

# Senior Center



## Spotlight:

### Forgotten Harvest is Moving

Forgotten Harvest is moving to Wayne County Community College at 9555 Haggerty Road beginning September 20th. Food pickup is available on the first and third Tuesday of each month.

### Senior Showcase

Wednesday, October 26 from 1:00 - 3:00pm

Join us at our Senior Center Showcase to see for yourself what our classes and programs are all about! The event will take place at the Center (13770 Haggerty Rd.) Each participant will receive a free Bingo card upon entrance. Visit stations and learn about classes to fill up your card to win prizes! Free snacks and drinks!

### Christmas Party

Friday December 9th from 12:00 – 4:00pm

Members, stop on in and celebrate with a catered meal, dancing, and door prizes! See more information inside.

OCTOBER-DECEMBER 2022

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## From Our *Director*:

Happy Fall to our members! For those of you that have not met me yet, my name is Elizabeth Renaud and I am the Director of Community Services for Van Buren Township. My role is to oversee our Community Services Departments – Parks, Recreation, the Museum, and our Senior Center. I have been working with the Senior Center since May of 2021, and am excited to get a bit more hands-on and continue to serve our membership.

We are rocking and rolling at our new, temporary Center at Haggerty Elementary School. Our staff and volunteers have done an amazing job getting us settled into our new space and we hope you will come join one of our classes!

We have many exciting new (and returning) programs going on this Fall at the Center including our new Senior Center Showcase and our beloved Members Christmas Party. Keep reading for more information on those programs. We are also moving Forgotten Harvest's location to Wayne County Community College Ted Scott Campus, due to upcoming Community Center Construction.

Additionally, we are always looking for volunteers for Meals on Wheels! Staff has been filling in on routes where there are gaps, but we need extra hands to make sure all of our services stay open and accessible to our membership. If you, or any family or friends, are interested in helping out please visit or call the center or email [seniors@vanburen-mi.org](mailto:seniors@vanburen-mi.org). We are so grateful for all our Center Volunteers.

Please do not hesitate to reach out to me at any time, 734.787.0542 or [erenaud@vanburen-mi.org](mailto:erenaud@vanburen-mi.org).

Wishing everyone a safe and blessed Fall & Winter.



*Elizabeth Renaud*  
Community Services 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](http://www.vanburen-mi.org)

### MEMBERSHIP

Membership dues will not be collected until  
further notice.

## CENTER CLOSURES

Friday, November 11 - Veteran's Day  
Thursday, November 24 - Thanksgiving  
Friday, November 25 - Day After  
Thanksgiving  
Friday, December 23 - Christmas Eve  
(observed)  
Monday, December 26 - Christmas Day  
(observed)  
Tuesday, December 27 - Christmas Holiday  
Wednesday, December 28 - Christmas  
Holiday  
Thursday, December 29 - Christmas Holiday  
Friday, December 30 - New Year's Eve  
(observed)

## OUR TEAM

**Township Board  
Supervisor**  
Kevin McNamara

**Clerk**  
Leon Wright

**Treasurer**  
Sharry Budd

**Trustees**  
Don Boynton, Jr.  
Sharry Frazier  
Kevin Martin  
Reggie Miller

**Community Services  
Director**  
Elizabeth Renaud

**Community Services  
Executive Assistant**  
Tammy Dohring

**Senior Coordinator**  
Pat McBride

**Senior Specialist**  
Denise Partridge

**Senior Specialist**  
Corey Simpson

**Senior Specialist**  
Anne Duncan





**VAN BUREN**  
SENIOR CENTER

# SENIOR CENTER SHOWCASE

**Join us at the **Van Buren Senior Center Showcase** to see  
for yourself what our classes & programs are all about!**

Each participants gets a FREE bingo card upon entrance. Visit stations  
and learn about classes to fill up your card to win prizes!

**WEDNESDAY, OCT. 26**

1 — 3 pm

13770 Haggerty Rd.

**FREE** SNACKS & DRINKS

**FREE** PRIZES & GAMES

13770 Haggerty Rd. Van Buren Twp, MI 48111  
(734)-699-8918



# 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 within a 20 mile radius.

Appointments must be scheduled between 10:00am and 2:00pm. The last pickup is 2:00pm.

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. Call for transportation at (734) 699-8945.



## Focus Hope

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.

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,  
Helen Wylie, and Bernita Faulkner

**100 YEARS**  
1922–2022



**FIRE PREVENTION WEEK™**



**VAN BUREN**  
PUBLIC SAFETY

## Staying Safe And Celebrating A Milestone

This year, the week of Sunday, October 9 marks the 100th annual Fire Prevention Week, which will be recognized across the country. In 1922, Fire Prevention Week was established by the National Fire Protection Association to educate children and adults on fire safety. The week of October 9 was chosen in commemoration of the Great Chicago Fire, which began on October 8, 1871 killing more than 250 people and burning more than 17,400 structures. With the peak months for home fires approaching, which are December through March, it is important to be mindful of information and resources that are available for the safety of our residents.

This year, the NFPA's focus for Fire Prevention Week is "Fire won't wait. Plan Your Escape." Unfortunately, today's homes burn faster than ever. You may have as little as two minutes to safely escape your home in the event of a fire, making it crucial to plan your exit from any room in your home. The NFPA recommends that families draw a map of their home by floor, marking two exit points for each room (usually one door and one window). Also, note the locations of smoke detectors in your home. Then, choose a meeting spot for everyone to meet outside of the home. Make sure to call 911 as well.

According to the NFPA, almost two-thirds of home fire deaths are a result of fires in properties without smoke alarms. To help combat this, the Van Buren Township Public Safety Department strongly encourages all residences have working smoke detectors installed. If you don't have a working smoke detector, the Fire Department offers will install one in your home for free. Simply go online and fill out a form, or call the Department at (734) 699-8928 to get one installed free of charge. Smoke alarms significantly increase your chances of surviving a deadly home fire. Make sure you have them installed in your home, and check those batteries.

For more information on fire prevention from the Van Buren Township Public Safety Department, or to sign up for a free smoke detector installation, visit [vanburen-mi.org](http://vanburen-mi.org). For more information on Fire Prevention Week, visit [nfpa.org](http://nfpa.org).





# *Members Christmas Party*

**Friday, December 9th, 2022  
12:00pm - 4:00pm**

Catered meal, dancing, and door prizes

Meal is served at 12:30pm  
**Tickets are available  
for \$10.00 at the Center**  
through Monday, December 5th  
\*(Limited Quantity of Tickets)

Members only.



**VAN BUREN**  
SENIOR CENTER

13770 Haggerty, Van Buren Township MI  
734-699-8918

# UPCOMING *Events*

## **Restaurant Club**

BEGINNING IN OCTOBER

**\*CALL THE SENIOR CENTER  
FOR MORE DETAILS ON  
THESE EXCITING EVENTS!**

## **Intro to Photography**

SEPTEMBER 8, 15, 22, 29 FROM 10AM-12PM

## **Intro to Pickleball**

OCTOBER 7, 11 FROM 1-3PM

## **Golf Clinic**

OCTOBER 13, 20, 27 FROM 1-3PM

## **Medicare Open Enrollment**

NOVEMBER 2 FROM 9AM-4PM

## **Zumba Gold - CHAIR**

WEDNESDAYS STARTING NOVEMBER 2 AT 11:30AM

## **Veteran's Luncheon**

NOVEMBER 3 AT NOON

### **ANSWERS TO TRIVIA**

1) New York City in 1812 2) World War I 3) The 19th Century 4) Recessions and Wartime  
5) Steel and tin cans 6) 1-5 years 7) With bayonets and by smashing against rocks 8) Laminate  
vacuum pouches

# 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.)

Norwegian Message (call Sissel for appt.)

Gift Shop is open Monday-Friday from 10:00am to 2:00pm

### MONDAY

9:00 Blood Pressure Checks	Drop-in 9:00-12:00	Multi-Purpose Room
9:30 AFEP	(\$20 Punch Card purchase at Office)	Group Fitness Room
10:30 Zumba Gold	(\$30 Punch Card purchase from Instructor)	Group Fitness Room
11:30 Cardio Drumming	(\$15 punch card purchase at office)	Group Fitness Room
12:30 Cards	Drop in 12:30-3:30	Game Room
1:00 Pickleball	(\$20 Punch Card purchase at Office)	Group Fitness Room

### TUESDAY

9:30 Bible Study	2nd & 4th Tuesday	Multi-Purpose Room
10:00 Yoga	(\$28 Punch Card purchase at Office)	Group Fitness Room
11:30 Tai Chi	(\$24 Punch Card purchase at Office)	Group Fitness Room
12:00 VBT Quilting	Drop-in 12:00-3:00	Craft Room
1:00 Crochet/Knitting	Drop-in 1:00-3:00	Multi-Purpose Room

