

Senior Center



Activity Spotlights:

The Senior Center Summer Cookout took place on August 2 with approximately 150 people in attendance. "The REAL" youth program, which was housed at the Center this summer, graciously hosted the event. They did an incredible job of helping seniors in the community and in hosting our cookout. What a wonderful opportunity to connect seniors and youth in having such positive interactions.

The "Senior Scam Prevention" Lunch & Learn held on August 28 was a great opportunity for our seniors to learn how to avoid scams. AG Nessel gave several recommendations for combating scammers, who often target seniors, including not answering your phone unless it is from someone in your contacts list. Also, never give out your credit card number, bank account information, or Social Security information. Scammers are known to impersonate financial institutions, the IRS, Social Security, and even people you know. Instead, call the institution or individual directly, or contact the Consumer Protection team at 877-765-8388 or at mi.gov/agcomplaints.

OCTOBER-DECEMBER 2023

CONTENTS

From Our Senior Programmer	3
Welcome	4
New Members	5
Community Resources	6
Community Partner	8
News and Noteworthy	9
Schedule of Activities	11

From Our *Senior Programmer*:

Summer flew by and fall and winter are right around the corner. As the seasons change so does life at our Senior Center. In order to protect my health and energy, I resigned from my full-time position as your Senior Programmer. The Township is actively seeking my replacement. It was not an easy decision and one that has been met with much sadness. I worked my hardest to help you get through the transition of being in a new place and the departure of the former leadership. While the changes were difficult for some, I hope the majority can recognize we are in a better place than when I started.



As you'll see in this edition of the newsletter, we are focusing on the positive differences being made for seniors both at our Center and in the community. We opened up our building to the summer youth program, The REAL, this summer as they needed a home base to perform their work in the community. How wonderful of them to host our community and member cookout, which was well-attended and, by all accounts, fun. New programming is running and people are benefitting. The team is excited to have additional resources to help seniors meet real needs. Our volunteers and staff are engaged and taking ownership.

The summer slump provided an opportunity to prepare for our last quarter in our temporary location and begin planning for the move to the new center at the Township. Construction is still on schedule with hopes be completed by early 2024 and open sometime in the spring. We are grateful to the school district for being such an incredible partner in allowing us the space to remain open during construction.

The new Community Center will bring about a new energy to our Senior Center. The Senior Center entrance and signage will remain, as well as the area's footprint with dedicated senior spaces. There will be so many more opportunities for classes and activities in the shared spaces of the Community Center. Be open to the possibilities, embrace the changes, be kind, and remember that how you treat people makes a difference.

It has been a privilege to serve in this role. I have made some life long friends and plan to continue helping out with Meals on Wheels and participating in programming. I'll be seeing you :)

A handwritten signature in cursive script that reads "Anne Duncan".

Anne Duncan
Community Services Senior Programmer

Welcome To Our Center

The mission of the Van Buren Senior Center is to provide quality service, social interaction, and intellectual needs for maturing adults. Socialization, education, health, and opportunities for community services will be made available through nutritious meals, planned recreational programs, an informative newsletter, speakers, classes, trips, health screenings, information and referral, and advocacy.

ABOUT



LOCATION

13770 Haggerty Road
Van Buren Township, MI 48111

MAILING ADDRESS

46425 Tyler Road
Van Buren Township, MI 48111

CENTER HOURS

Monday through Friday

7:30 am - 4:00 pm

For more information, call the Center at
(734) 699-8918 or visit the Township
website at vanburen-mi.org

MEMBERSHIP

Membership dues will not be collected until
further notice.

SOCIAL MEDIA

Visit us at
facebook.com/VBTSeniorCenter/

CENTER CLOSURES

Friday, November 10th in observance of
Veteran's Day



Thursday, November 23rd and Friday,
November 24th for the Thanksgiving Holiday

Monday, December 25th through
Monday, January 2nd in observance of
the Holidays (re-open January 3rd)

