

Milan Seniors for Healthy Living

...Where we get better with age.

July 2018 Newsletter

INSIDE THIS ISSUE

July Events.....	2
Milan Eagle Connection.....	5
Fitness	6
Clubs to Join	7
Meal Menu	8
Activity Calendar	9
Food and Fun	10
Support Services.....	12
Supporting MSHL.....	14

CONTACT US

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Milan, MI 48160
(734) 508-6229
www.milanseniors.com
mshl@milanseniors.org

Senior Center Hours

M-Th 8:00 am-3:00 pm

Transportation Hours

M-F 8:00 am-3:00 pm

STAFF

Executive Director:
Jennifer Michalak
Director of Operations &
Lead Resource Advocate:
Marie Gress
SNP Coordinator:
Beverly Robinson
Program Coordinator:
Jenni Galazka
Transportation Drivers:
Shelly Bauer
Alan Lown
Kathy Gozdzinski

 @milanseniors

 @milanseniors



Let's Meet: Jean Karr by Cassidy Blackwood, BSW Intern

Jean lives in Milan and has been here for three years. Growing up as the second oldest of nine siblings, Jean did not have a permanent residency as her family moved frequently. She started and finished her schooling in Plymouth, Michigan. Jean continued her education through nursing school, then worked as a nurse at St. Joseph's for four years. After that, she left to work at the Ypsilanti State Hospital for 26 years and Glacier Hills for 10 years. Jean was married for 32 years, has two sons, two daughters-in-law, and three grandchildren.

Jean absolutely loves Milan and believes it to be the best place. Having a passion for traveling and sightseeing, she has visited at least 40 countries. Of the many locations she has traveled, Seattle is by far her absolutely favorite place. Jean has a passion to advocate for communities that are under resourced, low income families, and with Black Lives Matter.

How long have you been coming to MSHL? Jean heard of MSHL while attending Pittsfield Senior Center and became a member at MSHL 3 years ago.

Favorite food: Raspberry Pie!

Least favorite food: Okra, disgusting!

Fun fact: Traveled to 17 countries in 69 days!

Outlook on life: The kids of today are going to make our life much better, so let's rally to restore sanity within the world. Investment in our children is greatly important!

July Programs

CRAFTING WITH SHARON:

PAINTING WITH Q-TIPS

JULY 5 (THURSDAY) 10:30 AM

See an example of Sharon's craft in the office.

Please register by July 2.

Non-Senior	Senior	MSHL Member
\$12	\$10	\$8

COMPARATIVE RELIGIONS:

NON-DENOMINATIONAL

SECOND MONDAY OF EVERY MONTH

JULY 9 (MONDAY) 1:30 PM

FREE

An informative program discussing different denominations, religions, and beliefs. Bring your questions to this safe space for answers.

This session: Pastor Justin Powell from Milan's newest church, Fieldstone, will discuss non-denominational Christian beliefs.

Please register by July 6.

MSHL'S 8TH BIRTHDAY

JULY 10 (TUESDAY) 11:15 AM

A Circus Celebration to commemorate MSHL's 8th year of being a non-profit including acrobats and a face painter! Enjoy foods like fresh fruit, hot dogs, and more.

Grandchildren (under 18) welcome for \$1!

Sponsored by: EHM, American Legion, My Bookkeeper & Property Manager LLC, Red Barn Realty, Dave's Towing, Zilke's Vegetable Farm, Dairy Barn, Roy's BBQ N Burgers, St. Joseph's Village, and catering by Stewards for Strangers.

Please register by July 2.

Non-Senior	Senior	MSHL Member	Kids
\$12	\$10	\$8	\$1

COOKING MATTERS!

JULY 11-AUG 15 (WED) 9:30-11:30 AM

FREE

This free six week cooking series is back!

Learn a new recipe each week;

Prepare a meal using that recipe;

Free groceries to make that meal at home;

Free cookbook;

Tips on healthy cooking on a budget;

Smart shopping ideas.

Commitment to all six classes is mandatory.

Open for new attendees only.

Class limit is 18 students.

Please register by July 2.

HEP A VACCINATION DAY

JULY 12 (THURSDAY) 11-12 PM

Hep A is spreading in SE Michigan and public health officials recommend receiving the vaccine to protect yourself and stop the spread.

