

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 4:00 pm

Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



June 2017



ST. JOSEPH MERCY
LIVINGSTON
SAINT JOSEPH MERCY HEALTH SYSTEM

Livingston County Community Agency Resource Fair

May 16th Cathy Wormsbacher, Office Supervisor, represented the Meals on Wheels Program at St. Joseph Hospital's Agency Resource Fair in Howell. Meals on Wheels information was given to the Physicians and their medical staff and questions were answered. The Physicians and staff were excited to have information to refer their patients to for daily home cooked meals.

The First Day of Summer



In the United States and the rest of the northern hemisphere, the first day of the summer season is the

day of the year when the sun is farthest north, June 21st. This day is also known as the Summer Solstice.

Upcoming Events/ Happenings

July 4 – Independence Day
(Meals on Wheels closed – no meals delivered)

August 4 – Senior Power Day

August 11 and 12 – Pancake
Breakfast Fundraiser at Milford
Memories

Big Thank-You To Brighton Ford

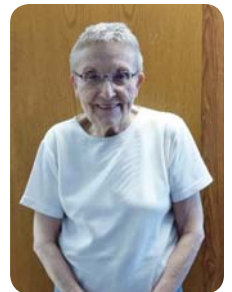


The Meals on Wheels Program greatly appreciates the support that Brighton Ford gives to our Program. They are located at: 8240 Grand River Ave, Brighton, MI 48116. They donate the time that their Digital Marketing Manager; Josh Anton spends creating and working on a Facebook site for the Meals on Wheels Program along with creating a fundraising video for our Facebook site to purchase a Blast Freezer. The Freezer will enable us to provide our own frozen meals to our Senior's for weekends and holidays. You can check out our Facebook site by going to: www.facebook.com/LivCountyMealsOnWheels

Meet Charlotte Puma – Office Volunteer

Charlotte has been a volunteer in the office for over 4 years. She is a resident in Howell, and lives with her daughter, Ann and her husband Jerald. Charlotte retired after 25 years of teaching Elementary School. She moved from Westland where she volunteered for the Meals on Wheels Program there for 10 years and knew that she wanted to find a Meals on Wheels Program where she could continue volunteering.

Charlotte has 4 Children; 1 son; Paul and 3 daughters; Nancy, Ann, & Jean. She has 12 grandchildren: Joel, Scott, Kelly, Heather, Lindsay, Andria, Kristin, Lauren, Megan, Christopher, Andrew, and Daniel. She also has 10 great grandchildren; Lydia, Lucas, Paxton, Kennedy, Adelle, Evan, Kyle, Emily, Reece, & Kaden. To keep busy she also volunteers at the First Presbyterian Church in Howell and helps out in the library and the office. Her hobbies include knitting and organizing (she is always organizing). Her favorite meal from the Meals on Wheels menu is: Stuffed Cabbage.



Hunger Council Event

Cathy Wormsbacher, Meals on Wheels Office Supervisor and her son Curtis Wormsbacher attended the Livingston Hunger Council Event representing the Meals on Wheels Program. Many Non-Profits were represented at the Event to show their support to end hunger in Livingston County Residents who attended the Event received information from the vendors about what resources are available and what they can do to help. Livingston County's Hunger's Motto: "Hunger doesn't Take a Vacation"

Curtis & Cathy Wormsbacher

Dealing With Multiple Sclerosis

Multiple sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain and between the brain and body. More than 2.3 million people are living with MS worldwide.

One Man's Story

For example, consider Dan Melfi, who says it is part of his family culture to fish. "My grandfather was a great fly fisherman into his late 90s," remembers Melfi.



"I can't fly-fish where you stand out in the middle of the stream. It's going to be tough for me to stream fish from now on," says Melfi, referring to mobility challenges related to his 2009 MS diagnosis and the hike that is often required to access a mountain stream. So he found and stocked a special vest – a fishing coat – with everything he needs: "my fly hook, bait, bug spray." The vest is lightweight so Melfi can wear it,



Dan Melfi, diagnosed with MS in 2009, is still getting the hook in the water and considers exercise to be part of his medicine.

with the strap of his folding chair slung over his shoulder as he uses his arm crutches to travel from his car to the lake's edge.

