

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 3:00 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 December a very Happy Birthday!

Happy Holidays

The Meals on Wheels staff would like to wish everyone a very safe and blessed Holiday!



No Meals on Wheels Deliveries

*see menu for details
Monday, December 25th
Monday, January 1st

Christmas Day Meal Reservation!

Please call the office at 810-632-2155 if you would like a Christmas Dinner delivered on Christmas Day. Delivery is between 10:00AM and 12:00PM. Please reserve by Monday, December 18th.



Bad Weather Procedures

Bad weather is right around the corner and to be prepared, here are the procedures to follow to determine if meal delivery will be cancelled. When there is bad weather and schools are closing, call the main office line to check and see if we will have a delivery that day. We will change the message on our phones by 7:00AM so you can call and confirm meals are cancelled. This is a good time to use the 5-meal emergency packs that were sent to you! We will resume delivering your meals as soon as the weather permits!



Blizzard Box Delivery!

On Saturday, November 4th we had our annual Blizzard Box Delivery! With the help of our volunteers we sent out almost 10,000 meals to over 500 seniors on the Meals on Wheels Program! Thank you so much to the volunteers who delivered for us that day! Just a reminder; please save these boxes for when we may not be able to deliver during the winter months due to bad weather conditions.





Thank You Livingston County Wildlife & Conservation Club!

Meals on Wheels would like to say a very big thank you to the Livingston County Wildlife & Conservation Club! For many years this organization prepares, packs, and delivers the Thanksgiving dinner to our Homebound Seniors who reserved a meal and were home on Thanksgiving Day. We couldn't do it without your organization and we thank you for your help and generosity during the Thanksgiving Holiday!

Dental Kit Donation!



Meals on Wheels would like to say a huge thank you to the Michigan Coalition for Oral Health for the Aging

for donating 400 dental kits to our homebound seniors! Representative Katelynn from COHA and Operations Supervisor Cathy, are pictured with garbage bags filled with dental kits!



Giving Tuesday at Hartland Brewery!

Meals on Wheels would like to say a very big THANK YOU to Pam Bolam for choosing Meals on Wheels as the beneficiary from Hartland Brewery 'Giving Tuesday' night.

Cold Weather Safety for Older Adults

By: National Institute on Aging

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.



Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.