

# Midland PRIME TIMES

Your Monthly Midland County Older Adult Newspaper



SENIOR SERVICES  
Better Living Starts Here

May 2017 | Volume 42 Issue 5

Phone 989-633-3700 | [SeniorServicesMidland.org](http://SeniorServicesMidland.org)

## How to Survive Your Medical Bills

At times, dealing with medical bills seems almost as bad as being sick. Some people avoid seeking healthcare due to concerns about the out-of-pocket costs. Others are unable to take medications or treatments as prescribed, because they are unaffordable. To add to these concerns, when the bills and the explanation of benefits arrive, it can be a challenge to figure out what's going on. Frequently, patients are receiving unexpected or "surprise" medical bills. Attend May's Healthy Hints, to learn ways to help minimize medical expenses up front, and how to better handle the challenging paperwork. If bills begin mounting and medical debt becomes difficult to manage, you may be able to get some relief. Receive suggestions offered by billers and billing advocates to help reduce your medical bills, and better deal with creditors.



**Sanford:** Tues, May 9, 12:15pm 687-7888  
**Greendale:** Mon, May 15, 11:00am 832-8683  
**Coleman:** Thurs, May 18, 12:30pm 465-6216  
**Mills:** Wed, May 24, 12:30pm 633-3788  
**Trailside:** Thurs, May 25, 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.

## Facebook Security & Privacy Settings

**Thursday, May 4, 12:15-1:45pm**

Sanford Center, 113 W. Lincoln St. in Sanford

Facebook can be a great way to connect with your family and for many people it is the way they share their photos, stories and lives. Yet, there are potential pitfalls to work through. Many people are worried about how to protect their privacy. What security settings are good to consider? In this hands-on session, instructor Trena Winans will walk you through some basic choices you can make in your security and privacy settings and what those choices mean. This class is for people who already have a Facebook account. **It is essential to come with your Facebook username and password along with your email address and password.** Space is extremely limited so call early to reserve a spot by calling 687-7888.



## Age Well with Senior Services

Donate to Senior Services on May 2 and Donate to Your Future!

Be a Part of **GIVE LOCAL MIDLAND**

Donate Online at [GiveLocalMidland.org](http://GiveLocalMidland.org) on May 2

- Over 50 local non-profits raise money for endowment funds through this one day challenge.
- Help build our endowment fund so Senior Services can serve the community you live in for years to come!
- We encourage you donate to Senior Services online between 9:00-10:00am on May 2nd and Senior Services may win an additional \$300 dollars. However, donations any time of the day will be highly appreciated.



### How Does Your Dollar Go Further on May 2nd?

With Matching Funds and Endowment Interest Rates Your Contribution Will be Worth **MORE THAN DOUBLE** in 10 years!

There is a minimum donation of \$10. Don't forget to give local on May 2!

### For Family Caregivers

## Avoiding Financial and Legal Pitfalls

**Tuesday, May 16, 1:00-2:30pm** ~ Trailside Center, 4700 Dublin Ave in Midland

Should I obtain a written contract to receive payment for the care I give dad if I quit my job to help him? If I move mom into my house, or I move into hers, what are the legal obligations? If a loved one loses capacity to make decisions for themselves, what documents do I need so I can make decisions on their behalf?

These are just a few legal questions caregivers face as they navigate the caregiving journey. All too often, people take on the role of caring for a loved one without sufficient understanding of the critical legal issues. In reality, what we spend now, and how we document it, can impact possible Medicaid eligibility down the line or create major conflicts within families. Join Wendy Kanar for a discussion of legal pitfalls caregivers may face and precautions you can take to protect yourself and the loved one you are assisting. Watch for a separate session on Estate Planning to follow in June. Call 633-3700 to register.



## Powerful Tools for Caregivers

**Thursdays, June 1 - July 6, 12:30-3:00pm** ~ Trailside Center, 4700 Dublin Ave


You can only help another if you first take care of yourself! Family members who assist in the care of a loved one tend to spend themselves until there is little left. In this evidence-based program taking place over the course of six weeks, caregivers acquire a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to other family members and healthcare providers, deal with difficult feelings and make tough caregiving decisions. Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life! A past participant had this to say: "I have greatly appreciated the class. I have found the most valuable take-away to be shared discussions about many things we are all thinking about and experiencing."

There is a \$25 suggested donation. Class size is limited to 12 participants. This program is supported in part by funds from the Older Americans Act. Sign up now by calling 633-3700.

**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 or to arrive 15 minutes early to fill out a brief form. Respite scholarships may be available. If requesting respite care, notify when registering.**







# 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

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Mary Pitchford	Jeremy Shafer
Joe Torrence	

Executive Director: Alan Brown

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, Michigan Office of Services to the Aging, Region VII Area Agency on Aging, State Appropriations of the Older Americans Act and Midland County Senior Millage.

### MAY 2017

### Volume 42, Issue 5

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

# Memorials

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

**Leo Boyle**  
Tony Boyle  
Janeene Brady  
Charlotte Snoap  
Mike & Linda Stein

**Marie Mahoney**  
Bill & Colleen German

**Jean Parkinson**  
Felicia & Tod Sutton

**Arlene Ross**  
Mary Gettel

**John Samalik**  
Janet Samalik

**Richard Solomon**  
Bob & Sharon Olson

**Melvin VanMeter**  
Joann Cobb  
Yvonne Cobb & Family  
Charles & Ann Seeber  
VanMeter Family:  
Dan, Sally, Cathy,  
John L. VanMeter, Jr.

*The above memorials are those received through April 10, 2017.*

## Senior Services Staff Changes

**Welcome to:**  
Connie Harkrader, *Home Care Aide*  
Toni Harcourt, *On-Call Cook*

**Farewell to:**  
Brian Hepinstall, *Seasons Custodian*  
Ronda Livermore, *On Call Cook*  
Becky McAulay, *On Call Cook*



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EHO 

## Poetry

### Mother

Her face is a thing of beauty  
Crisscrossed with lines of living  
Reminders to her loved ones  
Of the years she spent in giving

And each gray hair reminds us  
When we were ill at night  
She'd leave her nice warm bed and come  
To comfort us and make things right

She never did have very much  
That folks consider, now, a must  
Be we all knew that we were loved  
That she was someone we could trust

Down through the years, that hasn't changed  
She's still just as before  
And each one of her loved ones knows  
We could not love her more

~ By b allen

### To My Wife on Mother's Day

There's a day that comes early in May  
That gives me the occasion to say,  
"If it wasn't for you  
We'd still be just two  
So here's to a Great Mother's Day!"

~ By Dick Votaw

## May Recipe

### Lemony Cucumber Salad

1 cup thinly sliced radishes  
½ cup finely chopped orange bell pepper  
¼ cup chopped fresh flat-leaf parsley  
2 cucumbers, thinly sliced (about 6 cups)  
1 teaspoon finely grated lemon rind  
2 tablespoons fresh lemon juice  
1 tablespoon extra-virgin olive oil  
1½ teaspoons white wine vinegar  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper

Combine radishes, orange bell pepper, parsley and cucumbers in a large bowl. Combine lemon rind and remaining ingredients in a small bowl, stirring with a whisk. Pour over cucumber mixture; toss well to coat. Serve at room temperature or chilled.



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## 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.

# Tuesdays with TED

Trailside Center, 4700 Dublin Ave. in Midland  
The nonprofit TED, standing for *Technology, Entertainment, Design*, offers knowledge and inspiration from the world’s foremost thinkers in video presentations online for free. Their mission: spreading ideas. Join educator Tom Lowrey on the second and fourth Tuesday of each month during lunch to watch a TED talk (typically 10-20 minutes each) and participate in lively discussion about the ideas presented.

**Please Register by Calling 633-3700**

**Religion and Change**  
Tuesday, May 9, 11:45am-1:00pm  
*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.*

**It's time to reclaim and reinvent religion**  
At a moment when the world seems to be spinning out of control, religion might feel irrelevant or like part of the problem. But Rabbi Sharon Brous believes we can reinvent religion to meet the needs of modern life. He shares four principles of a revitalized religious practice.

**I grew up in the Westboro Baptist Church. Here's why I left** What's it like to grow up within a group of people who exult in demonizing everyone else? Megan Phelps-Roper shares details of life inside America's most controversial church and describes how conversations on Twitter were key to her decision to leave it. She shares her personal experience of extreme polarization, along with some sharp ways we can learn to successfully engage across ideological lines.

**How I'm working for change inside my church** How do we respect someone's religious beliefs, while also holding religion accountable for the damage those beliefs may cause? Chelsea Shields has a bold answer to this question. She was raised in the orthodox Mormon tradition, and she spent the early part of her life watching women be excluded from positions of importance within the LDS Church. Now, Chelsea is working to reform her church's institutionalized gender inequality.

**Fixing and Saving the News Industry**  
Tuesday, May 23, 11:45am-1:00pm  
**3 ways to fix a broken news industry**  
Something is very wrong with the news industry. Trust in the media has hit an all-time low, we’re inundated with sensationalist stories and consistent, high-quality reporting is scarce, says journalist and entrepreneur Lara Setrakian. She shares three ways we can fix the news and make complex issues easier to understand.

**How free is our freedom of the press?**  
In the U.S., the press has a right to publish secret information the public needs to know, protected by the First Amendment. Government surveillance has made it more dangerous for whistleblowers to share information. Freedom of the Press Foundation co-founder Trevor Timm traces the recent history of government action against individuals who expose crime.

**We can fight terror without sacrificing our rights** Can we fight terror without destroying democracy? Internet freedom activist Rebecca MacKinnon thinks we'll lose the battle against extremism and demagoguery if we censor the internet and press. In this talk, she calls for a doubling-down on strong encryption and appeals to governments to better protect journalists and activists fighting against extremists.

# Lunchtime Learners

Trailside Center, 4700 Dublin Ave. in Midland  
Space is limited in the room, so please call ahead to register at 633-3700. 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. Lunches are by suggested donation to those over 60, or \$6 for those under 60, payable at the door.

**Saginaw’s Tim McCoy: Michigan’s Greatest Cowboy**  
Friday, May 12, 11:45am-1:00pm  
Join us as Scott Seeburger, film poster collector and entertainment historian, explores the colorful life of Saginaw native Tim McCoy. Living the life of a cowboy, McCoy was a popular film star starting in the 1920s, a military leader and a liaison to Native American tribes. Sandwiching his film accomplishments between stints of active duty in both WWI and WWII, he returned to Hollywood after serving his country. His long career in the circus brought him to the Great Lakes Bay Region several times. Don’t miss this fascinating presentation enhanced by film clips and artifacts from McCoy’s life!



**The Road to Success is Always Under Construction!**  
Friday, May 26, 11:45am-1:00pm  
What is in the works for local roads and bridges? Which changes can we expect to see for the Karl B. Robertson Bridge and in what time frame? What is your opinion about the addition of recent roundabouts? Enjoy a great opportunity to hear about upcoming projects and the thinking behind them. Get your questions answered in an interactive talk with Bill Mayhew from the Michigan Department of Transportation.

William J. Mayhew P.E. is the manager of the Mt. Pleasant Transportation Service Center covering Clare, Gladwin, Gratiot, Isabella and Midland counties. Following six years as a field artillery surveyor with the U.S. Army, he received an Associate in Science in Civil Engineering from Lawrence Tech. From there, he began his 27 year career with MDOT overseeing roughly 250 million dollars in projects for this region including the Eastman Rd interchange.



**Coming Soon to Lunchtime Learners**  
**June 9:** Pyrotechnics: The Science of Fireworks **June 23:** Refugees in Greece: A First-Hand View

A Meaningful Way to Help Others

# Chronic Pain Self-Management Leader Training

**Mondays & Wednesdays, June 5, 7, 12 and 14, 10:00am-5:00pm**  
*Each day includes a lunch break ▪ All 4 days of training are required to become certified*  
Trailside Center, 4700 Dublin Ave. in Midland

Leaders of Chronic Pain Self-Management evidence based programs receive training to guide people through an educational and often life-changing program to help them learn to take an active role in their pain management. Many leaders are not health care professionals, but are people who themselves manage pain or care for someone who does.

We are looking for people comfortable speaking to groups and wanting to learn how to facilitate these programs. After this training, new leaders will be paired up and are asked to teach at least one Chronic Pain Self-Management workshop in the coming year. Please call 633-3700 for more information or to register for this fulfilling volunteer opportunity.



# ENCORE50/70

**Code Breakers & Frick’s**  
**Monday, May 22: 5:30pm: Code Breakers ~ 6:30pm: Frick’s**  
4426 N Saginaw Rd in Midland

Join in an exciting live-action escape and puzzle challenge at Code Breakers as we attempt to solve a ship wreck mystery in the nick of time. Do you have what it takes? The clock is ticking! Join us for a memorable and fun experience at Code Breakers at a cost of \$20 a person, or meet us afterwards at Frick’s for dinner at 6:30pm. Reservations for Code Breakers are a must as space is limited! Call us at 633-3700.





# Volunteer of the Month

By Tina Podboy Laughner, Volunteer Manager

Wendy Schultz

Wendy Schultz is being honored as the May Volunteer of the Month for her time as a volunteer for the Mills Center. She began volunteering in January of 2016.

Why does she volunteer? “I have always thrown myself into senior groups. I don’t have any parents or grandparents and it is so enriching to hear the seniors’ life stories.” With the recent changes in the schedule at Mills, Wendy’s help is very much needed and appreciated. Jody Liebmann, Mills Center Director, says, “Wendy is so conscientious, caring and giving. She comes in before I get here to make sure everything is set up. She’s a big help to me! She organizes craft classes, brings items from home for us to use at the center, and helps with our bake sales.”

Wendy started bringing a friend to the center and then soon became “of age” to attend on a regular basis. She is currently on the Mills Senior Advisory Board, sets up the center twice a week before lunch, decorates for regular meals and special events (she is pictured above by an Easter wreath she created!), buys the bingo prizes and anything else that needs doing. She has also served as a Friendly Visitor for Senior Services. Center volunteers are very helpful to an Activity & Dining Center. A Center Director has a variety of duties and responsibilities often being pulled in many different directions. A trusted volunteer is a valuable asset!

Wendy and her husband moved here from Shiawassee County five years ago. She retired as a dietary director of a senior retirement home. She lives in the Albright Shores area and helps out her older neighbors, especially with their gardens. Wendy is an avid gardener and often brings fresh flowers from her own garden for table decorations at



Wendy Schultz is Senior Services’ Volunteer of the Month for May.

Mills Center. She has two daughters, two sons and six grandchildren.

The Centers are great places for active older adults to eat, socialize and participate in a variety of activities and special events. The Mills Center is located in the Greater Midland North Family Center and is open Tuesday, Wednesday and Friday for lunch (call 633-3788 for reservations.) If you are interested in center activities, or other services, contact Senior Services at 633-3700. If you are interested in becoming a volunteer, call 633-3741.

Thank you, Wendy, for your giving nature and congratulations on being chosen as the Volunteer of the Month!

## Welcome New Volunteers!

- |                      |                  |
|----------------------|------------------|
| Dan Anthony          | Jody Lahring     |
| Sharon Hale          | Dawn Glesner     |
| Linda Lones          | Megan Miller     |
| Darlene Decker       | Alexandria Fritz |
| Solange Jones        | Sydney Ramey     |
| Steve Perry          | Gaylene LeVally  |
| John & Katie Roberts |                  |

## Elder Abuse & Justice: A Dialogue with Experts & The Community

Wednesday, May 24, 1:30-4:30pm  
Sign in Begins at 12:30pm  
Holiday Inn, 810 Cinema Dr in Midland

The Midland County Vulnerable Adult Network Team (MCVAN), in collaboration with the Elder Justice & At-Risk Adults Project (Prosecuting Attorneys Association of Michigan), is hosting a free informative event on the issue of vulnerable adult and elder abuse, a rising issue in the country.

Community members interested in this issue are encouraged to attend including social workers, medical providers, vulnerable adults, care providers, CNAs, DHHS workers, Senior Services workers or volunteers, law enforcement and other concerned citizens. Refreshments will be provided. Please call 517-334-6060 ext. 801 for questions about this event.



Senior Services, the Midland County Prosecutor, Department of Health and Human Services and a variety of other service agencies established MCVAN in 2015. These agencies joined together to better coordinate the identification and delivery of needed and available services to abused, neglected or exploited vulnerable adults. MCVAN’s purpose is to protect and serve vulnerable adults in our community by increasing our understanding of the complex issues surrounding abuse.

If you suspect that you or someone you know may be a victim of elder abuse, **speak up. Report to Department of Health and Human Services (DHHS) Centralized 24-hour intake at 855-444-3911.** DHHS Adult Protective Services receive reports of suspected abuse and conduct investigations to determine if an older adult is in need of protection or assistance. Adult Protective Service investigators provide protection to vulnerable adults from abuse, neglect or exploitation by collaborating with and coordinating community resources and services.

## 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



### Providing Patient Advocacy and Social Support to Elders and their Families

- Coordination of medical services & appointments, advocacy and timely communication with family members
- Stimulating intellectual opportunities including reading, discussion, lectures & museums
- Memory loss services
- Daily living support & personal secretary services
- Fitness, exercise & outdoor enrichment
- Support services for primary caregiver
- Collaborative meal planning/preparation
- Services provided in one’s own home or residential setting

## COMPANIONS in Living & Learning

Enriching Elders’ Lives Through Support & Advocacy

For additional information on how we may assist you or a loved one in your life, please visit [www.companionlive.net](http://www.companionlive.net) or call LoLita Pfeiffer at 989.430.5700. Excellent local references.

New Clients Being Accepted



## Team Handyman

Senior Services offers a handyman program for older adults in Midland County. A volunteer team helps people maintain their homes to make them safe and secure. Many older adults have to give up living in their home simply because the house has not been modified for their safety. It's Senior Services Team of Handymen to the rescue!

Team Handyman makes sure that:

- All exterior doors are secure
- Windows and screens are secure and working
- Outside entrance lights are functioning
- Exterior areas around the house are safe
- Slip hazards inside the home such as rugs, cords, etc. are secured
- Stairs and handrails are secure
- Ceiling light bulbs are replaced
- Anti-slip surfaces are installed in bath tubs
- Grab bars are installed
- Raised toilet seats are installed



The team can also install smoke alarms, offer energy efficient light bulbs and complete other safety-related repairs and tasks.

Our Handyman service is unable to do roof-work, eaves replacement or cleaning, plumbing projects without a shut off valve, crawl space work, lawn and garden tasks, painting, floor replacement, window washing, chemical applications, furniture moving or any job outside of the available talent of current volunteers.

Labor and parts are free to seniors in Midland County who own their homes. However, donations are greatly appreciated and are used to help expand the program and help more people in the community.

For more details about our Handyman Services, please call 633-3700 and be on your way to a more safe and secure place to live!

“The railing has made the steps safer and more functional and very attractive.”  
~ Handyman Client

## Senior Services Receives Innovation Award

In recognition of its commitment to improving the lives of older adults, Senior Services was presented with The Silver Key Coalition Tess Canja Innovation Award at Blue Cross Blue Shield of Michigan's Lansing office.

Sponsored by Blue Cross Blue Shield of Michigan, the Silver Key Coalition Tess Canja Innovation Award recognizes social service agencies that have implemented innovative approaches in providing essential in-home services for older Michiganians.

The award is named in honor of Tess Canja, who has been a lifelong advocate for older adults. The winners were selected by AARP statewide volunteers based on creativity, cost-effectiveness, replicability, quantified positive impact and the exceptional stewardship of public dollars.

Senior Services received the award for its volunteer Team Handyman program, which purchases and installs many health and safety items such as grab bars, hand-held showers, shower chairs, transfer benches, carbon monoxide detectors and bed assist bars, in addition to making minor repairs to steps, railings and ramps. Volunteers are trained to complete safety checks in homes and make the necessary installation or repair. In fiscal year 2016, volunteers logged 487 hours of work assisting 214 older adults. Senior Services Executive Director, Alan Brown, was on hand to receive the award and stated, “With volunteer help, the program is very efficient, but the most important savings comes from falls prevented, avoided nursing home placements and quality of life enhanced.”

Team Handyman depends on volunteers to help seniors maintain their homes by making them safe and secure. If you are interested in becoming a volunteer for Team Handyman, please contact Tina Podboy Laughner, Volunteer and Community Outreach Manager, at 633-3741 for more information.

Senior Services relies on the support of the community to provide these much-needed services and resources. Donations are greatly appreciated and will be used to help continue and expand the program. Donations to the program can be made by calling 633-3700 or by mail: Senior Services (Team Handyman), 4700 Dublin Ave. Midland, MI 48642. By supporting these home and community-based efforts, older adults are able to remain independent and safely living in their own home.



Alan Brown, Senior Services Executive Director, accepts the Tess Canja Innovation Award. Pictured left to right: Jim McGuire, Silver Key Coalition Chairman; Senator Jim Marleau; Alan Brown and Suzanne Miller, Blue Cross/Blue Shield of Michigan.



Several members of Team Handyman pictured above with Kris Recker, Team Handyman Manager. Pictured top, left to right: Marshall Giant, Jack Johnson, Dan Anthony, Larry Eichinger, Dan Beaudoin. Pictured seated, left to right: Kay Burton, Kris Recker and Howie Schaedig. Handymen not pictured: Steve Dicken, Mike Fazio, Ken Oswald and Darryl Smith.

## Apartments for Seniors

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# Special Events at the Centers in May

### Donate for Donuts

As part of Give Local Midland, come enjoy donuts and help raise money for Senior Services’ endowment fund. Donate using your debit or credit card and get your name in a drawing to win a \$25 gift card.

**Coleman** Monday, May 1, 10:45-11:45am  
**Trailside** Tuesday, May 2, 9:00-10:00am

**Happy Trails Performance** Monday, May 1 at 12:00pm  
Trailside’s thespian troupe, Happy Trails, will be performing a dazzling repertoire of music and theatrical readings. You will not want to miss this annual entertainment extravaganza! **Trailside**

**Star Wars Day** Thursday, May 4  
May the “fourth” be with you! **Coleman**

## Cinco de Mayo Parties

Friday, May 5

All Activity & Dining Centers will be celebrating with a Mexican-themed meal of tacos, refried beans, Spanish rice, salsa, tropical fruit and more. A few centers are also doing a little something extra:

**Coleman** Celebrate Cinco de Mayo with music by Dale Hafer at 11:00am.

**Sanford** Special snacks and Mexican bingo!

**Trailside** Get into the spirit with festive music by Paul Wilkinson and Mexican treats before lunch.



**Kentucky Derby Day** Friday, May 5, 11:30am-1:00pm  
Wear your best derby hat and try a refreshing Mint Julep (non-alcoholic). Everyone is welcome to stay for bingo. **Mills**

### Bean Me Up Coffee & Snacks

Monday, May 8, 10:30-11:30am  
According to legend, Ethiopian shepherds first realized the profound caffeinating effects of coffee when they noticed their goats started “dancing” after eating coffee berries. Ann Marie Monaghan from Bean Me Up Coffee shop in Coleman will be in Sanford to share some specialty coffee and snacks to get you dancing! **Sanford**

## Mother’s Day Parties

Friday, May 12

All Activity & Dining Centers will be celebrating Mother’s Day with a special chicken cordon bleu meal. Here is what each center has planned:

**Coleman** All moms will receive a gift.

**Greendale** Music by The Shaffers at 10:30am.

**Mills** Bake sale from 11:30am to 1:30pm. Yummy homemade goods will be available for purchase.

**Sanford** Val Lemen will entertain at 10:30am. Meridian Students will serve lunch. Photos of your mothers are welcome for display!

**Trailside** Honor your Mother by bringing her to the Mother’s Day Luncheon beginning at 11:00am.



**Archery Contest** Monday, May 15 at 9:00am  
In honor of National Archery Day, celebrate with a good old fashioned archery contest. The best shot will win a \$10 Meijer Gift Card. Target practice begins at 9:00am. **Trailside**

**Solar System Sculpture Talk** Wednesday, May 17, 12:40pm  
Engineer Robert Mass will talk about his solar system sculpture which is located near the Rail Trail in Coleman. The Grand Opening of the sculpture will be on Saturday, May 20 at 10:00am. All are invited to attend! **Coleman**

### Rummage Sale & Bake Sale

Thursday & Friday May 18 & 19, 9:00am-4:00pm  
**Mills**

## Memorial Day Celebrations

Friday, May 26

All Activity & Dining Centers will be commemorating Memorial Day with a patriotic pulled pork meal and blueberry pie. The centers below will also be doing the following:

**Coleman** Enjoy a special Memorial Day menu and a door prize drawing.

**Greendale** Stillwater will provide musical entertainment at 10:30am.

**Trailside** Come prepared to hear some inspiring stories from our Trailside veterans.



### Senior Health & Fitness Day

Wednesday, May 31 at 10:30am  
See back page for more information. **Sanford, Trailside**

## Birthday & Anniversary Parties

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

**Greendale** Wednesday, May 10 at 10:00am. If you have a birthday or anniversary in May, come and put your name in the pot for a chance to win a gift certificate to a favorite Midland restaurant. Save room for a delicious birthday treat after lunch.

**Mills** Friday, May 26. Celebrate after lunch.

**Sanford** Friday, May 19. Enjoy ice cream after lunch.

**Trailside** Wednesday, May 17. Bingo and ice cream sundaes after lunch.

## Musical Entertainment

Many musical entertainers will be performing at our Activity & Dining Centers in May. Please look at the Schedule of Events on Pages 8 & 9 to find when and where all your favorite musicians will be performing.



## 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.

## Activity & Dining Center Announcements

**Coleman** Pinochle winners this month were Pat Gerhart, Pat Burton, Jim Evans and Kathy Bauder. Euchre winners were Ross Kent and Kathy Bauder.

**Greendale** The winners of the March euchre tournament are: 1st Nolan Stilgenbauer, 2nd Gene Woods and 3rd Ruth Krotzer. The winners of the March Texas Hold’em tournament are: 1st Don Swinson, 2nd Mary Swinson and 3rd Vern Mapes.

**Sanford** There will be no dance on Friday, May 26. Enjoy your Memorial Day weekend.

**Trailside** Recent Trailside Bridge winners include Bob Lewis, Dick Hopkins, Howard Alexander, Dot Costello, George Helvey, Dick and Joyce Scott, Barb Pettersson and Doris Webb. Recent Pinochle winners include Lou Buchanan, Lila Myers, Bob Christensen and Sue Klich. Cribbage winners included Dorothy Camehl, Rich Campbell, Charles McAnallen, Ed Lepeak and John Eisler.



The Culinary Corner

Healthy Fats?

By Carol Witte, RDN, Director of Nutrition Services and Senior Centers

It may seem odd to place the words “healthy” and “fat” together, but fat is a necessary nutrient for your body. While various fats in food have different effects on health, some offer health-protective benefits. Sometimes, however, it can be difficult to find accurate information to help you make informed decisions about what type of fat to include in your diet.

Fat is a great source of energy and provides nine calories per gram. This could be good or bad, depending on whether you need to lose or gain weight. In comparison, proteins and carbohydrates provide four calories per gram. Fats are important for energy and are carriers of essential nutrients such as vitamins A, D, E and K and carotenoids. Fats can impact your health and help your heart and arteries if you choose wisely. It is all a matter of balance. Eating too much saturated fat, trans fat and cholesterol may increase your risk of heart disease.

I am aware that there are many articles being written that state eating some foods high in cholesterol no longer raises your cholesterol, but I am waiting for more information before I change my eating habits. Saturated fats are still listed as foods to avoid in the 2015 Dietary Guidelines and many foods which are high in cholesterol are also high in saturated fats. All fats contain varying amounts of saturated, polyunsaturated and monounsaturated fats. This is where it becomes more confusing.

Which Fats are Best to Include in Your Diet?

**Polyunsaturated fats (Omega -6):** Studies are still ongoing regarding Omega 6 but research is increasingly leading to the conclusion that these fatty acids likely provide benefits to brain, nerve and heart health. Omega 6 can be found in corn, safflower and soybean oils as well as in nuts and seeds.

**Polyunsaturated fats (Omega-3):** Several studies show that Omega-3 fatty acids may help lower cholesterol and support heart health.

- **Fatty fish** (salmon, albacore tuna, sardines, lake trout, mackerel and herring) should be included in your diet at least twice a week.
- **Walnuts** are an excellent plant source of Omega-3 fats and are tasty in muffins, salads, cereal and yogurt.
- **Canola and soybean oils**
- **Ground flaxseed and chia seeds** are a great addition to breakfast cereal, yogurt and baked goods.

**Monounsaturated fats:** These fats can also improve blood cholesterol levels, which can decrease your risk of heart disease.

- **Nuts** are also a good source of protein, fiber and a variety of vitamins and minerals in addition to heart-healthy benefits. Keep portion control in mind because one ounce (approximately 1/3 cup) provides almost 200 calories.
- **Avocados** are not only an excellent source of monounsaturated fat, but they are also packed with nutrients like folate, vitamin E, vitamin C, B6, potassium and fiber.
- **Peanut butter** is terrific on toast and as a topping on fruit.
- **Olive oil** has gotten the most press but, canola and sunflower oil also contain both polyunsaturated and monounsaturated fat. Be cautious with portion sizes. Although there are health benefits,

oils are also packed with calories. One tablespoon of oil has approximately 150 calories.

Which is Better: Margarine or Butter?

Butter is a **saturated fat**—it stays relatively solid at room temperature and it contains **cholesterol**. It is made from milk, cream, or both and contains at least 80% milk fat. Contrary to many articles in magazines and on the internet, butter is not a great choice for your diet. It has good flavor but you need to be very cautious with the amount used. Margarine became popular in the 1980’s as a butter substitute with less saturated fat and no cholesterol, until there was a question about trans-fat and partially hydrogenated fat in the 1990’s. In response, manufacturers of margarine changed their recipes so their product would contain zero or almost zero trans fats.

Still confused? Read food labels and nutrition facts. Watch for saturated fats and lower your intake of these foods. Try to purchase fat spreads with no more than two grams of saturated fat per serving. Read the list of ingredients and look for the good fats listed above. Be aware of **partially hydrogenated oils** (trans fats). Note that the FDA allows products that are less than .5 grams of trans fat per serving to be listed as “0” on the food label. Limit your use of spreads, margarines and butter. They are not a good choice of fat. If a recipe allows, use oil as a replacement for margarine when baking.

What Would a Dietitian Do?

With menus and recipes planned at Senior Services, we continue to limit the total amount of fat and avoid trans fats. We provide margarine in place of butter with meals, but limit that as well. We use vegetable oils in cooking and at home I do the same. Olive oil and canola oil are my two fat choices for cooking at home. I use small amounts of spreads with a blend of good oils and as little partially hydrogenated oils as I can find and then limit their use. I save butter for special occasions and lessen the amount to top off a special recipe. Portion control is a must with all fats—even the good ones!

Health & Wellness EXPO

Saturday, May 20 ♦ 11 am to 5 pm

FREE ADMISSION ♦ 85 Vendors ♦ Fashion Show

Stage Presentations ♦ 150 Tote Bags Given Out

Prizes given away every 15 minutes

Fun activities for all ages

15 Vendors

JUNK GYPSIES

Come and Find Treasures from all over Michigan. Unique Gypsy Junk Vendors.

Free Admission

15 Vendors

Are you struggling with a decision? Could you benefit from some spiritual guidance? The Psychic Emporium can offer you the support you need as you follow your life path. Come out and meet a select group of the areas best psychic readers, healers and metaphysical vendors!

Free Admission

Proudly Sponsored By

Amber Blevins Ashley Fairfield

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For more info Tessi Orvis 989-213-8247

Soaring Eagle Casino & Resort

6800 Soaring Eagle Boulevard Mt. Pleasant

Center Stage theatre presents

Ready. Aim. Sing.

ASSASSINS

May 12 - 21

Dark & twisted fun, this musical journey bends time & space into a roller coaster ride in which presidential assassins - both actual & would-be - inspire each other to harrowing acts in pursuit of glory & fame.

Adult language & subject matter.

Directed by Michael Wisniewski

Midland Center for the Arts

GET YOUR TICKETS TODAY!

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Expo Church of the Holy Spirit

Celebrating 45 Years



# May Schedule of Events

Monday	Tuesday	Wednesday
<div>1</div> <div><div>Bingo, Snacks, Door Prizes</div><div>10:30 <i>Greendale</i></div><div>Donations for Donuts ← </div><div>10:45-11:45am <i>Coleman</i></div><div>Happy Trails Performance</div><div>12:00pm <i>Trailside</i></div><div>Cyber Seniors</div><div>In Session</div><div>3:15-4:45pm <i>Sanford</i></div><div></div></div>	<div>2</div> <div><div>Give Local Midland</div><div>12:00am-11:59pm <i>GiveLocalMidland.org</i></div><div>Donations for Donuts</div><div>9:00-10:00am <i>Trailside</i></div><div>The Group 10:00-11:30am</div><div>Main Building</div><div></div></div>	<div>3</div> <div><div>Senior Quizzing</div><div>10:30am <i>Greendale</i></div><div>Bobby Hoyt on Piano</div><div>10:30-11:30am <i>Trailside</i></div><div>Blood Pressure Clinic</div><div>10:30am <i>Greendale</i></div><div>Haircuts with Bonnie</div><div>Starting at 10:00am <i>Mills</i></div><div>Evening Caregiver Support Group</div><div>5:30-7:00pm <i>Main Building</i></div></div>
<div>8</div> <div><div>Bean Me Up Coffee &amp; Snacks</div><div>10:30-11:30am <i>Sanford</i></div><div>Blood Pressure Clinic</div><div>10:30am <i>Trailside</i></div><div></div></div>	<div>9</div> <div><div>Caregiver Support Group</div><div>9:15-11:30am <i>Main Building</i></div><div>TED: Religion &amp; Change</div><div>11:45am-1:00pm <i>Trailside</i></div><div>How to Survive Your Medical Bills</div><div>12:15pm <i>Sanford</i></div><div>Friendly Folks Meeting</div><div>12:45pm <i>Coleman</i></div><div>Sanford Center Town Hall Meeting</div><div>7:00pm <i>Jerome Township Hall</i></div></div>	<div>10</div> <div><div>Birthday &amp; Anniversary Party</div><div>10:00am <i>Greendale</i></div><div>Blood Pressure Clinic</div><div>10:30am <i>Coleman</i></div><div>Red Hat Meeting <i>Mills</i></div><div>Fun Bingo</div><div>12:45pm <i>Coleman</i></div></div>
<div>15</div> <div><div>Archery Contest</div><div>10:00am <i>Trailside</i> ← </div><div>Wii Tournament</div><div>10:00am <i>Sanford</i></div><div>Blood Pressure Clinic</div><div>10:30am <i>Sanford</i></div><div>How to Survive Your Medical Bills</div><div>11:00am <i>Greendale</i></div></div>	<div>16</div> <div><div>The Group 10:00-11:30am</div><div>Main Building</div><div>Advisory Board Meeting</div><div>12:30pm <i>Mills</i></div><div>Avoiding Financial and Legal Pitfalls for Caregivers</div><div>1:00-2:30pm <i>Trailside</i></div></div>	<div>17</div> <div><div>Blood Pressure Clinic</div><div>11:30am <i>Mills</i></div><div>Birthday &amp; Anniversary Party</div><div>After Lunch <i>Trailside</i></div><div>Solar System Sculpture Talk</div><div>12:40pm <i>Coleman</i> ↑ </div></div>
<div>22</div> <div><div>Advisory Council Meeting</div><div>12:45pm <i>Coleman</i></div><div>Encore 50/70: Code Breakers &amp; Frick's</div><div>5:30pm <i>S. Saginaw Rd</i></div><div></div></div>	<div>23</div> <div><div>Caregiver Support Group</div><div>9:15-11:30am <i>Main Building</i></div><div>Sunshine String Band</div><div>10:30am <i>Trailside</i></div><div>TED: Fixing &amp; Saving the News Industry</div><div>11:45am-1:00pm <i>Trailside</i></div></div>	<div>24</div> <div><div>Euchre Tournament</div><div>9:30am <i>Greendale</i></div><div>How to Survive Your Medical Bills</div><div>12:30pm <i>Mills</i></div><div>Fun Bingo</div><div>12:45pm <i>Coleman</i></div></div>
<div>29</div> <div><div>Senior Services Closed in Observance of Memorial Day</div></div>	<div>30</div> <div></div>	<div>31</div> <div><div>Texas Hold 'Em Tournament</div><div>9:30am <i>Greendale</i></div><div>Val Lemen on Piano</div><div>10:30am <i>Trailside</i></div><div>National Senior Health &amp; Fitness Day</div><div><i>Sanford, Trailside</i></div><div></div></div>
<div>Coleman</div> <div>Pinochle: 12:45pm</div> <div>Mills (Greater Midland North Family Center)</div> <div>SilverSneakers: 10:30-11:30am</div> <div>Greendale</div> <div>Bingo: 10:30am</div> <div>Wii Bowling: 10:00am</div> <div>Zumba Step: 6:30-7:15pm</div> <div>Exercise, Cards, Games, Billiards</div> <div>Sanford</div> <div>Euchre: 9:15am</div> <div>Manipulation Card Game: 9:30am</div> <div>Wii Bowling: 10:00am</div> <div>Bonesaver Class: 10:30am</div> <div>Texas Hold 'Em: 12:15pm</div> <div>Trailside</div> <div>Zumba Gold: 8:30-9:30am</div> <div>Cribbage: 9:00am</div> <div>Fun &amp; Fitness: 10:35am</div> <div>Drop in Cards: 12:30pm</div>	<div>Coleman</div> <div>Euchre: 12:45pm</div> <div>Mills (Greater Midland North Family Center)</div> <div>Dance Movers: 10:00am</div> <div>Wii Practice</div> <div>Watercolors &amp; Colored Pencils: 12:30-1:30pm</div> <div>Sanford</div> <div>Wood Carving: 9:00am</div> <div>Line Dancing: 9:30am</div> <div>Pool Tournament: 9:30am</div> <div>Skip-Bo: 10:00am</div> <div>Scrabble: 12:15pm</div> <div>Trailside</div> <div>Pinochle: 9:00am</div> <div>Cribbage: 9:00am</div> <div>Time to Paint: 12:30pm-5:00pm</div> <div>Drop in Bridge, Pinochle &amp; Cards: 12:30pm</div> <div>Zumba Gold &amp; Zumba Toning: 4:30-5:30pm</div> <div>May 23, class will begin at 4:45pm</div>	<div>Greendale</div> <div>Zumba Fitness: 10:00-11:00am</div> <div>Exercise, Cards, Games, Billiards</div> <div>Mills</div> <div>Ice Cream: 12:30pm</div> <div>Nickel Bingo: After Lunch</div> <div>Wii Practice</div> <div>Walking, Cards, Games, Billiards</div> <div>Sanford</div> <div>Euchre: 9:15am</div> <div>Phase 10 Cards: 9:30am</div> <div>Wii Bowling: 10:00am</div> <div>Bonesaver Class: 10:30am</div> <div>Trailside</div> <div>Zumba Gold: 8:30-9:30am</div> <div>Watercolors with Priscilla: 9:30-11:30am</div> <div>Chair Yoga: 10:00-11:00am</div> <div>Fun Scrabble Club: 10:00am-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>4</div> <div>Quilting &amp; Needlework Group 10:00am-3:00pm <i>Trailside</i> Facebook Security and Privacy Settings 12:15-1:45pm <i>Sanford</i> Star Wars Day <i>Coleman</i></div> <div></div>	<div>5</div> <div>Cinco de Mayo <i>All Centers</i> ← Paul Wilkinson 10:30am <i>Trailside</i> Dale Hafer 11:00am <i>Coleman</i> Kentucky Derby Day 11:30am-1:00pm <i>Mills</i></div> <div></div>	<div></div>
<div>11</div> <div>Grief Support Group 1:00-2:30pm <i>Main Building</i></div>	<div>12</div> <div>Mother's Day Parties <i>All Centers</i> ← Saginaw's Tim McCoy: Michigan's Great Cowboy 11:45am-1:00pm <i>Trailside</i> Western Hoedown with Misty Blue 6:00-9:00pm <i>Trailside</i></div> <div></div>	<div></div>
<div>18</div> <div>Rummage &amp; Bake Sale ← 9:00am-4:00pm <i>Mills</i> Hand Quilters Group 9:30am-2:00pm <i>Trailside</i> Sanford Center Town Hall Meeting 10:30-11:30am <i>Sanford</i> Music with Good Times 11:00am <i>Coleman</i> How to Survive Your Medical Bills 12:30pm <i>Coleman</i></div> <div></div>	<div>19</div> <div>Rummage &amp; Bake Sale 9:00am-4:00pm <i>Mills</i> Birthday &amp; Anniversary Party After Lunch <i>Sanford</i></div>	<div>20/21</div>
<div>25</div> <div>How to Survive Your Medical Bills 12:00pm <i>Trailside</i></div>	<div>26</div> <div>Memorial Day Celebrations <i>All Centers</i> ← Dental Hygiene Clinic By Appointment 9:00am-2:00pm <i>Main Building</i> Quilting &amp; Needlework Group 10:00am-3:00pm <i>Trailside</i> The Road to Success is Always Under Construction 11:45am-1:00pm <i>Trailside</i> Birthday &amp; Anniversary Party 12:45pm <i>Coleman</i> Birthday &amp; Anniversary Party 12:30pm <i>Mills</i></div> <div></div>	
<div>1</div> <div>Powerful Tools for Caregivers Begins 12:30-3:00pm <i>Trailside</i></div>	<div>2</div>	<div>3/4</div> <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</div><div>Greendale (989) 832-8683 • Meal at Noon at West Midland Family Center 4011 W. Isabella Rd. • Shepherd, MI 48883 Director: Kim Moldovan • Open 8-2, M, W, F</div><div>Mills (989) 633-3788 for Meal Reservations Meal at Noon Greater Midland North Family Center 2601 E. Shearer Rd. • Midland, MI 48642 Director: Jody Liebmann Open 11:30am-2:30pm T,W,F</div><div>Sanford (989) 687-7888 • Meal at 11:30am 113 W. Lincoln St. • Sanford, MI 48657 Director: Dawn Powell • Open 8-3</div><div>Trailside (989) 633-3790 • Meal at 11:30am Senior Services Building 4700 Dublin Ave. • Midland, MI 48642 Director: Jenny Anderson • Open 8-5</div><div>Main Building (989) 633-3700 4700 Dublin Ave. • Midland, MI 48642</div></div>
<div>Coleman</div> <div>Exercise: 10:30am</div> <div>Mills (Greater Midland North Family Center)</div> <div>SilverSneakers: 10:30-11:30am</div> <div>Sanford</div> <div>Woodcarving: 9:00am</div> <div>Needlework: 9:30am</div> <div>Free Day-Old Big Apple Bagels: 10:00am</div> <div>Chicken Foot Dominoes: 12:15pm</div> <div>Texas Hold 'Em: 12:15pm</div> <div>Trailside</div> <div>Cribbage: 9:00am</div> <div>Beginning Line Dancing: 9:00am</div> <div>Line Dancing: 10:00am</div> <div>Drop in Bridge &amp; Cards: 12:30pm</div> <div>Zumba Toning: 4:30-5:15pm</div> <div>May 25, class will begin at 4:45pm</div>	<div>Greendale</div> <div>Exercise, Cards, Games, Billiards</div> <div>Mills</div> <div>Bingo: After Lunch</div> <div>Book and Puzzle Exchange Day</div> <div>Walking, Cards, Games, Billiards, Wii Practice</div> <div>Sanford</div> <div>Painting Group: 9:00am Cribbage: 9:15am</div> <div>Card Game: 9:30am</div> <div>Bonesaver Class: 10:30am</div> <div>Bingo: 12:15pm</div> <div>Trailside</div> <div>Euchre: 9:00am</div> <div>Chair Yoga: 10:00-11:00am</div> <div>Line Dancing: 10:00-11:00am</div> <div>Creative Writing: 10:00-11:30am</div> <div>Drop in Cards: 12:30pm</div>	



# Senior Services Regularly Scheduled Programs

## Arts & Crafts

### Fun with Watercolors

Every Tuesday at 12:30pm  
Work on a craft or paint with watercolors.  
*Mills*

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

### Wood Carving

Tuesdays and Thursdays at 9:00am  
*Sanford*

### Watercolors with Priscilla

New Session Begins May 10  
Wednesdays, 9:30-11:30am  
Cost for the six-week class is \$35 with instructor Priscilla Olson. All skill levels are welcome. We will supply you with the materials you need to get started or feel free to bring your own. For more information call Priscilla at 630-728-1370.  
*Trailside*

### Quilting, Embroidery, Needlework

May 4 & 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*

### Quilting Group at Trailside

Third Thursday, 9:30am-2:00pm  
The morning starts off with goodies, coffee and great conversation. This group of quilters showcases their finished quilts and help each other with ongoing ideas and projects. They involve themselves with some charity work when needed. If you’d like to join us for lunch, please make reservations at Trailside at 633-3790 by 9:00am.  
*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*

### Time to Paint

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

## Book Club

Wednesday, May 3 at 10:00am  
The Book Club will be discussing *The Lucky One* by Nicholas Sparks. Readers may pick up this book anytime prior to the discussion to participate. All readers are encouraged to attend. *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 Collison. Call 633-3790 for more information. *Trailside*

## Exercise

### Dance Movers

Tuesdays at 10:00am  
Join us for invigorating exercise.  
*Mills* (Greater Midland North Family Center)

### SilverSneakers

Mondays & Thursdays, 10:30-11:30am  
If you’re a group retiree, or part of a Medicare Advantage or Medicare Supplement Health plan, you may already have a SilverSneakers membership. Come in to the North Midland Family Welcome Center for information and assistance in registering. To find out if your health plan offers the SilverSneakers Fitness program, visit [www.silversneakers.com](http://www.silversneakers.com).  
*Mills* (Greater Midland North Family Center)

### Chair Yoga with Steve Weckle

Wednesdays & Fridays, 10:00-11:00am  
Steve is a Pilates, Yoga and Spin instructor at MidMichigan Hospital Fitness Center. The cost per class is \$3. *Trailside*

### Bonesaver Exercise Class

Mondays, Wednesdays & Fridays at 10:30am  
Instructor Sara Clavez leads this weight-training class 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*

**Fun & Fitness** Mondays at 10:35am  
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! In order to use the weight or fitness room at either location, there is a one-time \$15 registration fee. Each location also has free walking facilities.

*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 one-hour orientation is required along with a once-yearly fee of \$20. To sign up for an orientation, call 633-3700.  
*Trailside*

## 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 35 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  
*May 23, class will begin at 4:45pm*  
The best of both Zumba Gold & Zumba Gold Toning have been combined into one class.

### Zumba Gold Toning Trailside

Thursdays, 4:30-5:15pm  
*May 25, class will begin at 4:45pm*  
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

These Zumba classes are a dance workout specifically for those who would like a slower pace. The cost is \$2 per person or unlimited with fitness membership of \$20/month. If you are interested, call 832-8683.  
**Zumba Fitness WMFC Greendale Gym A** Tuesdays & Wednesdays, 10:00-11:00am  
**Zumba Step WMFC Greendale Gym A** Mondays at 6:30-7:15pm

## Friday Night Dances

*Trailside* Friday, May 12, 6:00-9:00pm  
It’s a Western Hoedown! Wear your favorite western attire. The cover charge is \$5.00 with concessions available for purchase. Please no outside food or drink.

*Sanford* No dance this month. Have a Happy Memorial Day Weekend.

## Hair Cut Day

Wednesday, May 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. Hair cuts are given the first Wednesday of each month. Call for details or to make an appointment.  
*Mills*

## Line Dancing

### 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.

### Line Dancing

*Trailside* Fridays, 10:00-11:00am  
Instructor: Theresa Pointe Fee: \$2  
*Sanford* Tuesdays 9:30-11:00am. Fee: \$2  
*Trailside* Thursdays, 10:00-11:00am. Fee: \$2



## Health Clinics

### Dental Clinics *Main Building*

9:00am-2:00pm Appointments Available  
May 26

At a cost of \$55.00, Holly Schaeffer, RDH, a dental hygienist, will give a complete dental screening, teeth cleaning and consultation. For more information about this service, call Senior Services at 633-3700. For referrals to participating dentists, or to set up a cleaning appointment in your home, call In-Home Dental Link at 495-3756.

### 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 May: 15, 16, 17, 18**

*If you need to cancel an appointment, please do so as soon as possible.*

## Cards & Games

### Senior Quizzing

Wednesday, May 3 at 10:30am

Test your trivia knowledge skills, with the help of your table mates, as you challenge other groups for a great prize. *Greendale*

### Euchre Tournament

Wednesday, May 24 at 9:30am

We welcome newcomers to this fun tournament. A \$5.00 gift card is the prize for the winner. Please call ahead to sign up and for lunch at 832-8683. *Greendale*

### Texas Hold'em Tournament

Wednesday, May 31 at 9:30am

The winner receives a \$5.00 gift card. Call today to sign up to play and to make your luncheon reservations at 832-8683.

*Greendale*

### Wii Bowling Tournament

Monday, May 15 at 10:00am

Easy to learn and a blast to play, our Wii bowling tournament makes for an entertaining, friendly game of competition. *Sanford*

### More Cards & Games

All Activity & Dining Center locations regularly play cards and games. You can find each center's schedule on pages 8 & 9 at the bottom of the calendar.

