

THE VAN BUREN TOWNSHIP

Senior Center

NEWSLETTER



Spotlight:

Ice Cream Open House

Wednesday July 6th from 12:00 – 2:00pm. Stop on in and see the temporary Senior Center location. Take a tour of the facility and in the meantime, we'll be scooping ice cream and making your favorite sundae for you to enjoy!

Food Programs

Meals on Wheels, Liquid Nutrition, Focus Hope and The Emergency Food Assistance Program (Commodities) have all moved to the current location at 13770 Haggerty Road. Distribution dates and times will remain the same.

Restaurant Club

Back by Popular Demand! We'll be dining out in August and September. More details will be available at the Center in late July.

AARP Safe Driver Course

Tuesday August 9 and Thursday and August 11 from 10:00am-3:00pm

This course is brought to you by AARP Driver Safety and is the Nation's first and largest refresher course designed specifically for older drivers. Both dates are required.

JULY-SEPTEMBER 2022

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From Our *Director*:

After almost 15 years working in the senior center, I have decided it is time for me to retire.

I have been so blessed to have had the opportunity to work alongside such an amazing, ambitious, dedicated team that truly values the Senior Center as I do. I tease Pat McBride about the two of us being “peas and carrots”, but after working together for so long we just pick up where the other left off.

As much as I look forward to the next chapter of life, I will deeply miss seeing and spending time with each of you.

I have so enjoyed working with all the volunteers in the many different facets that are offered at the Center. I have learned so much from each of you, and I’m so grateful for it. How fortunate our Center is to have such caring compassionate people.

Working together is what has made our Center so successful. The sincere love for others shows as soon as you walk in the door.

As I write, many fond memories come to mind, and they make me smile. Whether I was fortunate enough to see you once a day or once a week, I can tell you it meant a lot to me.

Thank you for the opportunity to get to know you, and I will treasure all the memories.

My last day will be Wednesday, July 6th, and it just so happens that day we will be offering tours of the new temporary location and serving up ice cream sundaes from 12:00pm -2:00pm. Stop on in and see what’s new!

I wish each of you the best life has to offer, and I hope I have the opportunity to see you before I leave the Center.

Lynette Jordan

Lynette Jordan
Senior Center Director



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

CENTER HOURS

Monday through Friday
7:30am-4:00pm

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

MEMBERSHIP

Membership dues will not be collected until further notice.

CENTER CLOSURES

Monday July 4th - Independence Day

Monday September 5th – Labor Day

OUR TEAM

**Township Board
Supervisor**
Kevin McNamara

Clerk
Leon Wright

Treasurer
Sharry Budd

Trustees
Don Boynton
Sharry Frazier
Kevin Martin
Reggie Miller

**Community Services
Director**
Elizabeth Renaud

**Community Services
Executive Assistant**
Tammy Dohring

Senior Director
Lynette Jordan
(retiring)

Senior Coordinator
Pat McBride

Senior Specialist
Denise Partridge

Senior Specialist
Corey Thompson

Senior Specialist
Aidan Edenstrom

Senior Specialist
Anne Duncan

Staying Fit in the Fresh Air

Fitness classes continued at Quirk Park and Belleville First United Church after the Center closed in April



AVAILABLE *Services*

The Transportation Program

Our program assists Van Buren Township Seniors in getting to their doctor's appointments as well as local errands. Transportation is available Monday through Friday.

Appointments must be scheduled between 10:00am and 2:00pm. The last pickup is 2:00pm. Reservations must be made 48 hours in advance by calling (734) 699-8945.

Rides will be scheduled as calls are received. When making a reservation, be sure to include your phone number. Medical appointments take priority over non-medical transportation. Rides in Van Buren/Belleville are \$2.00 each way.



Income guidelines are as follows:
Must be 60 years of age or older
Income eligibility guidelines as follows:
1 person - \$1,473 per month
2 persons - \$1,984 per month
3 persons - \$2,495 per month
Add \$512 per month for each additional family.

Focus Hope

Food for Van Buren Township Seniors is available through Van Buren Senior Center.

To register call: (734) 699-8918
Pick-up is the 3rd Thursday of each month 12:00pm to 3:00pm.

The Emergency Food Assistance Program TEFAP

(Any age)

Income eligibility guidelines as follows:

1 person - \$2,265 per month
2 persons - \$3,052 per month
3 persons - \$3,838 per month
Add \$787 per month for each additional family member.
To register call 734-699-8918.

Meals On Wheels and Liquid Nutrition

Call (734) 326-5202

SOCIAL SECURITY

To sign up for Social Security or other info, i.e. change of address, direct deposit, etc.
Call 1(800) 772-1213

Do You Need Assistance With Health Insurance Claims?

Counselors can meet with you and help

- Understand doctor bills, hospital bills, and Medicare Summary Notices.
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims, and appeals.
- Review your Medicare supplemental insurance needs, compare policies and pursue claims and refunds.
- Identify resources for prescription drug assistance.
- Explore long term care financing options, including long term care insurance.
- Identify and report Medicare/Medicaid fraud and abuse.



Contact the Senior Alliance
(734) 722-2830

Medical Closet

The Senior Center keeps a few items to loan out: walkers, canes, shower seats and wheelchairs. Please consider donating medical equipment no longer needed to keep the loan closet stocked.

THINKING OF

You



All your friends at the Center are sending get well wishes to those who are under the weather or recuperating from surgery.

Please give us a call and let us know how you are doing.

Marvel Brown,
Doris & Wesley Crocker,
Conrad Christner,
Fred O'Keefe, Richard Timm, and
Helen Wylie

MOVING TO *Haggerty*



Welcome To Our New Space at Haggerty

On April 15th, the Van Buren Senior Center closed its doors at Township Hall. Now, the Center is preparing to open its doors at our new and temporary home, Haggerty School, until the upcoming Community Center is complete at Van Buren Township.

Preparations for the move to Haggerty School have been no small feat. It took months of preparation by the entire Senior Center staff filtering the accumulated materials from classes and programs, and then packing the supplies and equipment to be moved. Pat McBride, Senior Coordinator at the Center, as well as all of the staff and volunteers, have worked tirelessly to pack up over thirty-five years of classes and programs that were housed in Township Hall.

On May 26th, after the intense packing process, large moving trucks rolled up to Township Hall to pick up our materials and take them to Haggerty. Despite the large size of the trucks, it still took several trips to get everything moved. Wow, do we have a lot of (good) stuff!

In addition to moving equipment, some Senior Center classes were moved as well. Quirk Park became the new location for such classes as Zumba Gold, Cardio Drumming, and Tai Chi. Very soon, classes will be operational at Haggerty School, but in the meantime, class members have

been going strong in the fresh air, as demonstrated by the Zumba Gold class on June 8th (see picture below).

