



Western Oakland Meals on Wheels



Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 4:00 pm

9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155

November 2017

Happy Thanksgiving!



Meals on the Wheels will be closed THURSDAY, November 23rd and FRIDAY, November 24th. Friday meals and Weekend frozen

meals will be delivered on Wednesday, November 22. If you would like a Thanksgiving Dinner on Thanksgiving Day, please fill out the enclosed form in the newsletter or call the office @ 810-632-2155.

November 4th – Blizzard Box Delivery



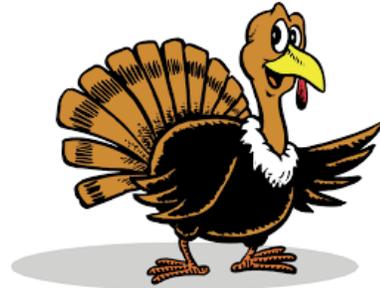
The Blizzard Boxes and emergency pantry packs were delivered to each Homebound Senior enrolled in the

Meals on Wheels Program. Please keep these handy for when the weather makes it difficult to leave home and your Meals on Wheels delivery may need to be cancelled.



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

Thanksgiving Day – November 23



Tucked between the two monster sized holidays of Halloween and Christmas, Thanksgiving receives far less attention. But Thanksgiving is a very important holiday, especially in the busy lives of Americans. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a huge feast. It's also

time for us to give thanks to our God, for the things he has bestowed upon us and upon this great nation. There is no nation in the world that has more to be thankful for than us.

As tradition has it in most families, a special prayer of thanks precedes the meal. In many homes, family members will each mention something they are very thankful for.

Did you know? Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.

Helen McGee is 100!



Helen McGee

Meals on Wheels would like to recognize Helen McGee in her celebration of turning 100! Helen says her secret is that she was raised on a farm that never used pesticides on the crops. Helen lives alone and takes good care of her house and herself. She loves to entertain and have company over. She has one daughter and one son who take turns checking in on her. Helen also has four grandchildren and four great grandchildren. She has been living in the Milford area since 1950 and she and her husband belonged to Milford Methodist church. Helen and her husband

started a business called McGee Maytag many years ago, which is an appliance store that sold and serviced appliances. Helen also worked for the Red Cross for many years as a volunteer. Some ending thoughts from Helen is that when she receives meals from Meals on Wheels she really enjoys them and enjoys the visit from the driver as well. **Happy Birthday Helen!**

Veterans Day – November 11th



Meals on Wheels would like to thank all of our seniors who have served for Veterans Day. Veterans Day is intended to honor and thank all military personnel who served in the United States in all wars. This day is usually marked by parades and church services and in many places the American flag is hung at half-mast. Some history about Veterans Day is on the 11th hour of the 11th day of the 11th month of 1918, an agreement between Germany and the Allied nations came into effect to stop fighting. President Wilson stated the day should be “filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory.



Bridget Ajemian, Steve Sharp and Christine Snow

Pantry Box Delivery at Highland

Meals on Wheels Program Director, Bridget Ajemian, was at the Highland Activity Center as part of their Senior Health Expo and delivered pantry pacs to congregate seniors in need. Pantry Pacs are shelf stable meals to be used in the case of emergencies.

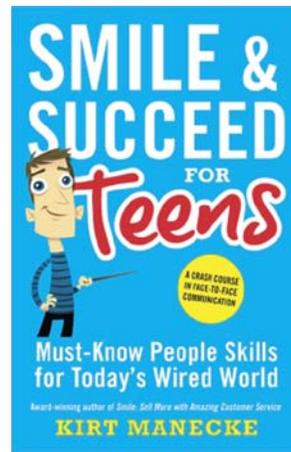


Standard Time, Winter Time, Normal Time – November 5th

Standard time is also known as winter or normal time in some countries. REMINDER, set back your clocks one hour Sunday, November 5th at 12:01 am.

The practice was first introduced in Europe during the First World War. The idea was to take advantage of the longest summer days by gaining an extra hour of daylight and shortening the days in winter.

Need A Great Gift For Your Grandkids?



Help your grandkids learn the benefits of volunteering. Tweens, teens and young adults of all ages learn important volunteering, social and job skills in the award-winning book *Smile & Succeed for Teens: Must-Know People Skills for Today's Wired World*. A quick, easy read, it's full of fun, informative illustrations that reinforce learning. Written with the help of teens, it captures teens' interest and keeps them reading. Kids learn to smile, make eye contact, make friends, put the phone away, shake hands, say hello, engage in conversation, interview and get a job, volunteer effectively, overcome stress, and more. Winner of the Mom's Choice Gold Award, and Teacher's Choice Award. Just \$9.95. Available at www.SmiletheBook.com and www.Amazon.com or call 248-685-0483. The *Parent's Guide for Smile & Succeed for Teens* is also available for parents and grandparents to support their youth's learning.



Reaching Out and About the Community

On October 18th, Candie Hovarter attended that Multi-Chamber event, at Costco, which included people from the Brighton, Howell, Kensington Valley, Huron Valley, Hartland, Flint/Genesee, Fenton and Lansing Chambers of Commerce. Candie gave out information about the Meals on Wheels program and our need for volunteers.