

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 May a very Happy Birthday!



Memorial Day - No Meals on Wheels Deliveries

Monday, May 31st

*see the menu for details



Mothers Day – Sunday, May 9th

Meals on Wheels would like to wish all the mothers and motherly figures a very Happy Mother's Day.

Easter Bunny Helpers!

Meals on Wheels would like to say a huge thank you to all of the volunteers who came out on Easter Sunday to deliver the meals to our seniors. A total of 250 meals were sent out Easter Morning! We also would like to say another big thank you to Pepsi of Howell for volunteering their time to help pack the meals for Easter Sunday! We could not have done it without these lovely volunteers and we thank you for your help and generosity during the Easter Holiday!



Meals on Wheels Fowlerville Drivers!

Patty Kelly

Patty has been delivering meals to the Fowlerville seniors for about four years now. Patty enjoys her seniors and misses the ones that are no longer on the program, but looks forward to seeing those that are on her route. Most have



pets and she brings treats along for them. Patty likes to serve those in her commu-

nity and is always glad to see Dean, the Director at the Fowlerville Senior Center. Patty and her husband have a farm in Fowlerville where they raise beef cattle and care for goats and horses.

Tricia Morrison

Tricia has been volunteering for Meals on Wheels for many years; she says it makes her feel good to see the friends she's made! Her hobby is traveling to antique vintage shows with her husband where they sell the items they buy at flea markets and yard sales. She likes to refinish, distress, enhance and improve some of the pieces she finds.

Pinckney Drivers!

Kathy Austin

Kathy and her husband are new to volunteering with Meals on Wheels and enjoy delivering the route! She likes con-



necting with all her Meals on Wheels people and says they are usually waiting for her and all say "Thank you!"

Kathy enjoys feeding birds and loves to watch them eat at her feeders.

Brent Harden

Brent has been delivering for about two years and wanted to get involved because his father-in-law receives Meals on Wheels in Howell. He is looking forward to warmer weather so he can hopefully spend more time outside getting to know some of the people on his route. Brent is a lifelong animal friend and even caught, spayed, and vaccinated some cats that had been living under his porch.

May is National Stroke Awareness Month!

By: Centers for Disease Control and Prevention (CDC)

What is a stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

Ischemic stroke—when the blood supply to the brain is blocked

Hemorrhagic stroke—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable.

You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

What are the signs and symptoms of a stroke?

An easy way to remember the most common signs of a stroke and how to respond is with the acronym F.A.S.T.:

F = Face drooping: Ask the person to smile. Does one side droop?

A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Other common signs of a stroke are:

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes



- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke the person had.

When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

Can a stroke be prevented?

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks. There are several steps you can take to reduce your risk for a stroke:

1. Eat a healthy diet low in sodium with plenty of fruits and vegetables.
2. Maintain a healthy weight.
3. Be physically active.
4. Don't smoke, and avoid second-hand smoke.
5. Limit alcohol use.
6. Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.