### WEDNESDAY

9:30 AFEP	(\$20 Punch Card purchase at Office)	Group Fitness Room
10:00 Mat & Frame	1st & 3rd Wednesday	Craft Room
10:30 Zumba Gold	(\$30 Punch Card purchase from Instructor)	Group Fitness Room
11:30 Norwegian Massage Therapy	2nd & 4th Wednesday	Multi-Purpose Room
12:00 We Care Quilting	2nd & 4th Wednesday	Craft Room
1:00 Pickleball	(\$20 Punch Card purchase at Office)	Group Fitness Room

### THURSDAY

10:00 Yoga	(\$28 Punch Card purchase at Office)	Group Fitness Room
10:00 Card-Making	1st & 3rd Thursday October-December	Multi-Purpose Room
12:00 Beading	Drop-in 12:00-3:00	Craft Room
12:00 Fun & Games	1st & 3rd Thursday	Multi-Purpose Room
12:00 Trivia	2nd & 4th Thursday	Game Room

### FRIDAY

9:30 AFEP	(\$20 Punch Card purchase at Office)	Group Fitness Room
10:30 Zumba Gold	(\$30 Punch Card purchase from Instructor)	Group Fitness Room
12:00 Art Class	Drop-in 12:00-2:00	Craft Room
12:30 Bingo	Drop-in 12:30-2:00	Game Room
1:00 Pickleball	(\$20 Punch Card purchase at Office)	Group Fitness Room



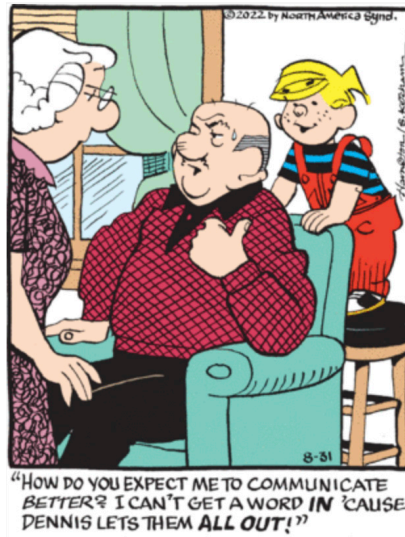
# WORD *Search*

G A P P L E U S D B T W G F H  
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 SCARECROW  
 SEPTEMBER  
 CANNING  
 SQUASH  
 TURKEY  
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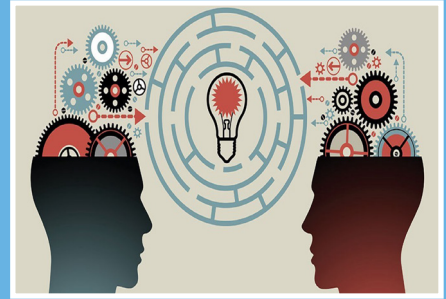
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 PUMPKIN PIE  
 HALLOWEEN  
 NOVEMBER  
 EQUINOX  
 FARMING  
 ACORN  
 WINDY  
 FALL

BLOWING LEAVES  
 GATHERING  
 CHESTNUTS  
 HAYSTACK  
 HARVEST  
 FROST  
 APPLE  
 COLD



# DID YOU *Know?*

- During the 12th and 13th centuries in England, Autumn was known as 'haerfest', or in today's spelling, 'harvest'.
- Acorns can be used to make coffee. Although, acorn coffee neither has caffeine nor tastes like coffee.
- Chestnut trees begin to bear their fruits only after 15 years of growing.
- Hickory nuts have been found throughout the eastern and mid-Atlantic United States as early as 8000 B.C.
- Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem. Pumpkin and other squash blossoms can be eaten raw.
- Both summer and winter squashes are related to melons like honeydew and watermelon.



## TRIVIA

SEE ANSWERS ON  
PAGE 10

- 1) Where was the first American canning factory?
- 2) What war expanded the skyrocketing need for canned food?
- 3) What century saw the range of canned food available to urban populations?
- 4) Canned goods and canning supplies sell particularly well in what times?
- 5) Besides mason jars, what other type of airtight containers are used for canning?
- 6) What is the shelf life of canned goods?
- 7) What two ways did soldiers use to open cans of food while out in the field?
- 8) What other product is used for preserving food?

### QUOTE:

"Your beliefs affect your choices. Your choices shape your actions. Your actions determine your results. The future you create depends upon choices you make and the action you take today."

- Roy T. Bennett





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, December)

