



# 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



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

WE WILL BE CLOSED ON  
**PRESIDENTS DAY**



**No Meals on Wheels Delivery**

Monday, February 19th  
 \*see menu for details

## Fun Holidays to Celebrate in February!



February is Black History Month!



**Groundhog Day –**  
 Friday, February 2nd



**Super Bowl LVIII –**  
 Sunday, February 11th



**Valentine's Day –**  
 Wednesday, February 14th



**President's Day –**  
 Monday, February 19th



**Paczki Day –**  
 Tuesday, February 13th

## Reminder of Bad Weather Procedures!



Bad weather is here 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!

## A Tribute to Perseverance: Celebrating Black History Month

February marks a period of reflection and celebration of the African American community's rich heritage and numerous accomplishments. Black History Month is an annual observance that honors the trials, triumphs, and undying spirit of African Americans throughout U.S. history. This month-long celebration is a testament to the resilience and tenacity of African Americans who have made indelible contributions to society despite the adversity they have faced.



Image provided by www.census.gov

The selection of February for Black History Month is not arbitrary; it is a month that encompasses the birthdays of two influential figures in African American history—Abraham Lincoln and Frederick Douglass. The relevance of February dates back to 1926, when historian Dr. Carter G. Woodson initiated the celebration of “Negro History Week,” which later expanded into a full month-long commemoration in 1976.

Black History Month is not only about acknowledging the struggles but also celebrating the cultural achievements and contributions of African Americans. From the arts to science, politics to sports, African Americans have made significant strides that have shaped the fabric of American society. In 2024, the focus will be on the varied history and lives of African American arts and artisans, showcasing the rich cultural tapestry that they have woven.

Black History Month serves as a powerful reminder of the African American journey—a narrative of endurance, achievement, and the relentless pursuit of equality. Let us continue to honor and celebrate the vital role African Americans have played in shaping the history and culture of the United States, not just in February, but throughout the year.

# Celebrate American Heart Month: Join the #OurHearts Movement

## February is American Heart Month!

By: The National Heart, Lung and Blood Institute

**D**id you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Heart disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

### Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

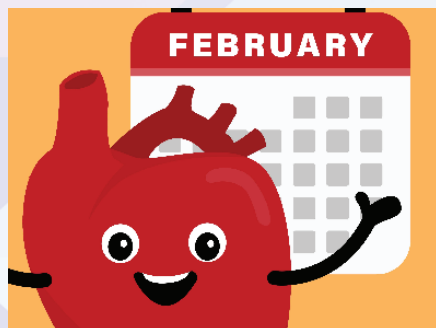
- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7–9 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

### Move more

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk “with you”



on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.

- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

**How much is enough?** Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try doing 10 minutes of physical activity at least three times a day. NHLBI's Move More fact sheet has ideas to get and keep you moving.

### Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes. Check out NHLBI's Aim for a Healthy Weight web page.

### Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI's Dietary Approaches to

Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at NHLBI's Heart-Healthy Eating web page.

### Quit smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree.hhs.gov and Smokefree.gov.

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called second-hand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

### Manage stress

Managing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

### Improve sleep

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

### Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort.