



## The Powerful Influence, Inspiration & Support of Pets



Pets can provide physical, emotional and social benefits in our lives. Find out how animals improve and support quality of life. Some people may consider a pet other than a cat and dog. It's important to select the right pet for you. If you're not inclined to be a pet owner, discover other ways to glean these valuable benefits.

**Greendale:** Wednesday, June 19, 12:00pm **832-8683**

**Coleman:** Monday, June 24, 12:45pm **465-6216**

**Mills:** Tuesday, June 25, 12:30pm **633-3788**

**Trailside & Sanford** Thursday, June 27, 12:00pm **633-3790**

To reserve a seat, call the Activity and 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.

## I Have To Do What?

### Challenging Caregiver Tasks

**Tuesday, June 18, 1:00-3:00pm** Senior Services, 4700 Dublin Ave in Midland

Caring for an adult who has become more dependent can present a wide variety of new experiences. We may be challenged emotionally, physically, or with tasks we hadn't anticipated or looked forward to doing. This class will address some of those difficult situations. We will discuss how to assure privacy and dignity while providing personal care. Learn skills for bathing an adult, assisting with toileting, skin care, oral care, and medication safety. 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 for a few extra minutes on the phone for registration or to arrive 15 minutes early to fill out a brief form. Respite scholarships may be available. If requesting respite care, notify when registering.*



**Coming Soon for Caregivers**

**Oh My Aching Back: Lifting and Transferring Safely** Tuesday, July 16, 1:00-3:00pm

## Protect Yourself & Your Pocketbook

Things You Need to Know About  
Your Rights & Risks as You Age

**Wednesday, June 5, 10:00-11:00am**

Memorial Presbyterian Church  
1310 Ashman St in Midland

**Wednesday, June 12, 2:00pm-3:00pm**

Messiah Lutheran Church  
1550 S Poseyville Rd in Midland

Whether you want to protect your own resources, are looking out for a family member's finances, or have concerns about friends and neighbors, this valuable workshop will give you information to help.



Join us to learn about:

- Protecting Your Finances
- Power of Attorney
- Recent Scams & Trends
- Recovering from Identity Theft
- Role of Law Enforcement
- Local Prosecutions of Offenders
- Protective Services
- Agencies that Can Help

Local experts will answer questions and describe how agencies work together to protect our community.

Midland County Vulnerable Adult Network (MCVAN) is proud to offer its 3rd annual event. MCVAN's purpose is to protect and serve vulnerable adults in our community by increasing our understanding of the complex issues surrounding abuse.

## Encore! Tunes by the Tridge Dueling Pianos

**Thursday, June 13, 7:00-9:00pm**  
Downtown Midland

Join Encore to enjoy laughs and fun with the music of dueling pianos! Tunes by the Tridge free concert series entertains the community in a beautiful setting near the Tridge each Thursday evening. It is a family friendly event and



it is free to all. Bring quilts and lawn chairs. Food vendors will be on site. Music lovers, let's flock to the Tridge to enjoy some great musical talent with Encore! Look for Tina with an orange t-shirt. Call 633-3700 to let us know you're coming.

**Coming Soon to Encore**

Circle Wine Garden Wednesday, July 24



## 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.

**JUNE 2019**  
**Volume 44, Issue 6**  
*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



Welcome to Our New Website!

Take a few minutes to look around our new website and find that Better Living Starts Here!

[www.SeniorServicesMidland.org](http://www.SeniorServicesMidland.org)

## Memorials

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

<b>Bill Johnston</b> Bud & Mary Lawry	<b>Alma Jean Clark</b> Rebecca Malkin
<b>Louella Keeley</b> Bertha M. Kruger Carolyn Smith Bill & Marilyn Brudigam Richard & Suzan Kruger Randy & MaryPat Kruger Roger Kruger Carolyn Van Agen	<b>Richard "Dick" Hunt</b> Tad & Sally Jean Roberson
<b>Del Miller</b> Gary Piegols	<b>Tony Simone</b> Sanford Lumber Jacks & Jills
<b>Clara Mae Anger</b> Gary Piegols	<b>Vern Cornwell</b> Sanford Lumber Jacks & Jills
	<b>Stephen E. Finney</b> Pat Finney Ernie Finney Denise Shuler Kathy Tripp

## In Honor

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

**Leona Falkenstein** Gary Piegols

*The above donations are those received through May 15, 2019.*

## Senior Services Staff Changes

**Welcome To:**  
Melanie Koellman, *Accounting Assistant*  
Daniel Zhang, *Prep & Support Cook*  
Karen Minton, *On Call Cook*

**Position Change:**  
Emma Rittmaier  
*Prep & Support Cook to On Call Cook*

## Found

A men's gold wedding band was found at the Senior Services Main Building. Please call 633-3700 for more information.



**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!**

## 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](http://SeniorServicesMidland.org/Recognize%20a%20Staff%20Member). 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? \_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_



## Recent Senior Services Staff Recognition

Allison Rossi Utter	Jennifer Mogg	Michelle Burkett
Becky Smith	Jessica LaBonnville	Nancy Kawiecki
Dawn Powell	Joe Ramos	Sharon Mowry
Elizabeth Baldwin	Kim Short	Theresa Tude Thuot
Erin Elliott	Matt Carter	
Janice Urbaniak	Melody Lowery	



## 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

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**

**Should We Trust Scientists?**  
Tuesday, June 11, 11:45am-1:00pm  
**Why we should trust scientists**

Many of the world's biggest problems require asking questions of scientists—but why should we believe what they say? Historian of science Naomi Oreskes draws out three problems with common attitudes toward scientific inquiry and gives her own reasoning for why we ought to trust science.

**3 kinds of bias that shape your worldview**  
What shapes our perceptions and misperceptions about science? Meteorologist J. Marshall Shepherd explains how confirmation bias, the Dunning-Kruger effect and cognitive dissonance impact what we think we know and shares ideas for how we can replace them with something much more powerful: knowledge.

**Scientists must be free to learn, to speak and to challenge**  
“You do not mess with something so fundamental, so precious, as science,” says Kirsty Duncan, Canada's first Minister of Science. In her talk she makes the case that researchers must be free to present uncomfortable truths and challenge the thinking of the day and that we all have a duty to speak up when we see science being stifled or suppressed.

**Women and Power**  
Tuesday, June 25, 11:45am-1:00pm  
**The political progress women have made and what's next**  
Women have made enormous progress over the last century but when it comes to political representation, there’s still a long way to go, says activist Cecile Richards. In this visionary talk, Richards calls for a global political revolution for women’s equality and offers her ideas for how we can build it.

**The power of women’s anger**  
Anger is a powerful emotion—it warns us of threat, insult, indignity and harm. But across the world, girls and women are taught that their anger is better left unvoiced, says author Soraya Chemaly. In a thoughtful talk, Chemaly explores the dangerous lie that anger isn’t feminine, showing how women’s rage is justified, healthy and a potential catalyst for change.

**Why women should tell the stories of humanity**  
For many centuries (and for many reasons) critically acclaimed creative genius has generally come from a male perspective. As theater director Jude Kelly points out in this passionately reasoned talk, that skew affects how we interpret even non-fictional women's stories and rights. She thinks there's a more useful, more inclusive way to look at the world, and she calls on artists to paint, draw, write about, film and imagine a gender-equal society.

**Coming Soon to Tuesdays with TED**  
**July 9** Refugees and Immigrants  
**July 23** Global Security

## Lunchtime Learners

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.

**Summer Wildflowers**  
Friday, June 14, 11:45am-1:00pm

Native wildflowers blooming June through August grow in fields, woods, wetlands and along roadsides. You will notice the variety of colors, flower structures, heights and patterns as we focus on learning common species. We will also discuss the benefits of native plants to pollinators. Presented by the Chippewa Nature Center.



**Avoid Stroke**  
**Learn the Risk Factors and Warning Signs** Friday, June 28, 11:45am-1:00pm

A stroke is a “brain attack” that occurs when a blood vessel in your brain is clogged or ruptured. This interrupts the flow of blood and oxygen to your brain, and brain cells can start to die. Strokes have serious consequences that can lead to death or long-term disability, such as partial paralysis or loss of memory, speech or other important abilities. New treatments are available that can save lives or minimize the damage from a stroke. The sooner patients get treatment, the better their chances of full recovery. That's why it is important for everyone to know the warning signs and what to do. Join Neurologist, Dr. Brian MacFalda, D.O., M.B.A. from MidMichigan Health to learn how to lower your risk, how to recognize when you or someone you know may be experiencing a stroke, and what to do.



**Coming Soon to Lunchtime Learners:**  
**July 12** Mexican-American War History      **July 26** Suzanne and Jim: Courtin' and Sparkin'!

**Mark Your Calendar: Matter of Balance**  
Mondays & Wednesdays, July 15 to August 7, 1:00 to 3:00pm (July 22, 1:30-3:30pm)  
This outstanding evidence-based series of classes is proven to help reduce risk of falls. Call 633-3700 to register or for more information.

**Travel & Adventure Series** Held on the 4<sup>th</sup> Monday of each month starting at 11:45am. Join us and explore!

## Hong Kong & Bangkok

**Monday, June 24, 11:45am-1:00pm** Trailside Center, 4700 Dublin Ave in Midland

Beginning with a private, rolling party on board one of Hong Kong’s iconic streetcars travel journalist Rudy Maxa and former chef and now Washington, D.C. restaurateur Daisuke Utagawa lead viewers through one of the world’s most exciting cities. Hong Kong takes cuisine from around the world and makes it its own. Explore the cuisine as well as the mostly unknown, lush side of Hong Kong where hiking trails and beaches rule. Next, we’ll head to Bangkok. In a city where the weather is always hot, it is natural that Bangkok’s residents spend a lot of time eating outside. Street food rules the capital of Thailand, and no visitor should miss the opportunity to follow local customs. Utagawa and Maxa taste their way through the city while exploring the Klongs (canals) and temples that make Bangkok a visitor’s paradise. Call 633-3700 to register.

**Coming July 22: New Zealand**



# Volunteer of the Month

By Tina Podboy Laughner, Volunteer Manager

Karen Prime is being honored as Volunteer of the Month for June for her service as a Meals on Wheels driver for the Sanford Center. She has been volunteering since October 2014 with almost 400 hours! Why does she volunteer? Karen says, “My father-in-law went to the Sanford Center and loved it, so when I retired from Chemical Bank, I decided to volunteer there!” And why does she continue? “Because I just love it. I love the people. Even on a day when my blood pressure is high, by the time I am done (with my route), it’s fine!” Karen also noted there are four or five people on her route who she has been delivering to from the beginning.

“Karen Prime is always smiling, always friendly and kind. She cares deeply for the Meals on Wheels participants and is always willing to pick up extra days when she’s able. She stuck by us through two floods, even traveling to Midland for two years! Karen truly has a servant’s heart,” states Dawn Powell, Sanford Center Director. Karen even got her husband involved in volunteering when she met someone on her route who was in need of a visitor. Karen also watches her grandchildren and is very involved in her church.

Senior Services has many Meals on Wheels volunteers who are active on and off throughout the year, but we still need more at all our centers! People are off for vacation and health reasons or have decided to only be substitute drivers but our clients still need to get their meals. It is very rewarding—people are so appreciative of the meals and the friendly volunteers. Here’s Karen’s



**Karen Prime is the Senior Services Volunteer of the Month for June.**

encouragement to other potential volunteers: “Anyone who has time should do this.” Meals on Wheels drivers usually take one route a week but some do more. The meals are delivered around the noon hour and the routes take roughly 1½ to 2 hours. Mileage is reimbursed. Intrigued? Call Tina at 633-3741 for more information or just to try it out! Need some help from Senior Services? Call 633-3700.

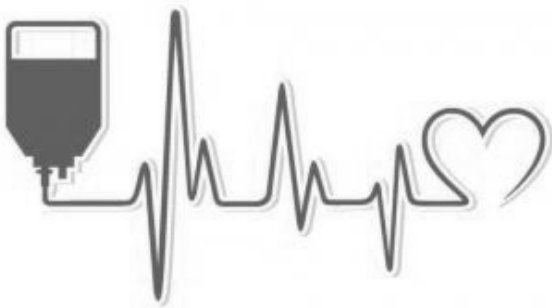
Thank you, Karen, for your “servant’s heart!” Congratulations on being Senior Services Volunteer of the Month!

## Welcome New Volunteers!

Jill Goldberg  
Denny Callison  
Jean Hwang  
Judy Kissane  
Lorrie Ito  
Pokie LeVasseur  
Soraya Diaz

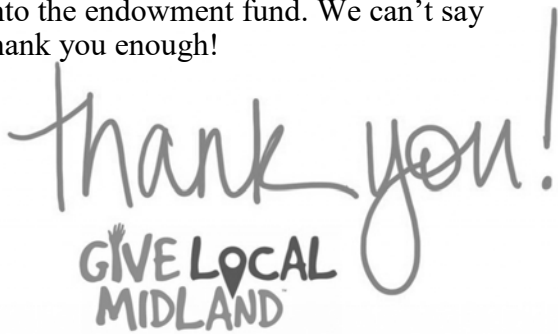
# Blood Drive

Wednesday, June 19, 2019  
10:00am - 2:00pm  
Trailside Center, 4700 Dublin Avenue



## Thank You Midland

You are amazing! Thank you for your support for Give Local Midland on May 7. With your help, we hit our goal and more for the annual Give Local campaign. We were able to raise a record-breaking \$11,100 to provide services for the future of Midland County and Senior Services. And because of the matching dollars provided through the generosity of the Midland Area Community Foundation, this amount will increase to go into the endowment fund. We can’t say thank you enough!



## 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**

**VOLUNTEER  
VOLUNTEER  
VOLUNTEER**

## Spring Cleaning Volunteers



The Training Department of Members First Credit Union volunteered their time to rake leaves and clean up the yard of a Senior Services client. Thank you for making a difference!

# The How-To's of Summertime

## Catch Fireflies

How? With womanly wiles! Fireflies blink to attract a mate. Males fly around while females sit in trees, in shrubs or on the ground. So find a female and watch her blinking pattern. Then imitate the pattern with a pen flashlight and the males will come to you. A plus: the bugs move slowly, so they're easy to trap in a jar. Punch some holes in the lid and add a little grass or piece of fruit for moisture. Admire your pretty night-lights till bedtime, then let them go.

## Skip Stones

The recent world record for stone skipping is 40 skips, but everyone has to begin somewhere.

- Find smooth, flat stones. The stone should fit in the space created between your pointer finger and thumb when making the A-OK sign.
- Pinch the stone between your thumb and middle finger and wrap your pointer around the top of the stone like a hook. Lift you arm up and back and toss the stone with a snapping motion.
- Aim to hit the water about 15 to 20 feet from the shoreline. Toss the stone at a 20-degree angle for a greater chance of skipping multiple times.



## Get In and Out of a Hammock

Everyone looks good lying in a hammock. It's getting in and out that's tricky. To make it less so, try these tips:

1. Position your backside toward the hammock's center and tilt back until you reach a 45-degree angle, with the hammock parallel to your rear.
2. Gently sit back into the hammock and let it level out.
3. Swing your legs up and stretch them out.
4. Lie back and relax!

For a graceful exit, sit upright and swing your legs off, anchoring your feet on the ground. Then push with your behind, gathering momentum to stand. It's tricky, but good for the glutes.

## Enjoy Ice Cream Without the Mess

Eating ice cream is divine; wearing it is another matter. Here are some hints for keeping that creamy goodness on your taste buds and not your shirt:

- In general, chocolate-based flavors melt faster than vanilla-based ones, and anything with a ripple is drip-prone. (Caramel and fudge make ice cream softer.) But fruit flavors hold up well.
- Opt for a cake cone or bowl-like waffle cone (if you're really hungry). But sugar cones are an accident waiting to happen, since there's nothing to catch the drips. If you must have a sugar cone, it's a good idea to flip the cone upside down in a cup
- Gently push down the top of the ice cream with your tongue so it fills the cone and lick around the edge so you can catch whatever is ready to drip.

# The Science of Living Long & Well

By Trena Winans, Senior Services Education & Community Outreach Director

It is incredibly rare for a study to follow people long enough to tell us what it truly takes to live a long and healthy life. Typically, studies find people who are already aged and attempt to work backwards to figure out what went right. One study stands alone in following a large group of people over an 80-year span. This study was named The Longevity Project. It began in 1921 and followed 1500 people through the years, continuing even now with those who are still alive. This study looked at factors such as personality traits, health behaviors, and social interactions. Some of the findings were quite surprising and instructive!

Personality traits were assessed early in life and confirmed in adulthood as still being predominant characteristics. Conscientiousness, defined as being responsible, prudent, persistent, and with lack of impulsivity came out as the best personality trait for long life. From childhood through adulthood, the conscientious had a lower risk of dying at any point in time with the upper quartile about 25% less likely to die by age 70. Conscientious personality types were less likely to smoke or be heavy drinkers and were more stable in jobs and relationships.



One of the bigger surprises was that people with a cheerful, optimistic personality were at 20% increased risk of dying throughout their lifespan! Analysts theorized that although when facing a crisis, the cheerful were more likely to overcome, as a lifespan approach, there can be too much of a good thing. This personality may allow feelings of invincibility, leading people to take greater risks. The optimists were more likely to be smokers, heavier drinkers, and take up riskier hobbies. Some recognition that things may not always go right is important to our longevity.

The third major personality trait was neuroticism, or the tendency to be anxious, high-strung, and worry. This trait was split along gender lines. Women are best off if they are high in conscientious traits and low in neurotic traits. Men, however, seem to benefit from some neurotic tendencies. Men facing a crisis, such as the death of a spouse, had a 50 % higher probability of survival afterward if they were more neurotic. The theory is that men who worried more were more likely to take care of themselves, even without reminders from a spouse.



Another element that was studied was social life. Here, it appears the number of interactions is more important than how someone feels about their social life. The more frequent the interactions, the better. The greatest benefit came if some of the interactions involved helping others.

Religion seemed to be beneficial for women attaining longer life, but for these women, religion was also a big part of their social life and included volunteering to help others. Similar results were found among those who actively helped secular groups. The results were less conclusive for men as related to religious involvement.

According to Dr Leslie Martin, Professor of Public Health at Loma Linda University, following are some of the key takeaways from the Longevity Project:

- Marriage may be good for men's health, but it doesn't really make a difference for women. Men who remained in long-term marriages were likely to live to age 70 or longer whereas less than 1/3 of divorced men were likely to live to 70. In contrast, women who divorced and did not remarry lived nearly as long as those who stayed steadily married.
- Be conscientious.
- Don't worry if you're a worrier. This may help you plan ahead and avoid unhealthy behaviors.
- Working hard at something you care about is good—especially something you believe in or are passionate about! Continually productive people lived much longer than their more laid-back comrades.
- If you retire, find another passion to pour yourself into. Do something you find meaningful.
- Physical activity is very important but it doesn't matter what it is—anything that gets you moving!
- Strengthen social ties with your family, friends, and co-workers. Make a concerted effort!
- Pets may improve well-being, but they are not a substitute for human friends and are not associated with a longer life.
- Hang out with people who have the trait you seek. Their traits will tend to rub off on you!
- Live a purposeful life and help other people.



# Special Events at the Centers in June

## Recognizing Sanford’s Programs

To shine a light on their regularly scheduled line-up, Sanford will be designating special days in June to highlight a few of those outstanding programs.

*Card Players* Monday, June 3  
*Woodcarvers* Thursday, June 13  
*Chicken Foot Domino Players* Thursday, June 13

**Theater Show** Monday, June 3 at 12:45pm  
The Pickle Jar Theater presents their new puppet show “Galaxy Goof-Up.” *Coleman*

**National Egg Day** Monday, June 3  
Bring your favorite egg recipe to share. *Greendale*



## National Cheese Day Tuesday, June 4

Celebrate National Cheese Day by trying different samples of this yummy food. *Mills*

**Old Maid Card Game Day** Tuesday, June 4 at 10:15am  
We will celebrate with an Old Maid card tournament. The winningest Old Maid will get a prize. *Trailside*

**Rummage Sale** Thursday & Friday, June 6 & 7, 9:00am-3:00pm  
The Friendly Folks at the Coleman Center will be holding a fundraising rummage sale. *Coleman*



## Donut Day Tuesday, June 7

Start your day with coffee and donuts. *Greendale, Mills, Sanford Trailside*

**Iced Tea Sampler** Monday, June 10  
Sip on different samples of iced tea. *Greendale*

**Make Placemats** Tuesday, June 11 at 11:30am  
Help preschoolers make placemats for our Father’s Day meal. *Mills*

**Peanut Butter Cookie Day** Wednesday, June 12  
*Greendale* Feel free to bring in your favorite peanut butter cookie.  
*Trailside* Enjoy a hot and creamy Peanut Butter Cookie before lunch

## Father’s Day Celebrations Friday, June 14

Each Activity & Dining Center will be serving a fabulous meal for Father’s Day. Here is what the following locations will be doing:

*Coleman* Music with Dale Hafer at 11:00am.



*Greendale* Dance music will be provided.

*Mills* Music by Val Lemen at 11:00am.

*Sanford* The Sanford Seniors are Happy Campers. Come have s’more fun with us to celebrate Father’s Day. Piano music by Arlyn will begin at 10:15am.

*Trailside* Give your Father a break from the grill and bring him to our Father’s Day luncheon with music by Bill Sadowski beginning at 10:15am.

**Craft Day** Monday, June 17  
Make a craft using duct tape. *Greendale*

**Make Ice Cream** Wednesday, June 19  
Make some yummy homemade ice cream. *Mills*

**Summer Solstice Party** Friday, June 21  
*Greendale* Celebrate the first day of summer and National Selfie Day.  
*Trailside* The longest day of the year deserves a party!  
Entertainment will be provided by Paul Wilkinson starting at 10:30am

**Hot Dog Fundraiser** Friday, June 21  
The Coleman Center Friendly Folks will be selling hotdogs at Witbeck’s in Clare. Stop by and buy a hot dog or a root beer float.  
*Witbecks in Clare*

**Remembering the Flood** Monday, June 24  
Can you believe it’s been two years since the flood? Today we celebrate how far we’ve come and the new friendships we’ve made. Join us as we look through old photos and reminisce. *Sanford*

**Strawberry Parfait Day** Tuesday, June 25  
Treat your taste buds to this tasty treat. *Trailside*

**Chocolate Pudding Day** Wednesday, June 26  
Join us for a tasty pudding treat. *Sanford*

**Sunglasses Day** Thursday, June 27  
Wear your shades today. *Sanford*

**Lumberjack Day** Friday, June 28  
Come on out for fun and games. *Greendale, Sanford*

**Mark Your Calendar** Wednesday, July 31  
It’s our annual picnic with a Hawaiian Luau theme! *Mills*

**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 June. Please look at the Schedule of Events on Pages 8 & 9 for dates and times.

## Birthday & Anniversary Parties

*Trailside* Wednesday, June 19. Celebrate with a mouthwatering treat after lunch. Before lunch enjoy the music of George Eagle beginning at 10:15am.  
*Sanford* Friday, June 21. Celebrate with ice cream after lunch.  
*Mills* Friday, June 21. Come celebrate with Summer Solstice Bingo.  
*Greendale* Monday June 24. Join us to celebrate with cake and ice cream  
*Coleman* Friday, June 28 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 Helen Griswold, Meg Marshall, Carol Randall, Marilyn Fruchey. Pinochle winners this month were Helen Griswold, Kathy Bauder, Ross Kent, and Norma Brownlee.  
*Greendale* Winners of the Euchre Tournament were Gerald Burkett, Gene Engle and Nolan Stilgenbauer.  
*Trailside* Recent Trailside Bridge winners were Bob Lewis, Dot Costello, George Helvey and John Kostoff. Recent Pinochle winners were Lou Buchanan and Nina Jensen. Cribbage winners were Dorothy Camehl and John Eisler.

## Thumbs Up for the Loons!



Becky Crawshaw posing for a fun photo when the Sanford Center attended a Loons Game in May.



## New Sanford Center Update

The drywall is up at the new Sanford Activity & Dining Center and everything is progressing nicely. We are excited to see the inside coming together.

A sneak peek “Hard Hat” tour was held on May 23 for members of the community interested in learning more about supporting the project financially. We are at 94% of the project goal but still need your help. To learn more about how you can contribute, visit our website at [SeniorServicesMidland.org/SanfordProject](http://SeniorServicesMidland.org/SanfordProject) or contact Jessica Hufford, Fund Development Manager, at 633-3763.



# Midland Prime Times Reader Survey

To better serve our readers, please take a few moments to complete the following survey and return in person or by mail to: Senior Services, 4700 Dublin Ave, Midland, MI 48642. It can also be taken online at [SeniorServicesMidland.com/ReaderSurvey](http://SeniorServicesMidland.com/ReaderSurvey). Thank you.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (optional) \_\_\_\_\_

Email (optional) \_\_\_\_\_

**What is the main reason you like to receive the Midland Prime Times?**

**In the past five years, have you used a Senior Services service or attended a Senior Services program or event?** ☐ Yes ☐ No

**If “Yes,” which of the following have you used or attended?** *Circle all that apply.*

Activity & Dining Centers

*Fitness Classes   Meals   Dances   Cards   Arts & Crafts   Bingo  
Special Events or Holidays   Musical Entertainment*

Education Program or Class

*Tuesdays with TED   Lunchtime Learners   Caregiver Education  
Travel & Adventure Series   Computer or Technology Workshop*

Services

*Meals on Wheels   Transportation   Home Care   Handyman  
Counseling   Seasons   Care Coordination   Caregiver Support Group*

I’m a Volunteer

Other \_\_\_\_\_

**Would you be interested in coming to the Senior Services Main Building for a tour?**  
☐ Yes ☐ No

**Other Comments:**

Return to: Senior Services, 4700 Dublin Ave, Midland, MI 48642 or take the survey online at [SeniorServicesMidland.com/ReaderSurvey](http://SeniorServicesMidland.com/ReaderSurvey).

**Thank You for Your Input**



### PERSONAL TRAINING

Our personal trainers can help address many of the physical challenges associated with age; increasing quality of life, independence and longevity!

**GET STARTED TODAY WITH  
A FREE ASSESSMENT!!**

Call Elizabeth Kenny | 989.832.7937 Ex. 2295  
[greatermidland.org/personal-training](http://greatermidland.org/personal-training)



**A**re 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**



**IVY TERRACE**  
*Senior Residence*  
*Independent living for active adults 55+*

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

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

**CHARM  
LUXURY  
VALUE  
CONVENIENCE**

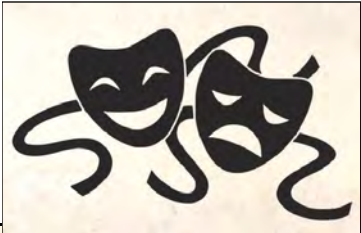



**(989)  
486-9494**



Conveniently located at 402 Joseph Drive, Midland  
Close to shopping, dining, medical offices & banking  
[www.ivyterraceliving.com](http://www.ivyterraceliving.com) ~ [www.gldmanagement.com](http://www.gldmanagement.com)







# June Schedule of Events

Monday	Tuesday	Wednesday
<div>3</div> <div>Wonder Woman Day! <i>Sanford</i> Recognizing Card Players <i>Sanford</i> National Egg Day <i>Greendale</i> Chair Exercises 9:30am <i>Greendale</i> Theater Show 12:45pm <i>Coleman</i></div> <div></div>	<div>4</div> <div>The Group 10:00-11:30am <i>Main Building</i> National Cheese Day <i>Mills</i> Old Maid Card Game Day 10:15am <i>Trailside</i></div>	<div>5</div> <div>Book Club 10:00am <i>Trailside</i> World Environment Day <i>Greendale</i> Learn to Draw Begins <i>Trailside</i> Beginning 10:00-11:30am Continuing 10:30am-12:00pm Haircuts with Bonnie 10:00am-1:00pm <i>Mills</i> Blood Pressure Clinic 10:30am <i>Greendale</i> A Sweet Life <i>In Session</i> 1:00-3:30pm <i>Trailside</i></div>
<div>10</div> <div>Chair Exercises 9:30am <i>Greendale</i> Ice Tea Sampler <i>Greendale</i> Parkinson's Disease Support Group 3:00-5:00pm <i>Trailside</i></div>	<div>11</div> <div>Caregiver Support Group 9:30-11:30am <i>Main Building</i> Make Placemats <i>Mills</i> TED: Should We Trust Scientists? 11:45am-1:00pm <i>Trailside</i> Friendly Folks Meeting 12:45pm <i>Coleman</i></div> <div></div>	<div>12</div> <div>Bowling Tournament 9:00am <i>Greendale</i> Minds in Motion <i>Begins</i> 9:00-10:30am <i>Seasons</i> Music by Mountain Dulcimers 10:00am <i>Sanford</i> Peanut Butter Cookie Day <i>Greendale, Trailside</i> Blood Pressure Clinic 10:30am <i>Coleman</i> Historical Society Meeting 7:00pm <i>Coleman</i> A Sweet Life <i>In Session</i> 1:00-3:30pm <i>Trailside</i></div>
<div>17</div> <div>Chair Exercises 9:30am <i>Greendale</i> Blood Pressure Clinic 10:30am <i>Sanford</i> Craft Day <i>Greendale</i> Wii Bowling Tournament 12:15pm <i>Sanford</i></div> <div></div>	<div>18</div> <div>International Picnic Day <i>Sanford</i> The Group 10:00-11:30am <i>Main Building</i> Blood Pressure Clinic 11:30am <i>Mills</i> I Have To Do What? Challenging Caregiver Tasks 1:00-3:00pm <i>Trailside</i></div>	<div>19</div> <div>Minds in Motion <i>In Session</i> 9:00-10:30am <i>Seasons</i> Euchre Tournament 9:30am <i>Greendale</i> Blood Drive 10:00am-2:00pm <i>Trailside</i> Blood Pressure Clinic 10:30am <i>Trailside</i> Make Ice Cream <i>Mills</i> Birthday &amp; Anniversary Party <i>Trailside</i> Music with Wildfire 11:00am <i>Coleman</i> The Powerful Influence, Inspiration, &amp; Support of Pets 12:00pm <i>Greendale</i> A Sweet Life <i>In Session</i> 1:00-3:30pm <i>Trailside</i></div>
<div>24</div> <div>Remembering the Flood <i>Sanford</i> Travel &amp; Adventure Series: Hong Kong and Bangkok 11:45am-1:00pm <i>Trailside</i> Birthday &amp; Anniversary Party <i>Greendale</i> Advisory Council Meeting 11:30am <i>Coleman</i> The Powerful Influence, Inspiration, &amp; Support of Pets 12:45pm <i>Coleman</i></div>	<div>25</div> <div>Caregiver Support Group 9:30-11:30am <i>Main Building</i> Strawberry Parfait Day <i>Trailside</i> The Powerful Influence, Inspiration, &amp; Support of Pets 12:30pm <i>Mills</i> TED: Women &amp; Power 11:45am-1:00pm <i>Trailside</i></div>	<div>26</div> <div>Minds in Motion <i>In Session</i> 9:00-10:30am <i>Seasons</i> Texas Hold'em Tournament 9:30am <i>Greendale</i> Chocolate Pudding Day <i>Sanford</i> Fun Bingo 12:45pm <i>Coleman</i></div> <div></div>
Mondays	Tuesdays	Wednesdays
<div>Coleman</div> <div>Pinochle Tournament: 10:00am</div> <div>Greendale</div> <div>Bingo: 11:00am</div> <div>Zumba: 10:00-11:00am <i>Until Mid June</i></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 &amp; 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>Greendale</div> <div>Zumba: 10:00-11:00am <i>Until Mid June</i></div> <div>Mills</div> <div>Walk it Out: 10:00-11:00am</div> <div>Wii Bowling Practice</div> <div>Puzzles</div> <div>Arts &amp; 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 &amp; Cards: 12:00pm</div> <div>Advanced Tai Chi: 1:30-2:30pm <i>Until June 11</i></div> <div>Zumba Gold &amp; 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 &amp; Different Card Games</div> <div>Trailside</div> <div>Zumba Gold: 8:30-9:30am</div> <div>Learn to Draw:</div> <div>Beginning 10:00-11:30am</div> <div>Continuing 10:30am-12:00pm</div> <div>Fun Bingo &amp; 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>6</div> <div>Rummage Sale 9:00am-3:00pm <i>Coleman</i> Quilting &amp; Needlework Group 10:00am-3:00pm <i>Trailside</i></div>	<div>7</div> <div>Rummage Sale 9:00am-3:00pm <i>Coleman</i> Music with Paul Wilkinson 11:00am <i>Coleman</i> Donut Day <i>Greendale, Mills, Sanford, Trailside</i></div> <div></div>	<div>8/9</div>
<div>13</div> <div>Recognizing Woodcarvers &amp; Chicken Foot Domino Players 9:00-11:00am <i>Sanford</i> Encore! Tunes by the Tridge: Dueling Pianos 7:00-9:00pm <i>Downtown Midland</i></div> <div></div>	<div>14</div> <div>Father's Day Celebrations <i>All Centers</i> Summer Wildflowers 11:45am-1:00pm <i>Trailside</i> Father's Day Dance 6:00-9:00pm <i>Trailside</i></div> <div></div>	<div>15/16</div>
<div>20</div> <div>Trivia with Joe 10:45am <i>Sanford</i> Early Memory Loss Education &amp; Support Group 2:30-4:30pm <i>Trailside</i></div>	<div>21</div> <div>Summer Solstice Party <i>Greendale, Trailside</i> Birthday &amp; Anniversary Party <i>Sanford</i> Birthday &amp; Anniversary Party <i>Mills</i></div> <div></div>	<div>22/23</div>
<div>27</div> <div>Sunglasses Day <i>Sanford</i> The Powerful Influence, Inspiration, &amp; Support of Pets 12:00pm <i>Sanford, Trailside</i></div> <div></div>	<div>28</div> <div>Lumberjack Day <i>Greendale, Sanford</i> Quilting &amp; Needlework Group 10:00am-3:00pm <i>Trailside</i> Avoid Stroke: Learn the Risk Factors and Warning Signs 11:45am-1:00pm <i>Trailside</i> Birthday &amp; Anniversary Party 12:45pm <i>Coleman</i> Lumberjack Theme Dance 6:00-9:00pm <i>Sanford</i></div>	<div>29/30</div>
<div>Thursdays</div> <div>Coleman Exercise: 10:30am Greendale Zumba: 10:00-11:00am <i>Until Mid June</i> 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 &amp; 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

### Learn to Draw

Wednesdays Beginning June 5  
Beginning Class: 10:00–11:30am  
Continuing Class: 10:30am–12:00pm  
Learn to draw in this 6-week class with instructor Cynthia Keefe. Cynthia has been a teaching artist for the past 35 years. She received her MFA from Vermont College of Fine Arts and has taught visual art at Northwood University, Delta College, CMU, Midland Center for the Arts and Creative 360. She founded the Downtown Summer Sculpture project with the Trolls in 2001. She firmly believes that everyone has the ability to draw. Beginning to intermediate students are welcome and no supplies are necessary. The cost is \$42 and reservations can be made by calling 633-3790. Please call Cynthia at 264-2071 for more information.

*Trailside*

### 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

June 6 & 28, 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, June 5 at 10:00am  
The Book Club will be discussing *Miss Jane* by Brad Watson. Readers may pick up this book anytime prior to the discussion to participate. *Trailside*



## Exercise

### 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*

### Advanced Drop-In Tai Chi Class

Tuesdays, 1:30-2:30pm *Until June 11*  
This drop-in class is for students who have taken a 7-week session of the Tai Chi for Arthritis & Fall Prevention (TCAFP) class, or students who have had previous Tai Chi experience. In this class you will continue to practice the form of TCAFP. You will work on fine-tuning the gentleness and smoothness of the postures and movements, and learn how to apply Tai Chi principles into the practice. The cost is \$3 per drop-in. *Trailside*

### Chair Yoga with Steve Weckle

Mondays at 1:30pm  
The cost per class is \$3. *Trailside*

### Chair Exercises

June 3, 10, 17, 24 at 9:30am  
Get on your way to better health by following along with the DVD *Stronger Seniors: Stretch and Strength Chair Exercise*. *Greendale*

### 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*

## 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

## Cards & Games

### Bowling Tournament

Wednesday, June 12 at 9:00am  
Come join the bowling fun at West Midland Family Center's real bowling alley. *Greendale*

### Wii Bowling Tournament

Monday, June 17 at 12:15pm  
Come join a friendly competition of Wii bowling with Trailside. *Sanford at Trailside*

### Euchre Tournament

Wednesday, June 19 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, June 26 at 9:30am  
A \$5 gift card will be awarded to the winner. Sign up to play and enjoy lunch afterwards. *Greendale*

## 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

Mondays, Tuesdays & Thursdays 10:00am-11:00am *Until Mid June*  
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.

## 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*

## Friday Night Dances

*Trailside* Friday, June 14, 6:00-9:00pm  
Father's Day Dance with the music of Misty Blue. The cover charge is \$5.00 with pizza, soda and snacks available for purchase. Please no outside food or drink.

*Sanford* Friday, June 28, 6:00-9:00pm  
Lumberjack Theme Dance with the music of Borderline. The cover charge is \$5.00 with concessions available. Please no outside food or drink.

## Hair Cut Day

Wednesday, June 5, 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*

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**



# Ongoing Support Programs Offered at Senior Services

## Support & Education

**Parkinson’s Disease Support Group**  
Monday, June 10, 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, June 11 & 25  
**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, June 4 & 18, 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, June 20, 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*

### Connect with Senior Services Online

**Facebook** Find us on Facebook at [facebook.com/SeniorServicesMidland](https://www.facebook.com/SeniorServicesMidland)  
Once you find us, be sure to click “like” so you will not have to search for us again.

**Twitter** Follow us on Twitter by searching for Senior Services [@seniorserving](https://twitter.com/seniorserving).

**SeniorServicesMidland.org**  
Visit our website for information about all our services and programs including an interactive calendar, menus and more.

## 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 June: 17, 18, 19, 20**  
*If you need to cancel an appointment, please do so as soon as possible.*

# Medicare Update Medical Equipment Fraud

Medicare Part B covers durable medical equipment (DME), which is equipment that serves a medical purpose, is able to withstand repeated use, and is appropriate for use in the home. There have been many recent reported instances of DME fraud, errors, and abuse, so it is important to recognize what DME fraud might look like.

- Some examples of DME fraud might include:
- Someone uses a fraudulent physician’s identity, or a physician’s stolen identity, to medically certify that you need DME.
  - Someone steals your Medicare number and uses it to bill Medicare for a service that you do not need and/or was never delivered.
  - Someone offers you a meal or food in exchange for your Medicare number.
  - Someone calls you or visits your home to offer you “free” equipment that you do not need and then bills Medicare for the equipment.
  - A DME supplier bills Medicare for more expensive DME than the equipment provided.
  - A DME supplier continues to bill Medicare for rental payments for your DME after it has been returned.



To protect yourself from DME fraud, errors and abuse, learn the coverage rules about Medicare’s coverage of DME. Medicare will not cover DME unless your doctor has certified that you need it. There must also be documentation in your medical record supporting your medical need for the equipment or supplies. If you do need DME, ask your doctor about whether you meet the coverage requirements to get it. If you do, get your DME from a supplier that accepts Medicare assignment or, if you have a Medicare Advantage Plan, from an in-network supplier.