OUR TEAM

**Township Board
Supervisor**
Kevin McNamara

Clerk
Leon Wright

Treasurer
Sharry Budd

Trustees
Don Boynton, Jr.
Sharry Frazier
Kevin Martin
Bryon Kelley

**Community Services
Director**
Elizabeth Renaud

**Community Services
Deputy Director**
Tammy Dohring

**Community Services
Senior Programmer**
Vacant

Senior Specialist
Denise Partridge

Senior Specialist
Corey Simpson

Senior Specialist
Vacant

WELCOME *New Members*

- Alfredo Coccimiglio
- Alphonso Elston
- Andrea Adams
- Angela Turner
- Anita Quinlan
- Annette Rodriguez-Haralson
 - Ann-Yvonne Anglin
 - Anthony Hall
 - April Crawford
 - April Mullins
 - Ari LeSure
 - Arthur Henkel
- Christina Merriweather
 - Cleda Smartt
 - Cynthia Wiltsie
 - David Petix
 - Dennis Horton
 - Diane Chartier
- Donna Jeppesen
- Dorothy Barnes
 - Esther Smith
 - Janet Bell
 - Janet Key
- Janis Sargent
- Jayne Greer
- Jeffery L. Aimone
- Jose Quinones
 - Judy Glynn
 - Judy Pierson
- Kenneth Croff
 - Kim Paris
- LeeAnn Jones
 - Lois Henkel
 - Lyn Ehrman
- Marcia Cowan
- Mark Faerber
- Mary Girtman
- Mary Nell Fowler
- Michelle Payne
- Nancy Merschat
- Patricia Najmowski
 - Patty Moore
 - Randy Miller
- Richard Frenette
- Robert Ehrman
- Robin Miller
- Sarita Williams
 - Scott Jakl
- Sharon Schultz
 - Shelly Kirby
- Steven Jackson
- Suzanne Poupard
- Tabni Hollenquest
 - Tonya Dallas
 - Valencia Hunt
 - Velma Wilson
 - Virginia Anton
 - Zean Smartt

COMMUNITY *Resources*

Senior Transportation

Senior Transportation is available to Van Buren Township residents from 9 a.m. to 4 p.m. Monday to Friday. Priority is given to medical appointments.

Call (734) 699-8945 to check availability and schedule a ride (the Center does not schedule rides).



Meals on Wheels



Meals on Wheels delivers Monday-Thursday to seniors who are home-bound and in need of a meal (must qualify). Volunteers are still needed to drive, deliver meals to the door, or help in the kitchen, especially on Friday as deliveries will begin soon.

Applications for meals and volunteering can be accessed and completed on Wayne County's Senior Services website (waynecounty.com/departments/seniorservices.com) or by calling our office at (734) 699-8918.

Commodities: Focus Hope and The Emergency Food Assistance Program (TEFAP)

Distribution takes place at our Center on the 3rd Thursday of each month from 7:30 am - 4:00 pm. In the past quarter, Corey has set up and distributed 125 TEFAP and 80 Focus Hope boxes. Way to go!

Income-based programs provide free monthly commodities to Van Buren Township and Belleville residents. Call the office or stop in to see if you qualify or to complete an application.

- Upcoming dates: October 19th, November 16th, and December 21st

Forgotten Harvest

Forgotten Harvest mobile food pantry at Wayne County Community College, Ted Scott Campus, 9555 Haggerty Rd, Van Buren Township. Lineup begins at 1:00 pm and distribution runs from 2-4 pm. Applications can be completed at the site on pick-up days. No eligibility requirements.

- Upcoming dates: October 3rd, October 17th, November 7th, November 21st, December 5th, and December 19th



Medical Loan Closet

The Medical Loan Closet helps those who need medical equipment such as walkers, canes, shower chairs and Depends. Stop by the Center or call the office if you or someone you know would like to borrow an item from the loan closet. Donations are accepted for items that are clean and in good repair. Please call the office at 734-699-8918 prior to donating to confirm we need items.

Senior Center Resource Room

The Van Buren Senior Center is proud to announce we now have a dedicated resource room to assist seniors in the community with locating and applying for assistance programs. This includes what we offer at the Center as well as our community partners such as The Senior Alliance (TSA).

We can help seniors apply for Meals on Wheels, commodities, and Forgotten Harvest, as well as research community options, assist with phone calls, and complete other online applications. We have a dedicated computer and telephone set up in a private space and are happy to meet with those requiring assistance.

If you or someone you know could benefit from this service, please call the office at (734) 699-8918 to schedule an appointment. We may be able to arrange for transportation to the Center for resource room appointments.

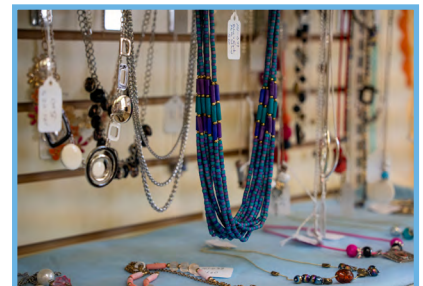
Hidden Treasures Gift Shop

We appreciate the patrons and volunteers who help to make our gift shop a place for creative outlets and income to the Senior Center. Our gift shop vendors pay \$5 per month for a shelf to display their wares – the rent benefits the Center. Vendors have the option to volunteer one or more days per month to cover shelf rental costs.

They are actively seeking vendors who would like to sell hand-crafted or items appropriate for the shop (determined by manager). We do not accept “garage sale” items as this is a place where patrons can purchase “hidden treasures” - not “junk”.

If you haven't visited the gift shop, please stop by between 10 am & 2 pm Monday – Friday. We will begin taking credit cards in the future, but for now please plan on paying with cash or personal check.

Below are examples of several items available for purchase.



The Senior Alliance

Senior Center Lunch and Learn

We are excited to have The Senior Alliance (TSA) present at our Lunch & Learn on **November 27** from Noon-1 pm. They will talk about the resources and programs offered through TSA and their service network.

Medicare Open Enrollment

Medicare Annual Open Enrollment will take place on Tuesday, November 28th from 9:30 am to 3:30 pm at our center to provide "One-on-One Review with a Certified Medicare Counselor".

You may ask, "What plan changes can I make during the Medicare open enrollment period?" If you're already enrolled in Medicare coverage you can do the following:

- Switch from Original Medicare to Medicare Advantage (as long as you're enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan's service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan, although medical underwriting might be required for Medigap, depending on the state and the person's circumstances).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare. If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.

TSA / MMAP Certified Medicare Counselors will be on-site to assist in your reviews. Please call MMAP at (734) 727-2067 to make an appointment.

News

FY 2024 State Budget Approved

On June 28th, Governor Gretchen Whitmer signed the state budget for Fiscal Year 2024. The \$81.7 billion budget includes the following allocations for older adult programs.

- \$5 million in one-time funding for establishing Caregiver Resource Centers within Area Agencies on Aging around the state.
- \$1.0 million in one-time increase in funding for home-delivered meals.
- \$658,000 increase for Older Americans Act-funded home and community-based services.
- \$0.85 per hour increase for direct care workers (DCW) involved in publicly-funded services.

The Senior Alliance thanks those who advocated for increased funding for aging programs and will continue to advocate for funding of these crucial programs and other initiatives.

PROGRAM *Highlight*

Arthritis Foundation Exercise Program (AFEP)



One of our most popular classes at the Center is the Arthritis Foundation Exercise Program (AFEP) and is taught by trained and certified instructors in partnership with the Arthritis Foundation. Funding for AFEP is partially provided by our community partner, The Senior Alliance.

There are more than 100 types of arthritis ranging in symptoms and severity. The AFEP classes are designed to work all joints in the body to help reduce pain, stiff joints, and promote movement while increasing strength and mobility. Plus, it's a lot of fun!

October 12 is World Arthritis Day which is designed to raise worldwide awareness about arthritis. For more information on arthritis visit arthritis.org.

We offer AFEP classes at the Center on Mondays, Wednesdays, and Fridays from 9:30-10:15 am. Punch cards are available at the office and cost \$20 for 10 classes.



Meet our instructors:

Alma Vera has been teaching AFEP for the past year and a half in Sumpter Township. She received her AFEP certification in May 2023 and joined our teaching team here in July. Alma likes to make it fun and states “it helps your body from head-to-toe and I enjoy being with other seniors and seeing them happy”. Alma has been teaching on Mondays and serves as a substitute when needed.

Dee Groeneweg has been teaching AFEP for a year and a half with the Township. She is AFEP certified and a Certified Group Fitness Instructor through ACE. Wednesdays and Fridays are her normal days unless traveling to see her children and grandchildren.

Virginia Belinski started teaching AFEP at the Center back in 2014 and taught up until the pandemic. She returned to teaching last year after renewing her AFEP certification. She also teaches at a couple of other area senior centers part-time and will return to teaching here on Mondays in late October.