Saline Pharmacy is giving the first and the second of two shots. If you would like to receive the first shot, bring your ID and insurance by the registration date.

Please register by July 5.

MOVIE BUFFS CLUB

JULY 17, 24, 31 & AUGUST 9*

(TUESDAYS) 2-3 PM

FREE

Do you enjoy movies? Talking about movies?

Then this is the club for you! Come discuss your favorite movies & show off memorabilia.

Your host: Intern Cassidy Blackwood.

*August 9 is a Thursday.

Please register by July 16.

About Our Programs

Pricing & Scholarship Information

To keep classes affordable, MSHL prices at the lowest rate possible. This means we are unable to prorate classes. That said, we are aware even this price may pose a hardship for some. Our scholarship fund pays up to half of the cost of a program, class, or activity. If you (or someone you know) is hesitant to participate due to costs, please speak to one of the staff—we'd love to use these funds! Plus, senior members receive a discount on all programs.

The Scholarship Fund is sustained by the snacks sold on the office counter and with generous donations.

MSHL Registration & Refunds

Please register for programs, classes, activities, etc., in the office by the Thursday before. This helps MSHL prepare enough materials and/or food for the event. Refunds vary by program, but canceling up until the day before your activity almost always results in a refund to your account. If you cancel the day of, refunds will only happen if someone is able to take your spot. If you forget to come to a program, we are unfortunately not able to refund.

July Programs

FALL PREVENTION

July 19 (THURSDAY) 11:15AM

FREE

Presented by: Karen Frank, RN CHPN & Administrator at Kaizen Home Care
Join us to learn techniques to prevent falls!
Also, if a person does fall, learn what can be done about it.

Please register by July 12.

SEEKING POSITIVE PATHWAYS

ALZHEIMER'S & DEMENTIA WORKSHOP

JULY 21 (SATURDAY) 10-12 PM

FREE

“Importance of Reaching Out”

You need support. You need rest. Please, don't do this alone. Reach out.

While you attend the workshop, we have a Music and Me music therapy available for your loved one at the Senior Center, free of charge.
This program has been made possible by the support of the Judy Ivan Healthy Communities Endowment.

Please register by July 20.

ANYONE CAN PAINT!

JULY 23 (MONDAY) 1:15 PM

Join in the humor and artistry of instructor Steve Wood as he guides the class through an entire acrylic painting in two hours.

Supplies included.

Please register by July 16.

Non-Senior	Senior	MSHL Member
\$33.75	\$28	\$22.50

APHASIA STUDY

July 26 (THURSDAY) 11:05 AM

FREE

Hear about a unique study that Eastern Michigan University is conducting about Aphasia, learning about the relationship between working memory abilities and vocabulary learning.

This study is enrolling participants! It would involve two 20-30 minute sessions over two days. Each session can take place at Milan Seniors for Healthy Living or on EMU campus; whatever is your preference.

If you meet qualifications for the study you will be compensated \$10 for your time.

Please register by July 19.

BRAIN HEALTH

July 26 (THURSDAY) 1:45 PM

Presented by: Dr. Claudia Drossell

Come learn about how to keep your brain healthy and fit! This presentation will keep you up-to-date on the newest brain trends!

Please register by July 19.

FLIPSIDE ART—LOOMING

JULY 30 (MONDAY) 1:15 PM

Learn the age-old art of looming! Weave from Flipside's looms and take home your creation.

Please register by July 26.

Non-Senior	Senior	MSHL Member
\$22.50	\$18.75	\$15

Milan Eagle Connection

WHERE TO START?

By Marie Gress, LMSW | Published in the Milan Eagle in June 2018

Lucy is the daughter and primary caregiver for her mother, Ann. Lucy tells me that her mom's condition is declining, and she isn't sure what to do next. She asks if I know anyone who could help her with chores? Should she look at home health care options? What would it look like to have her mom move in with her? Would it be better to put her mom in assisted living? What is the difference between that and independent living?

What a complicated part of life to navigate! No one tells you how to age, and there isn't a self-help book for this stage in our lives. I can't tell you the number of calls we get at the senior center asking for assistance in finding the next step for a spouse or parent. Where to start?

