

# A Life Worth Living



**Thursdays, September 20 - October 18**  
**10:00am-12:00pm**  
Trailside, 4700 Dublin Ave in Midland

*Join Us* to Learn About Your Most Powerful  
**Wellness Tool—Your Mind!**

In this original class series, we will delve into what positive psychology research teaches us about ways to increase our sense of well being. It is possible to learn the habit of optimism and not just exist, but flourish! Along the way, we will share and practice one of the most effective tools for modifying and creating habits as we make and report action plans.

Following each interactive session, the group will have the opportunity to eat lunch together and enjoy camaraderie and sharing. Class size is very limited.



## A Life Worth Living

 **Thursdays**  
**Sept 20 - Oct 18**  
10:00am-12:00pm  
Trailside, 4700 Dublin Ave



[Click Here for Details](#)

Live a Life Worth Living!

Join us to learn about your most powerful wellness tool—Your mind! Learn the habit of optimism and not just exist, but flourish. Call 633-3700 to register.



## A Life Worth Living

**Thursdays, September 20 — October 18, 10:00am-12:00pm**  
Trailside, 4700 Dublin Ave in Midland

Join us to learn about your most powerful wellness tool—your mind! In this original class series, we will be delving into what positive psychology research teaches us about ways to increase our sense of well-being. It is possible to learn the habit of optimism and not just exist, but flourish! Along the way, we will share and practice one of the most effective tools for modifying and creating habits as we make and report action plans. Following each interactive session, the group will have the opportunity to eat lunch together and enjoy camaraderie and sharing. Class size is very limited. Call 633-3700 to register.



If you help care for a senior family member, you're invited to a

# Caregiver Retreat

Tuesday, September 20, 2016 • 11:00am - 1:30pm  
Chippewa Nature Center • 400 S. Badour in Midland

## "TAKE CARE OF YOURSELF.

You can't be an effective caregiver if you don't. Get help from whomever you can and don't feel guilty for taking some time away."

~ Dr. Keith Roach, Midland Daily News Medical Column

**RSVP at 633-3700**

by September 16

In this FREE program, take a little time away to **REDUCE STRESS**, rejuvenate, improve your well-being and bring a sense of calm home to the person you care for.

## Learn How to Practice "Mindfulness"

How are you? How is the person you are caring for? Are you getting the help and support you need? A person providing assistance and care for another person gets the satisfaction of knowing they are helping someone close to them, but they also experience periods of intense stress.

Psychologist Karen Clark will share the practice and benefits of "mindfulness" to help surf those waves of stress. Studies show mindfulness reduces anxiety and loneliness while increasing one's sense of well-being.

Karen has been teaching mindfulness since 1999. She was an intern at the Stress Clinic at the University of Massachusetts Medical School. Karen says "I learned from the best and it was life changing for me."

Please join us for this special retreat and leave refreshed, relaxed and ready to help the people you care about.

Program is free and lunch is included.

Attendance is limited so call now to reserve your spot.

If respite care is needed, please let us know when you make your reservation.

If not previously registered with Senior Services as a caregiver, please plan for a few extra minutes on the phone for registration.



## Also Announcing: New Evening Caregiver Support Group!

Senior Services now offers a Caregiver Support Group that meets the first Wednesday of each month from 5:30-6:30pm at Senior Services main building, 4700 Dublin Ave. in Midland.

This new group is for people helping to care for a spouse, family member or friend and will be a sharing of ideas and solutions related to caregiving. Registration is recommended by calling 989-633-3700.

If you help care for a senior family member, you're invited to a

# Caregiver Retreat

Tuesday, September 20, 2016 • 11:00am - 1:30pm  
Chippewa Nature Center • 400 S. Badour in Midland

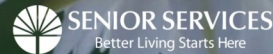
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by September 16



In this FREE program, take a little time away to **REDUCE STRESS**, rejuvenate, improve your well-being and bring a sense of calm home to the person you care for.



If you're caring for an older family member, you're invited to our Caregiver Retreat on Tuesday, September 20, 11:00am to 1:30pm at the Chippewa Nature Center. Take a little time away to reduce stress, rejuvenate, increase your well-being and bring a sense of calm home to the person you care for. Registration deadline is Friday, September 16. Please call 633-3700 or click the link below for more information and to register online.

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# Caregiver Retreat

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SENIORSERVICESMIDLAND.ORG

Caregiver Retreat

Chippewa Nature Center, 400 S. Badour in Midland "Take care of yourself."