COMMUNITY HEALTH *Partner*



We are pleased to offer a chronic pain support group on the 2nd & 4th Tuesday of each month from 1-2:30 pm at the Center. On the 2nd Tuesday of each month, the support group will meet to offer support and encouragement to each other. On the 4th Tuesdays, Rich Fruitman will provide an educational component focusing on the concept of Central Sensitization.

Group only: October 10; November 14, December 12
Educational with Rich: October 24; November 28

We recently piloted a chronic pain group with the help of Rich Fruitman, co-owner of Ivy Rehab Physical Therapy. Rich introduced one of our members to a concept called Central Sensitization (CS) that has helped more than 90% of his chronic pain patients. The pilot group met and talked about their chronic pain and Rich supplied stories of the patients he has helped and how there is hope. We will be continuing the group and alternating between the educational piece with Rich and a general chronic pain support group.

Chronic pain is a debilitating and very common condition. Fibromyalgia, myofascial pain syndrome, tension headaches, lower back and neck pain are listed among the top 10 leading causes of disability around the world, with billions of people experiencing pain on a recurring basis. Studies show that up to 20-25% percent of the population experience chronic pain conditions during their lifetime.

The brains of chronic pain sufferers become wired in such a way that the brain networks are amplified (hard wired) by the individual who is unintentionally and repeatedly focusing on pain and/or the anticipation of pain. Thinking about pain worsens the pain, anticipatory fear also increases the pain fueling anxiety, and on it goes. Brain research shows that it is possible to unlearn chronic pain. The nervous system is constantly being trained and can learn new patterns throughout life. This is neuroplasticity, the ability to retrain the brain.

Chronic pain is pain that persists well after any injury that caused acute pain has healed. It is as if the body has forgotten how to turn off the signals and pain becomes a repeated experience. The origin of pain can occur from one or multiple emotional traumas/stressors, the brain responds by creating pain or other symptoms, which occurs subconsciously.

Pain neuroscience education allows central nervous system desensitization, by which as a result of this training, neuroplasticity occurs. The outcome is that the brain becomes more flexible and adaptable, even structurally changed, to respond differently over time. By reducing or ceasing the attention on the experience of pain, the pain networks weaken.

To do this requires being aware of and being able to direct thoughts away from the focus of pain (pain behaviors) and reducing stress and anxiety levels which has the effect of weakening the pain networks and hence the experience of pain. This then lowers anxiety and reduces stress which further lowers the experience of pain.

Come join us to talk about your chronic pain and learn from and support each other.



VAN BUREN SENIOR CENTER

Class Schedule is subject to change based on participation

MONDAY

9:00-Noon	BP & Meds Checks	Drop-in	Multi-Purpose Rm.
9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
10:30-12:30	Beginning Sewing	1 st Monday, sign up req	Craft Room
10:30-12:30	Diamond Dotz	2 nd Monday, sign up req	Craft Room
10:30-12:30	Sew Your Own Project	3 rd Monday, sign up req	Craft Room
12:00-12:45	Cardio-Drumming	\$15 punch card at office	Group Fitness Rm.
Noon-1:00	Lunch and Learn	4 th Monday, no fee, sign up req	Library
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

TUESDAY

9:30-10:30	Bible Study	2 nd & 4 th Tues, sign up req	Remote
10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
11:30-12:30	Tai Chi	\$24 punch card at office	Group Fitness Rm.
12:00-3:00	VBT Quilting	Drop-in \$2	Craft Rm.
12:00-3:00	Crochet/Knitting	Drop-in	Game Rm.
1:00-2:30	Chronic Pain Group	2 nd & 4 th Tues, no fee, drop-in	Multi-Purpose Rm.
1:00-2:00	Beginner Tai Chi	\$24 punch card	Group Fitness Rm.

WEDNESDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-2:30	Restaurant Club	2 nd Wednesday, sign up req	
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

THURSDAY

10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
10:00-Noon	Card-Making	1 st & 3 rd Thur. \$5 fee	Multi-Purpose Rm.
12:00-2:00	Trivia	2 nd & 4 th Thur.	Library
12:00-3:00	Beading	Drop-in	Craft Rm.
1:00-3:00	Game Day	1 st & 3 rd Thurs. Drop-in	Bingo Room

FRIDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
10:30-11:30	Strength & Balance Class	10/27, 11/17, 12/15 no fee	Small Gym
12:30-2:00	Penny Bingo	Members only	Game Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

- ❖ Billiards & Fitness Rooms are open Mon-Fri, 7:30 am – 3:30 pm
- ❖ Gift Shop is open Mon-Fri, 10 am – 2 pm
- ❖ Foot Doctor (call the Center for appointment)
- ❖ Norwegian Massage (Call Sissel (734)340-3766 for appointment)

October-December 2023

NEWS AND *Noteworthy*

Ask Your Pharmacist

Dee Groeneweg, retired and licensed pharmacist will be on-hand Mondays from 10:30-11:30 am to review your medication list, go through your meds with you (bring all of them in), or answer any medication-related questions. This will take place during blood pressure checks in the resource room.

Bingo

Bingo is one of our most popular activities and meets on Fridays from 12:30-2:00 pm. Participants were excited to get the new system which has an electronic display board. Players need to be Senior Center members. The cost is \$1 per card (\$ goes to winner of cover all). Pennies are used for other games.

Cardio Drumming

We have a new Cardio Drumming instructor, Maria Marouq with Drumatic Fitness, who brings great energy to the class. Come check out the class on Mondays at its new time of Noon-1 pm.

Christmas Party

Stay tuned for details!

Chronic Pain Support Group

Chronic Pain Support Group meets on the 2nd & 4th Tuesday of the month from 1-2:30 pm. If you or someone you love suffers from chronic pain, please join us as we offer support and encouragement in a safe place. The group is informal and confidential, and provides an opportunity to talk about the effects on our health and lifestyle. An educational component will be presented on the 4th Tuesday of each month. See page 10 for full details.

Crafting Classes

Crafting classes are ongoing and, although it's taking a while to fill them, participants report it has been extremely helpful and fulfilling. All classes take place on Mondays at 10:30 am and a supply list is available when you sign up in the office. There is no fee for the class although materials must be purchased (instructor can supply or you can get on your own). A sewing machine can be supplied for use during classes if needed.

- Beginner Sewing, 1st Monday – October 2, November 6, December 4
- Diamond Dotz, 2nd Monday – October 9, November 13, December 11
- Sewing Your Own Project, 3rd Monday – October 16, November 20, December 18

Lunch and Learn

Lunch and Learn will continue this quarter with the Alzheimer's Association, Michigan Chapter presenting a new session "Understanding Alzheimer's" on October 23. Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research, treatments, and ways the Alzheimer's Association can help.

The Senior Alliance will present on November 27 about the resources and programs offered through TSA and their service network. The December Lunch & Learn is canceled due to the holidays.

CONTINUED

Painting with Denise

On September 27 participants will paint a jack-o-lantern and a snowman on November 1. The cost for each class is \$15 which includes all supplies. No previous painting experience is necessary, and painters will take home a finished painting that does not require framing. Pre-register and pay the fee one week prior to sessions.

Restaurant Club

Enjoy dining at restaurants with other Senior Center members and form some new connections. The Restaurant Club meets on the 2nd Wednesday of each month with the transit van departing the Center at 11:30 am and returning around 2:30 pm. Cost is \$3 for transportation which must be paid at the time of sign-up.

In fairness to the restaurants, we respectfully request you do not show up at the restaurant without signing up in advance through the office. We reserve spots according to how many we can transport and how many the restaurant can accommodate.

This quarter's schedule:

- October 11 - Olga's Kitchen in Taylor
- November 8 - Twisted Rooster in Van Buren Township

Restaurant Club will not take place in December.

Strength Training for Better Balance

Strength Training for Better Balance is sponsored by ATI Physical Therapy. This class has an educational component, helps participants understand their fall risk, and includes 20-30 minutes of strength training led by a licensed physical therapist. Class is held from 10:30-11:15 am and is available free-of-charge. Due to holiday schedules, dates for November & December have changed - October 27, November 17, December 15.

Trip Opportunities (on your own or with a group of friends)

The Toledo Zoo and Aquarium

The Toledo Zoo and Aquarium is offering Senior Discovery Days until October 25 where seniors receive FREE admission and activities every Wednesday. Seniors 60 and up will receive free parking, a free coffee and muffin, and discounts on membership or merchandise.