I'm not going to tell you what happened with Lucy, because every person and every family is very different. The time you have available for helping a loved one, the insurances you have, the values, and most importantly, the desires of the aging person vary vastly. I can tell you that the number one place to start is with family and friends. They can tell you what worked and what didn't work for their loved one and why. Next place you can try is the good old internet, but I say "try" because you need to use the right phrase or maybe the first page of **(continued on p.11)**

Fitness



NEW FITNESS PRICES—BUY THE FITNESS PASS

Buy the pass to cover you for any 20 sessions of exercise classes. Use the same pass for all the classes and purchase a new pass when yours is filled up. This pass makes almost all our fitness classes cheaper for you AND you don't have to worry about missing classes due to illness, doctor appointments, vacation, etc. We hope it encourages you to try something new!

Non-Senior Pass—\$40

Senior Pass—\$30

Senior Member Pass—\$20

ENHANCEFITNESS

EnhanceFitness is an evidence-based exercise program designed for the older adult! We work on cardio, strength training, flexibility, and balance. This class can be done standing up or sitting down.

This class made possible in part by the National Kidney Foundation.

Morning Session

Mon, Tues, & Thurs 10-11 AM

Instructor: Jennifer Michalak

Afternoon Session

Monday & Wednesday 1:45-2:45 PM

Instructor: Beverly Robinson

CHAIR YOGA

Tuesdays & Thursdays 2-3 PM

Yoga targets muscle strength, softness, and flexibility. It can encourage the body, mind, and spirit to remain healthy and strong. This class can be done standing up or sitting down.

Instructor: Janae LeBar

This class made possible in part by Janae LeBar.

TAI CHI *BREAK IN JULY, RESUME IN AUGUST*

Wednesdays 10-11 AM

Tai Chi is characterized by methodically slow circular and stretching movements to positions of bodily balance.

Instructors: John and Natalie Kornowski

TRY ONE FREE

We believe you need to find the fitness class that best fits your needs. MSHL has a “Try One Free” Policy for just this reason. Please try any and all the classes out once for free! If you already have a Fitness Pass, please let the office or your instructor know that you are trying this class out for the first time and your Fitness Pass will not be marked for that first session.

MEMBER'S EXERCISE ROOM

Members can use the MSHL exercise room free of charge with a medical release form on file. We have treadmills, bicycles, elliptical, stair stepper, cardio glide, recumbent bike, and free weights.

Hours of Operation

M-F..... 8am-3pm

Reminder: Medical release forms and membership need to be resubmitted every year.

Clubs to Join

WOOD CARVING CLUB

EVERY MONDAY 9 AM

Join the wood carving club and create your own masterpiece while you talk to others interested in the craft. Please bring your own tools & wood.

MEN'S COFFEE HOUR

EVERY TUESDAY 9 AM

A casual place for men only! Your host is Gary Bourdeau, MSHL's Board Chair.

MILAN'S QUILTING B'S

EVERY THURSDAY 10 AM

If you would like to enjoy a morning of stitching and chatting, join this group. There is no cost or obligation. Sometimes there is a group project and sometimes everyone works on their own projects.

BOOK CLUB

LAST THURSDAY 11 AM

August 2

Facilitated by Monroe County Librarian, Tammy Suzor, the club discusses the book from the previous month and Tammy provides the next book. If you can't make it to the meeting, we have the books available in the office.

OUT-TO-LUNCH BUNCH

Date and time Varies, Usually Saturdays

Join our self-drive out-to-lunch group! If you are interested, call Donna Kneebush at (734) 439-2103 and see where the group is headed to next.

LUNCH 'N' LEARN SERIES

Dates Vary 11:15 AM

Bringing valuable information to empower you, MSHL's Lunch & Learn presentations take place right before lunch. If you wish to stay for lunch, please place your reservation at least 48 hours in advance.

Fall Prevention—July 19

Presented by: Karen Frank, RN CHPN & Administrator at Kaizen Home Health Care
See page 2 for more details.



MOVIE BUFFS CLUB

TUESDAYS 2 PM

July 17, 24, 31 & August 9*

Do you enjoy movies? Come discuss your favorite movies & show off memorabilia.

Please register by July 16.

*August 9 is a Thursday.

GROUPS TAKING A BREAK FOR THE SUMMER

MSHL'S RED HAT CHAPTER

FIRST TUESDAYS 12 PM

PIANO PLAYING WITH PAT

FIRST & THIRD WED. 2 PM

WRITERS GROUP

SECOND & FOURTH WED. 10:30 AM

LYRICS WITH LAURIE

EVERY WEDNESDAY 11:15 AM

Meal Menu		JULY 2018		
Monday	Tuesday	Wednesday	Thursday	Friday
2 Potato Crusted Fish Rice, Beets, Salad (743mg Sodium)	3—MOW ONLY BBQ Pork Riblet Baked Beans, Coleslaw, Cobbler (743mg Sodium)	4 CLOSED Happy 4th of July!	5 Baked Chicken Potatoes, Brussel Sprouts, Salad (790mg Sodium)	6—MOW ONLY Meatloaf Potatoes, Peas, Carrots, Salad (901mg Sodium)
9 Swedish Meatballs Noodles, Carrots, Squash (911mg Sodium)	10—MOW ONLY Tuna Salad Tomatoes, Broccoli Salad (918mg Sodium)	11 Salisbury Beef Potatoes, Mixed Veggies, Salad (757mg Sodium)	12 Pork Roast Potatoes, Mixed Greens, Cornbread (575mg Sodium)	13—MOW ONLY Honey Mustard Chicken Rice, Broccoli (406mg Sodium)
16 Swiss Steak Potatoes, Beets, Salad (749mg Sodium)	17—MOW ONLY Baked Chicken Corn, Spinach, Salad (611mg Sodium)	18 Beef Hot Dog Ranch Beans, Vegetable Blend (942mg Sodium)	19 Sliced Turkey Stuffing, Green Beans, Salad (766mg Sodium)	20—MOW ONLY Potato Crusted Fish Broccoli, Coleslaw (853mg Sodium)
23 Beef w/Pepper Gravy Succotash, Broccoli (662mg Sodium)	24—MOW ONLY Meatloaf Potatoes, Brussel Sprouts, Salad (800mg Sodium)	25 Macaroni & Cheese Green Beans, Vegetable Blend (843mg Sodium)	26 Pork w/Supreme Sauce Rice, Carrots (640mg Sodium)	27—MOW ONLY Lemon Pepper Chicken Potatoes, Spinach (681mg Sodium)
30 Beef Jardine Potatoes, Spinach, Salad (885mg Sodium)	31—MOW ONLY Glazed Ham Potatoes, Green Beans, Salad (989mg Sodium)	Please know the menu is subject to change. A full menu is available at MSHL and on our website.		

SENIOR CAFÉ AND OTHER LUNCHES

Senior Cafe—MWTTh at 11:45 AM

Hot social lunches provided by Washtenaw County's Senior Nutrition Program for a requested \$3.00 donation if you are 60 or older. Younger than 60 years of age, there is a required \$5.50 charge for the meal.

Special Event Lunches at 11:15 AM

Menu and fee details for special event lunches can be found on our monthly program pages.

Meals on Wheels (MOW)—Monday—Friday

Provided through Washtenaw County's Senior Nutrition Program. Call MSHL for information.

Sack Lunch Tuesdays

Foodie Tuesdays has transformed into Sack Lunch Tuesdays! Bring in your sack lunch to eat with friends and we will have tables and coffee ready for anyone who is able to come. See you soon!

Senior Center Events		JULY 2018	
Monday	Tuesday	Wednesday	Thursday
2	3	4 CLOSED Happy 4th of July!	5 10:30 Crafting w/Sharon FRIDAY—6 4:00 Potluck
9 1:30 Comparative Religions: Non-Denominational	10 11:15 MSHL's 8th Birthday Celebration	11 9:30 Cooking Matters	12 11:15 Hepatitis A Shot 11:15 Birthday Lunch
16	17 2:00 Movie Club	18 9:00 Hearing Services 9:30 Cooking Matters 4:00 Board Meeting	19 11:15 Fall Prevention SATURDAY—21 10:00 Dementia Series & Music and Me
23 1:15 Anyone Can Paint	24 2:00 Movie Club	25 9:30 Cooking Matters 10:00 Grief Support	26 11:05 Aphasia Study 1:45 Brain Health FRIDAY—27 9:00 4th Fri. Breakfast
30 1:15 Flipside: Looming	31 2:00 Movie Club		