"I can't stand for an extended period of time. So I take the chair." Melfi loves that he can stay out fishing "for hours, because I have the chair. And my pole. And everything's on my body.

"I'm still getting the hook in the water. Once you get in the chair and you start casting, you're fishing. You sit back and you look at life and it's like, 'Wow, this is pretty cool.'"

Melfi also practices yoga at home to help resolve the spasticity, stiffness and other symptoms that MS can bring, particularly in his legs. "Even though it's

so hard for me in the first three or four minutes to do anything, after 15 or 20...I feel so much better."

He cites the importance of routine to help him stay independent and in control of his health. "You make it into a routine of your life. That's part of my medicine now, is exercise."

What's Being Done

The National Multiple Sclerosis Society mobilizes people and resources so that all people affected by multiple sclerosis can live their best lives as it works to stop MS in its tracks, restore what has been lost and end MS forever. The Society devotes over \$122 million a year to connect more than a million individuals to the people, information and resources they need. To move closer to a world free of MS, last year alone the Society also invested \$54 million to support more than 380 new and ongoing research projects around the world.

Sudoku

The aim of this game is to fill in empty squares using digits from 1 to 9 according to the following rules :

Each digit must be found once and only once per line, per column and per region.

	6				5	9		7
9		7		1	3			2
				7		5	1	
	8				9			
	3	1	4	8	7	2	6	
			5				4	
	1	5		6				
6			7	5		1		8
7		4	8				5	

<http://1sudoku.com>

n° 121359 - Level Easy



News For Older Americans

Proactive Steps To Reduce Your Fall Risk

Research by the Centers for Disease Control and Prevention shows that falls are the leading cause of fatal and nonfatal injuries for seniors. Fortunately, through a combination of technology solutions and lifestyle choices, seniors



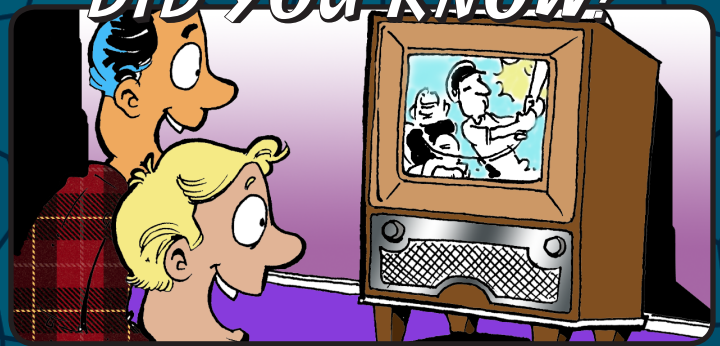
Stay fit to stay on your feet. The stronger and more flexible you are, the lower your risk of falling.

can be prepared for the event of a fall, as well as take proactive measures to decrease the likelihood. Here are three recommended steps seniors can take to support an independent and healthier life:

- **Establish a regular fitness regimen.** Sedentary lifestyles can gradually cause poor flexibility, loss of strength and decreased bone mass—all of which will increase the chances of falling. Establishing a consistent fitness routine will put your body in better shape and make exercise easier as you get older.
- **Adhere to medication and physician orders.** Eighty-seven percent of adults aged 65 or older take at least two medications and 42 percent take five or more. With long lists of medication, adherence can be difficult—but it's vital to follow all directives and advice from your physician to avoid mistakes that can lead to falls.
- **Stay social in your community.** Although many older Americans value their independence, it's important to be social and surrounded by others who care about you. This will help lower your chances of depression, make you happier as you age, and increase the chances of someone being there for you if you fall and need help.

If you or a loved one is concerned about fall risk, take this advice to heart and consider sharing with friends. By combining this advice with available technologies, such as medical alert devices, you can be properly prepared for all circumstances.