Be aware of aggressive marketing that tries to persuade you to change DME suppliers. Before making a decision to change suppliers, speak with your doctor and your current supplier to see if there is a need for you to change.

Do not respond to ads that offer “free” equipment to Medicare beneficiaries, be skeptical of offers that seem too good to be true, and do not give any personal information to someone who calls offering DME that you did not ask for.

Protect your Medicare number. Only give your Medicare number to your doctor and other providers. Be careful when others ask for your Medicare number or offer free services as long as you provide your Medicare number.

Check your Medicare Summary Notices (MSNs) if you have Original Medicare, or your Explanations of Benefits (EOBs) if you have a Medicare Advantage Plan, and billing statements regularly. Carefully look for any suspicious charges or errors. Also, remember that providers are not permitted to routinely waive cost-sharing or offer gifts or financial incentives for you to receive services from them. If you see any suspicious charges or have any reason to believe your provider is inappropriately billing Medicare for DME, call your provider to see if they have made a billing error.

If you suspect a health care provider of DME fraud, contact your Senior Medicare Patrol (SMP) by calling 877-808-2468 or visiting [www.smpresource.org](http://www.smpresource.org). Your SMP can help identify Medicare fraud, errors, and abuse, and report them to the correct authorities.

*Taken from the Medicare Rights newsletter, May 2019.*

# The Culinary Corner

## Support Your Local Market

### Produce Now in Season

By Hope Eckland, CMU Dietetic Intern

Nothing quite welcomes summertime like the season’s first trip to the local farmers market. Perhaps the most wonderful aspect of a farmers market is providing the community with exposure to the region’s freshest produce. You can find in season this month radishes, leafy greens, strawberries, squash and blackberries.

#### Radishes

Radishes often get the short end of the stick (or in this case the root). Radishes are constantly overlooked, forgotten or relegated to the salad bar with shredded cabbage and carrots, or regarded as merely rabbit food. The truth is, radishes are versatile, convenient and come in a kaleidoscope of colors that can brighten up any meal.

Although radishes may not be the nutritional king of vegetables, they do provide ample amounts of vitamin C along with folate and potassium. Radishes are also low in calories and make for a delicious snack whether raw, cooked or pickled. Radishes best maintain freshness inside the crisper in your refrigerator for up to a week or pickled and stored in your refrigerator for up to four months. A fun fact about radishes—every single part of a radish is edible—from seed, to root, to leaf.

#### Leafy Greens

The world of leafy greens is endless, but two of Michigan’s shining stars are spinach and watercress. Spinach is a well known leafy green made famous by the cartoon sailor Popeye and his catchphrase, “I’m strong to the finish ‘cause I eats me spinach.” However, spinach does so much more than merely provide strength—it is a nutritional powerhouse. Spinach contains an abundance of vitamins A and K, and is rich in minerals such as calcium, folate, iron and choline.

Spinach also contains phytochemicals called carotenoids that have the ability to lower inflammation, boost immunity and help prevent cancers. Greens like spinach also supply lutein, which contributes to good vision and may help protect your eyes from macular degeneration. Spinach is delicious as a hot vegetable and as a cold salad. It could also be added to muffins, soups, casseroles and egg dishes.

A lesser-known Michigan leafy green is watercress. This leafy green is a part of the mustard family, similar to kale and collards, and found near streams or lakes. Watercress has a peppery taste that adds a touch of spice to sandwiches or salads. This dynamic vegetable is like eating a multivitamin with a fork. Watercress contains two times the Recommended Daily Allowance (RDA) for vitamin K and almost half the RDA for vitamins A and C. Watercress contains calcium, magnesium, potassium, thiamin, riboflavin and phosphorus. A fun fact about



watercress—there is more vitamin C in one serving of watercress than in an orange.

#### Strawberries

Always a seasonal favorite, strawberries are the third most valuable fruit crop (non-citrus) grown in the U.S. behind grapes and apples, according to the USDA. How fortunate that they are grown right here in Michigan and available locally. Strawberries are an impressively adaptable fruit that responds well to numerous cooking methods including raw, frozen, stewed, roasted, pickled, preserved into jams, baked into pies or even churned into ice cream and sorbet. Adding a small amount of sugar and gently mixing together with fresh strawberries and a bit of acidic juice is a process known as “macerating” and creates a sauce that can be used to top any dessert. Strawberries also pair well with a seasonal fruit called rhubarb to make a deliciously tangy summer pie.

Strawberries are excellent sources of fiber, vitamin C and manganese, as well as a decent source of potassium.

#### About the Author

Hope Eckland is a Dietetic Intern currently enrolled in Central Michigan University’s Dietetics Master Program. Her hometown is Fort Wayne, Indiana but she is currently living in Midland while participating in her graduate program. Hope enjoys hiking, painting, photography and most of all, health and nutrition. She will be working as an intern for Senior Services until mid June.

## June Recipe

### Crispy Pomegranate, Watercress and Fennel Salad

2 tablespoons olive oil  
1 tablespoon fresh lemon juice  
Kosher salt and black pepper  
1 bunch watercress, thick stems removed  
1 small fennel bulb, thinly sliced  
½ cup pomegranate seeds

Whisk together the olive oil, lemon juice, and ¼ teaspoon each salt and pepper in a medium bowl. Add the watercress, fennel, and pomegranate seeds and toss to combine. Serve immediately.

## In This Month 50 Years Ago

### In June of 1969:

- Jun 5 23rd NBA Championship: Boston Celtics beat Los Angeles Lakers, 4 games to 3
- Jun 2 Australian aircraft carrier “Melbourne” slices US destroyer “Frank E Evans” in half, killing 74. (South Vietnam)
- Jun 7 Bob Dylan and Johnny Cash collaborate on a Grand Ole Opry TV special
- Jun 7 Tommy James & the Shondells release *Crystal Blue Persuasion*
- Jun 9 Brian Jones quits the Rolling Stones
- Jun 11 David Bowie releases *Space Oddity*
- Jun 13 T. Smirnova discovers asteroid #2111 Tselina
- Jun 15 *Hee Haw* with Roy Clark and Buck Owens premiers on CBS TV
- Jun 16 Supreme Court rules suspension of Adam Clayton Powell Jr. from House
- Jun 20 150,000 attend Newport ‘69, Jimi Hendrix gets \$120,000 to appear
- Jun 21 Zager & Evans release *In the Year 2525*
- Jun 22 Aretha Franklin arrested in Detroit for creating a disturbance
- Jun 23 Joe Frazier beats Jerry Quarry for the heavyweight boxing title
- Jun 23 Warren E. Burger sworn in as Supreme Court Chief Justice
- Jun 27 50,000 attend Denver Pop Festival
- Jun 29 1st Jewish worship service at White House

## Poetry

### Burning Calories

An exercise maven named May  
Burned up thousands of calories one day.  
But, sad to relate  
She didn’t lose weight—  
Had to throw her burnt brownies away.

~ Dick Votaw

**Comfortable, Affordable Housing**  
*Meal Program, Health Monitoring Services & More!*

**2 Great locations!**  
Riverside Place • (989) 837-3535  
Washington Woods • (989) 837-3494

GOD LOVES YOU

5103 Eastman Ave  
989-835-1781

WE LOVE YOU TOO!

Open 7 Days  
7 am–2:00 pm Monday–Saturday  
8 am–2:00 pm Sunday

**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, June 11 5007 Universal Drive Midland, MI 48640 RSVP to Ashley 989-837-1800**



# On the Lighter Side

## In Honor of Father's Day Dadisms

- Money doesn't grow on trees.
- Don't make me come back there.
- When I was a kid, we didn't even have a TV.
- Wipe that smile off your face.
- You're getting too big for your britches.
- As long as you live under my roof...
- "Hey" is for horses.
- If I've told you once, I've told you a thousand times...
- If it was easy, everyone could do it.
- You call that music?
- I'm not paying to heat the outdoors.
- Nobody ever said life was fair.
- I don't know, ask your mother.
- Were you raised in a barn?
- Do you think I'm made of money?
- You're not leaving the house dressed like that.
- I never talked like that to my father.