WEEKLY ACTIVITIES			
Monday	Tuesday	Wednesday	Thursday
8:30 Massage Therapy 9:00 Reiki 9:00 Wood Carving Club 10:00 EnhanceFitness 11:45 Senior Café 12:30 Penny Bingo 12:30 Elbows 1:00 Tech. Assistance 1:45 EnhanceFitness	9:00 Men's Coffee 10:00 EnhanceFitness 10:00 Aroma Massage Therapy 12:30 Dime Bingo 2:00 Chair Yoga	10:00 Elbows 10:00 Massage Therapy 11:45 Senior Café 12:00 Acupuncture 12:30 Penny Bingo 12:30 Pinochle 1:45 EnhanceFitness	9:00 Reflexology 10:00 Quilting B's 10:00 EnhanceFitness 10:30 HVA Blood Pressure Checks 11:45 Senior Café 12:30 Penny Bingo 12:30 Euchre 2:00 Chair Yoga

Food and Fun

1ST FRIDAY POTLUCK

JULY 6 **4-7:30 PM**

We start with BYOB happy hour and appetizers, then move on to a pot luck dinner (bring a dish to pass, your own plate, and silverware), and finish our night together with a few rounds of Euchre. It's free, come join!

2ND THURSDAY BIRTHDAY

JULY 12 **11:15 AM**

On the second Thursday of every month we celebrate the birthdays taking place that month.

Thanks to a donation from Mullins Auto, we offer a free lunch to all of our birthday members! Please join us to honor these individuals. *Lance from Enriched Life Home Care Services comes to our birthday celebrations to play Silly Auction. Also, thank you to Milan Floral for the flowers!*

July Birthdays

Tom Bauld	Lou Ann Hanlon
Kay Beckmann	Lynnda Kelly
Jim Carver	Bruce LeVack
Shirley Chumbley	Leanne Mathay
Sue Collar	Cindy Montag
Joyce Criswell	Marion O'Bryan
Diane Dziedzic	Gordon Parker
Anne Farmer	Diane Sanders
Ken Frimark	Frank Shepanski
Amy Haines	

If your name is not listed here, please call the office.

4TH FRIDAY BREAKFAST

JULY 27 **9 AM**

Join our group at Brooklyn's Sidetrack on Wabash St. in Milan (hint: it's the restaurant on the side of the train tracks).

SENIOR CAFÉ AND OTHER LUNCHES

Monday-Thursday **11:45 AM**

Come enjoy a well-balanced meal eaten with friends! All are welcome, regardless of residency. Please sign up for lunch at least 48 hours in advance as our food is catered. You may sign up either by writing your name on the Reservation Sheet in the lunch room, or by calling MSHL at (734) 508-6229.

The Menu and more information is on page 8.

CARDS & GAMES

Most days of the week we offer at least one or two organized games that are open to all.

Monday

12:30-1:45	Penny Bingo*
12:30-3:00	Elbows

Tuesday

12:30-1:45	Dime Bingo**
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Wednesday

10:00-11:30	Elbows
12:30-1:45	Penny Bingo*
12:30-3:00	Pinochle

Thursday

12:30-1:45	Penny Bingo*
12:30-3:00	Euchre

*Penny Bingo: bring 25 pennies and 1 dime

**Dime Bingo bring 12 dimes, 1 nickel, & 1 quarter.

We also have a good selection of board games that are available to all for a pick-up game.

Milan Eagle Connection

(continued from p.5) search results are agencies that have a lot of money for advertisements, not necessarily quality service. It's a place to start, but use caution.

Really, the second best place to start is with a senior service agency. Agencies have directories covering senior centers to home health care to nursing homes for the area you live in. Organizations serving older adults have a sense of which few companies you should start with and what other questions you could be asking. Many have what's called "case management" where a professional will take the time to walk you through your options and help you make the calls.

MSHL is formally announcing our Resource Advocacy for Milan Seniors (RAMS) service starting now! MSHL is committed not only to activities and programs, but also to providing seniors, caregivers, and their families with the referrals they need. Advocates can even come to your house, because there are many reasons it can be difficult to make it to an additional appointment. Call (734) 508-6229 and ask to speak with Marie or email mshl@milanseniors.org.

If you are looking for a little direction but not an in-depth appointment, still give us a call! We'd love to point you in the right direction just like we always have.

~If you have any topics you'd like to see written about, let the MSHL office know!~

MSHL Support Services

MSHL offers a growing variety of support services. Some of these services have a cost that is listed below, but others are offered free of charge! If you would like to donate to MSHL or to the organization providing these services to support these programs, please stop by the office. We can ensure your donation gets to the right spot!

