Falls and Fractures in Older Adults: Causes and Prevention

By: National Institute on Aging

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social

Six Tips To Help Prevent Falls

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activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

Many things can cause a fall.

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

Steps to take to prevent falls

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are a few tips to help lessen your risk of falls and broken bones, also known as fractures:

- Stay physically active. Regular exercise improves muscles and makes you stronger. Exercise also helps keep your joints, tendons, and ligaments flexible.
- Try balance and strength training exercises. Yoga, Pilates, and tai chi can all improve balance and muscle strength.

- Fall-proof your home.
- Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls. When you get new eye-glasses or contact lenses, take time to get used to them. Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are tired, you are more likely to fall.
- Avoid or limit alcohol. Too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad.
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected.