

Midland PRIME TIMES

Your Monthly Midland County Older Adult Newspaper



SENIOR SERVICES
Better Living Starts Here

July 2019 | Volume 44 Issue 7

Phone 989-633-3700 | SeniorServicesMidland.org

Happy 4th of July!



In celebration of Independence Day, each Activity & Dining Center will serve a hearty, patriotic meal on Wednesday, July 3. See page 6 for more information.

Matter of Balance

Mondays & Wednesdays, July 15-August 7, 1:00-3:00pm (July 22, 1:30-3:30pm)
Trailside Center, 4700 Dublin Ave in Midland

This outstanding evidence-based series of classes is proven to help reduce risk of falls. As we tend to lose balance, strength and flexibility and have vision changes as we age, our risk increases. The good news is we can do something about it! We will address fear of falling, learn to assess our home, how to get up safely if we do fall, and get practice with basic exercises that can help increase strength, flexibility and balance. Space is extremely limited, so reserve a spot early for this potentially life-saving series by calling 633-3700. If you need low-vision materials, please notify when registering. \$25 suggested donation. **Call 633-3700 to Register**



Caregiver Workshop

Oh My Aching Back!

Lifting and Transferring Safely

Tuesday, July 16, 1:30-3:30pm Senior Services, 4700 Dublin Ave in Midland



Caring for someone who requires assistance to safely get in and out of bed or a chair, use the restroom or walk can put your back in jeopardy. It is easier to prevent a back injury than to fix one. Attend "Oh My Aching Back!" to learn how to protect your back, while more safely assisting someone under your care. We will also practice using a gait belt, learn ways to transfer someone to a chair, bed or bath tub, and review how to use assistive devices, such as canes and wheelchairs.

Call 633-3700 to Register

For all caregiver classes, if you are caring for another person and are not previously registered with Senior Services as a caregiver, please plan to arrive 15 minutes early to fill out a brief form. Light refreshments will be provided. Respite scholarships may be available. If requesting respite care, notify when registering.

Summer Heat is Here:

Prevent Dehydration

The human body is about 60 percent water. Nearly every function of the body requires water. If the body loses as little as two percent of its water, it can result in negative changes of health



status. During the heat of the summer, the risk of dehydration and its serious consequences increase. Do you really need to drink eight glasses of water a day? What counts in the quest for enough water? What are the possible consequences of dehydration? How can you tell if you are adequately hydrated? Is bottled water better? Get the answers to these questions and more.

Greendale Wednesday, July 10 at 12:00pm

Mills Tuesday, July 16 at 12:00pm

Coleman Thursday, July 18 at 12:45pm

Trailside & Sanford

Thursday, July 25 at 12:00pm

To reserve a seat, call the Activity & Dining Center of your choice, at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am on that day.

Free Memory Screenings

Senior Services offers free memory screens conducted by experts who will discuss the results with you and provide information about beneficial resources and services. Call 633-3700 to make your appointment or to learn more.

Encore!

Circle Wine Garden

Wednesday, July 24, 5:30-7:00pm
Ashman Circle in Midland

Enjoy a great casual atmosphere on Ashman Circle. They have a revolving offering of wines, ciders and beer along with food trucks and music. Add some cheer to your Wednesday and join Encore for a great night out! Call 633-3700 to register.



Coming Soon to Encore

Movies on Main Wednesday, August 7



SENIOR SERVICES

Better Living Starts Here

Phone: 633-3700

Our Mission

Our mission is to promote and enrich the quality of life for older adults and those who care for them by collaboratively providing meaningful services and opportunities.

Our Vision

To be the community leader and resource for addressing the diverse needs of older adults.

Board of Directors

| | |
|--------------------|-----------------|
| Lee Rouse | President |
| Joy Buchanan | Vice President |
| Jenni Bush | Secretary |
| Danielle McNally | Treasurer |
| Joseph Weiler, Jr. | Member at Large |

| | |
|------------------|------------------|
| Steve Anderson | Catherine Bodnar |
| Joe Chebby | Mary Greeley |
| Marisa Hernandez | Sue LaBonville |
| Thomas Lanning | Laura Lee |
| Sharon Miller | Jeremy Shafer |

Executive Director: Charles Schwedler

Senior Services does not discriminate against any person requesting service. Should you have a concern about the services we provide, please write or call the Executive Director.

Funding sources include contributions and fees for services, private donations and memorials, United Way of Midland County, Aging and Adult Services Agency, Region VII Area Agency on Aging, State Appropriations of the Older Americans Act and Midland County Senior Millage.

JULY 2019
Volume 44, Issue 7
Midland Prime Times
Midland County Council on Aging
4700 Dublin Avenue
Midland, MI 48642
Published monthly for Midland County residents age 60 and over
Editor: Renee Hansen

A \$10 annual contribution is suggested.

Senior Services, Midland County Council on Aging, is a private non-profit 501-C3 organization.

Ads in this newspaper help support the cost of publishing the *Midland Prime Times*. Senior Services greatly appreciates this support. Publication of these ads, however, is not to be considered an endorsement by Senior Services. For information about placing an advertisement, call Renee Hansen at 633-3744.

Visit Us on the Web



SENIOR SERVICES
Better Living Starts Here

Call (989) 633-3700
Midland, Michigan



www.SeniorServicesMidland.org

Memorials

A donation to Senior Services has been received from the following in memory of:

Adora Crook
Dorothy Wernette
Lily Kalantar
Edward C. Elliott
Ruth Skeebo

Evelyn Bass
Mike & Laura Schweigert

Grish Chandra
Yog & Sushma Dhingra

John Stephen
Shirley Palmer
Jerry & Sandra Zilincik
Richard “Dick” Hunt
Sandra Lacey

Roz Butzler
Patricia Hoerauf

Sharon Gillis
Rudolph Hahn Jr.
Michael & Victoria Briggs
Dennis & Jill Lauer
Douglas & Cynthia Whitaker
Richard & Julie Hackman
Gayleen Grogan Ward
Connie Fetting
Kevin & Mary Shaughnessy
Ronald & Darlene Pugsley
Judith A Hysell
Ann G Haines
Mary Ruth Williamson
David T Walter

Tom Lee Metcalf
Ron Sackett
Jack Fenner
Robert Walsh
Richard Boulton

In Honor

A donation to Senior Services has been received from the following in honor of:

Bill & Monica Hamann Robert Lanning

The above donations are those received through June 13, 2019.

Senior Services Staff Changes

Welcome To:
Megan Geierman
Centers & Nutrition Program Director
Kelsey Cline
Seasons Recreational Therapy Intern

Happy Retirement To:
Carol Witte
Centers & Nutrition Program Director

Call your local licensed Independent Sales agent.


Humana.

Y0040_GHHHXDFEN18 Accepted

Talk with your local licensed Independent Sales agent today.

(989) 225-8264 (TTY:711)


Monday - Friday, 8 a.m. - 8 p.m.



KEVIN CLIFFORD

CHARM
LUXURY
VALUE
CONVENIENCE

(989)
486-9494



1 & 2 bedroom apartments featuring Granite counters, Stainless appliances, Patio/Balcony, Plush carpeting, Central air and Washer/Dryer

Community amenities: Hair salon, Library, Carpools, Hot tub, Pet friendly, Exercise room, Smoke-free

Conveniently located at 402 Joseph Drive, Midland
Close to shopping, dining, medical offices & banking
www.ivyterraceliving.com ~ www.gldmanagement.com

Recognize a Senior Services Staff Member!


Recognize a Senior Services staff person who has gone above and beyond to offer you help and assistance. Complete the form below and turn it in to the main reception desk at Senior Services or mail to: Senior Services; 4700 Dublin Ave; Midland, MI 48642. You can also nominate at: SeniorServicesMidland.org/Recognize a Staff Member. The employee will receive a certificate and recognition in the Midland Prime Times newspaper.


Name of Employee: _____

Your Name: _____

Date: _____

How has this employee gone above and beyond? _____





Senior Services: Better Living Starts Here

Whether you’re active or not active, whether you’re looking for help or simply something to do, Senior Services has something for you. Our personal services come with an entire network of services and programs including:

- Care Coordination
- Home Care Services
- Meals on Wheels
- Activity & Dining Centers
- Education & Enrichment
- Adult Day Services

- Caregiver Training & Support
- Memory Support
- Transportation
- Counseling
- Senior Prescription Assistance
- Volunteer Opportunities

Cost of services depends on services or care and are based on income and need. Some fees are covered by health plans.

Enrich Your Life at Senior Services!

Tuesdays with TED

Lunchtime Learners

Trailside Center, 4700 Dublin Ave. in Midland
TED Talks offer knowledge and inspiration from the world’s foremost thinkers in video presentations online for free. Join educator Tom Lowrey on the second and fourth Tuesday of each month during lunch to watch TED talks (typically 10-20 minutes each) and participate in lively discussion about the ideas presented. As always, we hold TED Talks to generate discussion and thought. The views expressed by TED speakers do not necessarily reflect the opinions of Senior Services or its employees.

Please Register by Calling 633-3700

Refugees and Immigrants
Tuesday, July 9, 11:45am-1:00pm
What we're missing in the debate about Immigration Between 2008 and 2016, the United States deported more than three million people. What happens to those left behind? Journalist Duarte Geraldino talks about the wider impact of forced removal and how it wreaks havoc on the relationships that hold our communities together.
What refugees need to start new lives Every minute, 20 people are newly displaced by climate change, economic crisis and political instability, according to the UN Refugee Agency. How can we help them overcome the barriers to starting new lives? TED Resident Muhammed Idris explains how an AI-powered virtual advocate guides displaced people through resettlement, helping restore their rights and dignity.
What marrying an immigrant taught me about cultural bias When Kyle Quinn married his Brazilian wife and brought her home to the United States, he didn't anticipate a front-row seat to the indignities—big and small—that immigrants face on a regular basis. In a deeply personal talk, he acknowledges how his wife's resilience threw his own cultural insensitivity into stark relief and lays out the lessons he derived from that sobering realization.

Global Security
Tuesday, July 23, 11:45am-1:00pm
Did the global response to 9/11 make us safer? Benedetta Berti explains how building a safer world has a lot less to do with crushing enemies on the battlefield and a lot more to do with protecting civilians—no matter where they live.
What we don't know about Europe's Muslim kids As the child of an Afghan mother and Pakistani father raised in Norway, Deeyah Khan knows what it's like to be a young person stuck between your community and your country. In this talk, the filmmaker unearths the rejection and isolation felt by many Muslim kids growing up in the West—and the deadly consequences of not embracing our youth before extremist groups do.
A Navy Admiral's thoughts on global Security Imagine global security driven by collaboration—among agencies, government, the private sector and the public. That's not just the distant hope of open-source fans, it's the vision of James Stavridis, a US Navy Admiral. Stavridis shares vivid moments from recent military history to explain why security of the future should be built with bridges rather than walls.

Coming Soon to Tuesdays with TED
August 13 Our Brains: Predictably Irrational
August 27 The Complexity of Memory

Trailside Center, 4700 Dublin Ave. in Midland
To register for the program, call 633-3700 by 9:00am on the day of the program. Please be sure to specify if registering for the program only or the program and lunch. Attendees planning to have lunch need to arrive by 11:30am at Trailside. Space is limited in the room, so please call ahead to reserve a spot. Lunches are by suggested donation for those over 60, or \$6 for those under 60, payable at the door.

The Border: The Southwest's Heritage of the US-Mexican War of 1846-1848
Friday, July 12, 11:45am-1:00pm
Ever wonder why New Mexico, Arizona and California's southern border with Mexico looks the way it does? The story involves Manifest Destiny, the US Army, Mormon refugees, Jean Baptiste Charbonneau, Kit Carson and California gold. Come hear Kevin Henson share his research about the topic.



Suzanne and Jim: Courtin' and Sparkin'!
Friday, July 26, 12:00-1:00pm *Note Unusual Start Time*
These two delightful troubadours are back with a new program—Courtin' and Sparkin'! You can expect to hear finely crafted duet singing, instrumental expertise on a five-string banjo, guitar, flute and autoharp along with a smattering of spoons, storytelling, and homespun humor all adding up to an unforgettably good time! Suzanne and Jim are musicians who explore new directions by looking back into the roots of Americana music and lore. The duo's performances are designed from their research into archived collections of historic music and are presented in an informative yet engaging manner. Each show involves the audience from the first note to the last applause in a memorable entertainment experience. Join us to celebrate with song and lore following lunch.

Due to the interactive nature of this special program, please plan to enjoy lunch at Trailside in advance starting at 11:15am. After you are finished with your meal, join us in room 160 by 12:00pm with hands and mouths free and ready to clap, laugh and maybe even sing along!

Coming Soon to Lunchtime Learners:
August 9 Native American Flute Concert & Lecture with John Sarantos
August 23 Estate Planning Seminar

Travel & Adventure Series Held on the 4th Monday of each month starting at 11:45am. Join us and explore!
Kiwi Country: New Zealand
Monday, July 22, 11:45am-1:00pm Trailside Center, 4700 Dublin Ave in Midland

Planning a vacation to New Zealand? This video tour is a must see if you are planning a vacation to this beautiful south pacific paradise! This travel documentary follows the main tourist trails of New Zealand from North Cape at the tip of the North Island to Milford Sound in the deep south. Visit wildlife including the Kiwi and Tuatara plus many more spectacular sights and attractions of both the North and South Islands.



Coming August 26: Scotland

The Caring Place



Licensed Adult Foster Care for 6 Residents
Personalized Care In Our Home-Like Atmosphere
4414 Washington Midland, MI 48642 989-837-8773

Looking to Buy or Sell?

Call Brenda Mills
989.600.0736



PROFESSIONALS
222 N Saginaw Rd in Midland
989.631.1234
Brendaismyrealtor@gmail.com



Volunteer of the Month

By Tina Podboy Laughner, Volunteer Manager

Charles Bash has been driving for Senior Services’ Transportation Department since 2007 accumulating almost 2500 hours of drive time! He has been chosen as our Volunteer of the Month for July.

Charles read about our volunteer opportunities in the Midland Daily News in 2007 and decided that Transportation was the “best chance to meet and talk with older adults, since a ride might take from 15 to 30 minutes.” Charles says, “You meet an interesting cross section of Midland by driving—some people are multi-generational Midlanders and others have only been here six months.”

Keith Everett, Transportation Manager, speaks very highly of Charles. “He has done a tremendous job. He drives twice a week for us and helps us out a lot. He drives a wheelchair accessible van which is extra helpful. Charles is very passionate about our older adults. He cares about them and is always keeping us updated on clients he transports. We are lucky to have Charles driving for us. He deserves to be the volunteer of the month.” Charles was able to be on the other side of the “front seat” four years ago when he had open heart surgery and used our transportation service himself!

Charles retired as an information technology consultant for Dow in 2007. He and his wife, Marnie, a Meals on Wheels volunteer driver, moved to Midland in 1965, spending some time in California and Germany and then back to Midland. They have 13 children total, both their own and foster children, and nine grandchildren. Their children are now located all across the country from Washington, D.C. to Los Angeles.

The New Sanford Center Update

Did you know that the Sanford Activity & Dining Center is Senior Services’ most centrally located center within Midland County? Last year, a resident from each township located in Midland County received services at the Sanford Center. This shows that the need to replace the center is relevant and will help Senior Services continue to provide vital programs and opportunities to all older adults in Midland County. Won’t you consider helping to “Build a Legacy for All Generations?” Visit SeniorServicesMidland.org/SanfordProject to donate today and see the progress of the new building below.



Charles Bash



Charles Bash is the Senior Services Volunteer of the Month for July.

Transportation Drivers use agency vehicles to take older adults to any destination within Midland County. Drivers must have a good driving record and a kind and courteous attitude toward our clients. We offer “door to door” service with an arm to lean on! How would Charles encourage others to volunteer for Senior Services? “There’s a wide range of opportunities here. Try one and if it’s not a good fit, there are other alternatives. The need is real!” Charles says.

Thank you, Charles, for your 12 years of service to the older adults of Midland County and congratulations on being chosen as Volunteer of the Month! If you are in need of any of the programs and services that Senior Services offers, call (989) 633-3700. If you are interested in becoming a volunteer, call Tina at (989) 633-3741.

Welcome New Volunteers!

Cody Potts
Brenda Chavis

Volunteers Needed

Transportation Drivers

We are in need of transportation drivers, especially those who can handle wheelchairs in an accessible van. Morning and afternoon shifts available.

Meals on Wheels Drivers

Regular and on-call substitute drivers needed at all locations especially the Greendale and Coleman Centers.

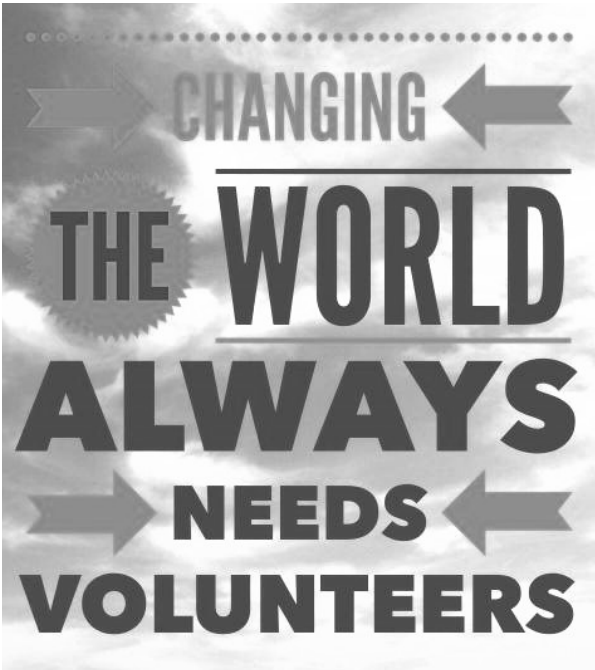
Team Handyman

Assist Midland County older adults by performing minor home repairs or installations to make the home safe and secure. Must have knowledge of home repair and provide own tools and transportation. Mileage is reimbursed. Five to 10 hours a month.

Friendly Visitor

Visit with and/or shop for an older adult 1–2 hours per week. Mileage reimbursed.

If Interested, Call Tina at 633-3741



Grand Opening

PRIMROSE
RETIREMENT COMMUNITIES

Thursday, July 11th
3:30-5:30 pm

5600 Waldo Avenue, Midland, MI 48642

Townhome Villas, Assisted Living
& Memory Care

For more information, call (989) 575-3255.

this is living!
PrimroseRetirement.com

Special Events at the Centers in July

4th of July Celebrations

Wednesday, July 3

All Activity & Dining Centers will be serving a special meal to celebrate Independence Day. Here is what the following locations will be doing:

Sanford George Eagle will perform at 10:15am.

Trailside Come early as we will be celebrating all day. Enjoy liberty limericks by Bill Sadowski beginning at 10:15am.



Blueberry Month Wednesdays in July 3, 10, 17, 24, 31
Celebrate blueberry month every Wednesday in July. **Sanford**

Made in the USA Week Tuesday, July 2
Wear red, white and blue today. **Mills**

Puzzle & Book Exchange Friday, July 5
Bring in puzzles and books you no longer need and exchange with others to get ones that are “new to you.” **Greendale**

National Graham Cracker Day Friday, July 5
Munch on some delicious graham crackers. **Sanford**

National Blueberry Month Wednesday, July 10
Savor a special blueberry treat before lunch. **Trailside**



Christmas in July
Wednesday, July 10 at 11:30am
Celebrate America’s favorite holiday while it’s nice and warm! Wildfire will provide musical entertainment. **Mills**

Bald is in Day Thursday, July 11
Observe this day with slushies! **Sanford**

Learn New Games Friday, July 12
Expand your horizon and come learn a few new games! **Greendale**

White Elephant Bingo Monday, July 15 at 11:00am
Bring a wrapped, unwanted something from home and see it go to another home in this entertaining bingo. **Greendale**

Give Something Away Day Monday, July 15
Bring in something to place on a “free table” which can be passed on to another Trailside guest. **Trailside**

Parrots of the Caribbean Party

Friday, July 19

Get your groove on during our “Parrots of the Caribbean” party complete with the music of Paul Wilkinson playing Jimmy Buffet favorites and a special island treat before lunch. Parrot clothing is advised! **Trailside**



Craft Day Friday July 19
Join us to make a nifty craft. **Greendale**

Trailside Annual Picnic Wednesday, July 24 at 9:30am
Our second annual Trailside Picnic will be held at the pavilion at Aldersgate Methodist Church, 2206 Airfield Lane. The tasty menu will include barbeque pork wings, potato salad, watermelon and assorted ice cream treats. Bill Sadowski will provide musical entertainment. **Hosted by Trailside**

Keep Safe from Fraud Thursday, July 25 at 12:40pm
Chemical Bank and Coleman’s Chief of Police will present this very informative program that will help you recognize scams and fraud. We invite everyone to attend! **Coleman**

Bagel Fest Friday, July 26
Find your favorite flavor as you choose from several different kinds of bagels. **Greendale, Mills**

Lipstick Day Monday, July 29
Wear some bright lipstick. **Greendale, Sanford**

Paperback Book Exchange Day Tuesday, July 30
Bring in paperback books you no longer need and exchange with others. **Mills**

National Avocado Day Wednesday, July 31
Come for dip and salsa. **Greendale**

Summer Picnics

Wednesday, July 31

Mills Annual Luau Picnic
Learn how to hula dance and experience lots of island fun! Come dressed in tropical island attire. Festivities begin at 11:30am. **Mills**

Coleman’s Annual Picnic
We will be holding our picnic indoors where there is no rain, bugs or extreme heat! Play fun picnic games and enjoy a delicious picnic lunch. Music will be provided by Dale Hafer. The party begins at 11:00am **Coleman**



Make Your Reservation
Many events take place before or after lunch is served. If you’d like to enjoy lunch the day of any activity, be sure to call that center by 9:00am to make your lunch reservation. Phone numbers are on page 9.

Musical Entertainment
Many musical entertainers will be performing at our Activity & Dining Centers in July. Please look at the Schedule of Events on Pages 8 & 9 for dates and times.

Birthday & Anniversary Parties

Trailside Wednesday, July 17. Celebrate with a mouthwatering treat and bingo after lunch.



Sanford Friday, July 19. Celebrate with ice cream after lunch.

Mills Friday, July 19. Come celebrate and play bingo.

Greendale Friday, July 19. Join us to celebrate.

Coleman Friday, July 26 at 12:45pm. If you have a birthday or anniversary this month, bring a cake and we’ll supply the ice cream.

Activity & Dining Center Announcements

Coleman Euchre winners this month were Kay Cancilla, Bob Marshall, Kathy Bauder and Ross Kent. Pinochle winners this month were Carol Randall, Norma Brownlee, Kathy Bauder and Pat Gerhart.

Trailside WANTED: Trailside Pinochle players for games played Tuesday after lunch. Drop ins welcome.

Checking Out Grandma’s Center



Aloma Fortinberry’s grandson wanted to see what his grandma does at the senior center. So, while visiting from Oklahoma, he brought his family to spend some time at the Sanford Center where they made crafts, played the Wii and met the Sanford participants.

Blue Jeans Donations Needed

By Penny Ecarius,
Member of Kiwassee Kiwanis & Bonesavers

Collaboration can accomplish projects that at first glance seem too big to do! The Bonesaver class members and the Sanford Center participants are joining in to help Kiwassee Kiwanis provide special blue jean totes for the Grace A. Dow Memorial Library.

The library participates in a program called 1,000 Books Before Kindergarten. This is a program for families who have young Children, birth to kindergarten age. It encourages parents to read a book every day to their child. By doing this, the child hears the structure of language in a book and is exposed to more words. It also is a good time for the parent and child to have fun in a positive way.

Blue jean totes will be available to parents across Midland County who participate in the program at the library in the fall. We

would like to contribute to the cause. The Kiwassee Kiwanis, the Bonesaver class and Sanford Center participants are collecting clean blue jeans to be recycled for fabric to make book tote bags. Some of the members will also be helping with the preparation and construction of the totes. The bags will be earned by participants in the 1,000 Books program.

If you have jeans that are worn out or just don't fit right, run them through the laundry one last time and bring them to the Sanford side of Trailside at 4700 Dublin Ave in Midland. They will begin their journey to a new life as a tote for books. The books will help young children have a better chance to success in school and in life!



July Recipe

Colorful Heirloom Tomatoes

- 1 tomato per person
- Salt and fresh cracked black pepper
- Extra virgin olive oil
- Grated Parmesan or an Italian mix cheese
- Fresh basil or thyme leaves for garnish

Slice each tomato into ½ inch slices. You can use the ends, too. Lay them out on a rimmed baking sheet. Sprinkle the tomatoes with salt and pepper, and then lightly drizzle them with olive oil. Top each tomato with a generous portion of grated cheese. Slide the pan under the broiler with the rack on the highest setting and watch carefully. The cheese will turn brown and bubbly very quickly. Serve the tomatoes immediately, with a sprinkle of fresh or dried herbs.

Comfortable, Affordable Housing

Meal Program, Health Monitoring Services & More!

2 Great locations!

Riverside Place • (989) 837-3535
Washington Woods • (989) 837-3494

The Culinary Corner A New Adventure

By A Carol Witte, RDN, Centers & Nutrition Program Director

New adventures are a part of life. Ten years ago, I started a new adventure here at Senior Services as the Centers and Nutrition Program Director. It has been a great privilege to meet so many amazing individuals including participants at each of our Activity & Dining Centers, clients receiving Meals on Wheels, the caring volunteers for the Meals on Wheels program, as well as all the Senior Services' staff. My goal was to provide delicious, nutritious meals as well as more activities and exercise opportunities which would help your mind, body and soul. Throughout my 38 years of being a dietitian, I have learned and grown in so many areas. Within these last ten years, I learned many life lessons from all of you. I will take this with me as I move on to a new life adventure in Minnesota, where I will also have the opportunity to live closer to my children and grandchildren. I thank you for the following memories and learning experiences that have helped me grow. Here are just a few that I wanted to share:

The amazing kindness and caring attitude of volunteers

My initial involvement with Meals on Wheels volunteers taught me that when we help others, we also help ourselves. We have so many individuals that volunteer in different areas at Senior Services. They get so much pleasure in helping others that it makes them stronger and happier in life! I will take with me the memory of all the people in Midland County who are eager to give their time to help. We have fantastic volunteers for the Meals on Wheels program, those who assist at the centers and those who make decorative items for Meals on Wheels clients. Their examples inspire me to continue my volunteering experience in my new life adventures. Thank you to all the volunteers who do so much in Midland County.



Taking care of your health and including many colors in your meal plan

When planning menus and following the USDA healthy living guidelines, I also learned it was important for meals to have variety and good flavor. Over the years, the Senior Services Nutrition staff have developed the attitude of "try, try and try again" to create meals that are delicious and also meet nutritional guidelines. I know everyone enjoys the variety of our salad bar. The salad bar offers foods of many colors that help you get the vitamins, minerals and fiber your body needs. Always remember to fill half your plate with colorful fruits and vegetables. Don't forget that carbohydrates are also needed for your body. They provide B vitamins, fiber and energy. Getting a balance of dairy, fruits, vegetables, protein and grains is very important to a healthy diet.

I have really enjoyed planning the menus for Senior Services! Thank you for all the positive comments and for sharing your concerns as well. Our goal is to improve all the meals we serve so everyone enjoys them. I was very lucky to work with a nutrition staff dedicated to providing delicious, quality meals.

The many ways that exercise can bring people together

Exercise is a part of taking care of your health. I have seen so many amazing individuals smiling and having fun with these activities. The music of line dancing and Zumba helped lighten my steps many times. I will never forget seeing how many people come to our evening dances. It made me smile! Exercising with others, whether through line dancing, Zumba, tai chi, Bonesavers, chair yoga or any other exercise opportunities is good for your wellbeing. It might be hard to take those first few steps—but don't give up! I was involved with a community health initiative called "Eat Healthy and Move More"—I encourage you to do just that and I will do the same.



Enjoy each day and make every moment count

For me, making the most of every day includes looking for ways to help others in the community. A friendly smile or having someone to talk to can make a world of difference in someone's life. The mission of Senior Services is to promote and enrich quality of life for older adults and those who care for them by collaboratively providing meaningful services and opportunities. I saw front and center this mission in action.








Talking and working with participants, co-workers, volunteers and others in the community, I found that Midland County has many individuals who care about the wellbeing of those in need. From my involvement with Community Health Initiatives, the Midland Community Foundation and the United Way, my eyes were opened to many generous acts of those living in Midland County.

The staff at Senior Services is amazing and I have enjoyed my ten years working here. I am excited to have Megan Geierman, BS, RDN to start her new adventures as the Centers and Nutrition Program Director. I will keep all the memories and adventures I have had with me as I move to a new chapter in my life. I thank all of you for helping me grow through many life lessons. Enjoy each day, make every moment count, keep smiling and care about others!