ACUPUNCTURE

By Ron Hough

Wednesdays from 12-2 PM

No appointment necessary. \$15 at time of service (+\$5 fee for non-members).

AROMA MASSAGE THERAPY

By DoTerra

Tuesdays from 10-3 PM

Call Pam at (248) 345-0677. \$40 for 45 minutes (+\$5 fee for non-members).

BLOOD PRESSURE CHECKS

By Huron Valley Ambulance (HVA)

Thursdays from 10:30-12 PM

Free, walk-in service. All are welcome.

CAREGIVER SUPPORT GROUP

By Enriched Life Home Health Services

Third Monday of the Month at 6 PM

****No July or August Meeting**** RSVP required by the Thursday before.

GRIEF SUPPORT GROUP

By Psychotherapist Nicholas Capaul

July 25—last session

Free grief support by a grief counselor and your peers going through a similar time of life.

HEARING SERVICES

By Miracle Ear

Third Wednesday of Every Month from 9-12 PM

Get your hearing checked, your hearing aid serviced, all free of charge. Walk-ins welcome.

LIBRARY IN MOTION

By Monroe County Library

August 2—Last Thursday of the Month at 11 AM

MASSAGE THERAPY

By Morning Glory

Mondays from 8:30-3 pm and Wednesdays 10-3 PM

Call Glory at (734) 323-2163. \$20 for 30 mins OR \$40 an hour (+\$5 fee for non-members).

MEALS ON WHEELS

By Milan Seniors for Healthy Living

Monday through Friday around noon

Available for homebound seniors (60+). Call MSHL to get registered (734) 508-6229.

MEDICARE COUNSELING

By Sharon Marrow of MMAP

Free assistance finding what Medicare options are best for you. Appointments made by calling MSHL at (734) 508-6229.



PANTRY ON WHEELS

By Milan Seniors for Healthy Living & AIM

For homebound seniors who qualify for Aid In Milan's food pantry, MSHL can shop the pantry and deliver the food to your home. Call MSHL to get registered.

PRESSURE ON HEALTH

By Milan Seniors for Healthy Living

Free blood pressure monitors and oxygen meters with a prescription while funding lasts.

MSHL Support Services

RAMS

By Milan Seniors for Healthy Living

Thursdays from 10:30 -12 PM

Resource Advocacy for Milan Seniors (RAMS) provides in home assessments and follow up resource connection as needed.



REIKI

By Andrea Kennedy

Mondays from 9-12 PM

Call Andrea at (734) 664-2255. \$20 for 30 mins OR \$40 an hour (+\$5 fee for non-members).



REFLEXOLOGY

By Susan Elliker

Thursdays from 9-3 PM

Call Susan at (734) 417-4257. \$20 for 30 mins OR \$40 an hour (+\$5 fee for non-members).

TECHNOLOGY ASSISTANCE

By John Vidolich

Mondays from 1-3 PM

Free phone, computer, tablet, and other tech assistance. Call MSHL for an appointment.

TRANSPORTATION

By Milan Seniors for Healthy Living

Monday through Friday from 8-3 PM

Available for seniors (50+) living in the 48160- zip code. Fares vary.

People to Recognize

2018 PREMIUM MEMBERS

Tom Bauld	Dixie Lee Roper
Sallie Bancroft	Judy Schonek
Brenda Bevins	Colleen Smith
Joyce Criswell	William G Smith
Richard Early	Barb Susterka
Dan Fromm	Linda Squires
Carolyn Gotts	Arden Tomecek
Sheila McHenry	Carol Vollink
Sam Mills	Patsy Zander
Fran Neuvirth	

NEW MEMBERS

Margaret Tsilis	Charlie Bennett
Diane Dziekdizc	Bonita Champine
Thomas Wiles	Robert Skeels
Marjie Siefker	Freda Orrison
Jennifer Ware	RoseMarie St. Pierre
Mary Lous Gnadt	Cindy Mays

BOARD OF DIRECTORS

Chair:	Directors:
Gary Bourdeau	Lou Ann Thompson
Vice-Chair:	Cindy Swope
Pastor Doug Strader	Diann Brown
Secretary:	<i>City Council Liaison:</i>
Sallie Bancroft	Ann Gee
Treasurer:	
Ron Hasselbring	

MSHL Board Meetings are open to the public and held at The Center on the Third Wednesday of every month at 4pm. Next meeting date: July 18.

