

JUNE 2023

### Important Numbers

Office  
(810) 632-2155

Fire, Police, Emergency  
911

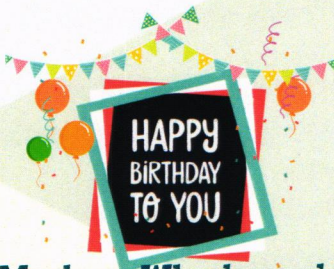
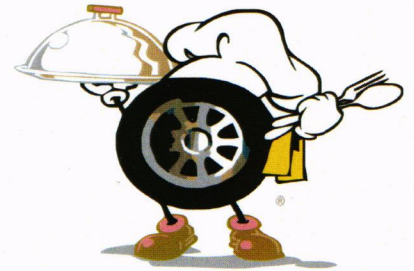
### Office Hours

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 June a very Happy Birthday!



**Sunday, June 18th!**

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



**First Day of Summer  
Wednesday, 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.



**No Meals  
on Wheels  
Delivery**

Tuesday, July 4th

\*see menu for details



## May Day Favors!



Meals on Wheels would like to thank the Hartland Home and Garden Club Members for putting together and donating May Day Favors to our seniors in the Hartland area! May Day takes place on May 1st and recognizes the return of spring! May Day traditions include making flower crowns, flower baskets, and dancing around the May Pole. Fun Fact: in Hawaii, May Day is known as "Lei Day" and celebrates the aloha spirit!

## Flag Day - Wednesday, 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.





# Know the Signs of Stroke: Acting in Time Can Save a Life

**Y**ou work hard to help keep yourself and your loved ones healthy. To help, the National Institute of Neurological Disorders and Stroke (NINDS) reminds everyone that stroke is a leading cause of death and disability in the United States. About 800,000 people in the country have a stroke each year. The good news is, when treated quickly, survival is possible and damage can be greatly reduced. That's why understanding your risk for stroke, knowing signs of stroke, and acting in time are critical and can make all the difference for you or someone you care for. If you have a greater chance of stroke, there are also steps you can take now to help prevent one.

## What is Stroke?

There are two major types of stroke. One, called a hemorrhagic stroke, occurs when a brain blood vessel breaks and blood escapes into or around the brain. The other, called an ischemic stroke, or "brain attack," occurs when blood flow to the brain is interrupted. When this happens, brain cells stop getting the oxygen and nutrients they need.

## Risk Factors for Stroke

Anyone can have a stroke, but some people are at greater risk than others

### Conditions:

- Previous Stroke or Transient Ischemic Attack
- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Sickle Cell Disease
- Use Of Anti-Clotting Medications
- Certain Cancers

### Behaviors:

- Unhealthy Diet
- Physical Inactivity
- Obesity
- Excess Alcohol
- Tobacco Use
- Stimulant Drug Use
- Neck Injury

### Individual Characteristics:

- Being over the age of 55
- More common in women than men
- Blacks, Hispanics,

American Indians, and Alaska Natives are at higher risk

## Signs of Stroke

The symptoms of stroke usually happen quickly and include one or more of the following:

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking, or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, or loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

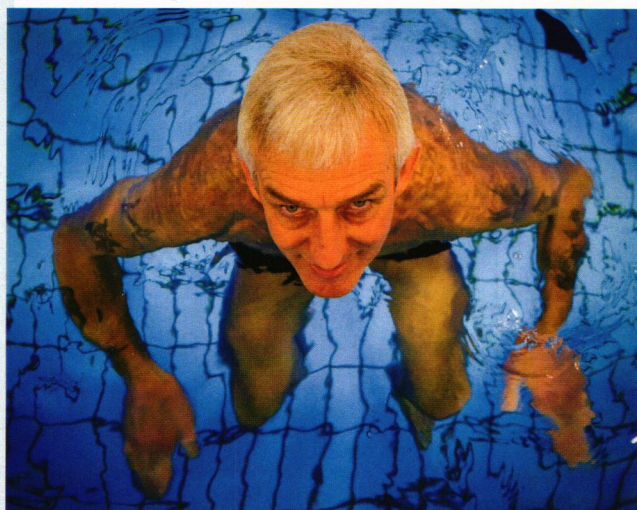
## Act in Time: Call 911 Right Away

Stroke is a medical emergency. If you believe you are having a stroke—or if you think someone you know is having a stroke—call 911 immediately. Do not wait for the symptoms to improve or worsen. Making the decision to call for medical help right away can save a life or mean avoiding a lifelong disability.

## Ways to Help Prevent Stroke

You can help prevent stroke by making healthy choices and controlling any health problems you may have.

- Manage any health problems you may have, especially high blood pressure, but also diabetes, high cholesterol, and obesity to lower your risk for stroke.
- Eat a healthy diet with plenty of fresh fruits and vegetables.
- Exercise regularly—about 30 minutes a day, 5 days a week.



- Avoid drinking too much alcohol.
- If you smoke, take steps to quit. If you'd like some help with quitting, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJÉLO-YA (1-855-335-3569) for free resources and support.