### Not Your Dictionary Definitions

ARBITRATOR: A cook that leaves Arby's to work at McDonalds

AVOIDABLE: What a bullfighter tries to do

BERNADETTE: The act of torching a mortgage

BURGLARIZE: What a crook sees with

COUNTERFEITERS: Workers who put together kitchen cabinets

ECLIPSE: What an English barber does for a living

EYEDROPPER: A clumsy ophthalmologist

HEROES: What a guy in a boat does

LEFTBANK: What the robber did when his bag was full of money

MISTY: How golfers create divots

PARADOX: Two physicians!

PARASITES: What you see from the top of the Eiffel Tower

PHARMACIST: A helper on the farm

POLARIZE: What penguins see with

PRIMATE: Removing your spouse from in front of the TV

RELIEF: What trees do in the spring

RUBBERNECK: What you do to relax your wife

SELFISH: What the owner of a seafood store does

SUDAFED: Brought litigation against a government official

# Keep Your Mind Sharp!

## Sunshine Maze

Find your way through this summer maze.



# The Good Ole' Summertime

I asked my Michigan friend if she had a good summer. She replied "Yes indeed, we had a great picnic that afternoon!"

A golfer was having a terrible round—20-over par for the front nine with scores of balls lost in water or rough. When his caddie then coughed as he steadied himself over a 12-inch putt on the 10th, he lost it. "You've got to be the worst caddie in the world!" he yelled. "I doubt it," replied the caddie, dead-pan. "That would be too much of a coincidence."

A man stumbles upon a little girl's lemonade stand and asks, "How much for a glass?" "First one's twenty-five cents," she responds. He hands her the money, downs the lemonade, and asks for another. "The second cup is twenty-five dollars," she states. Confused, the man asks, "Why?" She replies, "This one has the antidote."

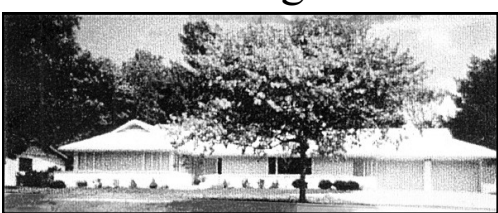
In baseball, what takes longer—running from first base to second, or from second to third? Second to third, because you have to go through a shortstop.

What did the bread boy do over summer vacation? He loafed around.

A gas station was located on a main highway leading to the beach. The pump attendant was accustomed to seeing tired and sunburned occupants in the cars that pulled in to get gas. When a rusty old van containing a very tired looking couple and six screaming children pulled into his station, the attendant tried small talk to cheer the occupants. "Hope you had a good day at the beach! Nice looking kids there. Are they all yours or is this a picnic?" Warily, the driver replied, "Yes they are all mine and it's NO picnic!"



### 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

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



### Looking to Buy or Sell?

Call Brenda Mills  
989.600.0736

**COLDWELL BANKER**  
PROFESSIONALS

222 N Saginaw Rd in Midland  
989.631.1234

              Brendaismyrealtor@gmail.com





MENU

JUNE 2019

Coleman: 465-6216

Greendale: 832-8683

Mills: 633-3788

Sanford: 687-7888

Trailside: 633-3790

Call the number of the center you plan to attend to make lunch reservations.  
All reservations must be made by 9:00am.

3 Crispy Chicken 14 & Gravy 3 Mashed Potatoes 16 Brussel Spouts 9 Fruit Cup 14 Nugget Roll 15	4 Beef Stroganoff 9 Fettuccini 23 Asian Blend Veggies 5 Tossed Salad 1 Fruit Cocktail 14 Veggie Bread 21	5 BBQ Pork Wing 11 Asparagus 3 Potato Salad 16 Watermelon 11 Bread Pudding 44	6 Turkey Pot Pie 21 Green Beans 6 Tossed Salad 3 French Dressing 1 Wheat Roll 11 Peach Parfait 39	7 Oven Baked Fish 8 Cheesy Potatoes 20 Broccoli 5 Marinated Coleslaw 8 Melon Mix 12 Wheat Roll 11
10 Pub Burger 1 & Bun 25 Lettuce, Tomato, Onion 3 Roasted Red Potatoes 17 Cucumber Salad 5 Peach & Fruit Cup 11	11 Roasted Chicken Drumstick 1 Roasted Sweet Potatoes 17 Baked Beans 22 Nugget Roll 15 Blueberry Parfait 32	12 Potato Crunch Pollock 13 Baked Potato 18 Broccoli 5 Emerald Salad 14 Streusel Peach Muffin 41	13 Pork Chop Suey 17 Brown Rice 23 Roasted Baby Carrots 9 Pear 23 / Roll 15 Fortune Cookie 8	14 Father's Day Meal French Dip w/ Au Jus 10 Corn, Onions, Peppers 19 Potato Salad 16 Tomato Wedges 11 Blueberry Pie 46
17 Philly Beef Sandwich 30 Peppers & Onion 7 Cauliflower & Peas 9 Marinated Carrots 10 Grapes 16	18 Fish Tenders 22 Smashed Potato 19 Roasted Corn & Tomatoes 18 Cubed Honeydew 15 Ranger Cookie 17	19 Chicken Cacciatore 12 Orzo 28 Italian Blend Veggies 7 Pears 17 Bread Stick 14	20 Roast Pork 1 & Gravy 4 Mashed Potatoes 16 Carrots 8 Tropical Fruit 13 Bread Pudding 44	21 Chicken Bacon Ranch Sandwich 39 Creamy Bacon Dressing 1 Whole Green Beans 6 Marinated Coleslaw 8 Applesauce Salad 22
24 Sloppy Joe 31 Vegetable Trio 18 Cukes 'n' Cream 9 Strawberries & Blueberries 9	25 Grilled Stuffed Salmon over Spaetzel 36 Northwest Blend 6 Grapes 16 Wheat Roll 11 Coconut Crisp Cookie 17	26 Ham Steak 5 Raisin Sauce 5 Parsley Potatoes 20 Green Beans 6 Cantaloupe 23 Veggie Bread 21	27 Caprese Chicken 2 Bowtie Pasta 20 Roasted Squash & Zucchini 8 Watermelon 11 Chocolate Chip Muffin 35	28 Roast Beef 1 & Gravy 3 Mashed Potatoes 16 Peas & Carrots 11 Tossed Salad 3 Strawberries 24 Pumpernickel Bread 14

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.

**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: June 3-7:** Italian Meatballs and Gnocchi served with Vegetable & Fruit of the Day

**June 10-13:** White Chicken Chili served with Slice of Bread and Vegetable & Fruit of the Day (No feature on June 14)

**June 17-21:** Open Face Corned Beef Sandwich (Corned Beef, Coleslaw and Provolone) served with Vegetable & Fruit of the Day

**June 24-28:** Egg Salad Sandwich on Whole Wheat Bread served w/Vegetable and Fruit of the Day

**Coleman:** Grilled Chicken Patty    **Greendale:** Grilled Chicken Patty or Make Your Own Chef Salad

The MIND Diet

By Kari Herman BSN, RN-BC, Seasons Program Manager


Are you concerned about memory changes happening to you now or in the future? Would you like to be proactive and do something to prevent or slow memory changes? Recent research has found that our diets play a big role in brain health.

The best current evidence suggests that heart healthy eating patterns may help protect the brain. Most specifically, the most commonly cited diets include the Mediterranean Diet, the DASH Diet, and The MIND Diet. The MIND Diet is a combination of the Mediterranean and DASH Diets. It specifically zeroes in on foods in each of these diets that have a positive effect on brain health.

