

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 June a very Happy Birthday!



Father's Day – Sunday, June 19th!

Meal on Wheels would like to wish all the Fathers and Fatherly figures a very Happy Father's Day!



First Day of Summer – Tuesday, June 21st!

This day is also known as the summer solstice and is the day that has the most hours of sunlight. You will notice that the sun is higher in the sky and the sun's rays will shine down on a more direct angle, causing the warming of summer.

Keller Williams RED Day – Thursday, May 12th

On Thursday, May 12th Keller Williams Realty chose Meals on Wheels as the charity of need for their annual Red Day Event! Since May of 2009 Keller Williams sets aside the second Thursday of every May to Renew, Energize, and Donate (RED) within the communities they serve. Keller Williams has volunteered their time in a number of ways: “building new homes from the ground up, gathering and distributing food to those who need it, organizing relief efforts when a natural disaster hits, and even spreading joy and raising funds as only KW can when life takes an unexpected turn.” Meals on Wheels is so grateful for being chosen for Keller Williams RED Day! They packed and delivered all of the meals for Livingston County! **Thank you, Keller Williams!**



Spring Showers Bring May Flowers!



Meals on Wheels would like to say a very big “Thank You” to The Hartland Home & Garden Club and Hartland Community Council for donating 30 individual floral arrangements to the Meals on Wheels recipients in the Hartland area! The floral arrangements are absolutely beautiful and brought a great big smile to our clients faces in the Hartland area! Thank you!

Flag Day – Tuesday, June 14th

The official Flag Day observance is on June 14th of each year. Flag Day is a time to respect the flag, to celebrate its origin, and to honor those who created the first flag. On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white and that the union be 13 stars, white in a blue field, representing a new constellation.” In 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14th as Flag Day. You can show your support for Flag Day by displaying a flag in your home or outside.

June is Alzheimer's & Brain Awareness Month!

By: The Alzheimer's Association

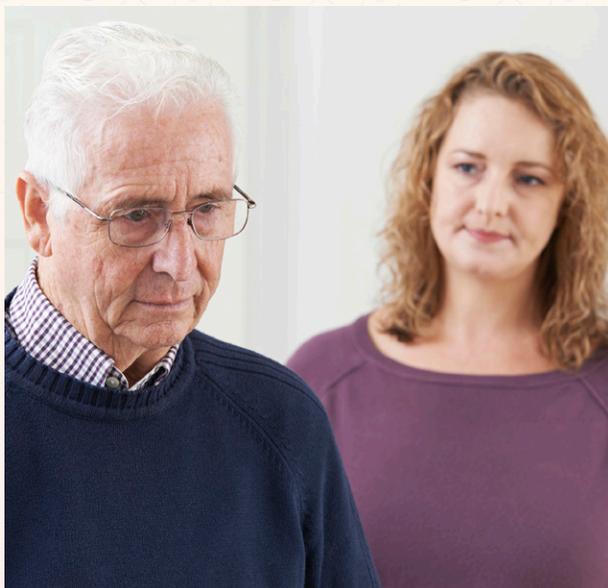


June is Alzheimer's & Brain Awareness Month — and everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured or even slowed.

Worldwide, there are an estimated 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic — especially you. During Alzheimer's & Brain Awareness Month, the Alzheimer's Association asks people around the world to go purple and use their brains to fight this devastating disease.

Take the lead

Alzheimer's is a fatal disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. Ultimately, those with the disease will lose their ability to communicate, recognize family and friends, and care for themselves. In the United States alone, more than 5 million individuals are living with the disease and over 15 million are acting as caregiver.



10 Ways to Love Your Brain

Start Now! It's never too late or too early to incorporate healthy habits.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body!

1. Hit the Books

Formal Education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

2. Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

3. Follow Your Heart

Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.

4. Heads Up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

5. Fuel Up Right

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

6. Catch Some ZZZ's

Not getting enough sleep may result in problems with memory and thinking

7. Take Care of your Mental Health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

8. Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

9. Stump Yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

10. Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.