DID YOU KNOW?



The first television broadcast of a Major League Baseball game was between the Cincinnati Reds and the Brooklyn Dodgers on August 26, 1939.

When you come to a fork in the road, take it.

—Yogi Berra

Planting Your Garden

F	X	O	N	H	K	L	G	W	W	N	D	B	C	T
G	E	Y	R	U	H	N	E	Y	E	Y	S	S	O	X
D	F	R	M	G	G	K	Z	V	X	E	R	Z	N	H
F	T	S	T	N	A	L	P	F	O	E	D	T	T	T
A	T	H	G	I	L	N	U	S	W	H	L	S	A	R
S	I	P	Q	J	L	G	I	O	D	A	S	O	I	E
B	S	R	U	X	A	I	L	C	V	E	R	P	N	L
L	T	U	E	R	H	F	Z	E	V	T	S	M	E	L
U	O	N	D	T	R	F	N	E	U	S	U	O	R	I
B	P	E	R	O	S	D	H	E	R	B	S	C	H	S
G	N	A	C	S	E	I	J	U	N	I	P	E	R	H
K	E	K	E	R	D	I	W	K	M	S	T	O	O	R
T	S	K	Z	E	A	E	V	W	Y	U	S	O	I	L
W	A	T	E	R	P	W	E	Y	K	R	S	K	Z	R
R	E	G	Y	U	S	J	H	S	M	R	O	W	Y	M

- | | | | |
|------------|----------|--------|----------|
| BULBS | HOSE | PRUNE | SUNLIGHT |
| COMPOST | HUMUS | RAKE | TRELLIS |
| CONTAINER | IVY | ROCKS | WATER |
| EARTH | JUNIPER | ROOTS | WEEDS |
| FERTILIZER | LAVENDER | SEEDS | WISTERIA |
| FLOWERS | ORGANIC | SHOVEL | WORMS |
| GARDEN | PLANTS | SOIL | |
| HERBS | POTS | SPADE | |

Flag Day



The official Flag Day observance is on June 14th of each year. Flag Day is a time to respect the flag, to celebrate its origin, and to honor those who created the first flag. The flag flies over the United States to remind us that we are one nation, a nation under God; to remind us that we are a nation that is indivisible; and to remind us each day of those who fought to protect all who live within this nation.



National Men's Health Week – June 13th-19th

Men's Health Week is celebrated each year during the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness for all of us of preventable health problems and encourage early detection and treatment of disease among men and boys.

Studies show that culturally women surpass men in asking for help with their health and too, men have been raised in a culture "to endure pain."

Men deserve better!! Experts agree that having an awareness of preventable health problems along with early detection and treatment of chronic illnesses are imperative to improving men's health.

Wear Blue – Show them you care by wearing blue on Friday, June 16th.

**June is
Alzheimer's and
Brain Awareness
Month**



National Safety Month is designed to raise awareness of what it takes to Keep Each Other Safe. Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death.

Heat Illnesses Can be Fatal

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Elderly people
- Infants and young children
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself



Father's Day – June 18th

Father's Day is a day for children of any age to honor their father. Fathers are very special men, who, along with mothers, share the responsibility for building and maintaining the family unit. Father's Day is celebrated on the third Sunday in June of each year.

June Birthdays

Flowers – Rose or Honeysuckle. • **Birthstone** – Pearl or Alexandrite.

Beverly Ashbay
Elwin Breniser
Arlene Buurma
Paul Charles
Barbara J. Croydon
Pat Gabler
Gilbert George
Roy Griffith
Hazel Hastle-Carey
Pearl Heick
Rita Jenkins

Ann Lobdell
Kathleen Mays
Robert McConnell
Janice Mcleish
Vemona Melchi
Thomas Molloy
Michael Murray
Barbara Pasciak
Kathleen Reynolds
Connie Rose
Helen Serrels

Dorothy Smith
Beverly Somerville
Gayle Steele
Edward Sugar
Judith Thurston
Melba Wesley

