

Milan Seniors for Healthy Living's Senior Connection

March &
April
2018

Let's Meet—Janae LeBar

Janae was born in Flint, MI, but later moved and grew up in Leavenworth, Kansas. While in Kansas, Janae pursued an elementary education degree at the University of Kansas and she began teaching in elementary school and was a high school counselor. She moved back to MI in her 30's and currently resides in Milan. Janae is also a mother of three children and a grandmother of four. Janae volunteers her time teaching chair yoga at MSHL and loves every minute of it.



How long have you been coming to MSHL? Janae has been a member since November 2016.

Favorite Food: Janae enjoys prime rib and brisket.

Least Favorite Food: Janae is disgusted by liver and onions, yuck!

Fun Fact: When Janae was younger, she found excitement through barrel racing. Barrel racing is a rodeo event in which a horse and rider attempt to complete a cloverleaf pattern around barrels in the fastest time.

Outlook on Life: No regrets. Janae tries not to hold back on life, often encouraging the idea of living life to the fullest extent. Janae is grateful for the opportunities and experiences she's gone through and is happy where she is in life.

Volunteer Spotlight:

Jeffrey Drozdowski & Sara Beckman

(Jeffrey attends Milan High School. Because of his Autism, he works with Sara, his Para-Professional)



Why did you start volunteering at MSHL? *(Jeffrey)* I started at MSHL because my transitions teacher, Ms. Wilson, found this job for me.

(Sara) I work at Milan High School as a para-pro with the special needs students. We teach new life skills outside a classroom setting.

What do you do here? *(Jeffrey)* I mop the floors, dust the surfaces, wash the windows and water the plants.

(Sara) I help teach and remind Jeffrey of the jobs to do when we are at MSHL.

How long have you been volunteering here? We both started October 2017.

What do you like about volunteering here? *(Jeffrey)* I like learning new things; I like doing jobs outside of school and getting my puppy dog sticker reward.

(Sara) Jeffrey and I both look forward to MSHL School days! MSHL employees and volunteers are always so friendly and helpful. What I enjoy most is having the opportunity and being part of Jeffrey's hands-on-learning-process in a job environment. He is such a hard worker!

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CONTACT US

Monday—Thursday
8am-3pm

45 Neckel Court
Milan, MI 48160

734.508.6229

www.milanseniors.org

Find us on Facebook!

STAFF

Jennifer Michalak
Executive Director

Marie Gress
Director of Operations

Beverly Robinson
SNP Coordinator

Jenni Galazka
Program Coordinator

Shelly Bauer

Alan Lown

Kathy Gosdzinski

Cherrita Lewis

Transportation Drivers

Fitness

EnhanceFitness MORNING

SESSION 18.2 - MARCH 1-APRIL 30

MON, TUES, & THURS 10-11 AM

\$22 FOR MSHL MEMBERS

\$28 FOR NON-MEMBERS

EnhanceFitness AFTERNOON

SESSION 18.2 - MARCH 5-APRIL 25

MON & WED 1:45-2:45 PM

\$16 FOR MSHL MEMBERS

\$20 FOR NON-MEMBERS

Chair Yoga

SESSION 18.2 - MARCH 1-APRIL 27

TUESDAYS & THURSDAYS 1:45-2:45 PM

\$5 FOR MSHL MEMBERS

\$6.25 FOR NON-MEMBERS

Tap Dance

SESSION 18.1 FEB 6—MAY 8

TUESDAYS 9:30-10:15 AM

\$32 FOR MSHL MEMBERS

\$40 FOR NON-MEMBERS

Jazz Dance

SESSION 18.1 FEB 6-MAY 8

TUESDAYS 10:15-11 AM

\$32 FOR MSHL MEMBERS

\$40 FOR NON-MEMBERS

CIRCUIT TRAINING BY FITMOD

SESSION 18.2 MARCH 7-APRIL 25

WEDNESDAYS 10:30-11:30 AM

MINIMUM PARTICIPATION OF 10

\$16 FOR MSHL MEMBERS

TO KEEP CLASSES AFFORDABLE, MSHL PRICES CLASSES AT THE LOWEST RATE POSSIBLE. THIS MEANS WE ARE UNABLE TO PRORATE CLASSES.

Members' Exercise Room

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

Hours of operation:

Monday–Friday 8am–3pm

Reminder: Medical release forms need to be resubmitted annually.

*For Personal Training information,
see page 12.*

Try One Free!

It is our desire that everyone find a fitness class that meets their needs, so please try a class once free of charge or obligation. If you find that it fits your needs, you may sign-up for the rest of the semester.



