



# Western Oakland Meals on Wheels



## Important Numbers

Office  
(248) 223-9160

Fire, Police, Emergency  
911

## Office Hours

Mon – Fri 7:30 am – 3:00 pm

9525 E. Highland Road • Howell, MI 48843 • (248) 223-9160

### Thanksgiving Day Meal Reservation! –

Please call the office at 248-223-9160 if you would like a Thanksgiving Dinner delivered on Thanksgiving Day. Delivery is between 10:00AM and 12:00PM. Please re-serve by Thursday, November 17th.



Meals on Wheels will be closed Thursday, November 24th and Friday, November 25th.

A frozen meal will be delivered Monday, November 21st, for Friday, November 25th's meal. If you receive weekend frozen meals, these will be delivered Wednesday, November 23rd.



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



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

### November 6, 2022 – Daylight Saving Time Ends



When local day-light time is about to reach Sunday, November 6, 2022, 2:00 am clocks are turned backward 1 hour to Sunday, November 6, 2022, 1:00 am local standard time instead.

Sunrise and sunset will be about one hour earlier on November 6, 2022 than the day before and there will be more light in the morning.

### Veteran's Day – November 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. This day is usually marked by parades, church services and in many places the American flag is hung at half-mast.



## Simple Packing Tips To Ship Holiday Gifts

Packing and shipping gifts across town, across the country or around the world for the holidays is easy, provided you follow simple tips from the United States Postal Service.

To ensure items arrive safely, leave space for extra cushioning inside the package. Stuff glass and fragile, hollow items, like vases, with newspaper or packing material to avoid damage.

Once the box is packed, make sure the address is printed clearly on the outside. Include all address elements, such as apartment numbers, directional information (ex: 123 S Main St. Apt. 2B), and the ZIP Code. Don't forget to include a return address. Also, place a card inside the package that contains the delivery and return addresses. This ensures the package can be delivered or returned should the mailing label become damaged or fall off. For more information and restrictions visit usps.com.

**TIPS TO AVOID A SHIPPING GLITCH**

- Properly address packages**: Include both "to" and "from" information and only on one side.
- Place a card inside with delivery and return addresses**: This helps postal employees deliver the item should the mailing label become damaged or fall off.
- Never guess a ZIP Code™**: Look up a ZIP Code™ at usps.com under Quick Tools. NO ZIP is better than a WRONG ZIP.
- Print addresses clearly**: Include all address elements such as apartment numbers and directional information (ex: 123 S Main St. Apt. 2B).
- Do NOT reuse boxes**: Reused boxes may be less sturdy than new boxes.
- Make sure it weighs 70 pounds or less**: Use an accurate scale to weigh your package.
- Select a durable box to protect contents**: Priority Mail® and Priority Mail Express® boxes are free at Post Office locations.

# 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 medi-



cation 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 lev-

els 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.