## Take a Little Time Away Caregiver Retreat

Tuesday, September 20  
11:00am-1:30pm

Chippewa Nature Center, 400 S. Badour  
in Midland

*"Take care of yourself. You can't be an effective caregiver if you don't. Get help from whomever you can and don't feel guilty for taking some time away."*

~ Dr. Keith Roach, from Midland Daily News Medical Column



If you're caring for an older family member, follow the doctor's orders and "take some time away" to reduce stress, rejuvenate, increase your well-being and bring a sense of calm home to the person you care for.

A person providing assistance and care for another person gets the satisfaction of knowing they are helping someone close to them, but they also experience periods of intense stress. At this Caregiver Retreat, Psychologist Karen Clark will share the practice and benefits of "mindfulness" to help reduce anxiety and loneliness while increasing one's sense of well-being.

Please join us for this special retreat and leave refreshed, relaxed and ready to help the people you care about.

Please make your reservation by calling 633-3700 before September 16. Lunch is included. Attendance is limited so call now to reserve your spot. If respite care is needed, please let us know when you make your reservation.





**Thursday, October 18**

Dinner Seating at 5:30pm  
Comedy Program at 6:30pm

Trailside Center  
4700 Dublin Ave in Midland

**Good, Clean Fun!**

**Menu**

Homemade Soup • Salad  
Build Your Own Sandwich Bar:  
Assorted Lunch Meats, Breads,  
Cheeses, Condiments and  
Cheesecake Selections

**Seniors: \$6.00**  
**Adults Under 60: \$8.00**  
**Reservations Required**  
**Call 633-3790**

**STAND-UP  
COMEDY  
NIGHT!**

**Featuring Billy Ray Bauer**



Billy Ray Bauer has been performing stand-up comedy across America for the last 30 years. From headlining at great comedy clubs to performing for large corporations, he's established himself as a tried and true funny guy.

From skewed descriptions of growing up in Detroit in the sixties, to the gory details of raising four boys in the new millennium, Billy Ray will leave you laughing and exhausted from his ordeal.

Add to the mix some unusual vocal acrobatics including impressions and dialects, and you have an idea of an evening with Billy Ray.

Senior Services • 4700 Dublin Ave. • Midland, MI 48642



**SENIOR SERVICES**

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Call (989) 633-3700

Midland, Michigan

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**Thursday, October 18**

Trailside Center, 4700 Dublin Ave in Midland

**Good, Clean Fun!**

**STAND-UP  
COMEDY  
NIGHT!**

**Menu**

Homemade Soup • Salad  
Build Your Own Sandwich Bar

**Featuring Billy Ray Bauer**

Stand Up Comedy

It's going to be a fun night out!  
Reservations are required so click  
the picture for all the details.

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Dinner Seating at 5:30pm  
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# Wintertime Energy Efficiency Solutions

With Consumers Energy



Reduce your bills and stay safer in your home with tips and suggestions from a Consumers Energy representative. You might even win a prize! Discover simple, low or no cost ways to save money on your utility bill and learn about a free home energy analysis program. In addition, receive information about how you can recognize and avoid utility scams.



**Mills** Tuesday, November 6 at 11:30am  
**Greendale** Wednesday, November 7 at 11:00am  
**Coleman** Wednesday, November 7 at 12:40pm  
**Trailside & Sanford** Monday, November 12 at 12:00pm

We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



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Midland, Michigan

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Health Hints for November

Discover simple, low or no cost ways to save money on your utility bill and receive information about how you can recognize and avoid utility scams as Consumer Energy visits each Activity & Dining Center throughout November.

## Healthy Hints Wintertime Energy Efficiency Solutions with Consumers Energy



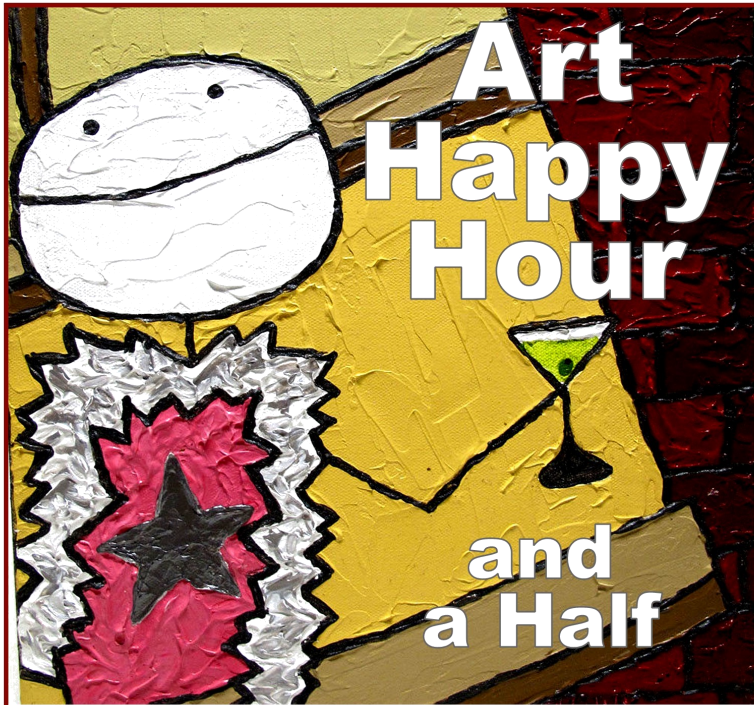
Join us in learning how to reduce your bills and stay safer in your home with tips and suggestions from Consumers Energy. You might even win a prize! Darlene Kustory, Market Outreach Manager at Consumers Energy, combines common sense and simplicity in presenting how to achieve greater energy efficiency in your home. This 20 minute presentation will provide you with simple, low or no cost ways to save money on your utility bill and describe the free home energy analysis program offered through Consumer's Energy. In addition, Darlene will provide information on how you can recognize and avoid utility scams.

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**Trailside & Sanford:** Monday, November 12 at 12:00pm

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. Phone numbers are on page 9.





**Monday, November 12, 5:00-6:30pm**  
**Creative 360** 1517 Bayliss St in Midland

Meet up with Encore for a fun evening out! Creative 360 will provide inspiration and supplies to have some artsy craftsy fun with new friends. Drinks available by donation.

Please Call to Let Us Know You're Coming  
**989-633-3700**  
 Or register online at [SeniorServicesMidland.org](http://SeniorServicesMidland.org)

**ENCORE**  **SENIOR SERVICES**  
 Better Living Starts Here



Call **(989) 633-3700**  
 Midland, Michigan

[Home](#) [Services](#) [Adult Day](#) [Caregivers](#) [Activity Centers](#) [Calendar](#) [Volunteer](#) [News](#) [About Us](#)



**Art Happy Hour and a Half**

**Monday November 12**  
**5:00-6:30pm**

Creative 360  
 1517 Bayliss St in Midland

Let Us Know You're Coming by Calling **989-633-3700** or to register online and for more information, [click here](#)

Encore!

Meet up with Encore for a fun evening out! Creative 360 will provide inspiration and supplies to have some artsy craftsy fun with new friends. Drinks available by donation.



**Senior Services Midland**  
 November 7, 2018 · 🌐

Don't miss Art Happy Hour and a Half at Creative 360 for a fun night of inspiration and cocktails on Monday, November 12. Click the link below for details.

[SENIORSERVICESMIDLAND.ORG](http://SENIORSERVICESMIDLAND.ORG)  
**Encore: Art Happy Hour and a Half | Senior Services of Midland County**  
 Creative 360, 1517 Bayliss St in...

3 likes · 2 Comments · 1 Share

Like Comment Share

Most Relevant

Write a comment...

**Karen Bauer Cost?**  
 Like · Reply · 1y  
 1 Reply


**ENCORE!**

**Art Happy Hour & a Half**  
**Monday, November 12, 5:00-6:30pm**  
 Creative 360, 1517 Bayliss St in Midland


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**Tuesday  
December 4  
8:00-10:00am**



**Trailside & Sanford Centers  
4700 Dublin Ave in Midland  
By the Fireplace in Birchwood**

## Building Relationships One Cup at a Time

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other.

This is a chance for you to ask questions and get to know some of the people working to keep our community safe!



**Senior Services** · SeniorServicesMidland.org



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Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us



**Building Relationships  
One Cup at a Time**

**Tuesday  
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[Click Here for Details](#)

### Coffee with a Cop

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other. Come get to know some of the people working to keep our community safe!

## Coffee with a Cop Building Relationships One Cup at a Time

Tuesday, December 4, 8:00-10:00am  
Senior Services, 4700 Dublin Ave in Midland

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about



each other. Community policing has long been considered a framework for establishing trust between the community and the police. However, over time the character and composition of our

nation's communities have changed due to shifting demographics, more commuters, and the introduction of different communication methods such as websites and social media.



Senior Services Midland

November 29, 2018 · 🌐

Coffee with a Cop brings police officers and the community members they serve together- over coffee- to discuss issues and learn more about each other. Join us as we co-host the event with the Midland Police Department and get to know some of the people working to keep our community safe!