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March Programs

Caregiver PATH—FREE

March 5—April 9 (Mondays) from 12:30–3 pm

Do you spend hours and hours per week helping a family member or friend with finances, emotional support, legal issues, physical care, or activities of daily living?

With this 6-session workshop you can learn how to:

*Decrease Stress

*Manage your care partner's difficult behaviors

*Take better care of your own health

*Get the help you need from others

Register by March 1.

Minimum participation of 8 people.

Aroma Touch:

Make-and-Take your own scents

March 7 (Wednesday) at 1:15 pm

Cost: \$15.00 for Members; \$18.25 for Non-Members

The AromaTouch Technique is a simple, yet effective, way to apply eight individual essential oils and oil blends. The light touch massage application method allows the oils to reach the optimal areas within the body where they are able to combat stress, help clear out unwanted toxins and enhance immune system function, decrease inflammation, and balance the autonomic nervous system within the recipient. You will make and keep the 8 scents you designed!

Register by March 5.

Crafting with Sharon:

Easter Wreath

March 8 (Thursday) at 9:45 am

Cost: \$8.00 for Members;
\$10.00 for Non-Members

Register by March 1.



Abstract Still Life w/Flipside Art

March 14 (Wednesday) at 1:15 pm

Cost: \$15.00 for Members; \$18.75 for Non-Members

Explore mark-making techniques with an emphasis on finding what works for you as an artist. Demonstrations of painting intuitively and how to add mixed mediums and beads into your artwork will be our focus.

Register by March 7.

Seeking Positive Pathways:

Alzheimer's and Dementia Educational Workshops

Third Saturdays from 10am-12pm

Free to Public | Donations Encouraged

March 17 | The Dementia Care Toolbox

Caregivers need to keep their tool box equipped and Carol has some ideas like dementia business cards.

For your loved one, Music and Me (see page 5) is available at the senior center during this time.

The full workshop schedule is available at MSHL and on our website www.milanseniors.org.

This program has been made possible by the support of the Judy Ivan Healthy Communities Endowment.

Around the World! France

March 20, 2018 (Tuesday) at 11:45 am

Cost: \$8.00 for Members; \$10.00 for Non-Members

Come learn about the French culture and enjoy some French food!

Menu: Salad, Fruit, Quiche, Scones and Jam

Learn how to make this food **the day before!** See Jenni if you would like to help create this meal.

Steve Montesanto, owner of Stewards for Strangers, Inc (a local catering company) has graciously offered to volunteer his time and expertise in this any many of our upcoming special events.

MSHL's Around the World Series is exclusively sponsored by Linden Square.

Register by March 16.

March Programs

Photos, Cameras, and Computers

March 20 (Tuesday) 1-3 pm

Cost: Free

Balinda Zimmerman is back to review how to take your photos from your camera and put them on your computer, laptop or other electronic device and then post them to Facebook to share with family and friends. If you don't have any photos to share, take some photos of the winter wonderland outside, grab some family and do a photo session or go take photos of ducks on the lake. Bring something to upload, and we look forward to seeing you there.

Register by March 15.

Gluten-Free Presentation

March 22 (Thursday) 2pm

Cost: Free

Julie Rabinovitz had the idea of starting a gluten-free bakery business when she was diagnosed in 2007 with Celiac Disease, an auto-immune disease in which one cannot eat gluten, i.e., barley, rye, wheat, spelt, and malt. She created Tasty Bakery in Ann Arbor. Come and listen to her!

Register by March 15.

Anyone Can Paint!

March 26 (Monday) at 1:15 pm

Cost: \$22.50 Members; \$28.00 Non-Members

Join in the humor and artistry of instructor Steve Wood as he guides us through an entire painting in 2 hours. Supplies included.

Register by March 22.

Program Registration

Please sign up for all activities in the office. This will give us a better idea of how many people we will be serving and/or preparing materials for. Thank you!

Cielo Soap Presentation

March 27 (Tuesday) at 2pm

Cost: Free

Designing soap is *personal*. It's not "just business." Cielo Soaps uses only **handcrafted wooden soap molds**—no silicone - no plastic. Only two pounds of soap are designed at a time because each recipe is a work of art through the science of soap making. Yes, this method is labor-intensive, yet we believe your skin and emotional wellness deserve far better than what is manufactured by high-volume soap makers.

Think about these skin facts:

1. Your skin is your body's largest and fastest-growing organ.
2. Skin is your *body's coat*. It protects you.

With this knowledge, *consciously choosing well-designed soap* is a simple way to nourish your skin and, at the same time, *stimulate your senses for emotional well being*.