- Oct 4 – Jeff McDonald's Swingmania Orchestra from 11 am – 1 pm in the Malawi Event Center
- Oct 11 – Bingo with a Zoo twist, 10:30 am - Noon in the Malawi Event Center
- October 18 – A guided tour of the Zoo's WPA Reptile House at 11 am
- October 25 – Explore the mysteries beneath the water in the renovated Aquarium with a Keeper talk at 11 am

The Detroit Institute of Art

The DIA is offering guided tours for seniors through October 15 of their special exhibition, James Barnon: Accra London – A Retrospective. Additionally, they recently began monthly musical performances which will take place October 4, November 1, and December 6. To request a visit, go to their website at www.dia.org/events/seniorvisits or call (313) 833-1292.

SENIOR CENTER *Spotlight*

In this edition of the newsletter, you will hear from three of our Nonagenarian (persons 90-99 years old) who each answered a set of questions designed to help you know them better. Their age is printed with permission.

**CLARE KING**

94 years old
Gift shop volunteer, crafter,
and Newsletter volunteer



**DEE HOGAN**

97 years old
Office volunteer, Blood
Pressure Checks




**JIM POLLARD**

95 years old
Member and AFEP Attendee




QUESTION 1: What advice or wisdom would you give to the younger generation?

-  CLARE: Be yourself.
-  DEE: Enjoy your life.
-  JIM: Stay active and make life fun! Get involved with the church.




QUESTION 2: What is your fondest Senior Center Memory?

-  CLARE: Singing and dancing while assembling the Newsletter.
-  DEE: Getting all dressed up for the Christmas parties, dancing, and having a good time.
-  JIM: Playing pickleball.


QUESTION 3: What are you passionate about?

-  CLARE: My daughter. She is my world.
-  DEE: People.
-  JIM: Making people happy.

QUESTION 4: What do you fear the most?

-  CLARE: Closed spaces - I'm claustrophobic.
-  DEE: Being alone.
-  JIM: Falling.

QUESTION 5: What has been your favorite travel spot over the years? Any places you haven't been that you'd like to?

-  CLARE: Tahquamenon Falls and Kitchitikiipi. I would like to visit Germany.
-  DEE: Bali. I wanted to go to Antarctica at one time - too cold!
-  JIM: The Upper Peninsula. I've been everywhere I want to.

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QUESTION 6: What was your favorite childhood activity and fondest childhood memory?

- CLARE: Jumping rope, skating, riding bicycles, hopscotch. Living in the mountains and drinking ice cold, clear water from the stream with my dad.
- DEE: Reading. Going to visit my grandmother in the country.
- JIM: Wandering through the woods with my dog. Skiing. The example set by my dad...he asked me, "what do you think?" I've used this all my life.

QUESTION 7: What would you tell yourself at age 13?

- CLARE: Get out from under the thumb of the nuns (parochial school).
- DEE: Keep a diary or journal of your life and your medical records.
- JIM: Do what you love. I love the outdoors and always wanted more of it.

QUESTION 8: What is your biggest pet peeve?

- CLARE: Drivers - riding my tail and passing for no reason.
- DEE: Physical limitations.
- JIM: People talking politics in situations where they shouldn't.

QUESTION 9: What would someone be surprised to learn about you?

- CLARE: I'm not stuck up, just shy.
- DEE: My age.
- JIM: I'm a church goer.

QUESTION 10: What's the weirdest job you've ever had?

- CLARE: None - I liked all of them.
- DEE: Working as a surgical nurse at a psychiatric hospital.
- JIM: Running the family dairy farm at age 14. From then on, every other job was a breeze.

QUESTION 11: You can pick one midnight snack for the rest of your life. What is it?

- CLARE: Bananas.
- DEE: Chocolate chip cookies.
- JIM: Boost. I like it, and it's good for me.

QUESTION 12: What's your favorite season of the year and why?

- CLARE: Fall. The scenery and weather change so much.
- DEE: Fall. The colors are beautiful, especially in Michigan. It's like a new beginning.
- JIM: Springtime. The days get warmer.

