

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



Independence Day is celebrated annually on the 4th of July. It first began in the 18th century on July 2nd of 1776, when the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence.



National Hot Dog Day

The most iconic American food has its own special day and National Hot Dog Day is celebrated on July 19th this year!

Some facts about the hotdog!

- About 9 billion hot dogs are sold annually in the U.S.
- Americans eat about 155 million hot dogs on the 4th of July
- 26 million hot dogs a year are eaten at U.S. baseball stadiums
- Mustard is the most popular condiments for hot dogs with Ketchup coming in 2nd and chili being 3rd.



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



**Tuesday, July 4th –
No Meals on Wheels Delivery**

*See Menu for Details

Senior Celebrations

During the month of May the Livingston County Consortium on Aging held “Senior Celebration Days” at 6 Livingston County Senior Centers. Meals on Wheels provided the lunch meal and seniors were able to enjoy playing games, winning prizes, musical entertainment and dessert from other sponsors.



Postal Service Celebrates the 50th Anniversary of the Endangered Species Act

The U.S. Postal Service commemorated the 50th anniversary of the Endangered Species Act (ESA) with the release of a new set of stamps on May 19. The stamps showcase photographs of 20 endangered animals found within the United States and its territories, as well as two North American species living near U.S. borders. These threatened species include the piping plover, the black-footed ferret, the Roanoke logperch, the Florida panther, the Mississippi sandhill crane, the Nashville crayfish, the Wyoming toad, the Lower Keys marsh rabbit, the San Francisco garter snake, the Key Largo cotton mouse and 10 others.

The photographs are among the more than 13,000 images in National Geographic Explorer and photographer Joel Sartore's "National Geographic Photo Ark," a project to document every species living in the world's zoos, aquariums, and wildlife sanctuaries with the aim of supporting on-the-ground conservation efforts and inspiring action through education.

The national effort to save threatened wildlife can be traced to Dec. 27, 1973, when President Richard Nixon signed the Endangered Species Act into law, following a unanimous Senate vote. In the 50 years since, other nations have emulated the pioneering U.S. initiative. The law, also known as the ESA, provides a framework to conserve and protect endangered and threatened species and their habitats both domestically and abroad.

Under the ESA, more than 1,670 U.S. species and 698 foreign species are safeguarded to increase their chances of survival. Scientists estimate that hundreds of species have been rescued from the brink of extinction in the United States since the ESA began. A species found to need protection is listed under the ESA as either threatened or endangered, the latter defined as "in danger of extinction throughout all or a significant portion of its range."

The U.S. Fish and Wildlife Service implements the ESA. Their website, fws.gov/program/endorangered-species, describes the law's enduring legacy: "Throughout its history, ESA has proven to be incredibly effective in stabilizing populations of species at risk, preventing the extinction of many others, and

conserving the habitats upon which they depend. All Americans can take pride in the fact that, under the protection of the ESA, the California condor, grizzly bear, Okaloosa darter, whooping crane, and black-footed ferret have all been brought back from the brink of extinction. We can also celebrate that many other species no longer need ESA protection and have been removed from the list of endangered and threatened species, including the bald eagle — the very symbol of our nation's strength."

Habitat loss is the chief cause of species vulnerability. Other factors include pollution, climate change, the introduction of invasive species and overhunting. Human activity accounts for about 99 percent of all modern-day extinctions, so humans' unique capability to alter the environment comes with immense responsibility.

There's a story behind every stamp. The story behind the Endangered Species stamps is one of hope, persistence and resilience. Let's celebrate and support the organizations, agencies and people that are working to protect and save these beautiful animals.

The Endangered Species stamps can be purchased at local post offices or online at the Postal Store.



From the Kitchen *Chocolate Éclair Cake*

Ingredients

- 1 (16 ounce) package graham crackers
- 4 cups milk
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 1 (16 ounce) package frozen whipped topping, thawed
- 1 (16 ounce) package prepared chocolate frosting



Directions

1. Line the bottom of a 9x13-inch baking dish with a single layer of graham crackers.
2. Combine milk and vanilla pudding in a large bowl; whisk briskly for 2 minutes. Fold in whipped topping until combined.
3. Spread 1/2 of the pudding mixture over graham crackers in the pan. Top with a single layer of graham crackers. Cover with remaining pudding mixture, then top with another layer of graham crackers.
4. Cook the uncovered container of prepared frosting in the microwave on half power for 1 minute. Pour over the top of cake; spread evenly to the edges. Refrigerate cake for at least 12 hours before serving.