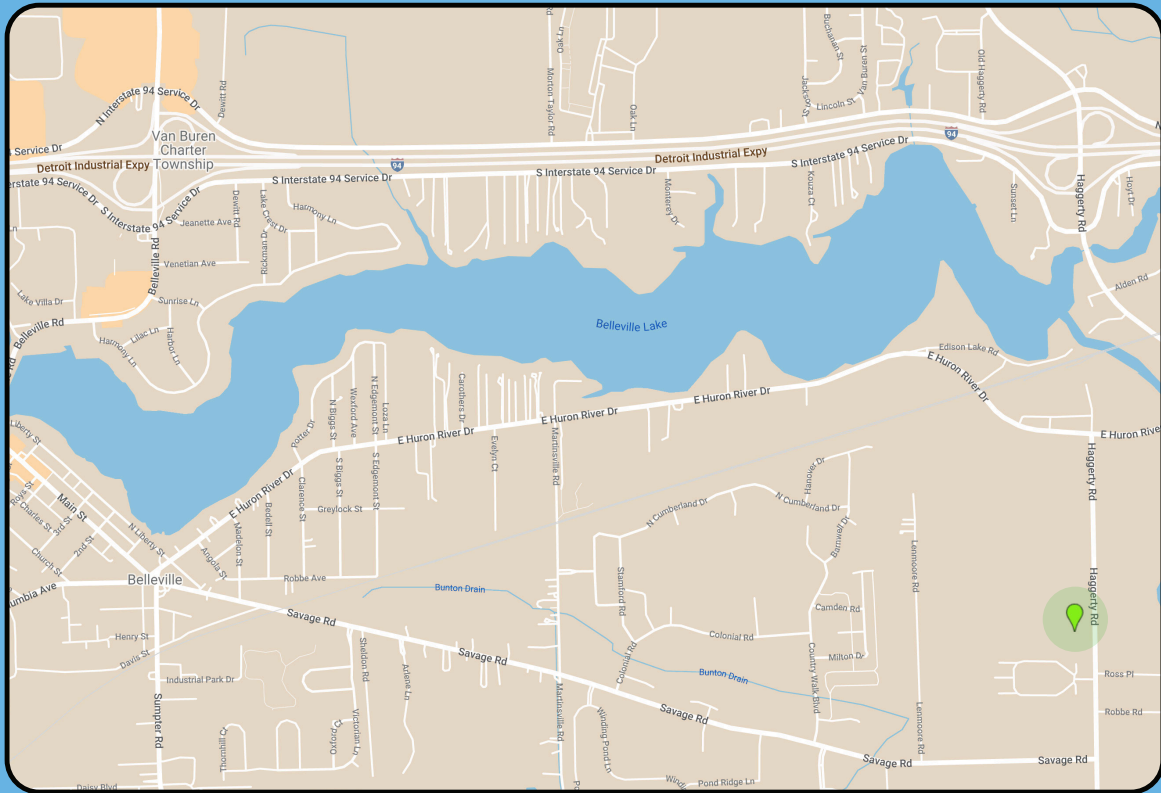


This move has required many meetings with Senior Center staff, as well as coordinating with our Community Services Dept., I.T. Dept., the Dept. of Public Works, and our Communications Dept. in order to make this move come to fruition. Each and every department has gone above and beyond tending to the many details required to get the Center up and running. "Teamwork at its finest! I'm so honored and grateful to have had the opportunity to work alongside all of these great people," said Lynette Jordan, Senior Center Director.

As we settle in to our temporary home, the Senior Center staff would like to extend a thank you to Pete Kudlak, Van Buren Schools Superintendent, who generously offered Haggerty School as a temporary location for the Center. Also, we thank Elizabeth Renaud, Community Services Director, for seeing through both the completion of the building lease and the approval from the Township Board. Additionally, we are grateful to our Township Officials' acknowledgment of the need and importance to our community to continue the programs and services we provide to our senior members and residents.

The Senior Center staff are so excited to see the new space take shape. We are very close to announcing the opening date, and can't wait to do so. We hope to see you at the Center. Come on in, get involved and stay active!

GETTING TO *Haggerty*



HAGGERTY ELEMENTARY SCHOOL
13770 Haggerty Rd,
Van Buren Township, MI 48111

ANSWERS TO TRIVIA

1) 1700's 2) Quakers 3) George Washington & Thomas Jefferson 4) Water & milk fat 5) Food & Drug Administration (FDA) 6) Australia & New Zealand 7) 28 8) St Louis

WEEKLY SCHEDULE

SENIOR CENTER ACTIVITIES AT HAGGERTY

Monday-Friday | 7:30am-4:00pm

Fitness Room is open Monday through Friday from 7:30am to 3:30pm

Foot Doctor (call the Center for appt.)

MONDAY

9:30 AFEP	(\$20 Punch Card purchase at Office)
10:30 Zumba Gold	(\$30 Punch Card purchase from Instructor)
11:30 Cardio Drumming	(\$15 punch card purchase at office)
12:30 Cards	(drop in)
1:00 Pickleball	(\$20 Punch Card purchase at Office) Group Fitness Room

TUESDAY

9:30 Bible Study	2nd & 4th Tuesday
10:00 Yoga	(Resumes in September)
11:30 Tai Chi	(\$24 Punch Card purchase at Office)
12:00 SDSC Quilting	
1:00 Crochet/Knitting	
1:00 Pickleball	(\$20 Punch Card purchase at Office) Group Fitness Room

WEDNESDAY

9:30 AFEP	(\$20 Punch Card purchase at Office)
10:00 Mat & Frame	1st & 3rd Wednesday
10:30 Zumba Gold	(\$30 Punch Card purchase from office)
11:30 Norwegian Massage Therapy	(Scheduling and payment to Massage Therapist)

THURSDAY

10:00 Yoga	(Resume in September)
11:30-3:00 Pickleball	(\$20 Punch Card purchase at Office) Group Fitness Room
12:00 Beading	
12:00 Trivia	2nd & 4th Thursday