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# Ongoing Support Programs Offered at Senior Services

### Evening Caregiver Support Group Wednesday, May 3, 5:30-7:00pm

Many informal family caregivers are still in the workforce and struggle to meet the demands of care alongside their other obligations to work and family. For this reason, Senior Services offers an evening caregiver support group to allow the sharing of ideas and information. Like our daytime support group, this is for people helping in the care of a spouse, family member or friend. It will occur on the first Wednesday of each month. Registration is recommended by calling 633-3700. *Main Building*

### Caregiver Support Group Tuesdays, May 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. Registration is recommended. *The caregiver or the person receiving care must be 60 years of age or older to attend.*

*Michigan Room, Main Building*

### Grief Support Group Thursday, May 11, 1:00-2:30pm

This special group focuses on helping each other cope with the challenges of grief. Participants should be interested in sharing openly and providing support to one another. The Grief Support Group is ongoing, and individuals are encouraged to come as often as they need, for as long as they need. The group meets the 2nd Thursday of each month. Registration is recommended by calling 633-3700. *Main Building*

### The Group Tuesdays, May 2 & 16 at 10:00am

Do you need a place to talk over life's challenges? A place where others understand and help you through tough times? Have you recently lost your spouse or loved one? If so, "The Group" may be just what you need. 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. Call 633-3700 to reserve a spot. If you want to join fellow members for lunch at Trailside, you can reserve lunch by calling 633-3790 before 9:00am. *Main Building*

## May is Older Americans Month 2017 Age Out Loud

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

This month is the perfect time to try a new activity or class. Look at all the offerings to the left of this article. You can take a painting or drawing class, start a new hobby like woodworking or quilting. Join the Book Club or try your hand at creative writing. Take advantage of the fitness facilities in our community or join one of the many exercise classes. Come play cards or participate in Wii bowling. It's time to "Age Out Loud!"





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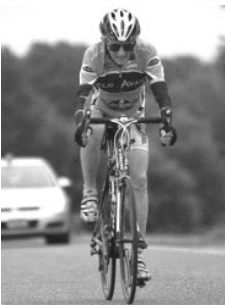


# Older and Bolder!

“Older citizens are reinforcing their historical roles as leaders ... older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination.” ~ Ronald Reagan

Many older people have been rediscovering the joy of being active. In fact, some of them have achieved incredible accomplishments that many younger people have not or cannot. Here are some inspiring examples:

**Edith Wilma Connor** was feeling bored in her data processing job and decided to start lifting weights to challenge herself. She was in her 60’s at the time, and by the age of 65, decided to enter into her first bodybuilding competition—and won! At age 80 Connor holds the Guinness World Record for “Oldest Living Female Bodybuilder” which she accomplished in 2012. She is a mother, grandmother and great-grandmother to 16 children and lives in Denver, Colorado. She works out at least three times a week.



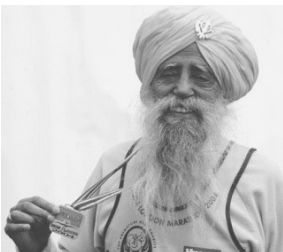
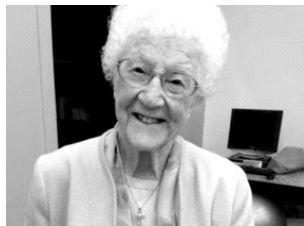
**John Sanmartini** loved riding a bicycle since he was a young boy. At the age of 55, he took up competitive cycling after reaching retirement. Sanmartini has been a competitive cyclist in both the Huntsman World Senior Games and the National Senior Games for over 25 years. “I don’t do it just for bicycle riding. I like to race, be a little competitive,” says Sanmartini. “It’s good for your health. You have to be in some kind of shape; you got to have enough sleep, eat, and drink to be able to race. It’s competitive. It takes work to do it.”

**Geneva Eskrivge** a 92-year-old Idaho grandmother, decided to try skydiving for the first time after she was diagnosed with cancer. It had always been a lifelong dream of hers to jump out of a plane. Being able to cross skydiving off of her bucket list was a greatly rewarding experience. While her cancer diagnosis helped to give her the confidence to finally take that leap out of a plane, Eskrivage hopes to inspire others to be able to do the same. “When I was told I had cancer, I decided I better start living,” she said.



**Charlie Edwards** never really considered archery at all until he struck up a conversation with a man sharing the elevator with him at his retirement community. He decided to take up archery at the age of 92, and at the age of 96 won his first gold medal at the National Senior Games. Edwards told the Washington Post that it only took him about a year to master the sport and entered into his first competition in 2013 at the National Senior Games. Edwards came in last place but that didn’t stop him. He continued to practice and persevered and at the 2015 games he finally took home a gold medal. “I love it. I have fun with it,” said Edwards. “It keeps me mostly in good shape.”

**Edythe Kirchmaier** All 105-year-old Edythe Kirchmaier wanted for her birthday was to tell the world about her favorite charity—Direct Relief International. After volunteering for the worldwide philanthropic organization that delivers medical assistance to victims of disaster for over 40 years, Kirchmaier turned to social media and used it to make her birthday wish come true. Her wish—to get 105,000 people to “Like” the Direct Relief Facebook page. Less than two months after her birthday, Kirchmaier’s wish came true. Thanks to her initiative, Direct Relief now has over 122,000 Facebook fans.



**Fauja Singh** As a child, Fauja Singh was forced to give up his passion for running to support his family by becoming a farmer. Some seventy years later, Singh returned to running to cope with the death of his son and wife. Since then, Singh has run nine marathons and countless other smaller races. He was named the World’s Oldest Marathoner by Guinness World Records after completing the 2011 Toronto Marathon at the fabulous age of 100.

## In This Month 50 Years Ago

### In May of 1967:

- May 1 Elvis Presley & Priscilla Beaulieu wed in Las Vegas
- May 3 Black students seize finance building at Northwestern University
- May 6 400 students seize administration building at Cheyney State College
- May 6 93rd Kentucky Derby—Bobby Ussery on Proud Clarion wins in 2:00.6
- May 6 Maureen Wilton runs female world record marathon (3:15:22)
- May 10 Stockholm Vietnam-Tribunal declares US aggression in Vietnam & Cambodia
- May 11 100,000,000th US phone connected
- May 13 New York Yankee Mickey Mantle hits career homerun #500 off Stu Miller
- May 18 Silver hits record \$1.60 an ounce in London
- May 19 US bombs Hanoi
- May 20 10,000 demonstrate against war in Vietnam
- May 22 “Mister Rogers’ Neighborhood” debuts on NET
- May 24 AFL grants a franchise to the Cincinnati Bengals
- May 28 Dmitri Shostakovich completes his 2nd Violin concerto
- May 28 Francis Chichester arrives home at Plymouth from round-the-world trip
- May 30 Robert “Evel” Knievel’s motorcycle jumps 16 automobiles

When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.”  
~ Mr. Rogers

I decided to fly through the air and live in the sunlight and enjoy life as much as I could.  
~ Evel Knievel



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On the  
Lighter Side

Mother's Day

“This week I'm taping a show full of pregnant moms and surprising them with big gifts for Mother's Day. I hope it doesn't turn into Labor Day.” ~ Ellen DeGeneres

“I told my kids on Mother’s Day I wanted to be pampered so they bought me some diapers.” ~ Melanie White

“For Mother’s Day I got my mom a case of Bud Light. After all, I’m the reason she drinks.” ~ Author Unknown

“Happy Mother’s Day! Yes, it’s today. How fast can you glue macaroni into a bracelet?” ~ Ellen DeGeneres

“My kids are old enough now to go out on their own and get their mom a Mother’s Day gift she won’t like.” ~ Kent Graham

“Moms will clean up everything. Scientists have proven that a Mom’s spit is the exact chemical composition of Formula 409. Mom’s spit on a Kleenex—you get rust off a bumper with that.” ~ Jeff Foxworthy

“My kids brought me breakfast in bed on Mother’s Day—an Egg McMuffin. I was just relieved that I wouldn’t have to clean the kitchen.” ~ Melanie White

“I told my mother-in-law that my house was her house, and she said, “Get off my property.” ~ Joan Rivers

“I called my mother up when they announced the Nobel Prize. She said, “That's nice—and when are you coming to see me next?” ~ Steven Chu, Nobel Prize Winner

“Everybody wants to save the earth; nobody wants to help Mom do the dishes.” ~ P. J. O'Rourke

“Happy Mother's Day! Without moms, where would we be? Probably with our hair still stuck in that water fountain drain. Just me?” ~ Ellen DeGeneres

“Lots of Moms today opened packages and ooh-ed and ahh-ed over new cutting boards they thought were going to be iPads.” ~ Just Bill

There should only be one “World's Greatest Mom” coffee cup. Then we'd know. ~ Brian Hope

“If you feel tense and get a headache, follow the instructions on the bottle of aspirin: Take two tablets and keep away from children.” ~ Author Unknown

“This year I did something really wild for my mom on Mother’s Day—I listened to her advice. Next year I might even take it.” ~ Melanie White

Keep Your Mind Sharp!

Well Known “Mothers”

Answer the questions to test your knowledge of all things “Mother.” Answers are below.