July Schedule of Events

| Monday | Tuesday | Wednesday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div>Outside Walk 9:30am Greendale</div> | <div>2</div> <div>The Group 10:00-11:30am Main Building Sassy Seniors Mills Made in the USA Week Mills</div> <div></div> | <div>3</div> <div>4th of July Parties All Centers Celebrate National Blueberry Month Sanford Book Club 10:00am Trailside Haircuts with Bonnie 10:00am-1:00pm Mills Blood Pressure Clinic 10:30am Greendale A Sweet Life In Session 1:00-3:30pm Trailside</div> |
| <div>8</div> <div>Outside Walk 9:30am Greendale Parkinson's Disease Support Group 3:00-5:00pm Trailside</div> <div></div> | <div>9</div> <div>MADE IN THE USA</div> <div>Caregiver Support Group 9:30-11:30am Main Building TED: Refugees and Immigrants 11:45am-1:00pm Trailside Friendly Folks Meeting 12:45pm Coleman</div> | <div>10</div> <div>Celebrate National Blueberry Month Sanford, Trailside Christmas in July 11:30am Mills Blood Pressure Clinic 10:30am Coleman The Summer Heat is Here: Prevent Dehydration 12:00pm Greendale Fun Bingo 12:45pm Coleman A Sweet Life In Session 1:00-3:30pm Trailside Historical Society Meeting 7:00pm Coleman</div> |
| <div>15</div> <div>Outside Walk 9:30am Greendale White Elephant Bingo Greendale Blood Pressure Clinic 10:30am Sanford Give Something Away Day Trailside Wii Bowling Tournament 12:15pm Sanford Matter of Balance Begins 1:00-3:00pm Trailside</div> | <div>16</div> <div>The Group 10:00-11:30am Main Building Blood Pressure Clinic 11:30am Mills Advisory Board Meeting Mills The Summer Heat is Here: Prevent Dehydration 12:00pm Mills Oh My Aching Back! Lifting & Transferring Safely 1:30-3:30pm Trailside</div> | <div>17</div> <div>Minds in Motion Class Begins 9:00-10:30am Seasons Celebrate National Blueberry Month Sanford Blood Pressure Clinic 10:30am Trailside Emoji Day Mills Birthday & Anniversary Party Trailside Music with Wildfire 11:00am Coleman Matter of Balance In Session 1:00-3:00pm Trailside</div> |
| <div>22</div> <div>Outside Walk 9:30am Greendale New Zealand 11:45am-1:00pm Trailside Advisory Council Meeting 11:30am Coleman Matter of Balance In Session 1:30-3:30pm Trailside</div> | <div>23</div> <div>Caregiver Support Group 9:30-11:30am Main Building TED: Global Security 11:45am-1:00pm Trailside</div> <div></div> | <div>24</div> <div>Minds in Motion In Session 9:00-10:30am Seasons Trailside Picnic Aldersgate Methodist Church Euchre Tournament 9:30am Greendale Tell an Old Joke Day Greendale Celebrate National Blueberry Month Sanford Team Trivia 12:30pm Mills Matter of Balance In Session 1:00-3:00pm Trailside Encore! Circle Wine Garden 5:30-7:00pm Ashman Circle</div> |
| <div>29</div> <div>Outside Walk 9:30am Greendale Lipstick Day Greendale, Sanford Matter of Balance In Session 1:00-3:00pm Trailside</div> | <div>30</div> <div>Paperback Book Exchange Day Mills</div> <div></div> | <div>31</div> <div>Minds in Motion In Session 9:00-10:30am Seasons Texas Hold'em Tournament 9:30am Greendale Coleman's Annual Picnic 11:00am Coleman National Avocado Day Greendale Annual Luau Picnic 11:30am Mills Matter of Balance In Session 1:00-3:00pm Trailside</div> |
| Mondays | Tuesdays | Wednesdays |
| <div>Coleman</div> <div>Pinochle Tournament: 10:00am</div> <div>Greendale</div> <div>Outside Walk: 9:30am</div> <div>Bingo: 11:00am</div> <div>Exercise, Cards, Games, Billiards</div> <div>Sanford at Trailside</div> <div>Euchre: 9:15am</div> <div>Manipulation Card Game: 9:30am</div> <div>Bonesaver Class: 10:15am</div> <div>Texas Hold 'Em: 12:15pm</div> <div>Smear: 12:15pm</div> <div>Wii Bowling: 12:15pm</div> <div>Trailside</div> <div>Zumba Gold: 8:30-9:30am</div> <div>Cribbage: 9:00am</div> <div>Fun & Fitness: 10:15am</div> <div>Drop in Cards: 12:30pm</div> <div>Chair Yoga: 1:30pm</div> | <div>Coleman</div> <div>Euchre Tournament: 10:00am</div> <div>Exercise: 10:30am</div> <div>Mills</div> <div>Walk it Out: 10:00-11:00am</div> <div>Wii Bowling Practice</div> <div>Puzzles</div> <div>Arts & Crafts, 12:30-1:30pm</div> <div>Sanford at Trailside</div> <div>Wood Carving: 9:00am</div> <div>Line Dancing: 9:30am</div> <div>Skip-Bo: 10:00am</div> <div>Scrabble: 12:15pm</div> <div>Trailside</div> <div>Cribbage: 9:00am</div> <div>Time to Paint: 12:30pm-5:00pm</div> <div>Drop in Bridge, Pinochle & Cards: 12:00pm</div> <div>Zumba Gold & Zumba Toning: 4:30-5:30pm</div> | <div>Greendale</div> <div>Exercise, Cards, Games, Billiards</div> <div>Mills</div> <div>Walk it Out: 10:00-11:00am</div> <div>Nickel Bingo</div> <div>Wii Bowling Practice</div> <div>Walking, Cards, Games, Billiards</div> <div>Sanford at Trailside</div> <div>Euchre: 9:15am</div> <div>Phase 10 Cards: 9:30am</div> <div>Wii Bowling: 10:00am</div> <div>Bonesaver Class: 10:15am</div> <div>Smear: 12:15pm</div> <div>Dice & Different Card Games</div> <div>Trailside</div> <div>Zumba Gold: 8:30-9:30am</div> <div>Fun Bingo & 50/50 Raffle: 12:15pm</div> <div>Drop in Cards: 12:30pm</div> |

More detailed information about special programs and events can be found throughout the paper.
If you like to attend a specific center, you can pick up a flyer with just their schedule of events when you attend that center.

| Thursday | Friday | Saturday/Sunday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>4</div> <div>All Senior Services Locations Closed for the 4th of July Holiday</div> <div></div> | <div>5</div> <div>Mills Center Closed Puzzle & Book Exchange <i>Greendale</i> Music with Paul Wilkinson 11:00am <i>Coleman</i> National Graham Cracker Day <i>Sanford</i></div> <div></div> | <div>6/7</div> |
| <div>11</div> <div>Bald is In Day <i>Sanford</i> Senior Services Main Building Tour 10:30am <i>Main Building</i></div> <div></div> | <div>12</div> <div>Learn New Games <i>Greendale</i> Mexican-American War History 11:45am-1:00pm <i>Trailside</i> Red, White & Blue Bingo 12:30pm <i>Mills</i></div> | <div>13/14</div> |
| <div>18</div> <div>Trivia with Joe 10:45am <i>Sanford</i> The Summer Heat is Here: Prevent Dehydration 12:45pm <i>Coleman</i> Early Memory Loss Education & Support Group 2:30-4:30pm <i>Trailside</i></div> | <div>19</div> <div>Parrots of the Caribbean Party <i>Trailside</i> Make a Craft Day <i>Greendale</i> Birthday & Anniversary Party <i>Sanford, Mills, Greendale</i> Fun Bingo 12:45pm <i>Coleman</i></div> <div></div> | <div>20/21</div> |
| <div>25</div> <div>Country Gospel with Randy & Rod 10:15am <i>Sanford</i> The Summer Heat is Here: Prevent Dehydration 12:00pm <i>Sanford, Trailside</i> Stay Safe from Fraud 12:40pm <i>Coleman</i></div> <div></div> | <div>26</div> <div>Quilting & Needlework Group 10:00am-3:00pm <i>Trailside</i> Bagel Fest <i>Greendale, Mills</i> Suzanne and Jim: Courtin' and Sparkin'! 12:00-1:00pm <i>Trailside</i> Birthday & Anniversary Party 12:45pm <i>Coleman</i> Friday Night Dance 6:00-9:00pm <i>Sanford</i></div> <div></div> | <div>27/28</div> |
| <div>1</div> <div>August</div> | <div>2</div> <div></div> | <div>3/4</div> |
| <div>Thursdays</div> <div>Coleman Exercise: 10:30am Sanford at Trailside Wood Carving: 9:00am Needlework: 9:30am Free Day-Old Big Apple Bagels: 10:00am Chicken Foot Dominoes: 12:15pm Texas Hold 'Em: 12:15pm Trailside Cribbage: 9:00am Beginning Line Dancing: 9:00am Line Dancing: 10:00am Drop in Bridge & Cards: 12:00pm Zumba Toning: 4:30-5:15pm</div> | <div>Fridays</div> <div>Greendale Exercise, Cards, Games, Billiards Mills Walk it Out: 10:00-11:00am Bingo: After Lunch Book and Puzzle Exchange Day Walking, Cards, Games, Billiards, Wii Practice Sanford at Trailside Painting Group: 9:00am Cribbage: 9:15am Card Game: 9:30am Bonesaver Class: 10:15am Bingo: 12:15pm Trailside Margo McKellar Line Dancing: 9:30-10:30am Creative Writing: 10:00-11:30am</div> | <div>Senior Services Locations</div> <div>Coleman (989) 465-6216 • Meal at Noon 415 E. Webster • Coleman, MI 48618 Director: Sheryl Watson • Open 9-3 Greendale (989) 832-8683 • Meal at 11:45am at West Midland Family Center 4011 W. Isabella Rd. • Shepherd, MI 48883 Director: Nancy Smith • Open 8-2, M, W, F Mills (989) 633-3788 for Meal Reservations Meal at Noon Greater Midland North Family Center 2601 E. Shearer Rd. • Midland, MI 48642 Director: Elizabeth Burnett Open 11:30am-2:30pm T, W, F Sanford (989) 687-7888 • Meal at 11:30am Senior Services Building 4700 Dublin Ave. • Midland, MI 48642 Director: Dawn Powell • Open 8-5 Trailside (989) 633-3790 • Meal at 11:30am Senior Services Building 4700 Dublin Ave. • Midland, MI 48642 Director: Jenny Anderson • Open 8-5 Main Building (989) 633-3700 4700 Dublin Ave. • Midland, MI 48642</div> |

Senior Services Regularly Scheduled Programs

Arts & Crafts

Painting Group
Fridays at 9:00am
All skill levels welcome. Bring your current project! *Sanford at Trailside*

Wood Carving
Tuesdays and Thursdays at 9:00am
Sanford at Trailside

Quilting, Embroidery, Needlework
July 26, 10:00am-3:00pm
This group meets the first Thursday and fourth Friday of every month. Bring your own quilting or needlework project and get help from experts! *Trailside*

