

Milan Seniors for Healthy Living's Senior Connection

*May & June
2018*



Let's Meet—Pat Green

Pat grew up in Dundee but currently resides in Milan. She attended college at Monroe Community College and Eastern Michigan University where she received her bachelors degree in Music Therapy. Pat has two children, Nick and Melissa. Pat worked as a music therapist at Ypsilanti's Regional Psychiatric Hospital before

they closed. Pat continued to work in other state institutions as a music therapist before retiring. Currently, Pat works part time at Glacier Hills Retirement center, plays piano and clarinet for the London United Methodist church and Saline's New Horizon Band and enjoys the people and activities at MSHL. Pat can also be found walking around the town of Milan with her dog Fuzz and attending her grandchildren's activities.

How long have you been coming to MSHL? Since January, 2018

Favorite Food: Anything barbequed and coconut cream pie!

Least Favorite Food: Bananas, peas, and asparagus!

Fun Fact: Pat loves the peacefulness of her routine of farm work and raising sheep. To Pat, nothing is more refreshing than driving her tractor and the feel of fresh air. Pat also enjoys gazing at the moon and the stars at night.

Outlook on Life: To remain open to learning and reinventing yourself, to be kind and appreciative of so many things, to find the beauty in life, and also to experience giving instead of receiving. Life is a blessing!

Volunteer Spotlight:

Jodi Griffor

Why did you start volunteering at MSHL?

Jody originally volunteered at Aid in Milan and made deliveries to MSHL. Soon enough, Jody decided he wanted to volunteer at the center because of the relationships he began forming with seniors and staff at Milan Seniors for Healthy Living.

What do you do here?

Jody helps in every aspect of the center including meal prep, event set up, and paper work.

How long have you been volunteering here?

Jody has been volunteering for a month.

What do you like about volunteering here?

Jody likes helping people and to be a helping hand. Jody also says the seniors and staff make volunteering very enjoyable.



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CONTACT US

Monday—Thursday
8 am-3 pm
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

May Programs

Meditation 101

May 2, 9th, 16th (Wednesdays) at 2 pm

\$31.25 for Non-Members; \$25 for Members

Carol Blotter has led more than 60 retreats and has taught over 75 classes in meditation to groups over the last 15 years. Her 25+ years practice and study has led to a blending of Insight (Vipassana)

Meditation and non-duality teachings.

Come join Carol for this three-week introduction to basic meditation techniques. It will cover mindfulness, meditation, forgiveness, compassion and kindness.

Minimum of 6 People.

Register by May 1, 2018.

Crafting with Sharon: Button Tree

May 10 (Thursday) at 9:45 am

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



Come join us for a fun crafting experience making button trees. See example in the office.

Register by May 3.

Perfume Making with Pam

Make-and-Take your own scents

May 14 (Monday) at 1:15 pm

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

The joy of making your own perfume is here! Making the scents which complement your body chemistry has arrived.

Register by May 7th.

Mother's Day: Sweet for a Sweet

May 15 (Tuesday) at 11:15 am

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

Menu: Crepes (Ham & Swiss or Mushroom & Spinach) Fruit, Salad and a Surprise Dessert.

Come join us and celebrate the sweet times of motherhood. We are in for a "sweet treat" to hear the musical stylings of Tom Slatton!

Steve Montesanto, owner of Stewards for Strangers, will be catering this event.

Register by May 8.

Sponsored by: Kaizen Home Health Care and St. Julian Winery

Gorgeous Gardening Class 2

May 17-June 7 (Thursdays) 1:45 pm

\$31.25 for Non-Members; \$25.00 for Members

Learn from our resident garden club guru, Beverly Robinson, about the ins and outs of gardening. Topics to be covered include bromeliads, composting, strawberry growing, and a fun drive-yourself field trip.

Three fun-filled projects in the four week class.

Bring your own gardening gloves and tools.

Register by May 10.