**Building Relationships  
One Cup at a Time**

**Tuesday  
December 4  
8:00-10:00am**

**Trailside & Sanford Centers  
4700 Dublin Ave in Midland  
By the Fireplace in Birchwood**

Senior Services Midland ▶ Coffee with a Cop  
November 29, 2018 · 🌐



# Travel & Adventure Series

# Canada!



Video featuring Rudy Maxa  
**Monday, January 28, 11:45am-1:00pm**  
 Trailside Center, 4700 Dublin Ave in Midland

quaint fishing villages regional dishes charm  
 ruggedness & sophistication urban centers  
 vibrant culture breathtaking beauty



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 Midland, Michigan

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## Travel & Adventure Series

# Canada!

Video Featuring Rudy Maxa

**Monday, January 28**  
**11:45am-1:00pm**  
 Trailside Center, 4700 Dublin Ave  
 in Midland

[Click Here for Details or to Register Online](#)

### NEW! Travel & Adventure Series

Coming the 4th Monday of each month!

We start the series with Canada. Come experience quaint fishing villages, urban centers and all the breathtaking beauty and charm of Canada's vibrant culture.



## Travel & Adventure Series

Recent surveys showed that many of you have a strong interest in travel programs. We are grateful for the support of Diane Stevens who generously provided starter funds for the new series in honor of her parents, Robert and Velva Willemin. Thank you Diane! We are thrilled to begin offering monthly programs starting in January at our Trailside location. Programs will be held on the 4th Monday of each month starting at 11:45am. Join us and explore!

### Canada! Video featuring Rudy Maxa

**Monday, January 28, 11:45am-1:00pm** ~ Trailside Center, 4700 Dublin Ave  
 The journey begins as we discover the pristine shores and rocky coves of the eastern Canadiana Nova Scotia and Newfoundland. Rudy connects with rugged sea-in-their-blood Canadians in villages and surprisingly progressive urban centers. Sample the tantalizing catch from the frigid Atlantic waters, including a stop at the lobster capital of North America. You do not have to leave North America to get a satisfying taste of Europe in Rudy Maxa's travels to Montreal and Quebec City, with their special blend of ruggedness and sophistication. He explores these unique cities and the French roots in their vibrant culture while sampling popular regional dishes like smoked meats and poutine, high-end dining with French and English flair...and a peek at Cirque du Soleil. Finally, Rudy stands on the crossroads between east and west to visit its sister city, Victoria. Capture the charm and sophistication of Canada's western gems in the natural beauty, energetic urban lifestyles, and deep-rooted Chinese heritage.





## Build Your Own Series



## Special Evening Classes for Family Caregivers

Learn techniques to help a loved one living with dementia

**Every Other Tuesday**  
**March 12, March 26 & April 9**  
**6:00pm to 7:30pm**  
Senior Services, 4700 Dublin Ave  
in Midland

### For New and Experienced Caregivers

- Open discussion encouraged
- Resources offered for family members to take home

Classes will be led by seniors in the Occupational Therapy program at Saginaw Valley State University.

**Call 633-3700 to Register**



For all caregiver classes, if you are caring for another person and are not previously registered with Senior Services as a caregiver, please plan to arrive 15 minutes early to fill out a brief form.



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Call **(989) 633-3700**  
Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us

Learn techniques to help a loved one living with dementia

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Special Evening Classes  
for Family Caregivers

**Build Your Own Series**

**Every Other Tuesday**  
**March 12, March 26 & April 9**  
**6:00pm to 7:30pm**  
4700 Dublin Ave in Midland

### For Family Caregivers

This series will cover a variety of topics beneficial to both experienced and new caregivers, with open discussion encouraged and resources offered for family members to take home. Classes will be led by seniors in the Occupational Therapy program at Saginaw Valley State University. Call 633-3700 to register.



## Special Evening Caregiver Classes!

**Every Other Tuesday, March 12, March 26 & April 9, 6:00pm to 7:30pm**  
Senior Services, 4700 Dublin Ave in Midland

These educational sessions will cover a variety of topics beneficial to both experienced and new caregivers, with open discussion encouraged and resources offered for family members to take home. Build your own series! Two topics will be covered each day, and you are welcome to stay for the full class, or just choose one segment. Classes will be led by seniors in the Occupational Therapy program at Saginaw Valley State University. Attend and learn techniques to help a loved one living with dementia.

### Tuesday, March 12

- 6:00-6:40pm **Stages of Dementia & Safe Lifting:** Learn how to classify what stage of dementia your loved one is in, and how to tailor safe and appropriate lifting for each stage.
- 6:50-7:30pm **Safety in your Home and Community:** Gain an understanding about fall risks within the home, possible modifications to provide greater safety, and ways to prevent wandering.

### Tuesday, March 26

- 6:00-6:40pm **Choosing and Using Assistive Devices:** Learn more about types of assistive tools and their proper use to promote independence in your loved one's daily activities.
- 6:50-7:30pm **Bathing, Grooming and Dressing Techniques:** Find out how to simplify these tasks in the daily routine- for both you and your loved one.