The MIND diet stands for “Mediterranean Intervention for Neurodegenerative Delay.” It was developed by researchers at Rush University Medical Center in Chicago and

has been shown to reduce the risk of developing Alzheimer’s disease by as much as 53 percent. The study reports that even those who followed this diet only moderately well reduced their risk by about a third. This diet is also believed to help slow the rate of cognitive decline and reduce the risk of Mild Cognitive Impairment from progressing to Alzheimer’s disease. The results show that following this diet consistently over years will provide you with the best brain protection.

The MIND Diet breaks down recommendations into ten “brain healthy food groups” a person should eat more of, and five “unhealthy food groups” to limit or avoid. Foods to eat include leafy green vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and even one glass of wine or “spirits” per day. Foods to limit include red meat, butter and margarine, cheese, pastries and sweets, and fried and fast foods.



Although diet is important to brain health, other measures such as receiving cognitive stimulation, socialization, exercise and more are also very important. Senior Services offers many classes, programs, groups, and Seasons Adult Say Health Services for achieving your best brain health. These programs offer a complete continuum of services from mild memory changes to advanced memory changes. For any questions, or to find out more about our memory support services, please call Kari Herman at 633-3767.

IMPACT MEDICAL SUPPLY

Your Diabetic Shoe Source!

Area’s Largest Selection

In-Home Visits • Local Midland Company • Home Delivery

Call for an Appointment Today!

989-486-3668

We Also Provide:

Catheters • Custom Orthotics • Braces

Most insurances pay for one pair of diabetic shoes and 3 pairs of diabetic inserts per calendar year. We accept most insurances and handle all paperwork for you.





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.



# Community News

**Having Trouble Making Ends Meet?**  
Wednesday, June 19  
Registration: 10:00am Distribution: 11:00am  
**Blessed Sacrament Catholic Church**  
**3109 Swede 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 Blessed Sacrament with support from the Midland Area Catholic Community: Assumption of the Blessed Virgin Mary, Our Lady of Grace and St. Brigid of Kildare. 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.

**Downtown Detroit & Beyond**  
Thursday, July 18  
Depart: 8:00am Return 7:30pm  
Bus Leaves from the Greater Midland Community Center  
A bus trip to tour Detroit that will show the people, places, neighborhoods that make up Detroit’s core. You’ll see distressed areas, surrounding the core that are developing unique solutions to challenges they face. In a fully guided Detroit Motorcoach bus, highlights of the tour will be the Guardian Building, the Riverwalk and Rivard Plaza, Fisher Building, Heidelberg Project, and Willis/Canfield Retail District. We will not be getting out at each place. We will stop at some and get out and tour the inside of some buildings. Trip includes a lunch at Detroit’s well known Traffic Jam & Snug, a couple of hours in Frankenmuth on the way home with time to explore on your own, and snacks, games and prizes donated by Bayside Home Care. The cost is \$109. For more information contact 832-7937, ext. 2270.

**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.

**Sponsored by the Sanford Jacks & Jills Little River Casino**  
Thursday, June 27  
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. Reservations are required and payment due at reservation. For more information contact the Sanford Jack’s and Jill’s at 687-7888 or Carolyn McLaughlin at 687-5120.

**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

**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

**Saturday, Writing Workshop**  
Saturday, June 1, 9:00am—12:00pm  
Spend a Saturday morning focused on creative writing. Learn some tips and tricks to enhance creativity and detail in your writing. With Deb Cull.

**Creative Crochet, Beyond Basics**  
Mondays, June 3, 10, 17, 24, 6:00-7:30pm  
Join Creative 360’s Executive Director Carol Rumba to build on your basic crochet skills and try new projects. In this group of “happy hookers” you will discover how to make variations on basic stitches and be inspired to experiment with your own stitch combinations to create summer wraps, bags and more! Drop in hookers are welcome!

**Book Talk & Signing with Rick Bailey**  
Tuesday, June 4, 7:00-8:30pm  
Author Rick Bailey, a Freeland native, published his second book, *The Enjoy Agenda at Home and Abroad* on April 1 this year. Come meet the author, hear more about his book, and get copies signed.

**Great Lakes Bay Region Mail Art Social**  
Sunday, June 9, 1:00-4:00pm  
New in 2019! You are cordially invited to meet quarterly and create art in a friendly, supportive environment! Our focus will be on making artsy postcards and envelopes to send to family, friends and swaps. At each social, we will have brief presentations on a variety of topics and then roll up our sleeves and have fun creating! Bring your own supplies. Call Creative 360 to register and for more information.

**What I Saw at the Corner, Stories About Covering the Detroit Tigers**  
Tuesday, June 11, 7:00-8:30pm  
James P. Kusmierz is an artist and cartoonist who served as a freelance photographer for the Detroit Tigers from 1988 to 1993. During this time, he took pictures for the Tiger yearbook, and was commissioned to create paintings for some of the players. He will share behind-the-scenes stories about former players, some of the photographs he took, and his baseball art work. Please preregister.

**10<sup>th</sup> Annual Artfest 55 Exhibition Opening & Awards Ceremony**  
Friday, June 21, 6:30-9:00pm  
Join us for this festival celebrating Michigan’s visual artists, writers, and performing artists aged 55 and over. The evening features a juried art exhibit, a talent show and a creative writing competition—all with prizes. Everyone is welcome. Free! Entries are currently being accepted.

**Artshop Student & Staff Fundraiser & Art Sale**  
Saturday, June 29, 10:00am-4:00pm  
Come snag some unique original and affordable art and crafts in all media created by our Artshop students and staff. You will find paintings, jewelry, ceramics, textiles, and more! Enjoy visiting with the artists and delicious treats baked with love by the cooking students. All proceeds benefit the Express Yourself Artshop program and our Artshop students.

## 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



IMPACT MEDICAL SUPPLY

## Get the Right Brace

*Braces to Meet Your Unique Needs*

**We carry all major brands of braces**

- Ankle/Foot
- Knee/Hip
- Upper Extremity
- Spinal
- Cervical

*Call for an Appointment Today*

**989-486-3668**



A Local Midland Company

### 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 and send to: Senior Services  
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.

## Joke of the Month

The loaded mini-van pulled into the only  
remaining campsite. Four children leaped  
from the vehicle and began feverishly  
unloading gear and setting up the tent.

Two kids rushed to gather firewood, while  
the other two and their mother set up the  
camp stove and cooking utensils.

A nearby camper marveled to the young-  
sters' father, "That, sir, is some display of  
teamwork."

The father replied, "I have a system—no  
one goes to the bathroom until the camp is  
set up."

*What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade. ~ Gertrude Jekyll*

*If a June night could talk, it would probably  
boast it invented romance. ~ Bernard Williams*

*In June as many as a dozen species may burst  
their buds on a single day. No man can heed all  
of these anniversaries; no man can ignore  
all of them. ~ Aldo Leopold*

*And what is so rare as a day in June? Then, if  
ever, come perfect days. ~ James Russell Lowell*

*Summer is not obligatory. We can start an infernally hard jigsaw puzzle in June with the knowledge that, if there are enough rainy days, we may just finish it by Labor Day, but if not, there's no harm, no penalty. We may have better things to do. ~ Nancy Gibbs*



# 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

June 2019 | Volume 44 Issue 6

Phone: 989-633-3700

Non-Profit  
U S Postage PAID  
Midland MI  
Permit 240

## Minds in Motion

Wednesdays, June 12 - July 31, 9:00-10:30am

Seasons Adult Day Health Services Building  
4812 Dublin Ave in Midland

Minds in Motion is an innovative program focusing on brain gaming and keeping your mind active. The activity based course is designed for those experiencing memory changes who would enjoy a fun and interactive social setting. Benefits of this program can include improved concentration, faster processing, enhanced short term memory and opportunities for socialization and camaraderie.

A memory screening is required to determine eligibility prior to session beginning.  
Call 633-3700 now to schedule your screening and learn more about Minds in Motion.



## Memory Screenings Offer Early Detection

Often, memory loss is one of the first or more recognizable signs of dementia. Early detection is key. Take action and sign up for a memory screening now. Screenings are conducted at Senior Services by dementia experts who will discuss the results with you and provide information about beneficial resources and services.

**Call 989-633-3700 to Make Your Appointment**