



# 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

11600 Grand River Ave. • Brighton, MI 48116



*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 16th

\*see menu for details

## Fun Holidays to Celebrate in February!



February is Black History Month!



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



**Super Bowl –**  
Sunday, February  
8th



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



**President's Day –**  
Monday, February  
16th

## 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 also will send out a text message using our texting system, so make sure you are signed up to receive texts! We also 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 shelf stable emergency packs that were sent to you! We will resume delivering your meals as soon as the weather permits!

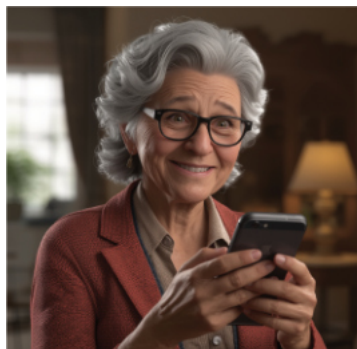


## Meals on Wheels Cancellation Policy

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!

# February is American Heart Month

By: National Heart, Lung & Blood Institute

**H**eart disease is the leading cause of death in the U.S. but impacts some communities disproportionately. Join efforts around the country to promote heart health in your community.

## Connecting with Others is Good for Your Heart

Research shows that people with 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.

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.

## Lifestyle Tips

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. Follow these lifestyle tips to protect your heart.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Manage stress.
- Get 7–9 hours of quality sleep.
- Track your blood pressure, cholesterol, and blood sugar numbers.
- 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” regularly, 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? 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 Are You at Healthy Weight? fact sheet.

## 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 webpage.

## 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 secondhand 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 Numbers, Together

Keeping a log of your blood pressure, weight goals, physical activity, and, if you have diabetes, your blood sugar will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's My Heart Health Tracker.

Visit [www.hearttruth.gov](http://www.hearttruth.gov) for more information about heart health.