### Tuesday, April 9

- 6:00-6:40pm **Communication Skills to Reduce Behavioral Challenges:** Discuss effective communication strategies to decrease relationship strains and learn useful ways to prevent and respond to behaviors you are finding problematic.
- 6:50-7:30pm **Leisure Exploration: Finding Meaning and Joy:** Gain awareness about the importance of leisure for well-being and explore opportunities for finding joy for both of you!

**Call 633-3700 to register. We hope to see you there!**



Senior Services Midland  
March 7, 2019 · 🌐

If you are caring for a loved one with dementia, you won't want to miss our upcoming "build your own series" of evening caregiver classes. They start next Tuesday, March 12. Click here to learn more:  
<https://www.seniorservicesmidland.org/.../evening-caregiver-.../>



👍❤️ 21

2 Comments 3 Shares



**Tunes by the Tridge**  
Downtown Midland



# DUELING PIANOS

**Thursday**  
**June 13 at 7:00pm**

Join Encore  
for laughs and fun with  
the music of dueling pianos!  
Bring a lawn chair or a blanket for this  
free concert series. Food vendors will be on site.  
**Look for the Orange T-shirt!**

**ENCORE**



**SENIOR SERVICES**  
Better Living Starts Here



**Senior Services Midland**  
June 12, 2018 · 🌐

Bring your lawn chair and join Encore for laughs and fun with the music of dueling pianos this Thursday, June 14 starting at 7:00 pm in Downtown Midland. Look for our orange t-shirt & join our group! Musicians play until 9:00 pm. Food vendors will be on site.  
Tunes by the Tridge free concert series entertains the community in a beautiful setting near the Tridge each Thursday evening. Music lovers, let's flock to the Tridge to enjoy some great musical talent!  
<https://tinyurl.com/yyc7w9xm>



**ENCORE**

SENIORSERVICESMIDLAND.ORG  
**Encore: Dueling Pianos at Tunes by the Tridge -**  
Senior Services of Midland County Learn More

# 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.




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Call **(989) 633-3700**  
Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us



**Tunes by the Tridge**  
Downtown Midland

# DUELING PIANOS

**Thursday**  
**June 13 at 7:00pm**

**Encore!**

Join Encore for laughs and fun with the music of dueling pianos! Bring a lawn chair or a blanket for this free concert series. Food vendors will be on site. Look for the Orange T-shirt! Click on the picture for details and to register online.

# DO YOU HAVE **Concerns** about falling?



Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

## YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

## WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

**EMPHASIZES PRACTICAL STRATEGIES TO MANAGE FALLS**

**MONDAYS & WEDNESDAYS**  
**1:00 to 3:00**  
**JULY 15—AUGUST 7**

(July 22 class will meet 1:30-3:30pm)

Trailside Center at 4700 Dublin Ave. in Midland  
 \$25 Suggested Donation

Classes are Held Twice a Week  
 for 4 Weeks, for 2 Hours Each

**FOR MORE INFORMATION  
 OR TO REGISTER:**

**989-633-3700**

**Space is Limited so Call 633-3700 Now!**



**A Matter of Balance Lay Leader Model**  
 Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



**A MATTER OF BALANCE**  
 MANAGING CONCERNS ABOUT FALLS

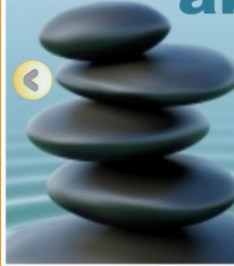


**SENIOR SERVICES**  
 Better Living Starts Here

Call **(989) 633-3700**  
 Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us

# DO YOU HAVE **Concerns** about falling?



**A MATTER OF BALANCE** is an excellent evidence-based class proven to help reduce the risk of falls.

**BEGINS JULY 15**

[Click here for details and to register online.](#)

## A Matter of Balance


Learn how to assess your home for fall risks, how to get up safely if you do fall, and get practice with basic exercises that can help increase strength, flexibility and balance.

## Matter of Balance

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

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



 **Senior Services Midland**  
 August 30, 2015 · 🌐

One out of 3 people age 65+ fall each year. Reduce your risk of falling by attending Senior Services' outstanding evidence-based series, Matter of Balance. Register now by calling 633-3700 or online at [SeniorServicesMidland.org](http://SeniorServicesMidland.org).

 **SENIORSERVICESMIDLAND.ORG**  
**Matter of Balance - Senior Services of Midland County**  
 Venue: Trailside 4700 Dublin Ave Midland, Michigan 48642 Mondays & Wednesdays – September 14 – October 7, 1:00 – 3:00pm This...