MAKING A *Difference*

At Our Center

We started three new crafting classes in June with a new instructor, Fran, who is both kind and patient. One of her participants recently shared how grateful she is for Fran coming into her life and giving her a purpose. She is enjoying all of the classes and plans to continue.

A member shared her experience dealing with chronic pain and talked about a new physical therapist she began seeing. She has had chronic pain her entire life. Employing the principles of Central Sensitization and going to PT, she is no longer in pain. Two other individuals from the Center are also benefitting from this regimen. Check out the article on page 10 for more information.

We had several days this summer without power at our temporary location at Haggerty Elementary. While we had to cancel classes on those days we were determined to get Meals on Wheels delivered. It was a challenge doing so without electricity and we had to pivot and ask for frozen meals in order to get them bagged, in the vehicles and out to the seniors. Feeding seniors in our community is a priority and we are fortunate to have such a dedicated group of volunteers making this happen. Several of our volunteers have been doing this for close to 20 years!

In Our Community

Denise learned about a senior in our community who was undergoing rehab after a stroke. The senior's mom has Alzheimer's and had recently moved in with them and could not be left alone. The husband called our Senior Center for help as he could not be with his wife and mother-in-law at the same time. Denise researched caregiver and assisted-living options for them and they were able to secure both. Denise's kindness and resourcefulness made a meaningful difference in the life of this family.

A distraught senior called the Center in tears on a Friday afternoon as she had been without food for herself and her dog for several days. Denise let her know Anne would be able to help her and transferred her. Anne was able to help her regain her composure and get the pertinent information to provide aid. She did not have much money or transportation to get to the store. Anne and Corey put together boxes of food leftover from commodities and Meals on Wheels. Corey went home and picked up dog food for her and delivered everything to her house. She was so grateful. We arranged for our transportation department to pick her up and bring her to the Center the next week – Bev also took her to the Salvation Army for help. We assisted her with completing applications for food assistance. Anne was able to locate her social worker at TSA to continue providing support and help. The team came together to meet a real need for a senior and her dog in our community.

COMIC *Relief*



WORD *Search*

S	T	A	G	E	G	G	I	U	Q	D	A	C	O	R	N	R	A	E
N	H	T	H	A	L	L	O	W	E	E	N	O	C	T	O	B	E	R
R	A	E	S	T	U	N	T	S	E	H	C	F	E	F	I	P	P	Z
O	N	P	R	L	E	A	V	E	S	V	M	R	Y	E	L	L	O	W
C	K	E	B	I	K	D	E	B	M	L	M	I	R	W	F	T	R	N
X	S	A	U	T	U	M	N	S	I	E	A	P	P	L	E	Y	A	I
S	G	R	N	P	M	U	O	Q	G	R	A	X	I	T	S	R	N	K
E	I	S	O	A	E	G	C	U	R	R	Q	N	G	L	T	E	G	P
P	V	A	S	R	D	P	E	A	A	I	S	A	D	T	I	B	E	M
T	I	Q	A	U	D	M	N	S	T	U	O	E	J	A	V	M	O	U
E	N	B	E	E	I	W	I	H	I	Q	M	E	E	D	A	E	Y	P
M	G	P	S	Y	G	E	P	A	O	S	F	R	D	Y	L	V	A	C
B	T	D	A	V	E	E	U	F	N	X	E	E	F	U	H	O	U	G
E	U	C	H	A	N	G	E	H	A	Y	S	T	A	C	K	N	U	X
R	A	I	N	C	O	A	T	A	X	D	E	A	U	M	W	U	I	T

NOVEMBER

HAYSTACK

SQUIRREL

SEPTEMBER

PEARS

SQUASH

PUMPKIN

ACORN

CORN

PINE CONE

AUTUMN

RAINCOAT

HALLOWEEN

LEAVES

YELLOW

ORANGE

CHANGE

APPLE

THANKSGIVING

OCTOBER

SEASON

FESTIVAL

MIGRATION

CHESTNUTS



Charter Township of Van Buren
Van Buren Senior Center
46425 Tyler Road
Van Buren Township, MI 48111

US Postage
Belleville, MI 48111
Permit No. 18
Presorted Standard

VAN BUREN SENIOR CENTER - (October, November, and December)

Please notify the Senior Center office if your contact information has changed.

If you would no longer like to receive this Newsletter, please email or call us.