Not only does well-designed soap cleanse the physical body, but it also cleanses our emotional state-of-mind: resting, curing, evolving.

Register by March 20.

Free AARP Tax Assistance

March 28 (Wednesday)

Appointments from 10am to 3:00pm

Contact MSHL at 734-508-6229 ASAP to schedule your appointment!!!

The AARP tax assistance is done by trained volunteers and is geared to seniors and modest income tax payers. The volunteers are able to do Federal and Michigan 1040 forms and credits, and amended returns. They are unable to do returns with trust funds, business or farm income with the exception of Schedule CEZ. They can also offer advice if you are doing your own return and have questions.



Music and Me



March 6-April 17, 2018 (Tuesdays) from 10-11 am

Cost: \$5 for Members; \$6.25 for Senior Non-Members; and \$7.50 for Guest under <50

Please join Eastern Michigan Professor Roberta Justice and her students for an hour of beneficial music stimulation on Tuesday mornings.

Through this class, we will use music to influence mental and physical well-being. Although some music learning may take place, the goals of Music and Me mainly include non-musical focuses.

What are some non-musical goals for people in this group?

1. Increasing/maintaining social interactions and peer relations
2. Increasing/maintaining physical movement
3. Increasing/maintaining cognitive ability (brain function)
4. Increasing/maintaining communication skills



Group sessions can include the following experiences: Music listening, Singing, Instrument playing, Music and movement, Music and other creative arts or Song writing. Come and enjoy the musical fun!

About the facilitator: Roberta Justice, MM, MT-BC, is a Board Certified Music

Therapist and member of the Eastern Michigan University music therapy faculty with more than 40 years of clinical experience in leading therapeutic and self-growth groups. Trained in a variety of music, art, and dance therapy techniques, she is a fellow of the Association of Music and Imagery, with specific skill in the use of music and imagery for relaxation, personal growth and wellness.

Joining her will be students from the EMU Music therapy program.

Please register by March 1.




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April Programs



MSHL Closed April 1, 2018

We regret to inform you that MSHL will be closed April 1. Transportation, Meals on Wheels, and programming will not happen on this day. We apologize for the inconvenience this has caused. We will resume all activities, Meals on Wheels, and Transportation on April 2, 2018.
We look forward to serving you!

Matt's Last Day—April 11

It has been a joy, pleasure, and honor to have worked with you, learned from you, and hopefully shared some of myself with you. I gained a lot of knowledge and insight about older adults, aging, and the unique perspectives all of you bring to MSHL. I wish you all the best in your many endeavors, and I won't be a stranger. Thank you all!!

Easter Celebration

April 3 (Tuesday) at 11:15 am

Cost: Members \$8.00; Non-members \$10.00

Join us for an Easter Celebration of Hope with special guest Pastor Doug Strader of Milan Baptist Church. He will present "Easter Hope! The days after the Resurrection of Jesus."

Menu: Ham, Parsleyed Potatoes, Veggies and Cheesecake. Lunch is served at 11:45 AM.

Stewards for Strangers, Inc is catering.

Please Register by March 27.

Identity Theft Presentation

April 11 (Wednesday) 1:45 pm

Presented by: Attorney General Consumer Educator, Justine Bykowski

Learn about the signs of identity theft, how to protect your personal information online & off, and what to do if you become an identity theft victim.

Register by April 4.



Special Bingo Fundraiser

April 10 (Tuesday) at 6:30pm

Doors open at 5:00 pm – Bingo starts at 6:30pm

\$12—1 sheet | \$20—2 sheets | \$30—4 sheets

Optional raffle/ gift basket cards—\$1

Cash Prizes, Door Prizes, Raffles, Food, and more!

Daubers will be used and will be available to purchase if needed.

Snack and light dinner food will be available throughout the evening.

PUBLIC WELCOME—must be 18 to play.

Ask The Lawyer

April 10 (Tuesday) at 1pm

Presented by: Law Office of Dominic Hamden, PLLC

Need legal advice? Come ask Lawyer Dominic Hamden burning questions you may have! He will also give an informative talk about the issues you should be aware of. Then stay after for his Coffee with the Mayor session!

Please sign up by April 3.

Coffee with the Mayor

April 10 (Tuesday) at 2 pm

Come and join Mayor Dominic Hamden for coffee and conversation. Bring your concerns, complaints & compliments to have your voice heard!

Please sign up by April 3.

Flipside Art: Clay Bowls

April 18 (Wednesday) at 1:15 pm

Cost: \$15.00 for Members; \$18.75 for Non-Members

Spend the afternoon working with your hands to create a funky pot or small bowl. We'll show you techniques for stamping, sculpting and forming with air dry clay.