Seeking Positive Pathways:

Alzheimer's and Dementia Educational Workshops

May 19 "Dementia, Communication, and Changing Behaviors" & "Sharing Meaningful Visits"

Third Saturdays from 10 am-12 pm

Free to Public | Donations Encouraged

For your loved one, Music and Me is available at the Senior Center during this time.

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

May Programs

Catch the Cooking!

May 16 – June 27 (Wednesdays) from 10–11 am

Presented by: EHM Senior Solutions

Cost: Free



The wellness program at EHM Senior Solutions is a holistic model based on the proven principle that successful aging is not determined by genetic inheritance. Instead, individuals age successfully by incorporating whole-person wellness concepts into all aspects of their lives. Build a better you with Registered Dietitians, Executive Chefs, and Wellness Coordinators in engaging EHM Senior Solutions-sponsored sessions. Each hands-on-session will help further develop your cooking skills as well as food and nutrition knowledge.

Session 1 (5/16) Topic: Kitchen Confidence

This class is designed to help make cooking and entertaining less stressful and more fun! We will further develop your knife skills and create a healthy recipe.

Session 2 (5/30) Topic: Make My Plate, Your Plate

This class is designed to help you identify components of a balanced plate and recommended portion sizes, identify the role of cooking techniques, health-promoting oils, and how herbs and spices are used to develop flavor.

Session 3 (6/13) Topic: Vitalizing Veggies

This class will focus on vitalizing veggies! You will learn the health benefits of fruits and vegetables, be able to identify the benefits of local in-season produce, and learn four different vegetable cooking techniques.

Session 4 (6/27) Topic: Building Grain Based Salads

This class is designed to teach you how to make whole grains the main component of your salads. Build confidence to complement your whole grain of choice with healthy sources of protein and vegetables to prepare a well-balanced, nutrient-rich salad.

Minimum participants of 8. Participants are expected to attend all 4 sessions.

Register by May 9th.

Flipside Art-Watercolors

May 21st (Monday) at 1:15 pm

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

For an exciting painting adventure, sign-up today to experience the fun of water colors by Flipside Art!

Register by May 14.

Anyone Can Paint!

May 31** (Thursday) at 1:15 pm

\$28.00 for Non-Members; \$22.50 for Members

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

Register by May 21.

****Please note this day is different from usual****

June Programs

Rock Out!

June 11 (Monday) from 1:15-3 pm

Cost: Free

Presented by: Julie Hewlett

Come learn about the different rocks: Sedimentary, Igneous and Metamorphic. Learn about their properties, what they are made of, and their similarities and differences. Please bring your questions to this informative presentation!

Rock on!

Register by June 4.

Know the 10 Signs of Alzheimer's

June 12 (Tuesday) at 2 pm

Cost: Free

Presented by: Alzheimer's Association

"Know the 10 Warning Signs" will provide an understanding of the difference between age-related memory loss and Alzheimer's. We will discuss what to do if someone you know has signs of the disease. We will view footage of real people who are living with early stages of dementia and their families, addressing fears and myths associated with Alzheimer's disease.

Register by June 5.

Seeking Positive Pathways:

Alzheimer's and Dementia Workshops

June 16 "Pain Management"

Third Saturdays from 10 am-12 pm
Free to Public | Donations Encouraged

For your loved one, Music and Me is available at the Senior Center during this time.

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

Made possible by the Judy Ivan Healthy Communities.

GUESTS UNDER 50 WELCOME
BUT WILL PAY 25% MORE
FOR ALL PROGRAMS

Flipside Art: Mixed Media 2

June 18 (Monday) at 1:15 pm

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

Learn abstract painting techniques to create a unique and unconventional canvas. We will explore different tools, processes and materials to construct a wall-worthy piece of art.

Register by June 11.

