



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 February a very Happy Birthday!

Fun Holidays to Celebrate in February!



Groundhog Day –
Wednesday, February 2nd



Super Bowl LVI –
Sunday, February 13th



Valentine's Day –
Monday, February 14th



President's Day –
Monday, February 21st

Novi Volunteers!



Pictured here we have our very happy Novi volunteer packer Jackie and driver Barb! They sure are happy to be volunteering with Meals on

Wheels, and we are even happier to have them as volunteers with Meals on Wheels! Thank you, Barb and Jackie, for everything you do, and a big THANK YOU to all of our volunteers!



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!

Meals on Wheels Testimonials

"Your staff is amazing"

"Thank you for all you do! It is deeply appreciated!"

"Everyone who comes to my door to deliver are so wonderful! Thank you for providing such a kind service!"

"At first, my mother was resistant to the meal delivery service. After just a few days she looked forward to them and was very appreciative. Thank you very much for everything! I will be recommending this program to elderly neighbors!"

"I love my meals and all the nice people that bring them!! They are so wonderful!"

"Thank you so much, you guys are the only contact my mother receives. I appreciate you all!"

"I appreciate your good meals. I wish I could give more. Your delivery people are so kind. Thank you so much!"

Celebrate American Heart Month: Join the #OurHearts Movement

By: National Heart, Lung, and Blood Institute



Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these **heart-healthy lifestyle tips** to protect your heart. **It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.**

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move more

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more **physically active**:

- Ask a colleague to walk "with you" on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!

How much is enough? Aim for 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 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it!

Try 10 or 15 minutes a few times a day. NHLBI's **Move More fact sheet** has ideas to get and keep you moving.

Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes. Check out NHLBI's **Aim for a Healthy Weight** web page.

Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free **Dietary Approaches to Stop Hypertension (DASH)** eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels.

Quit smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit.

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage stress

Reducing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Check out NHLBI's **Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers** worksheet.