1. “Blessed Nun of Calcutta,” she won the Nobel Peace Prize in 1979

2. Fictional author of many children's nursery rhymes

3. Colloquial name for a telephone monopoly that was broken up in 1984

4. Iridescent composite material found in the shells of some mollusks

5. Non-profit organization whose mission is to end drunk driving

6. She “fetched her dog a bone” in a classic nursery rhyme

7. Affectionate name for the planet we call home

8. Faye Dunaway played Joan Crawford in this 1981 biographical film

9. Personification of the outside world and weather

10. Children's game and polite question

11. CBS comedy featuring main character Ted Mosby

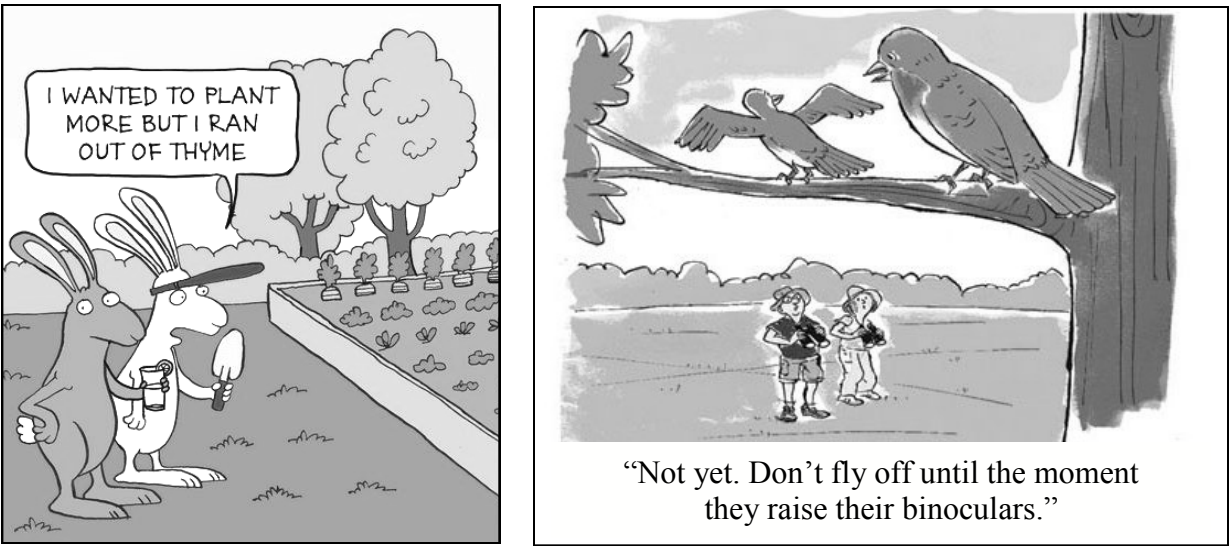
12. Head nun

13. 1983 comedy film starring Michael Keaton as a stay at home dad

14. Miner's payday

15. ABBA musical

Answers: 1. Mother Teresa 2. Mother Goose 3. Ma Bell 4. Mother of Pearl  
5. Mothers Against Drunk Driving 6. Old Mother Hubbard 7. Mother Earth  
8. Mommie Dearest 9. Mother Nature 10. Mother May I? 11. How I Met Your Mother  
12. Mother Superior 13. Mr. Mom 14. Mother Lode 15. Mamma Mia!



Windows 10 Questions? I Can Help!

I Come to You!

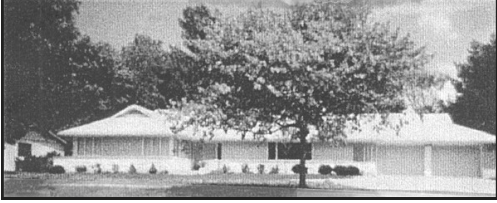
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<div><div>MENU</div><div>MAY 2017</div></div> <div><div>Coleman: 465-6216</div><div>Greendale: 832-8683</div><div>Mills: 633-3788</div><div>Sanford: 687-7888</div><div>Trailside: 633-3790</div></div> <div>Call the number of the Senior Center you plan to attend to make lunch reservations. All reservations must be made by 9:00am.</div>				
<div>1</div> <div>BBQ Pork Wing 1 &amp; sauce 6 Pepper, Onion &amp; Potatoes 19 Corn on Cob 17 Strawberries 24 Blueberry Muffin 33</div>	<div>2</div> <div>Roast Beef 1 &amp; Gravy 3 Mashed Potatoes 21 Key West Veggies 7 Broccoli Citrus Salad 14 Nugget Roll 15 Chocolate Chip Cookie 18</div>	<div>3</div> <div>Salmon 1 &amp; Dill Sauce 6 Northwest Blend Veggies 6 Yukon Gold Potatoes 20 Grapes 16 Wheat Roll 11 Blueberry Pie 41</div>	<div>4</div> <div>Ham Steak 5 Pineapple Sauce 8 Mashed Sweet Potato 16 Roasted Brussels Sprouts 16 Cantaloupe 23 Veggie Bread 21</div>	<div>5</div> <div>Cinco de Mayo Taco 24 Refried Beans 26 Spanish Rice 16 Salsa 10 / Tossed Salad 2 Tropical Fruit 15 Sugar Cookie 26</div>
<div>8</div> <div>Smothered Chicken 7 Rice &amp; Tomato Pilaf 25 Cauliflower &amp; Broccoli 5 Fresh Fruit Cup 14 Brownie 25 Vanilla Mousse 14</div>	<div>9</div> <div>Roast Pork 1 &amp; Gravy 3 Mashed Potatoes 21 Wheat Bread Stuffing 18 Green Beans 6 Applesauce 14 Nugget Roll 15</div>	<div>10</div> <div>Turkey Meatballs 9 Rotini 21 Red Sauce 10 &amp; Cheese &lt;1 Italian Blend 7 Mixed Melon Dessert 27 Bread Stick 14</div>	<div>11</div> <div>Mushroom Swiss Burger 1 Pea, Corn and Red Pepper 18 Potato Salad 20 Mixed Fruit Cup 13 Hamburger Bun 25</div>	<div>12</div> <div>Mother's Day Meal Chicken Cordon Bleu 14 Mashed Potatoes 21 Green Beans w/ Almonds 9 Nugget Roll 15 Crème Cake &amp; Strawberries 39</div>
<div>15</div> <div>Turkey Burger 1 &amp; Cheese &lt;1 Hamburger Bun 25 Mashed Sweet Potato 21 Lettuce &amp; Tomato 3 Oranges &amp; Grapes 18 Ranger Cookie 16</div>	<div>16</div> <div>Orange Chicken Nuggets 14 Sauce 16 / Fried Rice 20 Asian Blend Veggies 2 Marinated Cabbage Salad 8 Watermelon 11 Fortune Cookie 8</div>	<div>17</div> <div>Meatloaf 14 &amp; Gravy 3 Mashed Potatoes 21 Carrots 8 Fresh Fruit Cup 14 Nugget Roll 15</div>	<div>18</div> <div>Pizza 39 Italian Blend 7 Italian Pasta Salad 18 Tossed Salad 1 Fruit Cup 15</div>	<div>19</div> <div>Swiss Chicken 5 Dressing 9 Parsley Potatoes 20 California Blend Veggies 6 Pineapple 14 Wheat Roll 11</div>
<div>22</div> <div>Fish Almandine 13 Red Potatoes 20 Water Chestnut Spinach 9 Red Grapes 16 Zucchini Bran Muffin 32</div>	<div>23</div> <div>Cheesy Chicken 9 Stuffing 18 &amp; Gravy 3 Broccoli 5 Red Beans &amp; Pasta Salad 25 Strawberries 24</div>	<div>24</div> <div>Roast Beef 1 &amp; Gravy 3 Mashed Potatoes 21 California Blend Veggies 6 Fresh Fruit Cup 14 Wheat Roll 11 Oatmeal Cookie 23</div>	<div>25</div> <div>Fiesta Chicken 9 Spanish Rice 16 Roasted Zucchini 4 Watermelon 11 Tapioca Pudding 27</div>	<div>26</div> <div>Memorial Day Lunch Pulled Pork 14 Hamburger Bun 25 Grilled Carrots &amp; Peppers 9 Coleslaw 12 Cantaloupe 23 Blueberry Pie 41</div>
<div>29</div> <div>Senior Services Closed in Observance of Memorial Day</div>	<div>30</div> <div>Ravioli &amp; Meatballs w/ Red Sauce 38 Zucchini &amp; Mushrooms 4 Cantaloupe 23 Bread Stick 14</div>	<div>31</div> <div>Oven Baked Fish 8 Garlic Mashed Potatoes 21 Corn &amp; Tomatoes 18 Coleslaw 8 Wheat Roll 11 Mixed Fruit Cup 13</div>	<div>1</div> <div>June Philly Beef Sandwich 2 Peppers &amp; Onions 7 Red Potato Wedges 15 Mixed Melon 12 Hot Dog Bun 19 Double Chocolate Cookie 18</div>	<div>2</div> <div>Pork Loin Marsala 4 Rotini 21 Key West Veggies 7 Hawaiian Parfait 29 Veggie Bread 21</div>
<div>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.</div>				

**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.

**Trailside:** **May 1 – 5:** Turkey Chili, Shredded Mozzarella, Taco Chips, Broccoli Citrus Salad **May 8 – 12:** Meatball Sub, Peppers & Onions, Mozzarella, Vegetable of the Day **May 15 – 19:** Salmon Patty Burger, Melted Cheddar, Vegetable of the Day **May 22 – 26:** Stuffed Pepper, Meat Sauce, Melted Cheddar, Vegetable of the Day **May 30 – June 2:** Chili, Cornbread, Coleslaw

**Mills:** Chef Salad or Trailside Feature **Coleman:** Grilled Chicken Patty

**Greendale:** Make Your Own Chef Salad or Grilled Chicken Patty **Sanford:** Make Your Own Chef Salad, Fish or Grilled Chicken Patty

A Message from the Midland Food Security Community Group

Did You Know?

One in 3 Midland County Households Faces Financial Hardship

The Michigan Association of United Ways (MAUW) released a study on the condition of Michigan’s working families, what it has named ALICE households—those that are Asset Limited, Income Constrained, Employed. ALICE households have an income that is higher than the Federal Poverty Level, but not enough to afford basic household necessities. ALICE is one crisis away from poverty. A rent hike, a family illness, the need for new car tires, things that the rest of us see as an inconvenience, are a crisis for ALICE in Midland County and all across our nation. In Midland County, the report found that 23% of all households are ALICE and 11% are in poverty. The full report can be found at [www.unitedwaymidland.org/ALICE](http://www.unitedwaymidland.org/ALICE).

The report found that of Michigan’s 3.86 million households, 15 percent lived in poverty in 2015 and another 25 percent were below the ALICE threshold, earning below the average family’s cost of basic needs. At a combined 40 percent, the percentage of households struggling only improved by one percentage point from 2010 to 2012, and has remained flat in the years that followed.

