

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

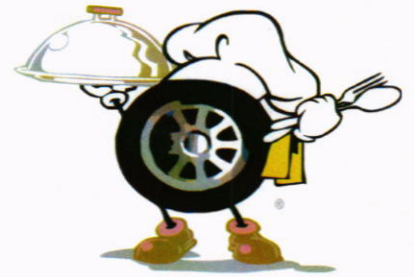
Office Hours

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
February a
very Happy
Birthday!

WE WILL BE CLOSED ON
PRESIDENTS DAY



**No Meals on Wheels Delivery
– February 20th**

*see menu for details

Fun Holidays to Celebrate in February!



February is Black History Month!



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

**Super Bowl LVII –
Sunday, February 12th**



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

**President's Day –
Monday, February 20th**



**Paczki Day –
Tuesday, February
21st**

Meals on Wheels Testimonials!

"Thank you to all
the volunteers."

"God Bless all of you! I can't
tell you how much this means
to me at this time."

"Thank you for your
delicious meals! Be safe
and may God bless one
and all!"

"Thanks, and bless all of you
who make this possible."

"Thank you for providing
such a great service to your
community!"

"Your meals are very good
and we appreciate your
kindness and caring in
taking care of the elderly."

"This has been a
life saver! Blessing
to you all."

"I'm very grateful for your meals
– they are well planned, healthy
and well done – Thank you!"

Meals on Wheels Birthday Celebrations!



◀ Pictured: Long-
time Hartland area
volunteer Fran
Mellen celebrated
her 87th birthday!



Pictured: Long-
time Howell area
volunteers Gerry &
Ellen Howe – Ellen
celebrated her 88th
birthday! ▶

Ring In The New Year With Financial Wellness

If you're like many people, you make New Year's resolutions. Whether you love or hate the tradition, studies show that one of the most popular resolutions is healthier living—followed closely by setting financial goals.

These two resolutions are also interdependent, as 72% of people report experiencing money-related stress at least some of the time. That means financial wellness is proving to be more vital to overall health and happiness than ever.

It's also a fact that only a small percentage of people who make resolutions actually keep them.

Luckily, Chylon Pappas, vice president of marketing at First Tech Federal Credit Union, has tips and savings tricks to get you started on the path to improving your overall financial health in 2023 and beyond.

1. Make a Plan:

Mapping out your financial goals is the first step. This will serve as a guide you can reference and fine-tune. Investing, saving for retirement, and reviewing spending hab-

its regularly can seem daunting, but there are a few ways to make the process less overwhelming:

- Conduct research and educate yourself to make more informed decisions
- When it comes to investing, start small

"Financial priorities tend to shift and change in different life stages—whether it's sending your child to school or planning your retirement. The key is setting long-term goals and not letting yourself get discouraged by short-term changes along the way," explains Pappas.

2. Become a SMART Shopper:

Another tip for reducing spending is to stick to a budget.

Pappas recommends setting specific, measurable, achievable, relevant, and time-bound (SMART) goals—which leads to better budgeting and allows you to adjust it as needed.

For example, eating at home and being mindful of "entertainment" expenses, such as dining out or tickets to sporting events,

can help eliminate unnecessary spending. Being a savvy shopper also makes all the difference. This means planning, writing down, and avoiding tempting impulse in-store or online purchases.

Whether it's spending less on groceries, entertainment, or cutting costs associated with other household needs, the key to success is holding yourself accountable to your specific goal. One way to do this is to work with a friend or family member, so they can help keep you focused and on track to turn your goals into reality.

3. Flex Your Savings Muscles:

Planning and budgeting may automatically strengthen savings, but you don't have to cut off all your spending to save. There are ways you can boost savings, and still have room to "treat yourself," all while keeping a cushion for those rainy days. Pappas suggests:

- Gradually increasing your savings by 1 percent each year
- Following the 50/30/20 rule by allocating 50 percent of your monthly income towards bills and non-negotiables, and 30 percent towards savings, leaving 20 percent to fulfill wants
- Utilizing multiple savings accounts to support specific needs using the 50/30/20 rule
- Using a cash back credit card

Many people are reluctant to talk about money, but real change only happens when you take a close look and rethink your current habits.

Get a running start by making a plan, and you may soon be well on your way to improving your financial wellness and reaping the rewards of your efforts.



From the Kitchen

Love Letter - Crepes

Ingredients

- 1 1/2 cups all-purpose flour
- 1 tablespoon white sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 cups milk
- 2 tablespoons butter, melted
- 2 eggs
- 1/2 teaspoon vanilla extract
- 2 teaspoons vegetable oil, or as needed
- 1/2 cup flaked coconut
- 1 tablespoon white sugar, or more to taste
- 1/4 teaspoon ground cardamom



Directions

1. Sift flour, 1 tablespoon sugar, baking powder, and salt together in a large bowl. Whisk milk, butter, eggs, and vanilla extract into flour mixture until smooth.
2. Heat vegetable oil in a skillet over medium-high heat. Scoop about 1/4 cup batter and pour onto hot skillet. Tilt the pan in a circular motion to evenly distribute the batter. Cook crepe until bottom is lightly browned, about 2 minutes. Loosen with a spatula, flip, and cook the other side, about 2 more minutes. Transfer to a plate. Add more oil to the pan and repeat with remaining batter.
3. Mix coconut, 1 tablespoon white sugar, and cardamom together in a small bowl. Spread 1 to 2 tablespoons of coconut mixture into the center of each crepe; fold crepe over the filling like an envelope or in half.

Give Plasma. Save Lives.