Needlework
Thursdays, 9:30-11:30am
Instructor Herta Jaschinsky teaches needlework, sewing, quilting and beading. There is no fee. Call 687-7888 to register.
Sanford at Trailside

Time to Paint
Tuesdays, 12:30-5:00pm
Bring your own projects and paint with other artists. *Trailside*

Creative Arts

Creative Writing
Fridays from 10:00-11:30am. Come join others to write and share various kinds of writing including journaling, storytelling, essays and poetry. If you'd like, make a lunch reservation by 9:00am and stay for lunch. Call 633-3790 for lunch reservations. There is no fee. *Trailside*

Happy Trails Drama Troupe
Meets periodically to practice for a new show. Instructor: Kay Driver. Call 633-3790 for more information. *Trailside*

Book Club

Wednesday, July 3 at 10:00am
The Book Club will be discussing *Madame Bovary* by Gustave Flaubert. Readers may pick up this book anytime prior to the discussion to participate. *Trailside*

Cards & Games

Wii Bowling Tournament
Monday, July 15 at 12:15pm
Come join a friendly competition of Wii bowling with Trailside.
Sanford at Trailside

Euchre Tournament
Wednesday, July 24 at 9:30am
A \$5 gift card will be awarded to the winner. Please call ahead to sign up for the games or lunch at 832-8683. *Greendale*

Texas Hold'em Tournament
Wednesday, July 31 at 9:30am
A \$5 gift card will be awarded to the winner. Sign up to play and enjoy lunch afterwards.
Greendale

Friday Night Dances

Sanford Friday, July 26, 6:00-9:00pm
Dance to the music of Borderline. The cover charge is \$5.00 with concessions available. Please no outside food or drink.
Trailside
There will be no Friday night dance in July.

Exercise

Outside Walk July 1, 8, 15, 22, 29
Join us for a walk on our beautiful nature trails. *Greendale*

Walk it Out
Daily walking in the gym at Greater Midland North Family Center from 10:00-11:00am. \$1 drop in/\$11 monthly if not a member.
Mills

Chair Yoga with Steve Weckle
Mondays at 1:30pm
The cost per class is \$3. *Trailside*

Bonesaver Exercise Class
Mondays, Wednesdays & Fridays at 10:15am
This weight-training class is for the prevention of osteoporosis. Suitable for all fitness levels, adaptable to your physical restrictions. No equipment needed to start. There is a suggested donation of \$2 a class but only a desire to feel stronger and more energetic is required. Call Sara with any questions at 687-7003. *Sanford at Trailside*

Fun & Fitness Mondays at 10:15am
Start off your week with a great 40 minute workout with Instructor Trish Cruz. The fee is \$2 a class. Call 633-3790 for more information. *Trailside*

Fitness Facilities

Fitness Room and Walking Track
Both Mills and Greendale are located in family centers where fitness facilities are available to everyone!
Mills If you come to Mills regularly for lunch, you can use the fitness facilities for free after the one-time charge. Come work out before or after lunch!
Greendale The weight room is open during West Midland Family Center's business hours Monday-Saturday. A membership fee applies. Open walking in the gym is 7:30-9:30am. Anyone interested in walking in the gym after 9:30am, please call the front desk at 832-3256 for availability.

Fitness Room
Senior Services has a fitness room available to the public featuring two NuSteps, a recumbent bike, free weights and a resistance training cable system. To access the room, a half-hour orientation is required along with a once-yearly fee of \$20. To sign up for an orientation, call 633-3700. *Trailside*

Hair Cut Day

Wednesday, July 3, 10:00am-1:00pm
Come get your hair cut by a licensed cosmetologist for a suggested minimum donation of \$5. Hair must be clean. *Mills*

Are you concerned about the high cost of **nursing home care**?

Are you afraid that you could lose your **home and savings** if you or your spouse become ill?

Have you ever wondered how you could **protect you and your family**, but never knew who to ask?



Call **Malicoat Law, PLC** today for your **NO COST Elder Law Risk Assessment** appointment where you will meet one-on-one with an experienced attorney who knows how to help you.

989.495.2555



Zumba®

Trailside
Your first Zumba class is free! Classes after that are \$4 drop-in, \$30 for a 10-visit punch card or \$60 for a 20-class punch card. The same punch card can be used for all Trailside Zumba Classes. Proper shoes are requested. Dress in stretchy pants or shorts and t-shirt. Cups and water are available but a water bottle from home is easier. Instructor Trena Winans is a certified Zumba Gold instructor and has over 40 years of dance experience. Call 633-3700 for more information.

Zumba Gold Trailside
Mondays & Wednesdays, 8:30-9:30am
Zumba Gold is designed for people ages 50 and up, with low impact dance steps, balance and strength built into each session and set to Latin and world music.
Combined Zumba Gold & Zumba Toning Trailside Tuesdays, 4:30-5:30pm
The best of both Zumba Gold & Zumba Gold Toning have been combined into one class.
Zumba Gold Toning Trailside
Thursdays, 4:30-5:15pm
This class takes the basic Zumba Gold dance fitness party and adds lightweight resistance to enhance muscle strength, tone and endurance. Toning sticks are available.

Greendale
Call West Midland Family Center for current schedule: 832-3256
This Zumba class combines music with dance and involves routines that incorporate interval training with emphasis on strengthening the core. Seniors attend free after paying an initial \$15 for key card. Located in Gym A. If you are interested, call 832-8683.

Line Dancing

Trailside Fridays, 9:30-10:30am
Instructor: Margo McKellar. Fee: \$2
Sanford at Trailside
Tuesdays 9:30-11:00am. Fee: \$2

Beginning Line Dancing
Trailside Thursdays at 9:00am. Instructor: Lucy Barnes. Fee: \$2 per class/per week, payable to instructor. Call 633-3790 for details.

Intermediate Line Dancing
Trailside Thursdays, 10:00-11:00am. Fee: \$2

Colonial Villa

Free Veteran's Breakfast



Veterans, please join us for a FREE breakfast and great camaraderie! Open to all US Armed Forces veterans at 8:30 a.m. on Tuesday, July 9

**5007 Universal Drive
Midland, MI 48640**

RSVP to Ashley 989-837-1800

Ongoing Support Programs Offered at Senior Services

Support & Education

Parkinson’s Disease Support Group
Monday, July 8, 3:00-5:00pm
This support group is designed for people with Parkinson’s, their spouses and other support individuals. It is intended to provide education, advice and awareness of community services available in dealing with this chronic disease. Guest speakers provide monthly educational presentations at the beginning of the meeting. Separate patient and caregiver breakout group discussions will follow. The group meets the second Monday of each month. Registration is recommended by calling 633-3700. *Main Building*

Caregiver Support Group
Tuesday, July 9 & 23
9:15-9:30am: Coffee and conversation. New participants please come during this time.
9:30-11:30am: Caregiver Support Group
This confidential support group is for men or women taking care of another person, be it their spouse, friend or family member. The group discusses current stressful situations that involve caregiving, and participants problem solve to find solutions and appropriate ways of coping. Educational material, tips and techniques are always included to help you as a caregiver. This group meets the 2nd and 4th Tuesday of every month. *The caregiver or the person receiving care must be 60 years of age or older to attend. Main Building*

The Group
Tuesday, July 2 & 16, 10:00-11:30am
Share ideas, support and coping skills on an informal basis. This confidential, self-led group’s topics vary at each meeting depending on what concerns are presented. The Group meets twice monthly and anyone is welcome to join. If you want to join fellow members for lunch at Trailside, you can reserve lunch by calling 633-3790 before 9:00am. *Main Building*

Early Memory Loss Education & Support Group
Thursday, July 18, 2:30-4:30pm
The EML Group is for people living with mild cognitive changes. Their spouses or care partners are encouraged to attend. The meeting has two parts—education and support group. During the support session, people living with EML come together to share information, ideas and suggestions. At the same time, spouses or care partners gather together and support one another in a separate setting. Sessions are held the 3rd Thursday of each month with facilitation by Kari Herman, BSN, RN-BC. There is no charge to attend. Registration is required by calling 633-3700. If you have any questions call Kari at 633-3767. *Main Building*

Health Clinics

Dental Health Clinics
Dental Hygiene Health Services provides affordable preventive dental cleanings. They come to our site twice a year with portable dental equipment to provide dental cleaning and more. The next clinics will be held October 10. Stay tuned for details. *Trailside*

Blood Pressure Clinics
Check our Schedule of Events calendar for Blood Pressure Clinic dates. No appointment is necessary to attend a blood pressure clinic at our Centers. *All Locations*

Foot Care Clinics
In cooperation with MidMichigan Home Care, Senior Services provides foot care clinics. People with diabetes or on blood thinning medication must have an authorization form from their physician. The cost is \$25 for the initial visit and \$20 for subsequent visits. **Call early to make an appointment at 633-3700. Main Building**
Dates for July: 22, 23, 24, 25
If you need to cancel an appointment, please do so as soon as possible.

Medicare and Vaccines

How will Medicare cover doctor recommended vaccines? Vaccines that you receive in an outpatient setting may be covered by Medicare Part B or Part D. Part D covers most vaccines that your doctor recommends you get, with a few exceptions (see below). Part D plans must include most commercially available vaccines on their formularies, including the vaccine for shingles (herpes zoster).
The amount you pay for your vaccine may vary depending on where you are vaccinated. Make sure to check your plan’s coverage rules and see where you can get your vaccine at the lowest cost. Typically, you will pay the least for your vaccinations at in-network pharmacies or at a doctor’s office that coordinates with a pharmacy to bill your Part D plan for the entire cost of the vaccination process (the drug and its injection) or, can bill your plan directly for the vaccination process using an electronic billing system.
When you are vaccinated in either of the above settings, you should only need to pay the plan’s approved coinsurance or copay for the drug and vaccination process. When you get a vaccine, ask the provider to call your Part D plan first to find out if your provider can bill your Part D plan directly. If this is possible, you should not have to pay the full out-of-pocket cost and later request reimbursement from your plan.