For more information from the National Institute of Neurological Disorders and Stroke, visit [stroke.nih.gov](http://stroke.nih.gov).

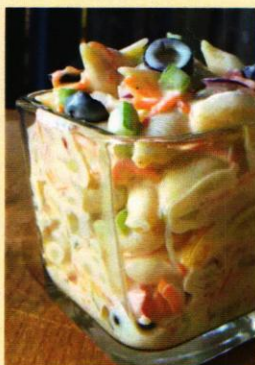


## From the Kitchen

### Mom's Best Macaroni Salad

#### Ingredients

- 16 ounces uncooked elbow macaroni
- 4 carrots, shredded
- 1 large red onion, chopped
- 1/2 green bell pepper, seeded and chopped
- 1/2 red bell pepper, seeded and chopped
- 1 cup chopped celery
- 2 cups mayonnaise
- 1 (14 ounce) can sweetened condensed milk
- 1/2 cup white sugar
- 1/2 cup white vinegar
- salt and pepper to taste



#### Directions

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Rinse under cold water; drain and set aside.
2. Stir together carrots, red onion, bell peppers, and celery in a large serving bowl. Mix in mayonnaise, condensed milk, sugar, vinegar, salt, and pepper until well combined. Add macaroni; toss gently, then cover and refrigerate for at least 8 hours.

## Around the Clock, Around the World: How the American Red Cross Helps Military Families



In November 2022, Jim Cheatham was stationed across the country from his family when his grandmother's health began to quickly decline.

"It became very obvious that she was not going to make it to the end of the year," said Beth Cheatham, Jim's mother. "My son had leave planned and approved

for Christmas and I became very afraid that he would not be able to say goodbye, so we reached out to the American Red Cross Hero Care Network to bring him home early."

One of the many ways the American Red Cross supports U.S. service members is through the Hero Care Network, which is available 24 hours a day. When a service member or their family member initiates an emergency message, as Beth did on behalf of her son, Red Cross staff work with the

family and appropriate professionals, such as doctors and nurses, to verify the emergency. Once initiated, this verified message is provided to the command, enabling the service member's commander to make an informed decision regarding emergency leave.

"Within 24 hours, I had put in the request, talked to someone from the American Red Cross and my son was on a plane the next day," said Beth. "We knew time was of the essence, and my son knew time was of the essence, and for it to move that quickly gave us comfort that he was going to get home in time."

U.S. military service members and their families can initiate a request for Red Cross emergency assistance and track its progress from anywhere in the world.

"I would do anything to get the word out about the Hero Care Network. Having my son home to have special memories with his grandmother and to hold her hand and get this opportunity to say goodbye. It's something that he and I will always treasure."

For more information on the Hero Care Network and how you can help, or to initiate an emergency message, you can call the Red Cross at 1-877-272-7337, visit [www.redcross.org/ecm](http://www.redcross.org/ecm), or download the Hero Care app.

## Father's Day

W	B	J	S	C	U	T	F	S	C	K	H	D	V	F
C	N	A	O	S	U	L	A	Q	A	Z	U	A	K	J
K	I	A	T	O	T	I	U	E	R	D	N	U	S	M
L	C	G	K	H	L	U	U	F	D	K	T	G	T	X
H	O	O	N	I	R	Q	O	F	S	Z	I	H	F	O
S	O	V	N	I	E	O	S	C	I	N	N	T	I	X
C	E	G	E	B	T	T	B	S	S	S	G	E	G	I
R	D	M	R	B	R	A	R	E	J	S	H	R	Z	C
E	S	A	A	O	E	A	O	K	I	D	S	I	G	G
C	B	L	P	G	C	I	E	B	N	O	S	E	N	L
C	L	S	R	S	B	A	S	E	B	A	L	L	I	G
O	T	E	N	N	I	S	C	I	N	C	I	P	P	T
S	N	J	C	Y	C	L	I	N	G	D	K	I	M	G
X	S	R	E	P	P	I	L	S	A	L	T	P	A	Q
P	X	X	H	C	U	O	C	D	X	X	Z	E	C	Y

BARBEQUE  
BASEBALL  
BATHROBE  
BOATING  
CAMPING  
CARDS  
CARS  
COACH

COOKOUT  
COUCH  
CYCLING  
DAD  
DAUGHTER  
FISHING  
FOOTBALL  
GAMES

GIFTS  
HUNTING  
KIDS  
LOVE  
PICNIC  
PIPE  
SAILING  
SCOUTS

SLIPPERS  
SOCCER  
SON  
SPORTS  
TENNIS  
TIE



# June is Alzheimer's & Brain Awareness Month!

By: The Alzheimer's Association

**J**une is Alzheimer's & Brain Awareness Month — and everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured or even slowed.

Worldwide, there are an estimated 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic — especially you. During Alzheimer's & Brain Awareness Month, the Alzheimer's Association asks people around the world to go purple and use their brains to fight this devastating disease.

