

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

September 2024 Newsletter

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CONTACT US

45 Neckel Court
Milan, MI 48160

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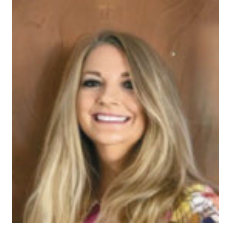
Main Phone: (734) 508-6229
Transportation: (734) 322-8413
Aging in Action: (734) 418-0376
Meals on Wheels: (734) 508-6229

HOURS

Monday—Thursday
8:00am to 3:00pm

(We are closed Fridays)

The Gift that Keeps on Giving



As a charitable, nonprofit organization, we rely on donations of individuals, corporations and grants to sustain our services and programming. We need funds to operate and reach our goals. You can be a part and gain a sense of personal satisfaction by naming MSHL as a beneficiary of your estate.

Take a moment to explore the ways of giving available to you and discover how your gift to Milan Seniors can also help you achieve your financial, philanthropic, and estate planning goals.

A gift to MSHL in your will or revocable trust proclaims your confidence that we will continue to serve our mission and make a difference in the lives of seniors in and around Milan. A bequest is easy to arrange and will not alter your current lifestyle in any way. It can be easily modified to address your changing needs.

You may name MSHL as a beneficiary of your retirement benefits. Naming MSHL as the beneficiary of a qualified retirement plan asset will accomplish your desire to help our center while realizing significant tax savings. It can be costly to pass such assets on to your heirs because of heavy tax consequences. By naming MSHL as a beneficiary of a retirement plan, you maintain complete control over this asset while living, but at your death, the plan passes to support the program and services of Milan Seniors, free of both estate and income taxes. Please check with your tax professional for details.



September Programming

DEMENTIA SERIES / presented by DEMENTIA FRIENDLY SALINE

Effective Communication—Part I / Tuesday, September 3rd @ 11am

It is not only possible but important to communicate with a person with dementia throughout their entire journey. The dementia techniques change as the journey continues and as abilities diminish. But the person with dementia will always be exactly that—a person deserving to be reached, and able to reach out. Families and caregivers just need to adapt how they reach out and how they respond. Hear from a caregiver with 17 years of personal experience.

Effective Communication—Part 2 / Tuesday, September 17th @ 11am

Some topics are difficult to discuss with family members even in the best of times. When a loved one is beginning the unwelcomed journey into dementia, various topics (driving, doctor visits, legal and financial planning) can be all the more difficult. This presentation will discuss a systematic approach to preparing and conducting conversations in a way that is respectful for all persons.

Milan's Dementia Friendly Challenge / Monday, September 16th @10am

What does a Dementia Friendly Community look like? Why is it important?

This presentation is for Milan businesses and organizations to learn how they can become dementia friendly. Presented by Dementia Friendly Saline and supported by Milan Seniors for Healthy Living and the Milan Area Chamber of Commerce, we hope Milan takes advantage of this awesome opportunity.

**Snacks provided by The Gardens Senior Living, Carleton.*



SENIOR SCAMS & FRAUD / Monday, September 30th @11am

Hosted by Sgt. Jeff Hooper and the Monroe Co. Sheriff Detective Bureau

Incidents involving scams and fraud detected toward the aging population are becoming more and more common. Come hear what Sgt. Hopper has to say about this growing trend, and how you can protect yourself and others. ***Sign up at the office today!***

LITTLE FREE'S BEES: Local Beekeeping

Tuesday, September 24th @11am



Little Free Bees is a small local honey and beeswax company in the Milan area. Come meet owner Olivia Van Buren and learn all about bees and beekeeping.

SLEEP TIPS

Thursday, Sept. 19th @2pm

Hosted by Todd Thurman, PT/DPT

Join PT Todd for some tips on how to get more restful sleep and to learn about sleep positions that can minimize stress on the body.

September Programs



MSHL ANNUAL HEALTH FAIR

Wednesday, September 25th from 10—1pm

Stop by MSHL's Annual Health Fair. Get insight from incredible resources from all across SE Michigan.

**Doctors * Therapists * Dentists * Home Care
Senior Care Facilities * Safety * Mental Health
Lifestyle Information & Screenings
Activities & Demonstrations
Awareness & Education
Local Resources
Information, Pamphlets & Samples**

Come spend the day at MSHL and gather valuable information and resources. Come with questions!

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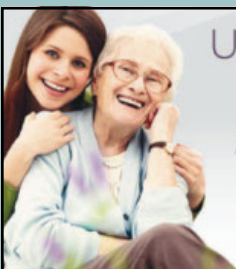
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15-0778

Ongoing Programs

PEER LED ACTIVITIES / Mondays @ 12:30 in September!

We are adding more fun to Monday afternoons.
We have a great line-up to kickoff this new initiative.



BEAD/JEWELRY MAKING / September 9th

Led by Laurie Novak

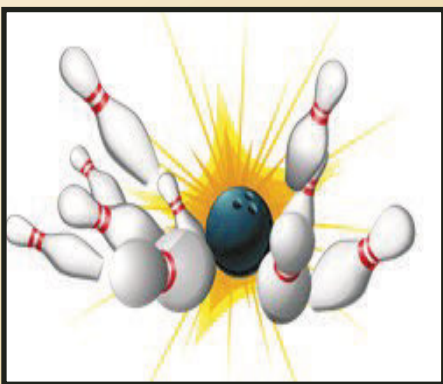
DIAMOND ART / September 16th

Led by Judy Mikkola

CRANIUM CRUNCH / September 23rd

Led by Wendy Tobler

Cranium Crunch sails new waters with Wendy Tobler at the helm guiding you through word games that are moderately challenging and fully fun! Puzzles such as Flower Power, Code Word, Brick by Brick, Stretch Letters, Anagram Magic Squares, Crostics and more will revitalize your day!



WII BOWLING / September 30th

Led by Maxine Tewsley

JEOPARDY / Monday, September 23th @11am

Hosted by Maxine Tewsley

READING WITH ELAINE / Tuesdays in September @12:30pm

Hosted by Elaine Cousino



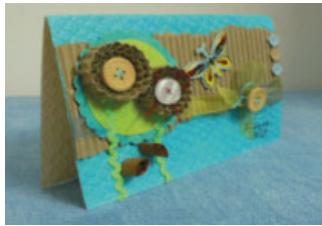
WALK WILSON WEDNESDAYS / Wednesdays @10am / Self-Led

TECH TALK: TRICKY TECH / Wednesday, September 18th @2:30pm

Hosted by James Giordani, Clear Computing

Why is tech tough for seniors? Gizmos, gadgets and doodads can bring so many benefits to seniors, but why are they so frustrating? Join us for a friendly chat on the benefits and challenges seniors face with technology.

More Programs



CARDMAKING CLASS

Wednesday, Sept. 18th
@9:30am

Hosted by Judy Chie

Come make 4 pre-designed and prepped stunning cards. With step-by-step instructions, tips and tricks, it will be a creative experience. Most supplies are included, but please bring scissors and your choice of adhesive (glue, tape, etc.)

Register
by
Sept. 17th

Senior Member	Seniors	Non-Seniors
\$20	\$25	\$30

CRAFTING WITH SHARON

Thursday, September 12th @9:30

Hosted by Sharon Early

Sharon is back with another crafty creation! Join Sharon to create a beautiful mason jar candle with Mod Podge flowers and



embellishments. Sharon will have all the supplies on hand for you to create to your heart's content!

Register by Sept. 11th



Senior Member	Seniors	Non-Seniors
\$10	\$12	\$15

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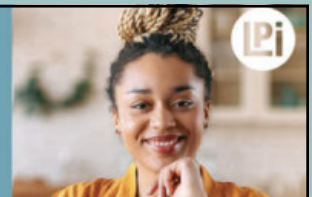
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Ongoing Programs

MEDITATION(+)TUESDAYS** / **Tuesdays @1:30pm****

Hosted by MaryAnn Opal

For centuries now, meditation has been used to help people feel more at peace. In recent years, meditation has increased in popularity due to its scientifically proven benefits. In fact, according to the NIH, the number of adults practicing meditation more than tripled in five years, from 4.1% to 14.2%. Meditation involves training your mind to focus, relax and redirect your thoughts.

1st & 3rd -
Guided Meditation
2nd -
EFT Tapping
4th -
Book Club

WOMEN'S HOUR / **Wednesdays @11am**

Hosted by Cindy Swope

Join in the conversation! Cindy Swope does a fabulous job initiating conversation, sparking dialogue, and giving everyone a safe place to share insights, experiences, joys and challenges. Newcomers are always welcomed!

MEN'S COFFEE HOUR / **Tuesdays @9am**

Hosted by Gary Bourdeau



This is one of our biggest groups yet! Come "shoot the breeze", solve the world's problems, or simply enjoy the comradery of this great group of men. First time guests are welcomed!

POPCORN W/ THE PASTOR / **Wednesday, Sept. 11th @12:30pm**

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance. Pastor Matt is bringing a new treat this month: popcorn!

TALK OF THE TOWN / **3rd Wednesday, September 18th @1pm**

Hosted by Mayor Ed Kolar & Council

Pull up a chair and join in on the conversations that impact you and your community. Come with questions!

QUILTING B'S / **Thursdays @10am**

Hosted by Ellen Bell

ASK THE PHARMACIST: DEPRESCRIBING

Monday, September 9th @11am / Hosted by Betty Chaffee, Pharm D



Doctors are really good at prescribing medication when they are needed. But identifying when they are no longer helping doesn't often reach the top of the priority list. Learn what deprescribing is and how to start that discussion with your doctor.

Support Services



NEW - MEDICATION REVIEW

Betty Chaffee of **BetterMyMeds**, PharmD / By Appointment / Contact MSHL Office

Too many meds? Too many doctors? Side effects? Get help from a medication expert! Find out if all your meds are necessary, and learn how to talk more confidently with your doctor.

M—Th from 8—3pm / 734.322.8413 / MSHL TRANSPORTATION

Alan Lown, Transportation Director

Rides by appointment for those 60+ and living in the 48160 zip code.

Call ahead to schedule your ride with us.

734.508.6229 / MEALS ON WHEELS (MOW)

Meals on Wheels is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. **Call the office to see if you qualify.**

734.418.0376 / AGING IN ACTION

Beverly Robinson, Lead Resource Advocate

Aging in Action enhances quality of life and encourages aging with independence and dignity by providing a coaching and referral service designed to assist seniors as they work around challenges and barriers faced while aging. **Call for assistance.**

Mondays @9am / ACUPUNCTURE

Hosted by Dr. Linda Moaucheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Herbal Medicine and non-needle modalities are often used with acupuncture to help manage pain and promote health. **\$20 Members only.**

Monday, September 9th @1:30pm / PODIATRY SERVICE

By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon specializing in the diagnosis and treatment of many conditions of the foot and ankle. Rates are based on your medical insurance plan and deductibles. **Call MSHL office for an appointment.**

By Appointment / VIRTUAL DEMENTIA TOUR

With MaryAnn Opal/by appointment

As a trained facilitator, MaryAnn will guide participants outfitted with patented devices, that alter their senses while they try to complete everyday tasks. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face.

Contact MaryAnnO@milanseniors.org



By Appointment / MoCA MEMORY TESTING

With Diane London, RN

The Montreal Cognitive Assessment (MoCA) is designed as a preliminary screening tool for mild cognitive dysfunction. These results can be taken to your doctor for further consultation.

Make your appointment at the office.

Fitness

BALANCE SCREENING & FALL PREVENTION WORKSHOP

Tuesday, September 10th @11am / Hosted by Milan Physical Therapy



Join Milan Physical Therapy for this event specially designed for seniors to ensure safety and well-being during everyday life. Dr. Rinkle Desai and MPT Maysa Barbosa will teach essential skills to prevent falls and maintain independence as you continue to enjoy everyday activities safely. They will assess your balance and stability and help you identify any potential issues before they lead to serious falls. These experienced therapists can provide valuable insights and practical tips to help you stay active and secure. Don't miss this opportunity to take charge of your health. **Register at the office today!**

MONDAY & WEDNESDAY / CHAIR YOGA @2pm

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It encourages the body, mind and spirit to remain healthy and strong. This series will introduce you to basic poses, postures and breath that will be the building blocks to take you to that next level.



MONDAY / CARDIO DRUMMING @10am

Instructor: Beverly Robinson

Seated or standing, cardio drumming is a fun and easy exercise that helps activate major muscle groups with high-impact drumming movements. Ball, bucket and drumsticks are all that is needed. This is a medium-paced class but highly adaptable to all fitness levels.

TUESDAY / SITFIT @10am

Instructor: Beverly Robinson

Enjoy a seated workout to lively music making exercising fun! SitFit targets upper and lower body strength, flexibility and range of motion for a complete one-hour workout.

THURSDAY / EXERCISE4U @10am

Instructor: Beverly Robinson

This class is designed to challenge the mature adult of any fitness level through low-impact cardio, strength conditioning, and stretching, with balance exercises sprinkled throughout.

All fitness classes require a fitness pass. Mix and Match your favorite fitness classes. Each card is good for 20 classes. When your card is used up, buy another!