You may end up paying more for your vaccination if your provider:

- Cannot coordinate with a pharmacy to bill your Part D plan for the entire cost of the vaccination process (the drug and its injection)
- And/or, cannot bill your plan directly for the vaccination process using an electronic billing system

In these circumstances, your provider will bill you for the entire cost of the vaccination (the drug and its injection). You will have to pay the entire bill up front and request reimbursement from your Part D plan. It is important to know that your provider may charge you more than the Part D-approved amount for the vaccination, but your plan will only reimburse up to the approved amount—and you will not be refunded for any amount you pay the provider above the Part D-approved amount.

If you have Extra Help, the federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage, you can go to any provider or in-network pharmacy to get vaccines. You will be covered for your vaccination and will only be responsible for the Extra Help copay. However, if you get your vaccine from a provider who does not directly bill your plan, you may need to pay the entire bill up front and then request reimbursement from your plan.

Part B covers the vaccines for the flu, pneumonia, and hepatitis B in the following situations:

- **Flu:** Part B covers one flu shot every flu season. The flu season runs from November through April. Depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2019 for the 2018/2019 flu season, you could get another shot in October 2019 for the 2019/2020 flu season.
- **Pneumonia:** Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot. You are not required to provide a vaccination history when receiving the pneumonia vaccine. You can verbally tell the health care professional administering the shot if/when you have received past shots.
- **Hepatitis B:** Medicare Part B covers the hepatitis B vaccine if you are at medium or high risk for hepatitis B (if you are at a low risk, the shot will be covered under Part D).

If you qualify for Part B coverage of a flu, pneumonia, or hepatitis B shot, Original Medicare covers these vaccinations at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover these vaccines without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare’s eligibility requirements for the service.

Part B also covers certain vaccines after you have been exposed to a dangerous virus or disease. For example, Part B will cover a tetanus shot if you step on a rusty nail, or a rabies shot if you are bitten by a dog. Original Medicare covers 80% of the Medicare approved amount for these vaccines after you meet the Part B deductible, and you will be responsible for a 20% coinsurance charge. If you have a Medicare Advantage Plan, contact your plan to learn about the cost-sharing for vaccines like these.

It's *Your* Move

Whatever you are moving towards, make certain you have a **Seniors Real Estate Specialist** to assist you.

Jill Vander Zouwen
REALTOR®, SRES

Park Place Homes Real Estate
989-698-1100 ext. 180
www.sellmidlandhomes.com
Jill@ParkPlaceHomesOnline.com

 Call or email me for your free "Moving On" guide especially tailored for Seniors in Transition.



Doug Behr: “Father of the Ziploc”

“In 1951, a company called Flexigrip, Inc. was formed to develop and market a plastic zipper. The initial products for the Flexigrip were loose-leaf binder inserts and flat briefcases. Thereafter, the marketing efforts were directed at packaging products in plastic zipper bags, which turned out to be the principal market for the products. In 1961, Flexigrip obtained from a Japanese company, Seisan Nippon Sha, which invented the Minigrip-type plastic zipper bag, exclusive manufacturing and selling rights for the United States, based on a series of plastic zipper Seisan patents. A company by the same name was formed to produce and market Minigrip bags. In or about 1964, Minigrip, Inc. negotiated an exclusive license for the grocery trade (supermarkets) with Dow Chemical Company for the product.

At that time, plastic bags were being produced in 25 countries at a line speed of 30 feet per minute, but none were being sold to consumers because they were too expensive to produce. Dow assigned one of their inventors, R. Douglas Behr, to develop a high-speed, efficient process. Having little prior experience in plastics, the task was daunting for Behr but he passed everyone in the world within a year. As he improved the process and increased line speeds to 60, then 90, then 150 and finally 300 feet per minute in 1972, he had to design new equipment. Eventually, other research and production personnel contributed to the process development, but Behr continued to be the leading researcher until he retired in 1993 as a senior Associate Scientist. At that time the research building was ‘Dedicated in Recognition of the Distinguished Career of R. Douglas Behr,’” ~ Wikipedia

If you had told Doug Behr, back in the 1940s, that he would one day develop the manufacturing process for an industry-changing product used by millions of consumers, he probably wouldn’t have believed you. At the time, he was a very busy electronic technician, working on radio altimeters with a Navy bomber squadron. “Fortunately, I never had to go out and



Doug Behr’s wall of patents and recognitions.

bomb anybody, because being in a bomber was about as good a death trap as ever existed!” After the war, Doug realized that he didn’t really like being an electrical engineer and a few years later ended up at Dow, eventually becoming a metallurgical engineer...despite having taken only one class in metallurgy! He had spent so much time working with “real” engineers at Dow that he was able to reason out the answers on a metallurgical engineering test and pass with flying colors.

He ended up doing a lot of work with metal stress and fatigue. He worked on improving testing machines that dealt with stress corrosion. At one time, Dow was making magnesium ingots, but they had lots of problems with cracking. Doug was able to consistently reduce the cracking by slowing the cooling process, but problems continued to arise. One day, while driving in to work in the rain, Doug had an “aha” moment. He got the idea that relative humidity correlated with metal fatigue in magnesium parts, and he ended up being able to prove his theory correct! So he convinced Dow to stop selling magnesium for structural parts.

A few years later, someone knocked on Doug’s door and told him about a new project that Dow had taken on, but it wasn’t a metal product—it was plastic, and Doug’s expertise as an inventor was needed. Doug wasn’t a plastics man, but he had a knack for solving problems, especially with stress on materials. Using ideas from one of his mentors, the renowned Turner Alfrey, he got right to work on perfecting an extrusion process that ended up mass-producing Dow Cooking Bags, which soon became Ziploc bags, and the rest is history! After a slow start with marketing, Dow ended up selling the Ziploc brand to S.C. Johnson and Ziploc became a worldwide household favorite.

Since his retirement from Dow, Doug hasn’t lost a step—literally. He’s long been an excellent ballroom dancer, and has danced throughout Michigan. He’s also kept busy gardening in his beautiful back yard. But sometimes he likes to putter in his office, and will occasionally look up at the many patents on his wall. And after dinner, if he has leftovers, guess how he stores them!?



Doug Behr with a vintage package of Dow brand cooking bags and the plaque that dedicated the Dow research building in his name.



Doug Behr & Mary Lou Houghs during their ballroom dancing days.

In This Month 50 Years Ago

In July of 1969:

- Jul 3 78,000 attend Newport Jazz Festival in Newport, RI
- Jul 4 *Give Peace a Chance* by Plastic Ono Band is released in the UK
- Jul 4 140,000 attend Atlanta Pop Festival featuring Led Zeppelin and Janis Joplin
- Jul 4 Ann Jones defeats Billie Jean King for Wimbledon Ladies championship
- Jul 5 Rod Laver wins his 4th Wimbledon championship
- Jul 5 Rolling Stones play a free concert in London's Hyde Park
- Jul 8 US troop withdrawal begins in Vietnam
- Jul 11 David Bowie releases *Space Oddity*
- Jul 11 Rolling Stones release *Honky Tonk Woman*
- Jul 13 Russia launches unmanned Luna 15 to Moon
- Jul 14 *Futbol War* between El Salvador and Honduras begins
- Jul 16 Apollo 11, carrying 1st men to land on the moon, launched
- Jul 20 1st men land on moon
- Jul 21 Neil Armstrong steps on the moon at 2:56:15am
- Jul 21 Russia's Luna 15 impacts moon after 52 lunar orbits
- Jul 24 Apollo 11 returns to Earth
- Jul 25 70,000 attend Seattle Pop Festival
- Jul 26 Sites Adams, 39, becomes 1st female to solo sail the Pacific
- Jul 29 Mariner 6 begins transmitting far-encounter photos of Mars
- Jul 30 Barbra Striesand opens for Liberace at the International Hotel in Las Vegas
- Jul 31 Mariner 6 flies past Mars

Poetry

Walk With Me While I Age

Come take my hand, on life’s stage,
walk with me while I age.

Hand in hand, two hearts abide,
walk with me, stride for stride.

Life can be lonely, tearful and glad,
stay with me, through the good and bad.

Youth is gone, mid-life too,
decade after decade, flew by with you.

My hair, now more than gray,
still you did not go away.

Your warm embrace in troubled times,
a smiling face when things are fine.

Stay with me when sickness calls,
help me up, from trips and falls.

Lie next to me, every night,
till the Sun brings, the morning light.

Some acts remain on life’s stage,
How many, it’s hard to gauge.

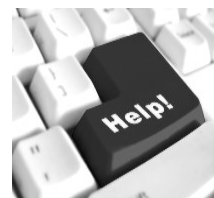
So walk with we while I age.

~ William H. Atwell

Windows 10 Questions? I Can Help!

I Come to You!

- Affordable Rates
- Services At Home
- Repairs, Coaching
- Senior Discount



Computer HouseCall

Call Anytime: 989-839-4909

Do You Remember When?

- It took five minutes for the TV to warm up?
- When a quarter was a decent allowance?
- You'd reach into a muddy gutter for a penny?
- You got your windshield cleaned, oil checked and gas pumped without asking, all the time, all for free, every time? And you didn't pay for air? And you got trading stamps to boot?
- Laundry detergent had free glasses, dishes or towels hidden inside the box?
- It was considered a great privilege to be taken out to dinner at a real restaurant with your parents?
- When a 57 Chevy was everyone's dream car—to cruise, peel out, lay rubber or watch submarine races, and people went steady?
- No one ever asked where the car keys were because they were always in the car, in the ignition and the doors were never locked?
- Playing baseball with no adults to help kids with the rules of the game?
- Decisions were made by going “eeny-meeny-miney moe?”
- Mistakes were corrected by simply exclaiming, “Do over!”?
- Catching fireflies could happily occupy an entire evening?
- It wasn't odd to have two or three “best friends?”
- The worst thing you could catch from the opposite sex was “cooties?”
- Having a weapon in school meant being caught with a slingshot?
- Saturday morning cartoons weren't 30 minute commercials for action figures?
- “Oly-oly-oxen-free” made perfect sense?
- Spinning around, getting dizzy and falling down was cause for giggles?
- War was a card game?
- Taking drugs meant orange-flavored chewable aspirin?
- Water balloons were the ultimate weapon?
- Baseball cards in the spokes transformed any bike into a motorcycle?
- We snacked on candy cigarettes and wax Coke-shaped bottles with colored sugar water inside?
- Soda pop machines dispensed glass bottles?
- Coffee shops had table side jukeboxes?
- We chewed Blackjack, Clove and Teaberry chewing gum?
- Milk was delivered to the home in glass bottles with cardboard stoppers?
- Newsreels played before the movie?
- Telephone numbers had a word prefix (Ramond 4-601)?
- We played with the Fort Apache Play Set?

