

**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



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



## Black History Month

February is the month to celebrate achievements of African Americans and a time for recognizing the central role of blacks in U.S. history. Since 1976 every American president has designated February as Black History Month and this year's theme is "The Black Family: Representation, Identity, and Diversity." "The Black Family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy. Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents."



**Attention all Meals on Wheels Clients!**  
If you have a dog and/or cat and would like to be added to our pet food program please call the office (810) 632-2155!

## St Patrick's Church Pet Food Drive!



Meals on Wheels would like to say a huge thank you to St. Patrick's Church of White Lake for hosting a pet food drive and to everyone that came out and donated to the pet food drive! To say this pet food drive was a success is an understatement; this pet food drive was absolutely

mind-blowing and amazing to witness the love and support of our community. Thousands of pounds of dog and cat food were donated to help feed our seniors' furry companions from individuals and businesses all over. One of the businesses that made a huge donation was Pet Supplies Plus who put together pet goodie bags that individuals could purchase to be donated to Meals on Wheels. So many people bought the pet goodie bags that they hauled them in on a flatbed trailer! On top of that, for every 10 pet goodie bags sold, Pet Supplies Plus donated one large bag of dog food and ended up donating many large bags of dog food!



## Fun Holidays to Celebrate in February!



**Groundhog Day**  
Tuesday,  
February 2nd



**Super Bowl LV**  
Sunday,  
February 7th



**Valentine's Day**  
Sunday,  
February 14th



**President's Day**  
Monday,  
February 15th



**Paczki Day**  
Tuesday,  
February 16th

# Taking Care of Our Hearts!

By: National Heart, Lung, and Blood Institute

**H**ear disease is a leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life — and connecting with others can make your efforts even more successful.

Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go.

## Here's How to Start:

### Move More

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

### Eat Healthy Foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at: [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)

### Aim for a Healthy Weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Body mass index (BMI) is used to determine whether you are at a healthy weight. Adults are underweight if their BMI is below 18.5 and are at a healthy weight if their BMI is 18.5 to 24.9. Adults are overweight if their BMI is 25 to 29.9 and have obesity if their BMI is 30 or above.

### Quit Smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard,

but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

### Reduce Stress and Improve Sleep

Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

### Know Your Numbers

Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing.

### High Blood Pressure

Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and your blood vessels and lead to plaque buildup. Your blood pressure is considered high when you have consistent systolic readings of 140 mm Hg or higher or diastolic readings of 90 mm Hg or higher. If your blood pressure is high, your doctor will suggest lifestyle changes and may prescribe medicines.

### High Blood Cholesterol

High blood cholesterol is a condition in which your blood has unhealthy levels of cholesterol—a waxy, fat-like substance. A blood test can show whether your cholesterol levels are healthy. Talk with your doctor about having your cholesterol tested and how often you need it tested. Your cholesterol numbers will include total cholesterol, “bad” LDL cholesterol and “good” HDL cholesterol, and triglycerides. Ask your doctor what your numbers mean for you. If you have unhealthy cholesterol levels, your doctor may suggest heart-healthy lifestyle changes or prescribe a statin or other medicine to help manage your cholesterol levels.