Register by April 11.

April Programs

Zen Tangles!

April 19 (Thursday) 1:30 pm

Cost: \$8:00 for Members; \$10.00 for Non-Members

Barb from the Milan Library brings us Zen Tangles: a method that is easy-to-learn, relaxing, and a fun way to create beautiful images by drawing structured patterns called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs.

Register by April 16.



Seeking Positive Pathways:

Alzheimer's and Dementia Educational Workshops

Third Saturdays from 10am-12pm

Free to Public | Donations Encouraged

April 21 | Food for Thought

Did you know that someone with dementia eats better from a red plate? Learn about this and more!

For your loved one, Music and Me (see page 5) is available at the senior center during this time.

The full workshop schedule is available at MSHL and on our website www.milanseniors.org.

This program has been made possible by the support of the Judy Ivan Healthy Communities Endowment.

Anyone Can Paint!

April 23 (Monday) at 1:15 pm

Cost: \$22.50 Members; \$28.00 Non-Members

Join in the humor and artistry of instructor Steve Wood as he guides us through an entire painting in 2 hours.

Supplies included.

Register by April 19.

Mature Driving Workshop

April 23 and April 25 from 9-12 pm

Cost: \$15.00 for Members; \$18.75 for Non-Members

This program, facilitated by St. Joseph Hospital, is designed for experienced adult drivers who experience night glare, early cataracts, neck and joint stiffness, or other chronic conditions that make driving more challenging. Topics include reaction testing, managing roundabouts and more!

Please register by April 10.

MSHL on CBS News!

CBS News (Channel 62) came to visit Milan Seniors for Healthy Living on February 6th (Tuesday) and February 8th (Thursday). CBS heard of our eclectic and diverse programs and enthusiastic seniors. Throughout the filming, they highlighted the following programs:

- Men's Group (run by Board Chairman, Gary Bourdeau);
- Enhance Fitness;
- The new music therapy program "Music and Me" (run by EMU's Music Therapy);
- The "How to Help" substance use awareness class (run by Matt the Intern);
- Birthday Celebration;
- The MSHL theme song by Laurie Novak (featured on page 8 of this newsletter);
- Testimonials by Gary Bourdeau, Mayor Dominic Hamden, Bill Keenan, Beverly Smith, Joann Viger, Diann Brown, Arlene Wolf and Ron Mercier;
- And interviewed Jennifer Michalak and Jenni Galazka about the organization and services we provide.

We are truly honored they picked us for this story and we will let everyone know (as soon as we find out) when it will air! Watch Facebook for the videos as well! Thank you all for participating in this Senior Edition!

“Warm Fuzzy” Affirmation Station



Once upon a time there was a village. All of the people in the village got along very well. Every person in the village owned a special bag given to them by their parents at the age of 3. Inside this bag were hundreds of warm fuzzies. Warm fuzzies were soft, cuddly, cottony little puffs. When you gave someone a warm fuzzy, they felt warm and fuzzy inside. People gave each other warm fuzzies any time they wanted to let someone know they were loved. When someone received a warm fuzzy, they put it in their bag.

One day, an evil sorceress came to town and saw everyone was giving out warm fuzzies, and she didn't like it. She went up to one villager and said, “Why do you keep giving away your warm fuzzies? Aren't you afraid you're going to run out? Here, take this bag of cold pricklies and give these to the people instead, and keep all your warm fuzzies for yourself.” The villager took the bag and the next time he ran into a friend, he handed out cold pricklies from his new bag. A cold prickly made someone feel cold and prickly inside. Soon all the villagers went to the sorceress and asked for their own bag of cold pricklies since they didn't want to be the only ones handing out warm fuzzies. Once you had a cold prickly, you wanted to give it away as fast as possible.

The sorceress was pleased. Now the village was in a state of fear and panic. Everyone started avoiding each other so they wouldn't be given a cold prickly. People hoarded their small supply of warm fuzzies and didn't give them out to anyone anymore. But no one was happy anymore either.

One day a prince arrived in town and almost immediately someone handed him a cold prickly from their bag. The prince, recognizing the cold prickly, refused to take it. The villager was surprised and tried again. The prince handed the person a warm fuzzy from his bag. The villager was surprised, and a little ashamed he had tried to give this warm prince a cold prickly and instead received a warm fuzzy.

The prince addressed the townspeople asking, “Why do you give each other cold pricklies?” One villager said, “Why should we give away all of our warm fuzzies? Shouldn't we keep them for ourselves?” But the prince said, “Every time you give away a warm fuzzy a new one is created in your bag. Don't you see? The more you give away, the more you will have.”