Keep Your Mind Sharp!

4th of July Word Scramble

Unscramble the letters below to make patriotic words. Answers are below.

| | | | |
|-----|--------------|-----|-------|
| 1. | RPOAISMTIT | 1. | _____ |
| 2. | TEEWAMRONL | 2. | _____ |
| 3. | SASTR | 3. | _____ |
| 4. | NENDNEIECDEP | 4. | _____ |
| 5. | EKRSSLPAR | 5. | _____ |
| 6. | CRTAIEONADL | 6. | _____ |
| 7. | NLSAPEDG | 7. | _____ |
| 8. | LGAF | 8. | _____ |
| 9. | STIPSER | 9. | _____ |
| 10. | EWIRFROKOS | 10. | _____ |
| 11. | CESLMN AU | 11. | _____ |
| 12. | ECAEUBRB | 12. | _____ |
| 13. | IRTEBLY | 13. | _____ |
| 14. | DRMEOFE | 14. | _____ |
| 15. | CORSGSNE | 15. | _____ |
| 16. | DAAEPR | 16. | _____ |
| 17. | CCPINI | 17. | _____ |
| 18. | MAAECIR | 18. | _____ |
| 19. | MRSMUE | 19. | _____ |
| 20. | IONIOUNSTTCT | 20. | _____ |

ANSWERS: 1. PATRIOTISM 2. WATERMELON 3. STARS 4. INDEPENDENCE 5. SPARKLERS 6. DECLARATION 7. SPANGLED 8. FLAG 9. STRIPES 10. FIREWORKS 11. UNCLE SAM 12. BARBEQUE 13. LIBERTY 14. FREEDOM 15. CONGRESS 16. PARADE 17. PICNIC 18. AMERICA 19. SUMMER 20. CONSTITUTION

On the Lighter Side



| | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <div><div>MENU</div><div>JULY 2019</div></div> <div><div>Coleman: 465-6216</div><div>Greendale: 832-8683</div><div>Mills: 633-3788</div><div>Sanford: 687-7888</div><div>Trailside: 633-3790</div></div> <div>Call the number of the center you plan to attend to make lunch reservations. All reservations must be made by 9:00am.</div> | | | | |
| 1 Smothered Chicken 7 Loaded Mashed Potatoes 17 Cauliflower & Broccoli 5 Fresh Fruit Cup 13 Brownie 26 Vanilla Mousse 14 | 2 Mostaccioli 36 Zucchini & Mushrooms 4 Tossed Salad 3 Pears 17 Bread Stick 14 | 3 4th of July Meal Mushroom Provolone Burger 1 Hamburger Bun 25 Roasted Baby Carrots 9 Potato Salad 16 Cherry Crunch Pie 43 | 4 Senior Services Closed for the 4th of July | 5 Baked Cod 4 Mac & Cheese 18 Malibu Veg Blend 6 Coleslaw 9 Ambrosia Salad 28 Nugget Roll 15 |
| 8 Orange Chicken Nuggets 18 Sauce 16 / Fried Rice 20 Asian Blend Veggies 5 Tossed Salad 1 Strawberries 24 Fortune Cookie 8 | 9 Meatloaf 14 & Gravy 4 Mashed Potatoes 16 Carrots 8 Fresh Fruit Cup 13 Nugget Roll 15 | 10 Pork Marsala 4 & Rotini 21 Key West Veggies 7 Cucumber & Tomato Salad 5 Pineapple & Fruit Mix 17 Rye Bread 16 Pudding 29 | 11 Creamy Chicken 5 Dressing 11 Parsley Potatoes 20 Northwest Veggies 6 Pineapple 14 Wheat Roll 11 | 12 Turkey Burger 1 Bun 25 Creamy Bacon Dressing 1 Lettuce, Tomato & Onion 3 Baked Beans 22 Burst o’ Berries 12 |
| 15 Pollock Fillet 19 Vegetable Trio 18 Cucumber Salad 5 Grapes 16 Savory Garlic Bread 14 Ranger Cookie 17 | 16 Pulled Pork 10 Whole Green Beans 6 Coleslaw 9 Baked Cherries 44 Hamburger Bun 25 | 17 Pepper Steak 9 Rice 15 California Blend Veggies 6 Applesauce Salad 22 Wheat Roll 11 Banana Choc Chip Cookie 24 | 18 Cheesy Chicken 9 & Gravy 3 Cauliflower Smashed Potatoes 9 Maui Blend Veggies 7 Strawberries 24 Petit Pain Roll 25 | 19 Pizza 37 Italian Blend Veggies 7 Tossed Salad 1 Strawberries & Blueberries 9 Chocolate Chip Cookie 22 |
| 22 Crispy Chicken 14 Gravy 3 Mashed Potatoes 16 Brussel Sprouts 9 Fruit Cup 14 Nugget Roll 15 | 23 Beef Stroganoff 9 Fettuccini 23 Asian Blend Veggies 5 Tossed Salad 1 Fruit Cocktail 14 Veggie Bread 21 | 24 BBQ Pork Wing 11 Asparagus 3 Potato Salad 16 Watermelon 11 Bread Pudding 44 | 25 Turkey Pot Pie 21 Green Beans 6 Tossed Salad 3 French Dressing 1 Wheat Roll 11 Peach Parfait 39 | 26 Oven Baked Fish 8 Cheesy Potatoes 20 Broccoli 5 Marinated Coleslaw 8 Melon Mix 12 Wheat Roll 11 |
| 29 Pub Burger 1 & Bun 25 Lettuce, Tomato & Onion 3 Roasted Red Potatoes 17 Cucumber Salad 5 Peach & Fruit Cup 11 | 30 Roasted Chicken Drumstick 1 Roasted Sweet Potatoes 17 Baked Beans 22 Nugget Roll 15 Blueberry Parfait 32 | 31 Potato Crunch Pollock 13 Baked Potato 18 Broccoli 5 Emerald Salad 14 Streusel Peach Muffin 41 | 1 August Pork Chop Suey 17 Brown Rice 23 Roasted Baby Carrots 9 Pear 23 Nugget Roll 15 Fortune Cookie 8 | 2 Turkey Swedish Meatballs 13 Mashed Potatoes 16 Prince Charles Veggies 6 Hawaiian Parfait 29 Garlic Toast 11 |
| Menus subject to change without notice. ▪ HDM Hotline: Call 633-3789 for changes in delivery by 9:00am ▪ Reservations are required. Please call. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served at each meal. | | | | |

★ **Coleman Picnic** The Coleman Center and Coleman Meals on Wheels will be serving a special picnic meal on July 31 that will include BBQ Chicken 18, Baked Beans 22, Potato Salad 16, Watermelon 11, Roll 25 and a Chocolate Chip Cookie 18.

Meal Options For Dining In Only: In addition to the regular menu listed above, the following centers also offer daily meal options. Please mention when making your reservation if you would like the meal option offered.

- Sanford, Trailside & Mills:** **July 1-5:** Happy 4th of July! No features this week.
July 8-12: Raspberry Pork and Vegetables served over Orzo (36 carbs) with the Fruit of the Day
July 15-19: Chicken Stir Fry Medley over Rice (32 carbs) served with Fruit of the Day
July 22-26: Breaded Fish Sandwich (35 carbs) served with Vegetable and Fruit of the Day
July 29-August 2: Grilled Chicken Breast Salad (20 carbs) served with Fruit and Bread of the Day
Coleman: Grilled Chicken Patty **Greendale:** Grilled Chicken Patty or Make Your Own Chef Salad

Tips That Will Keep Your Fruit & Veggies Fresher, Longer

Fruit

- Apples** – Apples are ethylene gas producers so store away from other produce. They can be stored on the counter for up to a week or in the fridge for more than a week.
- Avocados** – Ripen on the counter then store in the refrigerator.
- Bananas** – Keep green bananas out of the refrigerator and let them ripen on the counter or a banana hanger.
- Berries** – Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. Keep in refrigerator in dry, covered containers.
- Cherries & Grapes** – Store in refrigerator, unwashed, in their packaged plastic containers or plastic bags until ready to wash and eat.
- Citrus Fruit** – Extend the shelf life of clementines, grapefruit, lemons, limes and oranges by storing them in the crisper drawer or in a mesh bag in the refrigerator.
- Melons** - Store cantaloupe and honeydew loose in the refrigerator, even before they’re cut. Watermelon can be kept in a dark, dry place away from other produce. Keep cut melon in the fridge.

- Stone Fruit** – Keep nectarines, peaches and plums in a paper bag on the counter until they are ripe then move to the refrigerator where they’ll last a few more days.
- Tomatoes** – Always store at room temperature as the refrigerator will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove.)
- Vegetables**
- Broccoli & Cauliflower** – Broccoli and cauliflower are best kept in separate refrigerator drawers away from other produce.
- Celery** – Store in the refrigerator.
- Corn** – Store in the refrigerator inside their husks.
- Cucumbers** – Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.
- Eggplant** – Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.
- Green Beans** – Store in the refrigerator.
- Leafy Green Vegetables** – Greens, like



- lettuce, collards, chard, kale, and spinach should be stored in the refrigerator.
- Onion family** – Store garlic and onions in a cool, dark and dry space but separate from other foods because of their strong odors.
- Mushrooms** – Keep unwashed in the refrigerator. Moisture makes them slimy.
- Peppers** – Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.
- Root Vegetables** – Store carrots, beets, and radishes in the refrigerator. Store potatoes, sweet potatoes and winter squashes in a cool, dark and dry place like a pantry or cellar.