Father's Day Event

June 19 (Tuesday)

11:15 am

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



Menu: BBQ, Mac and Cheese,
Coleslaw, and a Summertime Dessert

Come and enjoy the sounds of the Saline Fiddlers Philharmonics! Celebrate all our Father's, Grandfathers, Uncles, Godfathers and any other men who are important in our lives.

Steve Montesanto, owner of Stewards for Strangers, will be catering this event.

Sponsored by Great Lakes Caring.

Register by June 12.

Anyone Can Paint!

June 25 (Monday) at 1:15 pm

\$28.00 for Non-Members; \$22.50 for Members

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

Register by June 20.

June Programs

Coffee with the Mayor

June 26 (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 June 19.

Ask A Lawyer

June 26 (Tuesday) at 1 pm

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. Stay after for Coffee with the Mayor!

Register by June 19.



Victorious Volunteers!

Come and share your time and talent with the center!

Why I Volunteer . . .

By: Beverly Smith

Volunteering is great for me as it allows me to give of myself. This is our center and Jenni (Program Coordinator) appreciates all suggestions and ideas, and our help in implementing them. There are many ways to volunteer and truly make this center our center. We would like to see your faces and hear your ideas!

Why I Volunteer . . .

By: Arlene Wolf

After retirement, volunteering at the Senior Center has been a good choice for me. I help with the Senior Cafe, welcome folks to special events, or help prepare for those events, plus other activities where needed. Volunteering has made me realize that the success of any Senior Center is based on input from its members and what they feel is important to keep them active both physically and mentally and bring fun and joy into their lives. Volunteering gives you that opportunity, so get involved in the activities and share your ideas!

Join our Volunteer Committee!

Have some ideas to share? Want more hands-on experience at MSHL? Would you like to lead a program?

Then come and join our Volunteer Committee!

Following are the committees we have currently, but are looking to expand:

****Special Events** – Planning, making centerpieces, conceptualizing ideas, searching for entertainment, set-up, clean up

****Newsletter Crew** – Assist in proofreading the newsletter, assisting with the calendar, etc.

****Publicity** – Outreach in the community, representing the center in local events (Farmers Market, Movie in the Park, etc.)

****Assisting with phone calls, writing articles for the Newsletter**

****Any group that would like to form would be great!**

If your interested in volunteering, come in the office and see us.

Fitness

EnhanceFitness MORNING

SESSION 18.3 - MAY 1-JUNE 28
MON, TUES, & THURS 10-11 AM
 \$22 FOR MSHL MEMBERS
 \$28 FOR NON-MEMBERS

EnhanceFitness AFTERNOON

SESSION 18.3 - MAY 2-JUNE 27
MON & WED 1:45-2:45 PM
 \$16 FOR MSHL MEMBERS
 \$20 FOR NON-MEMBERS

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

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, stair stepper, cardio glide, recumbent bike, and free weights.

Hours of operation:

Monday–Friday 8 am–3 pm

Reminder: Medical release forms need to be resubmitted annually.

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.

Chair Yoga

SESSION 18.3 - MAY 1-JUNE 28
TUES & THURS 2-3 PM
 \$5 FOR MSHL MEMBERS
 \$6.25 FOR NON-MEMBERS

Yoga takes a multi-pronged approach to help slow down the effects of the aging process. By maintaining muscle strength, softness, and flexibility it can encourage the body, mind, and spirit to remain healthy and strong.



Tai Chi

SESSION 18.3 - MAY 9-JUNE 13
WEDNESDAYS 10-11- AM
 \$15 FOR MSHL MEMBERS
 \$18.75 FOR NON-MEMBERS

Tai Chi is a Chinese martial art and form of stylized, meditative exercise characterized by methodically slow circular and stretching movements to positions of bodily balance.



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13 convenient locations — 6am - 7pm M-F • Sat am

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

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.

Medication Safety

May 17 (Thursday) at 11:15 am

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

Learn how to safely store and set up medications,. Learn about the difference between Blister Packs vs pill box vs bottles. We'll talk about the dangers of over-the-counter meds interacting with some prescription meds.

