



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

11600 Grand River Ave. • Brighton, MI 48116

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



Sunday, June 21st

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

**No Meals on Wheels Delivery –
Friday, June 19th
Friday, July 3rd**

*See menu for details



Juneteenth – June 19th

On June 19, 1865, institutionalized slavery was ended in Texas, the last state where it remained in practice, more than two years after the Emancipation Proclamation. That date is now known as Juneteenth. It's often called America's second Independence Day.

Although observed in many communities and states for more than 150 years, Juneteenth finally earned federal holiday status in 2021. It's an important day for all Americans to commemorate. It's crucial that we celebrate the freedom Juneteenth represents.

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! If you decide that you no longer want to receive texting notifications, **please text "STOP" to 810-632-2155**.



Flag Day – 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 – Sunday, 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.

Thank you Trinity Health!!

Meals on Wheels would like to say a very big thank you to Trinity Health for choosing our organization for their MTA Day of Service! On April 28th they delivered all our routes for our seniors in Brighton. Thank you so much!



June is Alzheimer's Awareness Month – What is Alzheimer's Disease?

By: The Alzheimer's Association

What is Alzheimer's Disease?

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Understanding Alzheimer's and dementia

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60–80% of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives four to eight years after diagnosis but can live as long as 20 years, depending on other factors.

Alzheimer's has no cure, but two treatments — donanemab (Kisunla™) and lecanemab (Leqembi®) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with living Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

Symptoms of Alzheimer's

The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

Just like the rest of our bodies, our brains change as

we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms,

including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. If you need assistance finding a doctor with experience evaluating memory problems, your local Alzheimer's Association can help. Earlier diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life. Two helpful support resources you can tap into are ALZConnected, our message boards and online social networking community, and ALZNavigator™, a web tool that creates customized ac-

tion plans, based on answers you provide through short, online surveys.

Research and progress

In 1906, German physician Dr. Alois Alzheimer first described “a peculiar disease” — one of profound memory loss and microscopic brain changes — a disease we now know as Alzheimer's.

Today, Alzheimer's is at the forefront of biomedical research. Researchers are working to uncover as many aspects of Alzheimer's and other dementias as possible. Some of the most remarkable progress has shed light on how Alzheimer's affects the brain. The hope is that this better understanding will lead to new treatments. Many potential approaches are currently under investigation worldwide.



Alzheimer's is a brain disease that causes problems with memory, thinking and behavior.

Help is available

If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Call our 24/7 Helpline: 800.272.3900.

Locate your local Alzheimer's Association.

Go to ALZNavigator to create customized action plans and connect with local support service.