To demonstrate, the prince had everyone put down their bag of cold pricklies and take out a warm fuzzy to hand to a neighbor. This they did, but warily. The prince told them to notice they still had the same amount of warm fuzzies in their bags as before. People started giving away more warm fuzzies and noticed their bag was never empty. There were indeed enough warm fuzzies for everyone.

The sorceress was very upset and tried to interrupt the prince, but the villagers didn't want to listen anymore. They threw all cold pricklies into a wagon, set the sorceress inside, and sent her out of town.

The villagers realized they'd learned a valuable lesson: When you give someone a warm fuzzy, they in turn will give it to someone else. Eventually, it will come back around to you.

We will be having our own Warm Fuzzy Board/Affirmations Station at the sign in desk. Take a warm fuzzy out of the basket and leave another fuzzy for someone! The affirmation station will be up until the next newsletter.

Letter from the Program Coordinator—My 2nd Year Anniversary!

I cannot believe it has been 2 years since I started here! Wow, time flies when you are having fun! I am so blessed to have the opportunity to serve the wonderful people at MSHL! I appreciate and hold each one of you in my heart dearly.

With much love,

Jenni

Enrichment - Free Groups

Lunch & Learn

Bringing valuable information to empower you to live meaningfully, MSHL's **Lunch & Learn** presentations usually take place right before lunch so you can enjoy lunch with friends following the presentation. If you wish to stay for lunch, please place your reservation at least 48 hours in advance.

Relaxation Techniques

March 15 (Thursday) at 11:15 am

*Presented by: Karen Frank, RN, CHPN Administrator
Kaizen Home Care*

We will go over some relaxation techniques, how to relax your mind, deep breathe and all this to improve your health and well being and soul!

Register by March 8.

Medication Safety

April 19 (Thursday) at 11:15 am

*Presented by: Karen Frank, RN, CHPN Administrator
Kaizen Home Care*

How do you have your safe med set-up, storage? Is it safer to set up your meds weekly/monthly or set them up daily? Learn about this and more at this presentation!

Register by April 12.

Spirit Week Fun!



Suggestion Box

We love to hear your thoughts and ideas.

A **Suggestion Box** is located at the sign-in desk if you wish to share either with us!!

Men's Coffee Club

Every Other Tuesday at 9am

March 13, 27, April 10, 24

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

MSHL's Red Hat Chapter

1st Tuesdays at 12pm

Fun after fifty for women of all walks of life. We believe silliness is the comic relief of life, but underneath the frivolity, we share a bond of affection forged by common life experiences & genuine enthusiasm for wherever life takes us next.

Piano Playing with Pat

1st and 3rd Wednesday at 2-2:30 pm

Come listen to former music therapist, Pat Green, play the piano for us in the library! This is truly a special treat: listen-relax-enjoy.

Milan Quilting B's

Thursdays 10:00—11:45 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

March 1, 29 and April 26th (Thursdays) at 11-12pm

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.

Wood Carving Club

Every Monday from 9-10:30 am

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

Food, Friends, and Fun

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

Wednesday

10:00–11:30 Cribbage

12:30–1:45 Penny Bingo

12:30–3:00 Pinochle

Thursday

12:30–1:45 Penny Bingo

12:30–3:00 Euchre

With the exception of the Bingos, there is no cost associated with any of the games. For Penny Bingo, bring 25 pennies and 1 dime; for 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.

1st Friday Potluck

At MSHL—March 2 and April 6th

4:00–4:30pm BYOB Happy Hour & Appetizers

4:30–5:30pm Pot Luck Dinner

(Bring your own Dishes and Place Settings)

5:30–7:30pm Euchre

4th Friday Breakfast at Brooklyn's Sidetrack

March 23 and April 27 at 9am

Out To Lunch Bunch

Join our Out-to-Lunch (self-drive) group!
Interested? Connect with Donna Kneebush
(734.439.2103) and invite your friends!

March 24—JR's

April 21—TBD

Milan Seniors for Healthy Living Song

Lyrics and Tune Created by Laurie Novak

There is a great place I like to hang out,
MSHL is what it's all about!
Come and join us on any weekday,
They feed us good and let us play.

I guarantee you'll have lots of fun
Euchre, Bingo with everyone!
When you're tired they'll take you home,
But hurry back so you're not alone!

Don't forget we exercise too,
Enhance Fitness is designed for you!
Three days a week they'll put you through the
moves,
So don't be late cuz we're counting' on you!

Cuz MSHL is the place to be,
Come out anytime and sing with me!

