

JUNE 2023



Western Oakland Meals on Wheels



Important Numbers
Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours
Mon – Fri 7:30 am – 3:00 pm

9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



No Meals on Wheels Delivery • Tuesday, July 4th *see menu for details



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



Sunday, June 18th!

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

Flag Day - Wednesday, 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.



First Day of Summer

Wednesday, 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.



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 de-



mentia. 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 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.



A "Go Purple" Menu!

Breakfast Ideas

Blueberry French Toast

Raisin Bran Cereal

Hard Boiled Eggs & Whole Wheat Toast

Blueberry Yogurt

Lunch/Dinner Ideas

Baked Cod with Whole Wheat Rice & Sweet Peas

Baked Chicken Breast with Purple Cabbage & Sweet Potatoes

Whole Wheat Spaghetti with Marinara

Dessert

Mixed Fruit Bowl with Blackberries, Plums, Strawberries & Almonds