



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 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.

Volunteer Spotlight

Hanging out at our Novi site is Meals on Wheels transporter Jeffrey Bennett and Meals on Wheels long-time volunteer Loretta Young! Jeffrey transports food to our Walled Lake, Novi, Commerce and Paragon site and also manages the Meals on Wheels vehicles. Loretta helps pack the food for each route at the Novi site and makes sure it's good to go for the drivers to pick up and deliver.



In Remembrance Glo Jackson



We are deeply saddened to inform you of the passing of one of our very long-time volunteers Ms. Glo Jackson. Glo Jackson passed away on May 13, 2022. She was a volunteer for Meals on Wheels for 30 years and loved seeing the people at the Highland Activity Center and visiting with the Meals on Wheels recipients. We were so blessed to have her as a Meals on Wheels volunteer for so many years and are truly going to miss her. Rest in peace Glo!

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

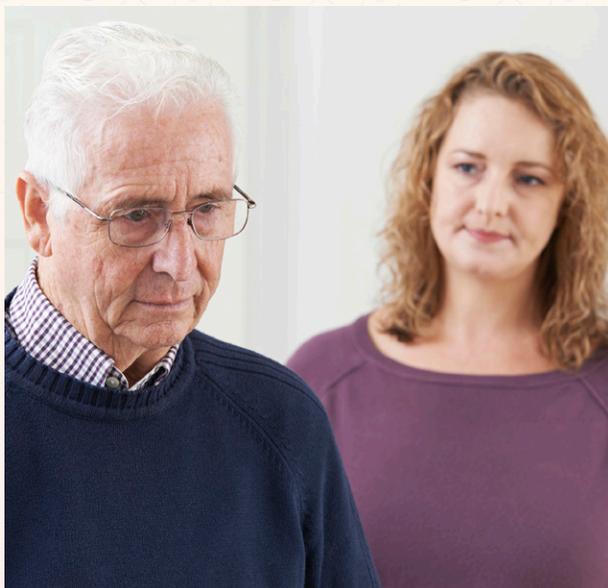


June is Alzheimer's & Brain Awareness Month — and everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured or even slowed.

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.