GET A FITNESS PASS FOR ALL FITNESS CLASSES

Senior Member	Seniors	Non-Seniors
\$40	\$50	\$60



Eat Well—Live Well

BIRTHDAY CELEBRATION — Thursday, September 12th

\$5 Suggested Donation / Gather @11:30 / Eat at noon

Join us in honoring MSHL Members with Birthdays in September!

Caroline Alexander
Stephen Barney
Carol Barrett
Cheryn Bourdeau
Jessica Brugh
Val Cousino
Kathy Dominique
Richard Early
Mary Ender
Douglas Good

Fonda Heikka
Meryl Hindbaugh
Dennis Humphrey
Marcia Hurst
Susan Jantschak
Elizabeth Koczman
Maria Long
Thomas Louks
Judy Mikkola
Judy Parker

Kim Perfit
Susan Schoeff
Lou Ann Thompson
Ted Townsley
Frederick Wertz
Chris Wetzler
Arlene Wolf
Christine Wortmann
Susan Yasi



Sponsors: Mullins Auto, Kroger, Milan Florist, and Yeager Bomb Entertainment.

At MSHL we are passionate about providing tools and resources to empower healthy aging.

MEALS ON WHEELS (MOW)

7 Days a Week

Meals on Wheels is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. Call MSHL to see if you qualify.

MEMBER'S ONLY LUNCHEON

Wednesday, September 4th @12pm

Prepared by Jodi Griffor & Julie Snead

Parmesan Pretzel Dog
Ranch Pasta
Melon Caprese Skewer

\$5 Suggested Donation

SENIOR CAFÉ—NEW TIME!

Monday—Thursday @12:00pm

Caterer — Zilke Vegetable Farm will now cater MSHL Senior Café.

Days — Now serving lunch Monday, Tuesday, Wednesday & Thursday.

Price — Suggested donation \$5.00 per person.

Sign-up — Please sign up one week prior to your lunch request.

Our dream is for you to come early for activities, have lunch, stay for afternoon activities. We want to spend more time with you at your senior center.



Fundraisers



BINGO NIGHT

Join us for a night of Bingo complete with Door Prizes, 50/50 Bingo, Cash Prizes, and food. Raise some money for Milan Seniors for Healthy Living and get ready to shout "BINGO!"

Public Invited!

TUESDAY, SEPTEMBER 10TH
DOORS OPEN: 5:30 PM
BINGO STARTS: 6:30 PM
THE CENTER: 45 NECKEL COURT

One book of 3 cards each — \$20.00
 One book of 6 cards each — \$25.00
 Two books of 6 cards each — \$35.00

Milan Seniors for Healthy Living

For more information,
 email mshl@milanseniors.org or call 734-508-6229.

JEWELRY & HANDBAG SALE

Thursday, September 19th from 5—8pm
 Downtown Milan



Get ready for our second annual jewelry and handbag sale! Continue to gather up your spare pins, necklaces, rings, earrings, bracelets and purses. (We will take men's neckties, too.) Separate them into individual baggies and bring them to the front office for donation. Support MSHL by shopping our event for more treasures you can't live without!



Games & Outings

OUT TO BREAKFAST OUT TO LUNCH BUNCH



Out to Breakfast
 Every 4th Friday—Sept. 27th @9am

Out to Lunch Bunch
 Every 3rd Saturday—Sept. 21st @1pm

Reserve with Sue Bemis:
734.483-6351

Bingo	Monday	12:30	(25 pennies & 1 dime)
	Wednesday	12:30	(12 dimes, 1 nickel & 1 quarter)
	2nd Wed.	12:30	(15 quarters)
	Thursday	12:30	(8 dimes & 8 quarters)
Bunco	2nd Mon.	12:30	NEW!
Euchre	Tuesday	12:30	
	Wednesday	12:30	
	Thursday	12:30	
Mahjong	Thursday	12:30	

Announcements

RUMMAGE SALE

Donate your gently used items for our rummage sale! Items can be dropped off the second week of each month. Come and shop on the day of our birthday celebration to find some treasure you can't live without! All donations help support our center. **(Please—no clothing items.)**



COMMUNITY COMPUTERS FOR USE

Did you know MSHL has a desktop and laptop here at the center for you to use? Call or stop by if you would like some screen time!

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Support Your Center

BOTTLE/CAN DRIVE

Drop off **CLEAN** bottles and cans in the front vestibule.

The bottles and cans you donate go a long way in helping us to offset some of the costs we experience being a non-profit organization.



If you shop at **Kroger**, you can support MSHL at **NO COST** to you. **Kroger** donates to non-profits based on your purchases. Check out **Kroger Community Rewards**. Come to the office—we can help you sign up!