United Way of Midland County and the Michigan Association of United Ways join with some 450 United Ways from 15 states across the country to better understand the struggles of ALICE. Various organizations across the country are also using this data to better understand the struggles and needs of their employees, customers and communities.

United Way of Midland County and United Ways across the state currently work to provide some short- and medium-term solutions for ALICE households, such as offering access to quality child care, free tax preparation and financial and career mentoring. In shedding light on the underlying causes keeping ALICE households from getting ahead, United Way of Midland County provides information that will inform discussions with businesses, government agencies, other non-profits, the faith-based community and residents to create solutions for a stronger Michigan.



Colonial  
Villa

Free Veteran's Breakfast

Veterans, please join us for a  
FREE breakfast and great  
camaraderie! Open to all US  
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8:30 a.m. on Tuesday, April 11th,  
May 9th and June 13th  
5007 Universal Drive  
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# Community News

## Washington Woods Spring Craft Sale

Saturday, May 6, 9:00am-5:00pm  
821 Cambridge Main Door

Featuring hand crafted items, jewelry, baked goods and much more. Sale will be held in dining room.

## Our Lady of Grace Women's Guild Rummage & Bake Sale

Wednesday, May 10, 9:30am-6:00pm  
Thursday, May 11, 9:30am-5:00pm  
Friday, May 12, 9:30am-2:00pm  
Our Lady of Grace Parish Hall  
2500 W River Rd in Sanford

Looking for a treasure? Come to Our Lady of Grace Women's Guild rummage and bake sale. No early sales.

## Fireside Chat:

### World War II Veterans

Thursday, May 11 at 2:00-3:00pm  
Doan History Center  
3417 W. Main St in Midland

Several World War II Veterans who served in Europe will share their memories about the end of the European conflicts on May 7, 1945. The session is free and open to the public. Refreshments will be served. Inquiries may be directed to moderator Floyd Andrick at hfandrick@aol.com or at 837-0870.

## Jolly Hammers & Strings from the Midland Folk Music Society

Saturday, May 20, 1:00-4:00pm  
Chippewa Nature Center  
400 S. Badour Rd. in Midland

This is a free event and open to the public. This is the last time we will play at the nature center until fall. Bring your acoustic instrument and join us or just enjoy the sounds of dulcimers, fiddles, guitars, autoharp, accordions, flutes, ukuleles, stand-up bass, mandolins, banjos and more. For more information or to have us play music at your event, call 280-6910. Visit [www.folkmusicsociety.org](http://www.folkmusicsociety.org) to see our schedule.

## 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 are sold.

**Euchre:** Every Wednesday at 7:00pm  
Food available. Public welcome. 496-3410

## Sponsored by the Sanford Jacks & Jills Greektown Casino in Detroit

Thursday, May 25

Bus leaves Sanford Center at 7:00am and returns at 5:00pm. Cost is \$30 each. Receive \$20 in play and \$5 in food. Fun and games on the bus plus water, snacks and prizes. Reservations are required and payment due at reservation. Seats will not be held without pre-payment. No refunds last five days before trip. Make checks payable to Sanford Jacks & Jill's. For more information call the Sanford Center at 687-7888 or Carolyn McLaughlin at 687-5120.

## Having Trouble Making Ends Meet?

Thursday, May 25 at 11:30am  
Trinity Lutheran Church (Outdoors)  
3701 Jefferson Ave. in Midland

Visit Midland County Emergency Food Pantry Network Mobile Pantry and receive free food to help supplement your family's pantry. No proof of income is necessary. Please bring empty bags and/or boxes. This is an emergency feeding program intended to provide a supplemental food source to families and/or individuals who are in need. It is a first come, first served program. There will be enough food for 250 households. Client registration begins prior to distribution time. Registration desk opens at 9:00am. Funded by Trinity Lutheran Church. If you have any questions call 486-9393. Alternative location is Midland Civic Arena, 405 Fast Ice Dr.

## Sanford Centennial Museum Opens for 2017 Season

Saturday, May 27 at 10:00am  
2222 Smith St in Sanford

Please join us as we celebrate the opening of the Museum for the 2017 season. The annual Veterans Tribute Ceremony is on the same date at 1:00pm. At this event, tribute is paid to Fallen Veterans and Gold Star Mothers. After the tribute light refreshments will be served. The grounds and facility are in great shape for the spring and the attractions can be reached via sidewalks. There is lots to see and experience so come join us! The museum will be open weekends on Saturdays 10:00am to 5:00pm and Sundays 1:00pm to 5:00pm until September 10. Admission to the museum and events is free along with free parking. Special tours for family groups and school children can be arranged. If you would like to learn more about the Sanford Centennial Museum call 687-9048, visit us on Facebook or go to our newly expanded website at [www.Sanfordhist.org](http://www.Sanfordhist.org).

## Midland County Association of Retired School Personnel

Wednesday, June 14 at 12:00pm

Midland Community Center's  
50 Plus Center in the Shipp's Wing  
2205 Jefferson Ave in Midland

The program will be WWII in the Tri-Cities by Erik Jylha. On the menu is BBQ pork and salads. Please mail your check for \$11 by Monday, June 5 to Barb Glines, 715 Lakeside Circle, Midland, MI 48640.

## Ann Arbor Art Fair

Thursday, July 20th

Please Sign Up by June 22

Depart 8:00am & Return 5:30pm

Come experience the vibrant arts and culture of the Ann Arbor Art Fair. This is a walking trip but with free, air conditioned mini buses throughout the fair, it isn't difficult to see all the fair has to offer spanning nearly 30 blocks! This trip will include:

- Fully escorted motorcoach travel with pick-up and drop-off at the Midland Community Center front entrance.
- Games, prizes, snacks and fun on the bus! Cost is \$47. Must be at least 10 years of age. No refunds after June 22nd. Contact Amanda Ewald at 832-7937 ext. 2270 in regards to questions.

## Creative 360

1517 Bayliss St in Midland

Call 837-1885 for Reservations

BeCreative360.org for more information

**Yes We Can! Luncheon Soiree** *Honoring Edward & Elyse Rogers, Community & Business Leaders, Philanthropists, Volunteers*  
Friday, May 5, 11:30am-1:00pm  
Join us for the final luncheon of the 2017 Yes We Can! season.

## Children of the World

*Songs & Rhymes Celebrating Diversity*

Saturday, May 6, 2:00-3:30pm

Join Ray Lacina and Shona Siddiqui as local children perform beautiful songs and poems from across the globe.

## The Mom's Review!

Saturday, May 13, 3:00-5:00pm

The moms are back with an all new diva review filled with great songs and dances, incredible talent, and a bit of parental humor.

## Ukulele Concert

Tuesday, May 16, 6:30-7:30pm

Ukulele guru Johnny Hunt will be joined by graduates of our first ukulele class to present a wildly diverse group of songs. Light refreshments. Please pre-register.

## Midland Fiber Arts Guild Exhibition

**Opening: Fiber Lives**

Friday, May 19, 7:00-8:00pm

Enjoy a display of creative, original fiber arts—including knitting, weaving, felting, quilting, beading and needlepoint. On exhibit through June 25.

## 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.

## 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



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Midland Prime Times

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Editor: Renee Hansen 633-3744

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Jokes of the Month

A woman called our airline customer service desk asking if she could take her dog on board. “Sure,” I said, “as long as you provide your own kennel.” I further explained that the kennel needed to be large enough for the dog to stand up, sit down, turn around, and roll over. The customer was flummoxed and replied, “I’ll never be able to teach him all of that by tomorrow!”

I spotted several pairs of men’s Levi’s at a garage sale. They were sizes 30, 31, and 32, but I was looking for size 33. So I asked the owner if he had a pair. He shook his head. “I’m still wearing the 33s,” he said. “Come back next year.”

Urgent Need for Transportation Drivers

Senior Services is in need of volunteer transportation drivers. Drivers use our vehicles (cars and wheelchair accessible vans) and drive clients to medical appointments, hair appointments, grocery store, etc. Monday through Friday. Most drivers take one shift a week, either morning or afternoon.

The greatest need is for people who can drive accessible vans—maneuvering and strapping down wheelchairs. It will be one of the most rewarding things that you have ever done! Call Tina today at 633-3741 for more information and to schedule an orientation.



Call Tina at 633-3741 for More Information

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

May 2017 | Volume 42 Issue 5

Phone: 989-633-3700

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National Senior Health & Fitness Day

Wednesday, May 31 ~ Trailside, 4700 Dublin Ave. & Sanford, 113 W. Lincoln

Senior Services will join an estimated 100,000 older adults to celebrate the 24th annual National Senior Health & Fitness Day. As an official host, we will offer a series of free classes to recognize the common goal for the day—to keep older Americans healthy and fit!



**Trailside** For more information and to register for classes or lunch, please call 633-3700.

- 8:30-9:30am.....**Zumba Gold:** Designed for people ages 50 and up.  
10:00-11:00am.....**Chair Yoga:** Stretch head to toe while sitting in a chair.  
11:30am-12:00pm ...**Lunch:** Enjoy a healthy, oven baked fish meal. Suggested donation for those over 60.  
12:00pm.....**Group Walk on the Rail Trail:** Get moving while enjoying the Spring air.  
1:00-1:30pm .....**Free Healthy Snack Demo by MSU Extension:** Great snack ideas that are good for you.

**Sanford** For more information and to register for classes or lunch, please call 687-7888.

- 10:30am .....**Bonesaver Class:** A weight training class for the prevention of osteoporosis.  
10:30am .....**Refreshments:** A variety of healthy snacks will be available.



Sanford Center Town Hall Meetings

**Tuesday, May 9 at 7:00pm** Jerome Township Building, 737 W Beamish Rd in Sanford  
**Thursday, May 18 at 10:30am** Sanford Center, 113 W Lincoln St. in Sanford

Discuss the potential partnership with Jerome Township to create a multi-generational, outside recreation area and a new Activity & Dining Center in Sanford. The meetings are open to the public and we encourage those wanting more information or with questions to attend.