



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

Thanksgiving Day Meal Reservation!

Please call the office at 810-632-2155 if you would like a Thanksgiving Dinner delivered on Thanksgiving Day. Delivery is between 10:00AM and 12:00PM. Please reserve by Thursday, November 18th.



Meals on Wheels New Kitchen Fundraiser – Update!

Meals on Wheels would like to say a huge thank you to Senator Jim Runestad for helping Meals on Wheels secure a grant for a new building! (see insert) We are overjoyed and so appreciative to be chosen to receive this grant! We will be continuing our fundraiser to raise additional funds for build-outs and appliances for the new kitchen!

Meals on Wheels will be closed Thursday, November 25th and Friday, November 26th. A frozen meal will be delivered Monday, November 22nd, for Friday, November 25th's meal. If you receive weekend frozen meals, these will be delivered Wednesday, November 24th.



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



Reminder!
 Blizzard Box Delivery is Saturday, November 6th!



Meals on Wheels would like to wish everyone a very Happy Thanksgiving!



November 7, 2021 - Daylight Saving Time Ends

When local daylight time is about to reach Sunday, November 7, 2021, 2:00 am clocks are turned backward one hour to Sunday, November 7, 2021, 1:00 am local standard time instead.

Sunrise and sunset will be about one hour earlier on November 7, 2021 than the day before. There will be more light in the morning.

Veteran's Day – Nov. 11th



Meals on Wheels would like to thank all of the people who have served for our country and recognize them on

Veterans Day. Veterans Day honors and thanks all military personnel who served in the United States in all wars. Some history about Veterans Day is on the 11th hour of the 11th day of the 11th month of 1918, an agreement between Germany and the allied nations came into effect to stop fighting. President Wilson stated the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory."



LETS Appreciation!

Meals on Wheels would like to say a HUGE thank you to LETS Transportation for all of their time delivering a route for us every day of the week since March 2020. We also want to say another big thank you to Elisa who works for LETS Transportation. She was one of the main delivery people from LETS that our seniors got to know and love. We are saddened to say that they will no longer be able to help us deliver meals due to an increase in stops. We will miss Elisa and LETS Transportation so much! Thank you again for all your help!

November is Diabetes Awareness Month

By: American Diabetes Association



No matter where you are in your fight, here's where you need to be.

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life. Wherever you're at with your diabetes, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

Understanding type 1

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape, and size.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar (blood glucose) that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

Understanding type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help you put yourself in charge of your life.

Understanding gestational diabetes

Gestational diabetes can be a scary diagnosis, but like other forms of diabetes, it's one that you can manage.

We don't know what causes gestational diabetes, but we know that you are not alone. It happens to millions of women. We do know that the placenta supports the baby as it grows. Sometimes, these hormones also block the action of the mother's insulin to her body and it causes a problem called insulin resistance. This insulin resistance makes it hard for the mother's body to use insulin. And this means that she may need up to three times as much insulin to compensate.

The key to treating it is to act quickly—as treatable as it is, gestational diabetes can hurt you and your baby. Work with your doctor to keep your blood sugar levels normal, through special meal plans and regular physical activity. Your treatment may also include daily blood sugar testing and insulin injections.

Understanding diabetes from other causes

In addition to type 1, type 2, and gestational diabetes, a small minority of people develop specific types of diabetes due to other causes. This includes:

- Monogenic diabetes syndromes, such as neonatal diabetes and maturity-onset diabetes of the young (MODY)
- Diseases of the exocrine pancreas, such as cystic fibrosis and pancreatitis
- Drug or chemical-induced diabetes, such as with glucocorticoid use, in the treatment of HIV/AIDS or after organ transplantation

Understanding prediabetes

When it comes to prediabetes, there are no clear symptoms—so you may have it and not know it. Here's why that's important: before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn't mean you'll develop type 2, particularly if you follow a treatment plan and a diet and exercise routine. Even small changes can have a huge impact on managing diabetes or preventing it all together—so get to a doctor today and get tested.