

NOVEMBER 2025



# Western Oakland Meals on Wheels



11600 Grand River Ave. • Brighton, MI 48116

## Important Numbers

Office  
(248) 223-9160

Fire, Police, Emergency  
911

## Office Hours

Mon – Fri 7:30 AM – 3:00 PM

## 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 reserve by Thursday, November 20th.



## No Meals on Wheels Delivery!

Tuesday, November 11<sup>th</sup>  
Thursday, November 27<sup>th</sup>  
Friday, November 28<sup>th</sup>  
\*see menu for details



**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 2, 2025 - Daylight Saving Time Ends



When local daylight time is about to reach Sunday, November 2, 2025, 2:00:00 am clocks are turned **backward** 1 hour to 1:00:00 am local standard time instead. Sunrise and sunset will be about 1 hour earlier on November 2, 2025 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 the people who have served our country and recognize them on Veterans Day. Veteran's 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.



## Meals on Wheels Cancellation Policy



It is extremely important to call the Meals on Wheels office and cancel delivery if you will not be home to accept the meal from the driver. Under NO circumstances can we leave the food when you are not home. Please provide at least 24-hour notice to cancel meals (call before noon). Any meals with a No Answer or Late Cancel will be included on your donation statement; we will no longer be providing credit.

## Meals on Wheels Texting Notifications!

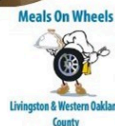
Meals on Wheels now offers texting notifications to clients and volunteers who have texting capabilities on their phone. We will be using it to notify when there are closures due to weather and reminders of upcoming closures. If you would like to be included on future text notifications, please text **"SUBSCRIBE"** to 810-632-2155 and we will get you added to our list. Thank you!



## Thank you Mrs. Michaels & The Gabriel Group!



Meals on Wheels would like to say a very big thank you to Mrs. Michaels and The Gabriel Group! Both of these organizations helped pack meals in the kitchen! THANK YOU SO MUCH!



*By: American Diabetes Association*

**N**ovember is American Diabetes Month, and the American Diabetes Association is celebrating 85 years of Impact. “In our 85 years, we’ve been a part of extraordinary advancements in diabetes knowledge, treatment, and care—and we will continue to play a pivotal role as we work toward a future free from diabetes and all its burdens.” The following information explains the difference between Type 1 and Type 2 Diabetes and symptoms to look out for.

### **Understanding Type 1 Diabetes**

Type 1 diabetes is an autoimmune disease. Testing, coupled with education about diabetes symptoms and close follow-up, has been shown to enable earlier diagnosis and to prevent diabetes ketoacidosis.

### **What is Type 1 Diabetes?**

When you have Type 1 Diabetes, your immune system mistakenly treats the beta cells in your pancreas that create insulin as foreign invaders and destroys them. When enough beta cells are destroyed, your pancreas can’t make insulin or makes so little of it that you need to take insulin to live.

Insulin is a hormone that helps blood glucose (blood sugar) enter your body’s cells so that it can be used as energy. If you have diabetes, blood glucose can’t enter your cells so it builds up in your bloodstream. This causes high blood glucose (hyperglycemia). Over time, high blood glucose harms your body and can lead to diabetes-related complications if not treated.

Most of the time, Type 1 Diabetes is diagnosed in young people, but it can develop in anyone at any age. Scientists and researchers today aren’t sure how to prevent Type 1 Diabetes or what triggers it.

If you have Type 1 Diabetes, you can live a long, healthy life by having a strong support system and managing it with your diabetes care team. The treatment plan you develop with your diabetes care team will include insulin, physical activity, and an eating plan to reach your health goals.

### **Type 1 Diabetes Symptoms**

If you or your child has the following symptoms of diabetes, let your health care provider know. Symptoms include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue

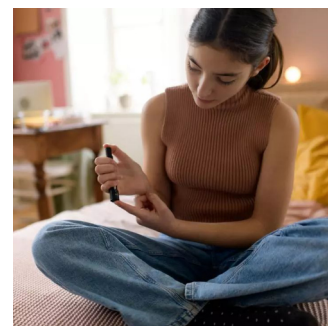
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more

It’s important to know when you first develop Type 1 Diabetes, you may not have any symptoms at all.

### **What is Type 2 Diabetes?**

In Type 2 Diabetes, your body does not use insulin properly—this is called insulin resistance. At first, your beta cells make extra insulin to make up for it. Over time, your pancreas can’t make enough insulin to keep your blood glucose at normal levels. Type 2 Diabetes develops most often in middle-aged and older adults but is increasing in young people.

Treatment for people with Type 2 Diabetes will include healthy eating and exercise. However, your health care provider may need to also prescribe oral and injectable medications (including insulin) to help you meet your target blood glucose levels.



### **Symptoms of Type 2 Diabetes**

The following symptoms of diabetes are typical. However, some people with Type 2 Diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Although there are many similarities between Type 1 and Type 2 Diabetes, the cause of each is very different. And the treatment is usually quite different, too. Some people, especially adults who are newly diagnosed with type 1 diabetes, may have symptoms similar to type 2 diabetes and this overlap between types can be confusing. Take our Risk Test to find out if you are at increased risk for having type 2 diabetes.