



# Western Oakland Meals on Wheels



**Important Numbers**  
Office  
(810) 632-2155  
  
Fire, Police, Emergency  
911  
  
**Office Hours**  
Mon – Fri 7:30 am – 4:00 pm

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



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



**Easter Sunday –  
April 4th**

Meals on Wheels would like to wish everyone a very Blessed and Happy Easter!



**Earth Day –  
Thursday, April 22nd**

## Volunteer Appreciation



This March marked the one-year anniversary of when the COVID-19 pandemic began and shut down our world, but it didn't shut down Meals on Wheels! Reflecting on this past year, COVID-19 didn't stop Meals on Wheels, it made us stronger; and because of our volunteers, we were able to not only continue our service but grow our service and continue adding on new seniors, never having to create a waitlist.

In addition to our volunteers, we wouldn't be where we are today without our Volunteer Coordinator, Lucy McKinnon and her assistant Karen Haran! Lucy and Karen worked diligently through the madness, making sure our routes were always covered. With Lucy working one-on-one with the volunteers she wanted to thank the Meals on Wheels Volunteers...

*"We have the best volunteers! Our volunteers in both Livingston County and Oakland County go above and beyond what is expected of them. Daily they show us their kind and generous hearts. They deliver the meals, help our seniors navigate assistance, give them a quick smile, and offer words of encouragement... the list goes on and on. When we need help, they are there. Sometimes, they offer their help without us having to ask. They take their volunteer positions very seriously.*

*When COVID put us all in lock-down, our volunteers stepped up! The majority of our volunteers are seniors themselves, and a lot of them had to take a backseat during the pandemic, but there were still many of them that did continue to volunteer. With the many volunteers that did take a backseat, we were worried about how we were going to cover the routes, however, we received an influx of others who found themselves working from home with lots of extra time on their hands. We were blessed with a lot of people wanting to give; And give they did!*

*From the bottom of our hearts, we would like to thank each and every one of our volunteers who make us who we are. Without you all, we would be nothing. The daily thanks from our seniors is proof enough of your continued giving. Keep up the good work."*

*– Lucy McKinnon, Volunteer Coordinator*

We appreciate everyone who supports us from our volunteers to our donors and our public officials! Because of all of you, Meals on Wheels of Livingston & Western Oakland County can continue to serve and grow our services and make sure "That No Senior Goes Hungry!"

## April is National Parkinson's Awareness Month

By: Parkinson's Foundation

### What is Parkinson's?

**Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.**



Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience: Tremor, mainly at rest and described as a pill-rolling tremor in the hands. Other forms of tremor are possible, Bradykinesia, Limb rigidity, Gait, and balance problems.

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.

### 10 Early Signs of Parkinson's Disease

It can be hard to tell if you or a loved one has Parkinson's disease (PD).

Below are 10 signs that you might have the disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

1. Tremor
2. Small Handwriting
3. Loss of Smell
4. Trouble Sleeping
5. Trouble Moving or Walking
6. Constipation
7. A Soft or Low Voice
8. Masked Face
9. Dizziness or Fainting
10. Stooping or Hunching Over

### What can you do if you have PD?

- Work with your doctor to create a plan to stay healthy. This might include the following:
  - A referral to a neurologist, a doctor who specializes in the brain
  - Care from an occupational therapist, physical therapist, or speech therapist
  - Meeting with a medical social worker to talk about how Parkinson's will affect your life
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.

## March for Meals – Community Champions Week

During the week of March 22-26, we invited local, state, and federal officials, local celebrities, and other prominent community figures to safely deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels. This special week within March for Meals provides a wonderful opportunity to engage powerful figures in our community and helps raise public awareness for the nutritional and social needs of seniors.

**Jim Runestad, State Senator** – State Senator Jim Runestad visited Meals on Wheels and volunteered his time helping prepare and load the meals for the day.

"The hardworking folks at Meals on Wheels graciously allowed me to join them to offer nutritious food to seniors in the area," said Runestad, R-White Lake. "I applaud their tireless efforts to consistently assist senior citizens and vulnerable residents in this great time of need."

"I am so thankful that organizations like Meals on Wheels exist to help," Runestad said. "They understand that to thrive as a community, we must take care of the most vulnerable among us."

**Don Green, Milford Township Supervisor** –

"I have been working with Meals on Wheels for over 20 years. They do an amazing job with their volunteers. Not only do the volunteers deliver meals to seniors that may or may not be home-bound but they stop and talk with the clients. This may be the only contact these seniors have with anyone.

I have eaten the meals on occasion and have found them to be not only tasty but nutritionally balanced and filling. The meals are varied and well received by the clients. At our senior center, we have a veterans day lunch once a month and serve the meals provided by Meals on Wheels.

I, on occasion, have delivered the meals and had the chance to talk with the people receiving the meals. As I said, "They are very happy to have the meal and the personal contact. This is also a way to make sure they are doing well and find out if they are in need of anything.

You can't say enough about the volunteers that take time out of their day to deliver these meals."

**Ann Bollin, State Representative** – "Meals on Wheels is a vital resource in our community. The services they provide go beyond the meals they deliver. Some days our dedicated drivers may be the only encounter our seniors have – they provide compassion and friendship and offer a warm smile and often a much-needed hug."

**Debbie Stabenow, U.S. Senator** – "COVID-19 isn't just a public health crisis. It isn't just a financial crisis. It's also a hunger crisis that's hit Michigan seniors especially hard. I'm so grateful to Meals on Wheels for delivering meals – and kindness – to our older neighbors. It's why I fought to include \$750 million for senior nutrition programs, including Meals on Wheels, in the American Rescue Plan Act. And it's why I encourage people to get involved. Meals on Wheels volunteers truly are heroes – delivering food for body and soul."