Elizabeth Baldwin and 1 other 1 Share





# EAT SMART, LIVE STRONG

Wednesdays  
October 2 — November 13  
(No class October 30)  
12:30-1:30pm

Sanford Center, 3243 N West River Rd in Sanford

Come join a free, fun, hands-on group focused on:

- Shopping for healthy food on a budget
- New ways to prepare fruits and vegetables
- Food demonstrations
- Simple ways to get moving
- Gaining skills to make healthy changes

Six interactive sessions for adults age 55 and older

Join Tara Roberson, Community Nutrition Instructor with MSU Extension, for this informative and fun series!



Senior Services • SeniorServicesMidland.org

Call 633-3700 to Register



## SENIOR SERVICES

Embrace Your Age

### Call (989) 633-3700

Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us Donate



# EAT SMART, LIVE STRONG

Sanford Center  
3243 N West River Rd in Sanford  
Wednesdays  
October 2 — November 13  
(No class October 30)  
12:30-1:30pm

[Click Here for Details](#)

### MSU Extension

Come join a free, fun, hands-on group focused on shopping for healthy food on a budget, new ways to prepare fruits and vegetables, food demonstrations and more.



# EAT SMART, LIVE STRONG

Sanford Center  
3243 N West River Rd in Sanford  
Wednesdays  
October 2 — November 13  
(No class October 30)  
12:30-1:30pm

#### Join a free, fun, hands-on group focused on:

- Shopping for healthy food on a budget
- New ways to prepare fruits and vegetables
- Food demonstrations
- Simple ways to get moving
- Gaining skills to make healthy changes

Six interactive sessions for adults age 55 and older

Join Tara Roberson, Community Nutrition Instructor with MSU Extension, for this informative and fun series!

Call 633-3700 to Register



Senior Services Midland

September 24, 2019

"Eat Smart, Live Strong" -- Join us at the new Sanford Center for a free, fun, hands-on group focused on shopping for healthy food on a budget, new ways to prepare fruits and vegetables, food demonstrations, simple ways to get moving and more. Join Tara Roberson, Community Nutrition Instructor with MSU Extension, for this informative series which starts Wednesday, October 2. Call 633-3700 to register or click the link below to register online and for more information.



SENIORSERVICESMIDLAND.ORG

Eat Smart, Live Strong | Senior Services of Midland County

Wednesdays, October 2-November 13 (No class October 30), 12:30-1:30pm



# Caring for Yourself While Caring for Another

Tuesday, March 19, 1:00-2:30pm Trailside Center, 4700 Dublin Ave in Midland

No one really expects it, but at some time or another, just about everyone has been, or will be, responsible for giving care to someone close to them.

Unfortunately, the most devoted caregivers are at risk of dying first themselves unless they ask for help and strengthen their self-care skills. Strengthen those skills now!

**Call 633-3700 to Register**

Jerry Willing, LMSW, cared for his wife, June, for 10 years as she struggled with Alzheimer's Disease. Jerry is a marriage counselor and will present the eight stages of **becoming a successful caregiver** and avoiding burnout. Along the way, he will share his **personal experiences** including the emotional roller coaster of shock, anxiety, confusion, depression, anger, guilt, and grief. During this informative talk you will **discover your inner strengths**, enabling you to **experience laughter and joy** during the often arduous caregiver journey.



**Senior Services** • 4700 Dublin Ave. • Midland, MI 48642

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



**SENIOR SERVICES**

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Midland, Michigan

Home Services Adult Day Caregivers Activity Centers Calendar Volunteer News About Us Donate

## Caring for Yourself While Caring for Another

Tuesday  
March 19  
1:00-2:30pm

Trailside Center  
4700 Dublin Ave  
in Midland

[Click Here for Details](#)

For Family Caregivers

Strengthen the self care skills you'll need as a family caregiver. Register by calling 633-3700 or register online by clicking the image on the left.



Senior Services Midland

March 14 · 🌐

No one really expects it, but at some time or another, just about everyone has been, or will be, responsible for giving care to someone close to them. Unfortunately, the most devoted caregivers are at risk of dying first themselves unless they ask for help and strengthen their self-care skills. Learn how to care for yourself while caring for another at our program next Tuesday, March 19 from 1:00-2:30pm. Call 633-3700 to register or click the link below to register online.



Caring for Yourself While Caring for Another | Senior Services of Midland County

[Send Message](#)



# Deliver a Smile!

## Meals on Wheels Volunteer Orientation & Training

**Wednesday, August 21**

8:30am: Volunteer Orientation

9:30am: Meals on Wheels Training

10:15am-12:00pm: Ride-along with an Experienced Driver\*

**Call 633-3700 to Register**

Senior Services has a big need for Meals on Wheels drivers at all of its centers. Meals on Wheels drivers use their own vehicles—with mileage reimbursed—to deliver meals around lunchtime, Monday through Friday. Most drivers take one route a week and it takes about two hours roughly from 10:30-11:30am to 12:30-1:00pm. It is one of the most rewarding experiences you will ever have and it's a great opportunity to do with a spouse or friend!

