



# 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 birthday in July a very Happy Birthday!**



**HAPPY FOURTH OF JULY**  
No Meals on Wheels Delivery  
Friday, July 3rd

Independence Day is celebrated annually on the 4th of July. It first began in the 18th century on July 2nd of 1776, when the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence.



## National Hot Dog Day

The most iconic American food has its own special day and National Hot Dog Day is celebrated on July 15th this year!

### Some facts about the hotdog!

- About 9 billion hot dogs are sold annually in the U.S.
- Americans eat about 155 million hot dogs on the 4th of July
- 26 million hot dogs a year are eaten at U.S. baseball stadiums
- Mustard is the most popular condiments for hot dogs with Ketchup coming in 2nd and chili being 3rd.

## 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! If you decide that you no longer want to receive texting notifications, **please text "STOP" to 810-632-2155.**



## Thank you Girl Scout Troupe 40867!

Meals on Wheels would like to say a very big thank you to Girl Scout Troupe 40867 that donated Girl Scout cookies to our volunteers! Our volunteers appreciated the cookies, and it put a big smile on their face!

## Thank you Planet Fitness!



Meals on Wheels would like to say a very big thank you to Planet Fitness! A group from their Brighton location came on Wednesday, June 3rd and helped pack items in the side bags for our seniors for the next day! We appreciate their help so much! Thank you!

# Hot Weather Safety for Older Adults

By: National Institute on Aging



**T**oo much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

## Heat-related illnesses

Heat syncope is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

Heat cramps are the painful tightening or spasms of muscles in your stomach, arms, or legs. Cramps can result from hard work or intense exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Stop the physical activity you're doing and rest in the shade or in a cool building. Drink plenty of fluids, such as water and sports drinks containing electrolytes. Do not consume alcohol or caffeinated beverages.

Heat edema is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.

Heat rash is a skin irritation from heavy sweating. It causes red clusters of small blisters that look similar to pimples on the skin. Your skin may feel itchy or you may feel "prickly" tingling pain. Keep the infected area dry, use powder to sooth the rash, and stay in cool areas.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be cautious because heat exhaustion can progress to heat stroke.

Heat stroke is a medical emergency in which the body's temperature rises above 104°F. Signs of heat stroke are fainting; confusion or acting strangely; not sweating even when it's hot; dry, flushed skin; strong, rapid pulse; or a slow, weak pulse. When a person has any of these symptoms, they should seek medical help right away and immediately move to a cooler place, such as under shade or indoors. They should also take action to lower their body temperature with cool clothes, a cool bath or shower, and fans.

Sun exposure, also known as sunburn, is a sign of skin damage due to extreme or long exposure. Your skin may appear red and tender, develop blisters, start to peel, and be warm to the touch. Severe reactions may cause fever, chills, nausea, or rash. Prevent sunburn by wearing protective clothing that covers your skin and staying out of direct sunlight. Using a broad spectrum sunscreen with an SPF of 15 or higher can also help prevent sunburns, but be sure to reapply often. If you are sunburned, wear lightweight clothing, take cool showers, moisturize affected areas, and stay out of the sun so your skin can heal.

If you are concerned about any of these heat-related illnesses, talk with your doctor.

## Tips to stay safe in hot weather

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home. You may also contact your local health department or city to find out if they have air-conditioned shelters in your area.
- If you need help getting to a cooler place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. Search the Eldercare Locator to find services in your area. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.
- Ask your doctor if any of your medications make you more likely to become overheated or sunburned.