



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 September a very Happy Birthday!



Monday,
September 5th
– No Meals on
Wheels Delivery!
*see menu for
details



First day of Fall! –
September 22nd



9/11 – On September 11th, 2001 four planes were hijacked, two of them crashing into the Twin Towers in New York City, one into the Pentagon in Washington D.C., and one crashing into a field in Pennsylvania. This terrible terrorist attack was responsible for more than 3,000 deaths. We take this day to remember the lives lost and the police and firefighters who risked their lives to save and protect the American people.

Pancake Breakfast

Did you see Meals on Wheels at Milford Memories? If you did, you saw us cooking up a storm for the pancake breakfast! This year we made a wonderful breakfast that consisted of pancakes, sausage, grapes, coffee, and juice. Meals on Wheels would like to thank Czapski's Restaurant for allowing us to use their parking lot and tables for breakfast. We had a great turnout this year!



From Left to Right: Sheryl Yaldao, Jordan Yaldao, Eva Graham and Courtney Yaldao



Catherine Wormsbacher (Meals on Wheels Office Supervisor) and Margaret Davey (MOW Executive Director)



Eva Graham (Meals on Wheels Office Assistant), Catherine Wormsbacher (MOW Office Supervisor) and Roberta Bearup (Milford MOW Site Hostess)



Meals on Wheels Office Volunteer Suzanne Jonik and her husband Paul



Kim Fowler (Meals on Wheels Office Assistant), Lucy McKinnon (MOW Volunteer Coordinator), and Candie Hovarter (MOW Outreach Director)



Ed Carrico (Meals on Wheels Chef) and Theresa Grabowski (MOW Head Packer)

Physical Activity for Older Adults

By: University of Nebraska-Lincoln

Including regular physical activity is one of the most important things you can do for your health as an older adult (65 years and older). Less pain, better mood, and lower risk of many diseases are some of the health benefits from being active. It can make your daily life better, so it is easier to:

- Do everyday tasks, like chores and shopping
- Stay independent as you get older
- Keep up with the grandkids

How Much Activity Do Older Adults Need?

Focus on moving more and sitting less throughout the day. Always remember some activity is better than none. Check with your doctor before starting a physical activity routine. If you are 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow these recommendations:

- At least 150 minutes a week of moderate intensity activity such as brisk walking or anything that gets your heart beating faster counts
- At least 2 days a week of activities that strengthen muscles
- Mix in stretches and activities to improve balance such as standing on one foot

Aerobic Activities

Anything that gets your heart beating faster counts. Some examples include:

- Walking or hiking
- Dancing
- Swimming
- Water aerobics
- Jogging or running
- Aerobic exercise classes
- Some forms of yoga
- Bicycle riding (stationary or outdoors)
- Some yard work, such as raking and pushing a lawn mower
- Sports like tennis or basketball
- Walking as part of golf

Strength Activities

Do activities that make your muscles work harder



than usual. Some examples include:

- Strengthening exercises using exercise bands, weight machines, or hand-held weights
- Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)
- Digging, lifting, and carrying as part of gardening
- Carrying groceries
- Some yoga postures
- Some forms of tai chi

Balance Activities

Incorporate activities to improve your balance. Some examples include:

- Walking backwards
- Standing on one leg
- Walking heel-to-toe
- Practicing standing from a sitting position
- Using a wobble board
- Strengthening muscles of the back, abdomen, and legs

Ready to Get More Active?

Start gradually and increase the amount and intensity of physical activity over time. Evaluate your age, level of fitness and level of experience to help reduce injury risk when increasing physical activity. The best way to get started is to focus on a light- to moderate-intensity activity, such as walking 5–15 minutes per session, 2–3 times a week. Research has shown walking to be a low risk of injury and no known risk of severe cardiac events.

No matter your age, you can find a way that works for you.