Interested? Please call 633-3700 to register or stop by our office at 4700 Dublin in Midland. **We will email you a registration form which will need to be returned by Thursday, August 15.** Driver's license checks and background checks will be completed before the orientation and training.

\* For Sanford and Trailside routes. Drivers for Greendale and Coleman will only do the orientation and training with ride-alongs scheduled at a later date.



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## Meals on Wheels Volunteer Orientation & Training

**Wednesday, August 21 8:30am—12:00pm**

[Call 633-3700 to Register](#)

[Click Here for More Information](#)



### Become a Meals on Wheels Volunteer

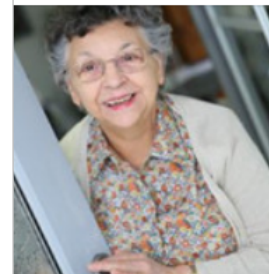
Senior Services really needs people like you to help deliver Meals on Wheels. This volunteer opportunity is one of the most rewarding experiences you will ever have. A great way to get started is to attend this upcoming orientation and training. Click the picture for details.



Senior Services Midland

September 12 · 🌐

Deliver a smile...become a Meals on Wheels volunteer! Senior Services really needs people like you to help deliver Meals on Wheels. This volunteer opportunity is one of the most rewarding experiences you will ever have. A great way to get started is to attend an upcoming orientation and training on Wednesday, September 18. Click the link below for details.



SENIORSERVICESMIDLAND.ORG

### Meals on Wheels Volunteer Orientation and Training | Senior Services of Midland County

8:30am: Volunteer Orientation 9:30am: Meals on Wheels Training 10:15am: Ridealong (for...



## Keep Your Cool!

Learn How to Beat the Heat and Keep as Cool as a Cucumber!

[Click Here For More Information](#)

### Keep Your Cool

Come to Healthy Hints this month at any Activity & Dining Center and learn the risks of these hot, humid days of summer and get some tips to help beat the heat and keep you cool as a cucumber!



## Keep Your Cool!

We look forward to summer weather each year through the long winter months, but heat brings its own challenges. Come to Healthy Hints this month and learn the risks of these hot, humid dog days of summer and learn tips to help beat the heat and keep you cool as a cucumber!

*Greendale* Monday, July 16, 10:45am

*Coleman* Thursday, July 19, 12:40pm

*Mills* Wednesday, July 25, 11:30am

*Trailside & Sanford* Thursday, July 26, 12:00pm



We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642



Senior Services Midland

July 12, 2018

Join Healthy Hints throughout July at an Activity & Dining Center and learn how to keep your cool this summer!



## Keep Your Cool!



# Concerned About Memory Problems?

Early Detection is Important.

Take Action.

Get Answers.



## Free Confidential Memory Screenings at Senior Services

### Take This Short Quiz

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have problems performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Am I misplacing things more often?
- Have family or friends told me that I am repeating questions over and over again?
- Have I become lost when walking or driving in a familiar neighborhood?

If you answered “yes” to any of these questions, you might benefit from a memory screening.

Schedule an Appointment by Calling Senior Services at 989-633-3700

Screenings are conducted by dementia experts who will discuss the results with you. You will also receive information about resources and services you may find beneficial. At your request, results can be shared with your doctor.

**Schedule Your Appointment Now!**

**Call Senior Services  
989-633-3700**

4700 Dublin Ave. in Midland



**SENIOR SERVICES**

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Call **(989) 633-3700**

Midland, Michigan

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## Concerned About Your Memory?

Free Confidential Memory Screenings at Senior Services

**Call 989-633-3700**  
to Schedule Your Appointment Now



### Memory Screenings

If you're concerned about memory problems, sign up for a free, confidential screening at Senior Services. Early detection is important so take action and get answers! Call 633-3700 now to schedule your appointment.



Please Join Us for a Special Bonus

# Caregiver Retreat

## & Picnic Lunch

Monday, September 21, 2015 ~ 11:00am - 2:00pm  
at Whiting Forest in Midland

### Wellbeing in Caring Relationships

**Presented by Peter Leidy**  
Award-Winning Singing Commentator & Consultant



Many people think wellbeing is about being happy and healthy, but it is much more than that. Learn surprising ways to enhance the wellbeing of you and your loved one. Go home feeling refreshed and rejuvenated!