Register by May 10.

Older Adults Older Pets

May 23 (Wednesday) at 11:15 am

Presented by: Country Kennel

Come learn about the benefits of owning an older animal. Discover how to choose one for adoption , where to find a new special friend, and how to navigate that process. Join us for this informative program.

Register by May 16.

10 tips to a Healthier You

June 21 (Thursday) at 11:15 am

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

Learn about ways to stay healthy if you're already healthy and ways to improve health if you need help. Simple exercises you can do every day to stay mobile, or improve your mobility...diet, exercise, proper meds, relaxation (mind and body).

Register by June 14.

Wood Carving Club

Every Monday from 9 am

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

Men's Coffee Club

Every Tuesday at 9 am

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

MSHL's Red Hat Chapter

1st Tuesdays at 12 pm—May 1 and June 5

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

May 2 & 16 and June 6 & 20

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 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

May 24 and June 28 (Thursdays) 11 am

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.

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

May 4 and June 1

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

4:30-5:30 pm Pot Luck Dinner

(Bring your own dishes and place settings)

5:30-7:30 pm Euchre

4th Friday Breakfast at Brooklyn's Sidetrack

May 25 and June 22 at 9 am

Out To Lunch Bunch

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

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.



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Program Registration

Before attending an activity, please make sure you
have signed up in the office. This gives us a better
idea of how many people we will be serving
and/or preparing materials for. Thank you!

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.

Lance will not be with us for our May Birthday Celebration

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!*

May birthdays will be celebrated on May 10

Linda Alair
Sue Bemis
Brenda Bevins
Katherine Bibee
Judith Burgoyne
Lydia Bush
Joan Cullip
Loretta Fincher
Thomas Fital
Deborah Foster
Marie Goins
Joanne Goupill
Greg Hissong
Dan Horvath
Sharri Horvath
Barbara Reid
Irene Smith
Randall Snyder
Joe Tomecek

June birthdays will be celebrated on June 14

Helen Betts
Carolyn Bice
Gail Burgess
Julie Christensen
Richard Creviston
Jim Cullip
Julia Dilaura
Marie Ferraiuolo
Linda Joan Hissong
Gary Jones
Margaret Katona
Carolyn "Pete" Kinde
Donald Ludwig
Eugene (Gene) Maas
Sheila McHenry
Marcia Sanders
Vicky Sasin
Colleen Smith
Joann Viger
Barbara Weaver

Welcome our new caterer— Valley Food Services

Our new caterer, through Washtenaw County's Senior Nutrition Program, will be providing the meals for our Meals on Wheels and our Senior Café. Here are some changes to look for:

-Daily sodium content listed on menu

-New menu items

-Rolls and bread everyday at Senior Café and Meals on Wheels

-Individual 2% milk cartons for Senior Café and Meals on Wheels

Thank you for your suggestions; we appreciate them!

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 @ 6 pm

Free but REQUIRED RSVP by the Thursday before. Meets on May 21st and June 18th

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

This is a 6 month “closed” group and will meet on May 23rd and June 27th. This group will open again in July 2018 for new participants.

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

Meets on May 16 and June 20.

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

Library in Motion—May 24 and June 28.

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.

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.

Reiki—with Andrea on Mondays from 9 am-12 pm

Appointments made by calling Andrea at 734-664-2255. \$20 for 30 minutes | \$40 an hour for members (\$25 and \$45 for non-members).

Reflexology Therapy—Thursdays @ 9 am-1 pm

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 @ 1 pm-3 pm. John Vidolch is available for drop-in tech assistance.

