



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
September a very Happy
Birthday!**



**Monday,
September 7th
– No Meals on
Wheels
Delivery!**

**see menu for details*

First day of Fall
September 22nd



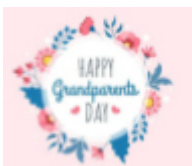
9/11 On September 11th, 2001 four planes were hijacked, two of them crashing into the Twin Towers in New York City, one into the Pentagon in Washington D.C., and one crashing into a field in Pennsylvania. This terrible terrorist attack was responsible for more than 3,000 deaths. We take this day to remember the lives lost and the police and firefighters who risked their lives to save and protect the American people.



Grandparents Day – September 13th

Meals on Wheels would like to wish all the grandparents a very happy Grandparents Day!

We take this day to honor grandparents and celebrate the strong bond between generations.



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.

Summer Lunch Bunch!

Meals on Wheels finished our last week of Summer Lunch Bunch with the Salvation Army! For many summers Meals on Wheels has partnered with The Salvation Army by helping provide meals to their Summer Lunch Bunch Program, which helps feed children during the summer months.



Older Adults: Adding Activity Recommendations

By: CDC

Recommended weekly physical activity

Every week, adults 65 and older need physical activities that include:

- At least 150 minutes (for example, 30 minutes a day on 5 days a week, or 22 minutes a day) of moderate-intensity aerobic activity, such as brisk walking. Or 75 minutes a week of vigorous-intensity aerobic activity, such as hiking, jogging, or running. Or this can be an equivalent mix of moderate- and vigorous-intensity aerobic activity.
- At least 2 days of activities that strengthen muscles.
- Activities to improve balance, such as standing on one foot.



Health benefits

Physical activity provides many benefits. It helps prevent and manage chronic diseases, such as heart disease, diabetes, and obesity. Additional benefits for older adults are reduced risk of falling, more years of independent living, and improved brain health.

Tips for being physically active

- Try to do a variety of activities. This can make physical activity more enjoyable and reduce your risk of injury.
- Even if it's hard to do some types of activities, such as climbing stairs or walking, you can safely do other types of physical activity. Try airplane stretches and chair or desk exercises to start.
- Lots of activities count, even things like mowing the lawn or carrying groceries, and it all adds up. Find what works for you.
- If you take a break from your regular activity due to an illness or travel, start again at a lower level and slowly work back up to your usual level of activity.
- If it is too hot, cold, or wet to be outside, try walking in a mall or look for an online fitness program you can do at home.
- If losing weight is your goal, you may need to



reduce the number of calories you eat and do more than the recommended amounts of physical activity.

What if you have a chronic condition?

If you have a health condition, such as arthritis, diabetes, or heart disease, it doesn't mean you can't be active. Regular physical activity can improve your quality of life and even reduce your risk of developing other conditions.

Ask your doctor if your health condition limits your ability to be active in any way. Then, work with your doctor to come up with a physical activity plan that matches your abilities.

If your condition stops you from meeting the minimum recommended activity levels, try to do as much as you can. What's important is that you avoid being inactive.

What if you have a disability?

Regular physical activity provides people with disabilities important health benefits, such as a stronger heart, lungs, and muscles; improved brain health; and a better ability to do everyday tasks. Talk with your doctor before you begin a physical activity routine. A professional with experience in physical activity and disabilities can tell you more about the amounts and types of physical activity appropriate for you.

Other reasons to check with your doctor

Doing physical activity that requires moderate effort is safe for most people. But if you have been inactive, are overweight, or have concerns, talk to your doctor before starting vigorous-intensity physical activity, such as jogging.

It's never too late to start!

Regular physical activity benefits the health and independence of older adults.