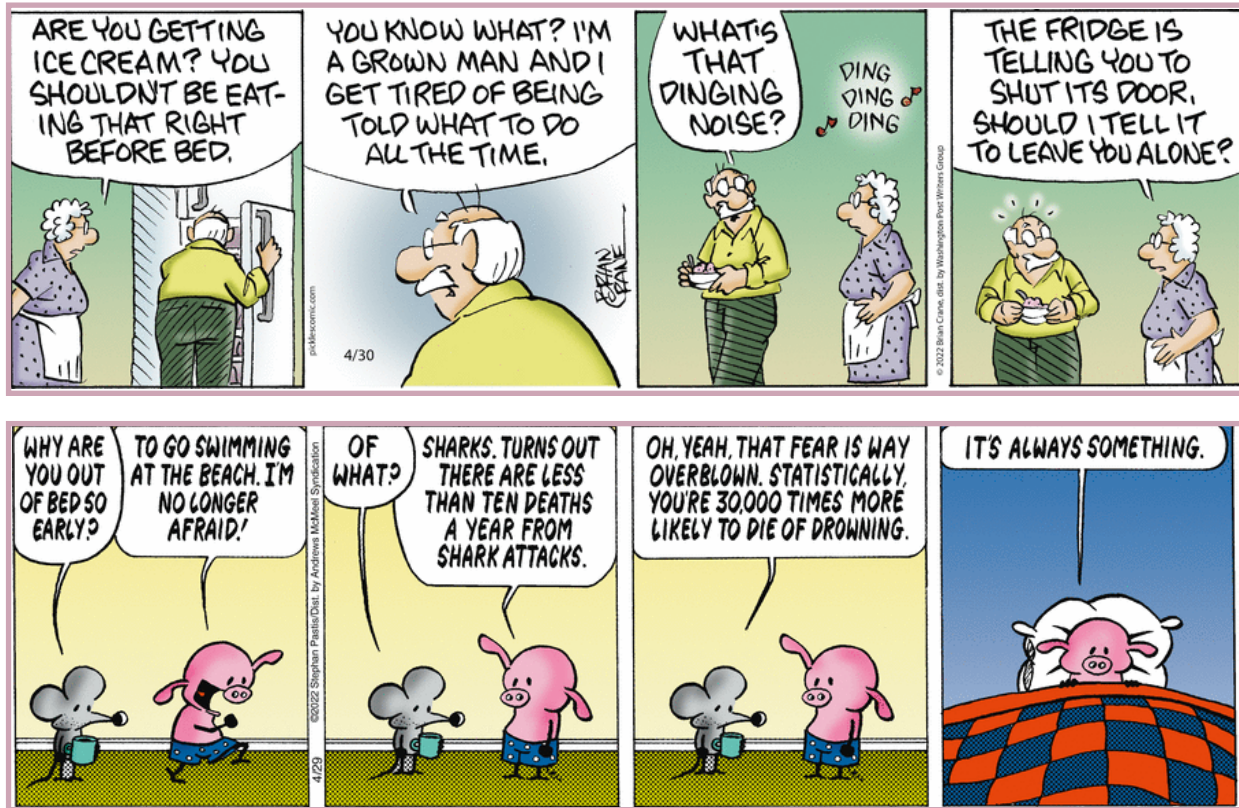
FRIDAY

9:30 AFEP	(\$20 Punch Card purchase at Office)
10:30 Zumba Gold	(\$30 Punch Card purchase from Instructor)
12:00 Art Class	
12:30 Bingo	

WORD *Search*

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

WHIPPED CREAM	FROZEN YOGURT	BANANA SPLIT	NEOPOLITAN
WAFFLE CONE	STRAWBERRY	CHOCOLATE	SPRINKLES
ROCKY ROAD	HOT FUDGE	VANILLA	CHERRIES
CARAMEL	SUNDAE	COUNTER	SPOON
SCOOP	FLOAT	MALT	NUTS
TOPPINGS	BOWL	CUP	



DID YOU *Know?*

- Ice cream can be traced back to at least the 4th century
- The meaning of the name “ice cream” varies from one country to another
- The ice cream soda was invented in the 1870’s
- The most popular flavors in North America are vanilla and chocolate
- Ice cream is considered by many to be the most popular dessert worldwide
- Baskin and Robbins advertises 31 flavors
- An important development in the 20th century was the introduction of soft-serve ice cream
- Ice cream is made with water, ice, milk fat, milk protein, sugar and air



TRIVIA

SEE ANSWERS ON
PAGE 10

- 1) When was ice cream introduced to the United States?
- 2) Who introduced ice cream to the United States?
- 3) Who were the two US Presidents that stored ice in winter for use in the summer to make ice cream?
- 4) What are the two biggest proportioned ingredients by weight in ice cream?
- 5) What US agency regulates the ingredients of ice cream?
- 6) What two countries consume the most ice cream per capita?
- 7) How many flavors did Howard Johnsons advertise?
- 8) Ice cream cones were first popularized in the US at the 1904 Worlds Fair in what city in Missouri?

QUOTE:

“Never bend your head, always hold it high. Look the world straight in the eye.”
- Helen Keller



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 - SUMMER (JULY, AUGUST, SEPTEMBER)