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



New Service: Reiki

Facilitated by: Andrea Kennedy

When: Mondays from 9 am-12 pm

Cost: \$20 for a half hour; \$40 an hour for members

Add \$5 per session for Non-Members

Contact Andrea directly to set-up an appointment at 734-664-2255



Reiki (pronounced ray-key) is a Japanese technique for relaxation and stress reduction that promotes the body's natural ability to heal itself. Life force energy, commonly referred to as “chi” or “ki”, flows through pathways in and around the bodies of all living things. Stressors and traumas of everyday life can impede the freedom of this energy to flow properly. Over time, and if left untreated, the energy becomes more blocked along these pathways and physical symptoms and disease may occur. A Reiki practitioner utilizes hand positions on and above the body to help restore the energy flow to its optimum. state and addresses issues affecting the physical, mental, emotional and spiritual levels and promotes overall well-being and balance.

Looking for Help?

Perhaps you noticed the new book cases in the lobby of the Senior Center. We fill these with Community Events and Senior Service Resources 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!



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Our Funders and Donors 2018

Making a Lasting Impact: MSHL's Legacy Endowment Fund

YOU have an opportunity to make an investment in Milan senior services through investing in MSHL's newly created Legacy Endowment Fund. MSHL is honored to receive donations in memory of loved ones who have passed. These now can be gifts that keeps on giving well into the future, and strengthens our mission of supporting seniors as they age with independence and dignity.

How can you join in? 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.

First Time Members!

Dixie Lee Roper	Donna Johnston
Ben Roper	Margaret Tsilis
Betty Sullivan	Diane Dziedzic
Richard Creviston	Thomas Wiles
Phyllis Szabo	Marjorie Siefker

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	

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 @ 4 pm

\$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
WG Smith (In memory of his wife Wilma Smith)
Lou Ann Thompson
Memorial Gifts Honoring Dick Ender, Leslie Ferenczy, Tony Katona

\$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



Items needed by MSHL

- ⇒ Copy paper
- ⇒ Postage Stamps
- ⇒ Disposable Coffee Cups with Lids (10 ounces or larger)
- ⇒ Paper Placemats/Napkins in a variety of colors

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 tumbler. 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.

Monthly Rummage Sale

We accept donations year-round, but the sale will only be available during our Birthday Celebrations.

Pop can returns have moved to the kitchen and greeting card sales will be available year-round. Snacks and pop for sale at the office to support MSHL's Scholarship funds.

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

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 the suggested donation.

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.

Watch Us Grow

This Summer we are going to build a tree! We are going to have traced hands with the saying on it, e.g., I have grown. . . And you are to write how you have grown while attending events here. For example, I have grown in health because I attend exercise classes here! I have grown in friendship here because of all the fun activities. I have grown healthier here because I get massages here! Write down what you do here and watch our tree grow. The tree will be on the inside of our office door and it will be labeled.



Watch us Grow! Help us grow and fill out your hand today! The hands will be at the sign-in table; take one and put it in the basket when you're done.

Technology Assistance Returns!

Every Monday from 1-3

John Vidolich can assist you with your laptops, i-pads, phones, etc. Bring your questions, concerns, and your electronic device to the West End during his drop-in hours to! John is a wealth of information and volunteers his time free of charge.

6 Ways to Drink More Water

1. Remember there are many sources of fluids

You don't have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If you really hate drinking fluids, eat more foods with high water content to increase your hydration. Watermelon is a great source of fluids and very tasty!

2. Keep water easily accessible

Sometimes, making it easier to get water helps. Try putting a lightweight pitcher of water and a cup near your favorite seat.

3. Experiment with beverages at different temperatures

You may prefer hot drinks to cold, or the other way around. Experiment with warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly.

4. Try something savory

Those who like savory foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder, and some people really like it – especially in cold weather.

5. Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they're also a great way to get fluids!

6. Offer smoothies, milkshakes, Ensure, sports drinks

Try smoothies, milkshakes, Ensure, or sports drinks. Sometimes the flavor or texture and be willing to drink these beverages.

Did you know the senior center has a water and coffee station? We also sell water and pop in the office for a \$1.00! Come in and stay hydrated today!!!