~ Laurie often brings her guitar in on Wednesdays if
you'd like to learn to sing this and other songs~



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Food, Friends, and Fun

Senior Nutrition Program

Senior Cafe—Monday, Wednesday, & Thursday 11:45 am

Come enjoy a well-balanced meal eaten with friends! MSHL offers a hot lunch through Washtenaw County's Senior Nutrition Program. All are welcome, regardless of residency. Please sign up for lunch at least 48 hours in advance. This allows time for us to be sure there will be enough food available. You may sign up either by writing your name on the Reservation Sheet located on the lunch registration table, or by calling the Senior Center at 508-6229. If there is no answer, please leave a message.

There is a requested \$3.00 donation for your meal if you are 60 or older. Younger than 60 years of age, there is a required \$5.50 charge for the meal. Monthly meal calendars are available at the office.

Meals on Wheels—Monday—Friday

For those unable to leave their homes, MSHL offers a hot lunch as well as Ensure (with a doctor's prescription) through Washtenaw County's Senior Nutrition Program. Call the office with questions or to register.

MSHL's Foodie Tuesdays

Tuesdays at 11:45 am

Join us for a delicious lunch in the great room. Each week we will pick what we want to eat from potluck style to a local take-out place such as tacos, pizza, chicken, or subs!

Sign up in the office by the Monday before.

Cost: If you do not bring a dish to pass, the cost is **\$3.00**. If you bring a dish to pass your meal is **free**.

Birthday Celebrations

On the second Thursday of every month at 11:15 we celebrate the birthdays taking place that month.

Thanks to a donation from Mullins Automotive, 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 Kroger and Milan Floral for the cake and flowers!*

March birthdays will be celebrated on March 8

Dianne Brown
Carol Esch
Ann Gee
Joe Goetz
Donna Kneebush
Betsy Kuhn
Bertha Michaels
Laurie Novak
Sheldon Novencido
Patty Samsel
Richard Tackett
Gloria Wanty
Dianna Warden
Patsy Zander

April birthdays will be celebrated on April 12

Arlene Baisch
Guy Blackmon
John Chie
Janice Ensor
Ron Hasselbring
Thomas Hornyak
Clifton Kuhn
James LeBar
Sharon Ost
Judy Saltz
Linda Sue Tackett
Sue VanWinkle
John Vidolich

★HAPPY★
BIRTHDAY!

Looking for Help?

Perhaps you noticed the new book cases in the lobby of the senior center? We are working on filling them with Community Events and Senior Service Resources (from law assistance to housing resources and more). Making it all more accessible to you! Also...

MSHL staff are always happy to help you find the information you are looking for. If you can't find it, ask one of us! It would be our pleasure to help you!

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—With Ron Hough on Wednesdays @ 12-2 pm

No appointment necessary. \$15 at time of service for members (\$20 for non-members).

Aroma Massage Therapy—With DoTerra on Tuesdays @ 10 am-3 pm

Appointments made by calling Pam at (248) 345-0677. \$40 for 45 minutes for members (\$45 for non-members).

Blood Pressure Checks—With HVA on Thursdays @ 10:30 am

Walk-in basis. ALL ARE WELCOME.

Caregivers Support Group—With Enriched Life Home Services the Third Monday @ 6pm

Free but REQUIRED RSVP by the Thursday before. March 19 and April 16.

Grief Support Group—With Psychotherapist Nicholas Caputo on the Fourth Wed. @ 10 am

This is a 6 month “closed” group and will meet next March 28 and April 25. This group will open again in July 2018.

Hearing Aid Service & Hearing Testing—With Miracle Ear on the Third Wed. @ 9:30am

March 21 and April 18.

Meals on Wheels—Available Monday-Friday for homebound seniors 60+ by calling MSHL.

Library in Motion—March 1, March 29, and April 26.

Massage Therapy—Morning Glory on Mondays @ 8:30 am-3 pm | Wednesdays 10 am-3 pm

Appointments made by calling Glory at (734) 323-2163. \$20 for 30 minutes | \$40 an hour for members (\$25 and \$45 for non-members).

Medicare Assistance—With Sharon Marrow

Individual free appointments made by calling MSHL.

Personal Training—With Fitmod every Monday @ 11am-2pm

Appointments made by calling Timilee at (734) 330-5448. \$10 for 45 minutes for members.

Pressure on Health Initiative - Blood pressure monitors and oxygen meters as prescribed by doctor while funding lasts.

RAMS (Resource Advocacy at Milan Seniors)— Available Monday-Friday by calling MSHL.