**RSVP at 633-3700**

By Thursday, September 10  
Attendance is limited so call now to reserve your spot



**This is a Free Event for Family Caregivers**

For all caregiver programs, 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. If requesting respite care, notify when registering.

Please Join Us for a Special Bonus

# Caregiver Retreat

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**Facilitator**  
**Listener**  
**Learner**  
**Consultant**  
**Speaker**  
**Musician**

Many people think wellbeing is about being happy and healthy, but it is much more than that. Learn surprising ways to enhance the wellbeing of you and your loved one. Go home feeling refreshed and rejuvenated!

Interactive! ♦ Fun! ♦ Music!

**RSVP**  
**633-3700**  
by  
**September 10**

Lunch is included.

Attendance is limited so call now to reserve your spot.

If respite care is needed, please let us know when you make your reservation.



**SENIOR SERVICES**  
Better Living Starts Here



Senior Services Midland

September 9, 2015 · 🌐



One more day to register for our Caregiver Retreat. This program is free for family caregivers and includes lunch. You can register by calling 633-3700 or online at [SeniorServicesMidland.org](http://SeniorServicesMidland.org).

Family Caregivers are Invited to a

# Caregiver Retreat

Monday, September 21, 2015 ~ 11:00am - 2:00pm  
at Whiting Forest in Midland

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by  
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Lunch is included.

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If respite care is needed, please let us know when you make your reservation.





# Choosing Long-Term Care or Assisted Living

Tuesday, May 21, 1:00–2:00pm

Trailside Center, 4700 Dublin Ave in Midland

## Family Caregiver Workshop

What questions should you ask when looking for senior living? There are so many options, with more being built every day. How do you choose? It is critical to be able to feel trust in the folks who will be caring for our loved ones, so we need to know what to look for as we weigh the options.

Join Sandra LaPrad, RN from the Midland County Health Department and Michele Hupfer, RN from Riverside, as they share lessons learned and things to look for in making this sometimes difficult choice. Call 633-3700 to register.

## Call 633-3700 to Register

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. Light refreshments will be provided. Respite scholarships may be available. If requesting respite care, notify when registering.



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# Choosing Long-Term Care or Assisted Living

Tuesday, May 21, 1:00–2:00pm

Trailside Center, 4700 Dublin Ave in Midland

[Click Here for Details](#)

## For Family Caregivers

What questions should you ask when looking for senior living? There are so many options, with more being built every day. How do you choose? Join us to learn more.

## Caregiver Workshop Choosing Long-Term Care or Assisted Living

Tuesday, May 21, 1:00-2:00pm

Senior Services, 4700 Dublin Ave in Midland

What questions should you ask when looking for senior living such as supervised care or independent living in a senior apartment complex? There are so many options, with more being built every day. How do you choose? It is critical to be able to feel trust in the folks who will be caring for our loved ones, so we need to know what to look for as we weigh the options. Join Sandra LaPrad, RN from the Midland County Health Department and Michele Hupfer, RN from Riverside, as they share lessons learned and things to look for in making this sometimes difficult choice. Call 633-3700 to register.

*For all caregiver classes, if you are caring for another person and are not 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. Light refreshments will be provided. Respite scholarships may be available. If requesting respite care, notify when registering.*

### Coming Soon for Caregivers

**I Have To Do What? Challenging Caregiver Tasks** Tuesday, June 18,



Senior Services Midland

May 16 · 🌐

What questions should you ask when looking for senior living? There are so many options, with more being built every day. How do you choose? To help you decide, join us for this informative presentation on Tuesday, May 21. Click the link below for details or call 633-3700.



About this website

SENIORSERVICESMIDLAND.ORG

Choosing Long-Term Care or Assisted Living | Senior Services of Midland County

# Get Ready for a Stress Free Holiday Season



The most wonderful time of the year can become the most stressful time of the year. Family traditions, high expectations, financial concerns, gift giving, overbooking our time, and conflicting personalities are just a few of the common holiday stressors. At this presentation, get tips for identifying and coping with the challenges of the holidays. Take control and prepare yourself for a stress free celebration.

- Greendale** Wednesday, November 13 at 11:00am
- Trailside** Thursday, November 14 at 12:00pm
- Mills** Tuesday, November 19 at 12:30pm
- Coleman** Thursday, November 21 at 12:30pm
- Sanford** Tuesday, November 26 at 12:30pm



We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642

# Have a Stress Free Holiday Season



Get tips for identifying and coping with the challenges of the holidays.



[Click Here for Details](#)

# Get Ready for a Stress Free Holiday Season

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- Sanford** Tuesday, November 26, 12:30pm

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

**Coming Soon to Healthy Hints: December** Life After Blindness