Save Time, Save Money And Go See The World

A recent trend in travel is taking many people far—and you can be among them.

The Way to Travel Today

- Subscription travel is increasingly popular.
- According to recent research, 55% of American travelers belong to a travel subscription club or are interested in joining one.
- Saving money is the primary reason for joining. For example, members of Travel + Leisure GO, part of the world's most influential travel brand, save on average 25% on bookings and up to 60% off at 600,000+ hotels and resorts, car rentals, tours, excursions and more—with no waiting on cash back or points.

A World Of Perks For Savvy Travelers

Adventure seekers in that travel club get expert advice from the editorial team at Travel + Leisure magazine, preferred pricing and big savings on travel, members-only perks and access to a personal concierge to help take vacations to the next level. Each member's personal concierge can help travelers create the vacations they've only dreamed about,

build itineraries, book airfare and rental cars, as well as make hard-to-get dinner reservations at 1,500 restaurants around the world, provide exclusive access to popular sporting events, concerts, culinary VIP and wine events and more.

With savings on every trip, members quickly earn back their membership fees after booking just one or two getaways.

Members also get 110% Best Price Guarantee on cruises with up to \$1,500 onboard credits, and savings on parks, shows, and attractions. Plus you can get inspired for future adventures with a subscription to Travel + Leisure magazine, included with membership.

A vacation planning and booking gateway lets you explore curated travel itineraries on featured destinations and then build and book your next dream vacation with a quick call. You can choose from thousands of destinations around the globe or design your own trip with recommendations, activity ideas, and tips from the experts.

For further facts and tips, www.go.travelandleisure.com.



Beat Summer Heat

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

BAREFOOT	HEAT	RAIN	SWIMMING
BEACH	HUMIDITY	RAYS	TEMPERATURE
BREEZE	ICETEA	SANDLES	TSHIRTS
CHILL	LAKE	SHADE	VISOR
CLOUDS	LEMONADE	SHORTS	WATER
COOL	MIST	SPRINKLER	WAVES
DOWNPOUR	PARK	SUNSHINE	
FANS	POOL	SWEAT	

Hot Weather Safety Tips for Older Adults

By: HealthinAging.org

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning is your friend in summer.** Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressed like a

pro! These simple changes will help you both stay cool and avoid sunburn.

- **Did someone say sunburn?** Buy a broad-spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better af-

ter drinking fluids but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.



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

<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
<u>Monday</u> <u>7/10/2023</u>	<u>Tuesday</u> <u>7/11/2023</u>	<u>Wednesday</u> <u>7/12/2023</u>	<u>Thursday</u> <u>7/13/2023</u>	<u>Friday</u> <u>7/14/2023</u>
Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Apple 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Beef Lasagna Italian Vegetables Tossed Salad Pears Garlic Bread 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
<u>Monday</u> <u>7/17/2023</u>	<u>Tuesday</u> <u>7/18/2023</u>	<u>Wednesday</u> <u>7/19/2023</u>	<u>Thursday</u> <u>7/20/2023</u>	<u>Friday</u> <u>7/21/2023</u>
Swiss Steak Broccoli Apple Mashed Potatoes Whole Grain Bread 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Whole Grain Bread 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana 0	Spaghetti & Meatballs Italian Vegetables Tossed Salad Garlic Bread Apple Sauce 0	Chicken Ala King Green Beans Mashed Potatoes Orange Biscuit 0
<u>Monday</u> <u>7/24/2023</u>	<u>Tuesday</u> <u>7/25/2023</u>	<u>Wednesday</u> <u>7/26/2023</u>	<u>Thursday</u> <u>7/27/2023</u>	<u>Friday</u> <u>7/28/2023</u>
Swedish Meatballs Rice Mixed Vegetables Corn Apple Whole Wheat Bread	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Chicken & Dumplings Tossed Salad Peas & Carrots Mixed Fruit Dinner Roll 0	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Orange Dinner Roll
<u>Monday</u> <u>7/31/2023</u>	<u>Tuesday</u> <u>8/1/2023</u>	<u>Wednesday</u> <u>8/2/2023</u>	<u>Thursday</u> <u>8/3/2023</u>	<u>Friday</u> <u>8/4/2023</u>
Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Mixed Vegetables Apple 0	Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Pears 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Chicken Fettucini Alfredo Broccoli Tossed Salad Peaches Breadstick 0	Baked Ham Scallop Potatoes Tossed Salad Green Beans Orange Dinner Roll

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