



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 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 West Bloomfield Drivers!

Karla Williams

Pictured here is Karla and her black lab Louie! Karla has been a volunteer since March of 2020 with her lab Louie who likes to ride along in the car with her. She also has volunteered in other senior activities and is a Master Gardener and helps



out where she can share that skill. Karla enjoys the seniors and encourages others to get involved with the program.

The Judson Center

Pictured here is Lindsey and Doris from The Judson Center! The Judson Center delivers meals on Tuesdays & Wednesdays in the West Bloomfield area and on Fridays they deliver in the Walled Lake area. On the other days of the week, they work at “Fleece & Thank You” and also clean a church.

When delivering, they remember the route and each takes turns gathering what they need to bring to each home. Doris will help guide them by mentioning the items like a white bag and blue milk. Doris has been involved with this group for 15 years



and sees that they are contributing to the community and it keeps them productive.

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.