\$100+ DONORS

Carol Barrett	Cliff and Betsy Kuhn
Donna Carver	Michael Michalak
Jim and Joan Cullip	Rex and Betty
Barb Carlson	Plasters
Judy and Roger Falk	Susan Schoeff
Jodi Griffor	Richard Sheff
Robert Henninger	WG Smith
Hurshel Howard	Lou Ann Thompson
Margaret Katona	John Vidolich
Tony Katona	

IN MEMORY OF:

Memorial Gifts Honoring Dick Ender, Leslie Ferenczy, Tony Katona, Maurine Edwards, Larry Eicholtz

MSHL'S LEGACY ENDOWMENT

Make a Lasting Impact

You can invest in Milan senior services through MSHL's newly created Legacy Endowment Fund. MSHL is honored to receive donations in memory of loved ones who have passed away. Not only will these gifts keep on giving well into the future, but also strengthen our mission to support seniors as they age with independence and dignity.

Make an impact. Talk to your financial adviser or estate planner about how you can leave your own legacy gift. Currently, gifts and bequests to the MSHL Legacy Endowment Fund can be made with cash, check, credit card, and online by using our website: www.milanseniors.org

Support the Center

GET YOUR 2018 MEMBERSHIP

Standard (\$12) - You will receive a personal copy of the newsletter, discounts on all programs sponsored by MSHL, access to select support services, a free birthday lunch, and access to the member's gym.

Premium (\$50) - All benefits above for you AND someone else! The remainder is a donation made in your name and is tax deductible. Premium members are thanked in the newsletter year-round.

Lifetime (\$200) - All the benefits of a standard membership for the remainder of your lifetime. You will receive a MSHL tumbler. In addition, you will be recognized as a lifetime member in the annual report.

MONTHLY RUMMAGE SALE

Drop off your time-to-part-with goods anytime at the office. Items collected will be made for sale at the birthday celebration (second Thursday of the month), with proceeds benefiting senior services.

POP SALES & CAN RETURNS

Buy a soda or water in the office for \$1 and return your can to the kitchen so we can return it for you! Feel free to drop off your soda cans from home as well, every bit adds up!

GREETING CARDS

Drop off your unwanted greeting cards at the office and find some new ones for only 10 cents! New-to-you greeting cards can be found in the room off the library.

**ASK THE OFFICE HOW YOU CAN
DONATE VIA KROGER AND AMAZON**

DONATE

In-Kind Items Requested

- ⇒ Forever Stamps
- ⇒ A9 Envelopes (Newsletter Envelopes)
- ⇒ Sandwich and Quart Ziplock Bags

Monetary Requests

About 4% of MSHL's budget comes from donations, both small and large, from you!

General Fund—Give to the general fund and we pledge to use your donation while providing activities, services, and referrals designed to enhance quality of life and encourage aging with independence and dignity.

Meals on Wheels—While Washtenaw County assists in supporting this service, it does not cover all MOW costs and covers none of our Monroe County residents' meals. \$60 provides one month's worth of meals.

RAMS—MSHL's newest service is preparing to launch! RAMS helps people like you connect with the resources and services you need. With all the information out there, it's hard to know who to trust! Donations welcome.

Transportation—Fares only cover 20% of the actual costs to run the service. MDOT assists in supporting this service; however, it does not cover all of it. \$10 pays for ten in-town rides. \$60 pays for one person to go to and from dialysis for one week.

We are a 501©3 organization; therefore, all donations are tax deductible with the IRS. A donation letter will be sent at the end of the year, summarizing all your generous giving.

MSHL Made Possible By:

CORPORATE SPONSORS

SILVER PARTNERS \$501+

AmazonSmile
Kroger Community Rewards
Linden Square Assisted Living
Mullin's NAPA Auto Parts

BRONZE PARTNERS \$250+

Edward Jones—Gwen Hodges
Jones Insurance
Plymouth Physical Therapy
Real Estate One—Team Grostick

PARTNERS \$101+

Enriched Life Home Health Services
Kaizen Home Health Services
Kroger Bakery
Milan Floral
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Commission On Aging

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