As Alice Drennon entered her 50s, she started experiencing a lot of severe infections. After missing 122 days of work in one year and numerous medical visits and blood tests, she learned, at age 54, she had a rare genetic disease called common variable immune deficiency (CVID).

"My antibodies had oddly disappeared," said Drennon. "I knew I had to live a 'new normal' life or wait for death to come knocking at my door."

Living for Drennon means getting IVIG plasma infusions every 28 days for 4 to 5 hours. The IVIG is made from antibodies called immunoglobulins that help her body fight off infections. The infusions partially replace the antibodies her body should be making, but they need to be replenished ev-

ery month. She will need them for the rest of her life.

Today, Drennon is living a full life, including volunteering at her local plasma center.

"I thank each donor when they come to our center," she says. "They're amazed to see an actual patient, which lets them put a face on a plasma recipient."

People give plasma for different reasons. One reason is that it helps save lives of people such as Drennon. For many people with rare diseases and chronic conditions, plasma-based therapies are the only way to treat their condition or disease.

Plasma center staff will show you how to care for your bandage and give you a few other at-home instructions. You should continue to drink water and eat a small meal shortly after giving plasma to restore your energy.

Plasma regenerates quickly. With proper hydration, your blood volume returns to normal within 48 hours. Because of this, you can give plasma twice in any 7-day period, but no more than once in a 48-hour period.

You can typically schedule a return visit while you are at the plasma center. Many people choose to set up a series of visits. Repeat, committed visits are the best way to support the growing need for plasma.

30 Shades of Red

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

APPLE	CHRISTMAS	MAUVE	STOP SIGN
BRICK	COKE	PINK	STRAWBERRY
BURGUNDY	CORAL	RED	TOMATO
CANDY	CRIMSON	RHUBARB	VALENTINE
CARDINAL	FIRETRUCK	ROSE	VERMILION
CARMINE	FUCHSIA	RUBY	WATERMELON
CERISE	GARNET	SANGRIA	
CHERRY	MAROON	SCARLET	

February is American Heart Month!

By the National Heart, Lung, and Blood Institute

Did 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 a 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 7-8 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.

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.

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 10 or 15 minutes a few times a day. NHLBI's Move More fact sheet has ideas to get and keep you moving.

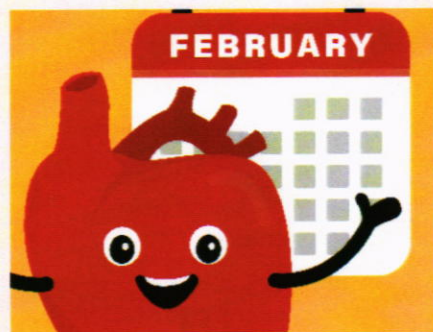
Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free 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 secondhand smoke, is dangerous. Many adult nonsmokers die of stroke,



Celebrate American Heart Month: Join the #OurHearts Movement

heart disease, and lung cancer caused by secondhand smoke.

Manage stress

Reducing 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 7–8 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. Check out NHLBI's Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet.

Visit #OurHearts for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you're doing to have a healthy heart. Tag #OurHearts to share how you and your family and friends are being heart healthy.

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

MONDAY 2/20/23

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 2/15

Livingston County & Western Oakland Meals on Wheels - February 2023 Menu

Monday 1/30/2023	Tuesday 1/31/2023	Wednesday 2/1/2023	Thursday 2/2/2023	Friday 2/3/2023
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Baked Ziti Italian Vegetables Tossed Salad Peaches Breadstick 0	Chicken & Broccoli Casserole Cole Slaw Pears Whole Wheat Bread 0 0	Gyro Red Onion & Tomatoes Tzatziki Sauce Pita Bread Orange 0	Vegetable Lasagna Italian Vegetables Cole Slaw Banana Breadstick 0
Monday 2/6/2023	Tuesday 2/7/2023	Wednesday 2/8/2023	Thursday 2/9/2023	Friday 2/10/2023
Chicken Tenders (2) Apple Corn Wedge Potatoes 0 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Banana Breadstick	Swiss Steak Broccoli Apple Sauce Mashed Potatoes Whole Grain Bread 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
Monday 2/13/2023	Tuesday 2/14/2023	Wednesday 2/15/2023	Thursday 2/16/2023	Friday 2/17/2023
Swedish Meatballs Rice Mixed Vegetables Corn Apple Whole Wheat Bread	Chicken & Dumplings Coleslaw Peas & Carrots Mixed Fruit Dinner Roll 0	Beef Lasagna Italian Vegetables Tossed Salad Banana Breadstick 0	Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Peaches 0	Hamburger w/cheese Hamburger Bun Coleslaw Baked Beans Orange 0
Monday 2/20/2023	Tuesday 2/21/2023	Wednesday 2/22/2023	Thursday 2/23/2023	Friday 2/24/2023
CLOSED Frozen Delivered Wednesday 2/15 0 0 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Apple Whole Grain Bread 0	Macaroni & Cheese Stewed Tomatoes Broccoli Banana Breadstick 0	Stuffed Steak Mashed Potatoes Mixed Vegetables Apple Sauce Dinner Roll 0	Tuna Salad Sandwich Croissant Pasta Salad Carrot Sticks Orange 0
Monday 2/27/2023	Tuesday 2/28/2023	Wednesday 3/1/2023	Thursday 3/2/2023	Friday 3/3/2023
Hot Dog Bun Carrots Baked Beans Apple 0	Chicken Fettucini Alfredo Broccoli Tossed Salad Pears Breadstick 0	Baked Ham Scalloped Potatoes Green Beans Banana Dinner Roll 0	Chicken Ala King Mixed Vegetables Mashed Potatoes Pineapple Biscuit 0	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Tartar Sauce Orange