Reflexology Therapy—Thursdays @ 9am-1pm

Appointments made by calling Susan (734) 417-4257. \$20 for 30 minutes | \$40 an hour for members (\$25 and \$45 for non-members)

Technology Assistance—Mondays @ 1pm - 3pm. John Vidolch is available for drop-in tech assistance.

Transportation—Available Monday - Friday from 8am-3pm by calling MSHL, fares vary.

Our Funders and Donors 2018

First Time Members!

To be a member at MSHL, our only requirement is that you are 50 years and better. You have three membership options: Standard, Premium, and Lifetime (see pg. 14 for details). We have quite a few new members since October 2017, so when you see a new face, be sure to welcome them!

Gordie Wartella
Amy Haines
Lori Blakeman
Maria Ferraiuolo

Don Ludwig
Anne Farmer
Sue VanWinkle
Cindy Deery
Nancy Caincross

John Western
Mary Frise
Ed Reaume
Lynnda Kelly
Diane Bauld

Tom Bauld
Helen Hodges
Burton Hodges

Thank you to the following for
supporting the center by being
a **2018 Premium Member:**

Brenda Bevins
Joyce Criswell
Carol Vollink
Richard Early
Barb Susterka
Linda Squires
Colleen Smith
Dan Fromm

Fran Neuvirth
Carolyn Gotts
Sam Mills
Patsy Zander
Sheila McHenry
Tom Bauld
Sallie Bancroft

\$100+ Individual Donors 2018

Thank you to the individuals who have given
generously to MSHL in 2018 (alphabetically):

Carol Barrett
Jim and Joan Cullip
Barb Carlson
Judy and Roger Falk
Robert Henninger
Hurshel Howard
Michael Michalak
Rex Plasters
Susan Schoeff
Lou Ann Thompson
Memorial Gifts Honoring Dick Ender

MSHL Board of Directors

Chair – Gary Bourdeau
Vice-Chair – Pastor Doug Strader
Secretary – Sallie Bancroft
Treasurer – Ron Hasselbring
Lou Ann Thompson
Cindy Swope
Diann Brown

Open Meeting—third Wed. monthly @ 4pm

\$1000+ Corporate Sponsors and Funders 2018

City of Milan
Greater Milan Area Community Foundation
MDOT
Monroe County Commission on Aging
Mullins Auto
St. Joseph Mercy Ann Arbor
Washtenaw County Coordinated Funders



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 MSHL "SWAG". In addition, you will be recognized as a lifetime member in the annual report.

Get on the MSHL Email List

Help us save on paper and postage by allowing us to email your newsletter instead of mailing it. Please stop by the office and have your name placed on our email list.

Resource Shoppe

We accept donations year-round, but ***the sale will only be available during our Birthday Celebrations and other select special events in the lunch room.***

Pop can returns have moved to the kitchen and greeting card sales will be available year-round.

Get MSHL Apparel!

MSHL Tumbler...\$15 (Receive a \$0.25 discount at Morning Owl & Milan Coffee Works when you bring in your MSHL tumbler!)

T-Shirts... \$15 (sizes L and XL still available)

Donations needed by MSHL

- ⇒ Postage Stamps
- ⇒ Little Plates (disposable)
- ⇒ Water Cups (10 oz)

We'd appreciate any of these!

Donations

Approximately 4% of MSHL's budget comes from donations, both small and large, from you! Donations can be given as a general donation or towards a program such as a holiday lunch, Meals on Wheels, etc. We pledge to use your donation wisely as we provide activities, services, and referrals designed to enhance quality of life and encourage aging with independence and dignity.

We are a 501©3 organization, therefore all donations are tax deductible with the IRS.

About the cost of services:

Transportation Service fares only cover 20% of the actual costs to run the service.

Senior Café & Meals on Wheels actual cost is approximately \$9.50 per meal. The suggested donation for those programs only covers \$3 per meal. 53% of Meals on Wheels participants are NOT able to pay.

Donate by Shopping!

Kroger and Amazon will donate to MSHL, all you have to do is tell them to! Ask office staff for more info.



Scholarship Opportunities for ALL Programs

While we set our fees as low as possible, we are aware that even this price may pose a hardship for some. We have a scholarship fund which pays up to half of the cost of a program. If you (or someone you know) is hesitant to participate due to costs, please speak to one of the staff—we'd love to help!

If you are interested in supporting the fund, it is sustained by the snacks sold on the office counter and through donations. We greatly appreciate any support to make what we offer accessible to everyone.