## Take the Lead!

Alzheimer's is a fatal disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. Ultimately, those with the disease will lose their ability to communicate, recognize family and friends, and care for themselves. In the United States alone, more than 5 million individuals are living with the disease and over 15 million are acting as caregiver.

## 10 Ways to Love Your Brain

**Start Now!** It's never too late or too early to incorporate healthy habits.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body!

### 1. Hit the Books

Formal Education will help reduce risk of cognitive decline and de-



mentia. Take a class at a local college, community center or online.

### 2. Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

### 3. Follow Your Heart

Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.

### 4. Heads Up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

### 5. Fuel Up Right

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

### 6. Catch Some ZZZ's

Not getting enough sleep may result in problems with memory and thinking.

### 7. Take Care of your Mental Health

Some studies link depression with cognitive decline, so seek treatment if have depression, anxiety or stress.

### 8. Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

### 9. Stump Yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

### 10. Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## A "Go Purple" Menu!

### Breakfast Ideas

Blueberry French Toast

Raisin Bran Cereal

Hard Boiled Eggs & Whole Wheat Toast

Blueberry Yogurt

### Lunch/Dinner Ideas

Baked Cod with Whole Wheat Rice & Sweet Peas

Baked Chicken Breast with Purple Cabbage & Sweet Potatoes

Whole Wheat Spaghetti with Marinara

### Dessert

Mixed Fruit Bowl with Blackberries, Plums, Strawberries & Almonds



# Livingston County & Western Oakland Meals on Wheels - June 2023 Menu

<u>Monday</u> <u>6/5/2023</u>	<u>Tuesday</u> <u>6/6/2023</u>	<u>Wednesday</u> <u>6/7/2023</u>	<u>Thursday</u> <u>6/8/2023</u>	<u>Friday</u> <u>6/9/2023</u>
Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Apple 0	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Pineapple 0	Chef Salad Plate w/ham, turkey, cheese, Hard Boiled Egg Mixed Greens Pita Bread Banana	Country Fried Steak Mashed Potatoes Carrots Pears Dinner Roll 0	Lemon Pepper Chicken Rice Pilaf Broccoli Tossed Salad Whole Grain Bread Orange
<u>Monday</u> <u>6/12/2023</u>	<u>Tuesday</u> <u>6/13/2023</u>	<u>Wednesday</u> <u>6/14/2023</u>	<u>Thursday</u> <u>6/15/2023</u>	<u>Friday</u> <u>6/16/2023</u>
Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pineapple 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Chicken Leg Potato Wedges Peas & Carrots Apple Sauce Dinner Roll 0	Roast Beef w/ Gravy Mashed Potatoes Green Beans Dinner Roll Orange Dessert
<u>Monday</u> <u>6/19/2023</u>	<u>Tuesday</u> <u>6/20/2023</u>	<u>Wednesday</u> <u>6/21/2023</u>	<u>Thursday</u> <u>6/22/2023</u>	<u>Friday</u> <u>6/23/2023</u>
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Chicken Chili Corn Tossed Salad Peaches Oyster Crackers 0	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Beef Goulash Italian Vegetables Tossed Salad Pears Garlic Bread 0	Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Orange 0
<u>Monday</u> <u>6/26/2023</u>	<u>Tuesday</u> <u>6/27/2023</u>	<u>Wednesday</u> <u>6/28/2023</u>	<u>Thursday</u> <u>6/29/2023</u>	<u>Friday</u> <u>6/30/2023</u>
Gyro w/lettuce, tomatoes & feta Tzatziki Sauce Pita Bread Apple 0	Ground Beef Stroganoff Noodles Broccoli Tossed Salad Peaches Dinner Roll	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana 0	Vegetable Lasagna Italian Vegetables Tossed Salad Apple Sauce Breadstick 0	Hot Dog Bun Lays Potato Chips Baked Beans Cole Slaw Apple Pie
<u>Monday</u> <u>7/3/2023</u>	<u>Tuesday</u> <u>7/4/2023</u>	<u>Wednesday</u> <u>7/5/2023</u>	<u>Thursday</u> <u>7/6/2023</u>	<u>Friday</u> <u>7/7/2023</u>
Chicken Tenders (2) Cole Slaw Apple Green Beans Wedge Potatoes 0	CLOSED Frozen Delivered Thursday 6/29 0 0 0	Beef Chili Corn Tossed Salad Pineapple Cornbread 0	Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Chicken & Broccoli Casserole Cole Slaw Orange Whole Wheat Bread 0 0

**PLEASE CALL 24 HOURS IN  
ADVANCE TO CANCEL MEALS  
810-632-2155**

**MENU SUBJECT TO CHANGE  
WITHOUT NOTICE**

**HALF PINT OF MILK  
SERVED WITH EVERY MEAL**

**COST SHARE \$3.50/MEAL**

**TUESDAY 7/4/23  
NO MEALS DELIVERED  
FROZEN DELIVERED  
THURSDAY 6/29**