Taken from heart.org

Community News

Detroit Tigers vs. Indians

Thursday, August 29
Depart: 9:00am Return 8:00pm or after game
Register by July 11
Bus Leaves from the Greater Midland Community Center

Nothing says summer like a day at the ballpark! The trip includes motorcoach pickup and drop off at the front entrance; seats in the lower 1st baseline with view of the big screen, under the overhang (Section 114) and out of the sun; hotdog and small drink in Comerica Park; snacks, games and prizes on the bus. There will be walking on the trip. The cost is \$82.50. Must be 10+. For more information contact 832-7937, ext. 2270.

Midland Antique Engine Association Annual Engine/Tractor Show

July 12, 13, 14—All Day Long
3226 S Meridian Rd (M-30) in Merrill
• Vendors Flea Market Set-up: \$25
• Exhibitor’s Free—Come Join Us
• Homemade Amish Ice Cream
• Free Watermelon Slices
• For information contact Jean Huntoon at 989-284-5781

Having Trouble Making Ends Meet?

Thursday, July 25
Registration: 9:00am Distribution: 11:30am
Assumption of the Blessed Virgin Mary 3516 E Monroe Rd in Midland
Visit Midland County Emergency Food Pantry Network Mobile Pantry and receive free food to help supplement your family’s pantry. No identification or proof of income is necessary. Sponsored by Assumption of the Blessed Virgin Mary Church. Please bring empty bags and/or boxes. This is an emergency feeding program intended to provide a supplemental food source to families and individuals who are in need. It is a first come, first served program limited to 250 households. Client registration begins prior to distribution time. If you have any questions call 486-9393.

Sponsored by the Sanford Jacks & Jills Little River Casino

Thursday, July 25
The bus leaves from Sanford Village parking lot at 8:00am and returns around 5:00pm. The cost is \$33 per person. Receive \$20 in play. For more information contact the Sanford Jacks and Jills at 687-7888 or Carolyn McLaughlin at 687-5120.

Sponsored by the Sanford Jacks & Jills Mystery Trip

Thursday, August 1
Cost is \$75 and leaves the Sanford United Methodist Church Parking Lot at 8:00am and returns around 7:00pm. Don’t miss out on this exciting mystery! For more information please contact Sanford Jacks and Jills at 687-7888 or Diane Schulz at 329-5332.

Charity Island Adventure

Thursday, September 19
Depart: 8:00am Return 6:30pm
Register by August 29
Bus Leaves from the Greater Midland Community Center
This beautiful island is a must see! The largest island in the Saginaw Bay, Charity Island has about three miles of shoreline and is surrounded by the waters of Lake Huron. The trip will include a boat cruise to and from the island with scenic views of Lake Huron, a beautiful forest and the Charity Island Lighthouse. You’ll be served a tasty and big portioned meal on the island with a main entree choice of Great Lakes perch or tenderloin steak tips. There will be snacks, games and prizes on the bus. The cost is \$145 (must be 10+ years). If this trip is cancelled due to weather, the rain date is scheduled for September 26. Please make sure you are available for both dates before registering. Call 832-7937, ext. 2270 to register.

VFW Post 1071 Coleman

104 N 4th Street in Coleman
Every Monday night is bingo at 6:00pm
Fish Fry every 1st Friday of the month

Midland Eagles 2110

2934 E. Monroe Rd.
Fish fries every Friday, 5:00-8:00pm.
All you can eat, includes salad bar, choice of potato and dessert for \$10. Public welcome.

American Legion Berryhill Post 165

5111 Hedgewood Dr. in Midland
Trivia every Tuesday at 7:00pm
Hamburger Nite is Thursday, 5:00-7:30pm
The public is always welcome. All events are “Dial-a-Ride Friendly.” Only members may purchase alcoholic beverages.

Sanford Eagles Bingo Club

Every Tuesday at 6:30pm
508 W Saginaw Rd in Sanford
Food available. Public welcome.

VFW Post 3651

3013 Bay City Rd in Midland
Bingo: Every Mon, Fri, & Sun at 6:30pm
Doors open at 4:00pm and the kitchen is open for food. Bingo has a hot ball, progressive jackpot and charitable game tickets sold.
Euchre: Every Wednesday at 7:00pm
Food available. Public welcome. 496-3410

American Legion Post 443

Bingo Every Wednesday & Thursday
2080 N. Meridian Rd. in Sanford
The new bingo machine is in! Early bird at 6:30pm. Derbys, Bingo Balls, Pull Tabs, Jackpots! Food and Fun.

Creative 360

1517 Bayliss St in Midland
Call 837-1885 for Reservations
BeCreative360.org for more information

Old Time Radio Show: Flash Gordon

Friday, July 12 or Saturday, July 13, 7:00pm
Don’t miss the amazing interplanetary adventures of Flash Gordon and Dale Arden, complete with live sound effects and old time commercial jingles! BYOB

Creating Yes! An Interrelated Arts Playshop with Linda Z. Smith

Saturday, July 13, 1:00-3:30pm
Join Linda Z. Smith, Creative 360’s co-founder, for a creative interrelated arts experience that will include movement, visual art, storytelling and rope making.

Cocktails & Canvas: Lavender Morning

Saturday, July 18, 7:00-9:30pm
Follow along to paint your own version of a beautiful field of lavender. All materials provided. Bring your own beverage.

Awareness Writing with Linda Z. Smith

Saturday, July 20, 9:30-11:00am
In this simple and direct approach to writing, you’re asked to become aware of your inner and outer world. This process results in writing that is powerful, interesting and full of feeling. Held in Linda’s home. Registration is required by July 18.

John Pratt Mosaic House Tour

Sunday, July 21, 2:00-4:00pm
Join Executive Director Carol Rumba at Creative 360 for a video about John Pratt and the twists and turns his life took that led him to his extraordinary creative endeavor in the woods of Midland. Tour will follow. Call 837-1885 to register.

Learning Modern Embroidery Art

Tuesday, July 23, 6:30-9:00pm
Learn about twelve creative embroidery stitches which is all you need to get started with this addicting diversion. Bring scissors and if needed, a needle threader. With fiber artist Leslie Peterson. Registration required by July 19.

Tie-Dye Workshop

Wednesday, July 24, 6:30-8:30pm
Learn classic tie-dye folds then tie-dye a bandana that will be donated to a local cancer patient and tie-die a t-shirt for yourself. You must register one week prior to the event with your shirt size.

Cocktails & Canvas: Hand Painted Glass Soap Dispensers

Friday, July 26, 7:00-9:30pm
Create two soap/lotion dispensers for use in your bathroom or kitchen or to give as gifts. You will receive instructions for baking your finished projects. You may want to create one for two different seasons or two different locations.

Apartments for Seniors

- Great Activities
- Rent Based on Income
- Pets Welcome



CLEVELAND MANOR
631-6480

TTY 800-649-3777
Call for an Application or Tour!
2200 Cleveland Ave. - Midland



WE LOVE YOU TOO!

GOD LOVES YOU
5103 Eastman Ave
989-835-1781
Open 7 Days
7 am—2:00 pm Monday—Saturday
8 am—2:00 pm Sunday



Your hearing health is important to us!

Free Hearing Evaluation & Consult

Visit One of Our 5 Friendly Locations:
Midland, Saginaw, Bay City, Frankenmuth, Clare

CALL FOR YOUR APPOINTMENT TODAY

(989) 839-8230 • 328 W. Wackerly Rd.
Midland, MI 48640

Mid Michigan's most experienced team of audiologists. Serving the area since 1952!

For Delivery of Midland Prime Times

Please check: ☐ New Subscriber ☐ Renewal **Contribution:** ☐ \$10 ☐ _____
Any address outside Midland County requires a \$10 fee.
☐ Change of Address (Please attach label with old address)
Information requested is for our records only and is kept confidential.

Full Name _____ Birthdate _____

Name of spouse or other _____ Birthdate _____

Number & Street _____ Apt. No. _____

City _____ Zip _____ Phone _____

☐ I would also like to view this newspaper online. E-mail: _____



SENIOR SERVICES
Better Living Starts Here

Make check payable to Senior Services
Senior Services and send to: 4700 Dublin Avenue
Midland, MI 48642



Midland Prime Times

is published monthly by Senior Services for
Midland County residents age 60 and over.
Editor: Renee Hansen 633-3744

Suggested Contribution: \$10 per year

helps to cover the costs of producing and
mailing the paper. The date a contribution is
received is recorded on the mailing label as an
annual reminder. All non-seniors and
out-of-county deliveries require a \$10 fee.

Address Changes

Midland Prime Times is mailed under a
non-profit bulk mail rate and will not be
forwarded without a notice to the post office.
Please use this delivery form each time you
request a change of address to assure record
changes are made correctly.

Jokes of the Month

Independence Day was approaching and
the teacher took the opportunity to teach
her class all about patriotism. She said to
them, "You know, we live in a great
country. And one of the best things about
it is that we are all free." At this, a little
boy marched up to her from the back of
the class, put his hands on his hips and
said angrily, "I'm not free. I'm four."

What did one American flag say to the
other? Nothing, it just waved.

Where was the Declaration of Independ-
ence signed? At the bottom.

Setting the Scenery at Seasons



Midland PRIME TIMES

Your Monthly Midland County Older Adult Newspaper



SENIOR SERVICES
Better Living Starts Here

SeniorServicesMidland.org
Senior Services, 4700 Dublin Ave, Midland MI 48642

July 2019 | Volume 44 Issue 7

Phone: 989-633-3700

Non-Profit
U S Postage PAID
Midland MI
Permit 240



Tour Senior Services

Thursday, July 11 at 10:30am

Senior Services Main Building, 4700 Dublin Ave in Midland

Do you really know all there is to know about Senior Services?
Need some help? Looking for something meaningful to do in
retirement? Come tour our Main Building to learn more about our
services and opportunities! You'll receive a welcome guide with
coupons and a wealth of information.

While you're at it, Seasons Adult Day Health Services will be
offering tours that day as well. Following your tour of the main
building, you can choose to cross the street and enjoy the smell of
fresh-baked cookies as you see the difference Seasons can make!

This tour is for people new to Senior Services. Call 633-3700
to register—space is limited.

We will continue to hold tours of Senior Services on the 2nd Thursday of every month at 10:30am.



HAPPY 4th of JULY

"America is a tune. It must be sung together."

~ Gerald Stanley Lee