May 2018 Special Activities at Milan Seniors for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
	12:00 Red Hats p.7	1 2:00 Meditation 101 p.2 2:00 Piano with Pat p.7	2 9:45 Crafting w/ Sharon p.2 11:15 Birthday celebration p.8 (No Lance for Birthday)	3 4:00 Potluck p.8
7	9:00 Men's Club p.7	8 10:00 Tai Chi p.6 2:00 Meditation 101 p.2	9 10:00 Tai Chi p.6 2:00 Meditation 101 p.2	10 Fri-11
14	11:15 Mother's Day p.2	15 9:30 Hearing Aid/Hearing Tests p.10 10:00 Catch the Cooking p.3 10:00 Tai Chi p.6 2:00 Meditation 101 p.2 2:00 Piano with Pat p.7	16 9:30 Hearing Aid/Hearing Tests p.10 10:00 Catch the Cooking p.3 10:00 Tai Chi p.6 2:00 Meditation 101 p.2 2:00 Piano with Pat p.7	17 Fri- 18 Sat-19 10:00 Seeking Positive Pathways 10:00 Music and Me p.2
21	9:00 Men's Club p.7	22 10:00 Tai Chi p.6 11:15 Older Adults & Older Pets p.7	23 10:00 Tai Chi p.6 11:15 Older Adults & Older Pets p.7	24 Fri- 25 9:00 4th Friday Breakfast at Sidetracks
28	CLOSED Memorial Day	29 10:00 Catch the Cooking p.3 10:00 Tai Chi p.6	30 11:00 Library in Motion p.10 11:00 Book Club p.7 1:15 Anyone Can Paint p.3 1:45 Gorgeous Gardening p.2	31

Standing Activities

Monday	Tuesday	Wednesday	Thursday	Fri
8:30 Massage Therapy 9:00 Reiki 9:00 Wood Carving Club 10:00 EnhanceFitness 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 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

June 2018 Special Activities at Milan Seniors for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
				Fri-1 4:00 Potluck p.8
4	5 9:00 Men's Club p.7 12:00 Red Hats p.7	6 10:00 Tai Chi p.6 2:00 Piano with Pat p.7	7 1:45 Gorgeous Gardening p.2	Fri-7
11 1:15 Rock Out p.4	12 2:00 Know the 10 Signs of Alzheimer's p.4	13 10:00 Catch the Cooking p.3 10:00 Tai Chi p.6	14 11:15 Birthday Celebration p.9	Fri-15 Sat-16 10:00 Seeking Positive Pathways p.4 10:00 Music and Me p.4
18 1:15 Flipside Art p.4 6:00 Caregiver Support Group p.10	19 9:00 Men's Club p.7 11:15 Father's Day p.4	20 9:30 Hearing Aid/Hearing Tests p.10 2:00 Piano with Pat p.7	21 11:15 10 Tips to a Healthier You p.7	Fri-22 9:00 4th Friday Breakfast at Sidetracks p.8
25 1:15 Anyone Can Paint p.5	26 1:00 Ask the Lawyer p.5 2:00 Coffee w/the Mayor p.5	27 10:00 Catch the Cooking p.3 10:00 Grief Support Group p.10	28 11:00 Library <i>in Motion</i> p.10 11:00 Book Club p.7	Fri-29

Standing Activities

Monday	Tuesday	Wednesday	Thursday	Fri
8:30 Massage Therapy 9:00 Wood Carving Club 9:00 Reiki 10:00 EnhanceFitness 11:45 Senior Cafe 12:30 Penny Bingo 1:00 Technology Assistance 1:45 EnhanceFitness	10:00 EnhanceFitness 10:00 Aroma Therapy Massage 11:45 Foodie Tuesdays 12:30 Dime Bingo 2:00 Chair Yoga	10:00 Cribbage 10:00 Massage Therapy 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