March 2018 Special Activities at Milan Seniors for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
			1 11:00 Library <i>in Motion</i> p.12 11:00 Book Club p.9	Fri-2 4:00 1st Fri. Potluck p.10
5 12:30 Caregiver PATH p.3	6 10:00 Music and Me p.5 12:00 Red Hat Chapter p.9 1:00 Matter of Balance	7 1:15 Aroma Touch p.3 2:00 Piano with Pat p.9	8 9:45 Crafting with Sharon p.3 11:15 Birthday Celebration p.11	Fri-9
12 12:30 Caregiver PATH p.3	13 9:00 Men's Club p.9 10:00 Music and Me p.5 1:00 Matter of Balance	14 1:15 Flipside Art: Abstract Still Life p.3	15 11:15 Relaxation Techniques p.9	Fri-16 Sat-17 10:00 Seeking Positive Pathways: Dementia Care 10:00 Music and Me p.5
19 12:30 Caregiver PATH p.3 6:00 Caregiver Support p.12	20 10:00 Music and Me p.5 11:45 Around the World: France p.3 1:00 Photos, Cameras, and Computers p.4	21 9:30 Hearing Aid Service p.12 2:00 Piano with Pat p.9 4:00 Board of Directors p.13	22 2:00 Gluten-Free Presentation p.4	Fri-23 9:00 4th Friday Breakfast p.10 Sat-24 Out to Lunch Bunch p.10
26 12:30 Caregiver PATH p.3 1:15 Anyone Can Paint p.4	27 9:00 Men's Club p.9 10:00 Music and Me p.5 2:00 Cielo Soaps p.4	28 10:00 AARP Tax Assistance p.4 10:00 Grief Support p.12	29 11:00 Library <i>in Motion</i> p.12 11:00 Book Club p.7	30

Standing Activities

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
8:30 Massage Therapy 9:00 Wood Carving Club 10:00 EnhanceFitness 11:00 Personal Training 11:45 Senior Cafe 12:30 Penny Bingo & Elbows 1:00 Technology Assistance 1:45 EnhanceFitness	9:30 Tap Dance 10:00 EnhanceFitness 10:00 Aroma Massage Therapy 10:15 Jazz Dance 11:45 Foodie Tuesdays 12:30 Dime Bingo 2:00 Chair Yoga	10:00 Cribbage 10:00 Massage Therapy 10:30 Circuit Training 11:45 Senior Cafe 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 Check 11:45 Senior Cafe 12:30 Penny Bingo 12:30 Euchre 2:00 Chair Yoga	No standing Friday programs

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Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
12:30 Caregiver PATH p.3	10:00 Music and Me p.5 11:15 Easter Celebration p.6 12:00 Red Hats p.9	2:00 Piano with Pat p.9		Fri-6 4:00 1st Fri Potluck p.10
12:30 Caregiver PATH p.3	9:00 Men's Club p.9 10:00 Music and Me p.5 1:00 Ask a Lawyer p.6 2:00 Coffee w/the Mayor p.6 6:30 Special Bingo p.6	1:45 Identity Theft p.6	11:15 Birthday Celebration p.11	Fri-13
6:00 Caregiver Support p.12	10:00 Music and Me p.5	9:30 Hearing Aid Service p.12 1:15 Flipside Art: Clay Bowls p.6 2:00 Piano with Pat p.9 4:00 Board of Directors p.13	11:15 Medication Safety p.9 1:30 Zen Tangles p.7	Fri-20 Sat-21 10:00 Seeking Positive Pathways: Food for Thought p.3 10:00 Music and Me p.5
9:00 Mature Driver p.7 1:15 Anyone Can Paint p.7	9:00 Men's Club p.9	9:00 Mature Driver p.7 10:00 Grief Support Group p.12	11:00 Library <i>in Motion</i> p.12 11:00 Book Club p.9	Fri-27 9:00 4th Fri. Breakfast p.10 Sat-28 Out to Lunch Bunch p.10
30				

Standing Activities

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
8:30 Massage Therapy 9:00 Wood Carving Club 10:00 EnhanceFitness 11:00 Personal Training 11:45 Senior Cafe 12:30 Penny Bingo & Elbows 1:00 Technology Assistance 1:45 EnhanceFitness	9:30 Tap Dance 10:00 EnhanceFitness 10:00 Aroma Therapy Massage 10:15 Jazz Dance 11:45 Foodie Tuesdays 12:30 Dime Bingo 2:00 Chair Yoga	10:00 Cribbage 10:00 Massage Therapy 10:30 Circuit Training 11:45 Senior Cafe 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 Check 11:45 Senior Cafe 12:30 Penny Bingo 12:30 Euchre 2:00 Chair Yoga	No standing Friday programs