Donate your old but usable eyeglasses!

MSHL MEMORIAL/HONOR FUND

MSHL is honored to receive donations in memory or honor of loved ones. This is a great way to recognize your loved one while supporting MSHL. You can also bequeath a donation in memory/honor by including MSHL in your final wishes and/or including us in your will.



Consider donating your unused gift cards! We can use any of your unused gift cards that you no longer want or need. Just drop them off at the front office when you are here next.



Greeting Cards are only 25 cents!



BE A SUSTAINING SUPPORTER

Will you consider being a sustaining supporter of Milan Seniors for Healthy Living? Research shows that non-profits receiving a regular payment every month from their supporters are much more likely to succeed and grow. Call the office with your support—Thank You!!

THIS MONTH'S WISH LIST



- Stamps
- Napkins
- Printer Paper
- Whiteout Tape
- Sturdy Paper Plates
- Coffee Pods (regular)

Memberships / Registering

MEMBER'S ONLY PERKS

Now accepting 2024 Memberships! We have 3 levels of memberships: **Standard (\$20), Premium (\$50) and Lifetime (\$200)**. Stop by to fill out your annual paperwork. You will get your monthly newsletter mailed or emailed to you so you never have to miss out on the great things we are doing here at MSHL!

- *Acupuncture*
- *Podiatry*
- *Free Birthday Lunch*
- *Member's Only Luncheon*
- *Discounts on Programming & Passes*

Enroll me in this course



We are excited to offer **SO MANY FREE programs** here at MSHL! We often ask that you register at the office so we know you are coming. If enrollment is low, we may choose to cancel the program, not knowing you were planning on attending. If we have to cancel due to inclement weather, we would like to be able to notify you. So **PLEASE** sign up!



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Loretta Watson
Chris Wetzler
Edward Wollmann
Susan Yasi
Alanna Yates
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MSHL STAFF

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Senior Life Navigator: Beverly Robinson
Director of Operations/MOW: Jodi Griffor
Director of Transportation: Alan Lown
Director of Programming: Maxine Tewsley
Kitchen Production: Sherrie Schwartz
Financial Consultant: Amy Landingham
Strategic Assistant: Angela Thomas

Coming in October

EUCHRE TOURNAMENT

Tuesday, October 9th
6:30 pm
Door open @ 5:30



Buy-in: \$20

Pay out: 50% of the purse

1st place: 60%

2nd place: 30%

3rd place: 10%



HALLOWEEN PARTY

Thursday, October 31st
11:00 am - 12:30 pm

*Who will you be this
Halloween?*



HOLIDAY MARKET

Saturday, November 2nd
9 am - 2 pm

VENDOR REGISTRATION OPEN NOW!

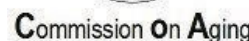
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Washtenaw County United Way



WHAT'S HAPPENING AT MSHL

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday
2  Closed Labor Day	3 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Dementia Series p2 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation (+) p6	4 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Member's Meal p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	5 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
9 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Deprescribing p6 12:00 Senior Café p9 12:30 Bingo/Bunco p10 12:30 Bead/Jewelry p4 1:30 Podiatry p7 2:00 Chair Yoga p8	10 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Balance Screening p8 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation (+) p6 5:30 Bingo Fundraiser p10	11 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 11:00 Little Free Bees p2 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Popcorn w/ Pastor p6 2:00 Chair Yoga p8	12 Rummage Sale 9:30 Crafting w/ Sharon p5 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/ Mah-jongg p10
16 9:00 Acupuncture p7 10:00 Cardio Drumming p8 10:00 Milan's Dementia Friendly Challenge p2 12:00 Senior Café p9 12:30 Bingo p10 12:30 Diamond Art p4 2:00 Chair Yoga p8	17 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Dementia Series p2 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation (+) p6	18 9:30 Cardmaking p5 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p6 2:00 Chair Yoga p8 2:30 Tech Talk p4	19 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 2:00 Sleep Tips p2 5:00 Jewelry & Handbag Fundraiser p10
23 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Jeopardy p4 12:00 Senior Café p9 12:30 Bingo p10 12:30 Cranium Crunch p4 2:00 Chair Yoga p8	24 9:00 Men's Hour p6 11:00 Little Free's Bees p2 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Meditation (+) p6	25 10:00 Walk Wilson Park p4 10:00 Health Fair p3 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	26 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
30 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Scams and Fraud p2 12:00 Senior Café p9 12:30 Bingo p10 12:30 Wii Bowling p4 2:00 Chair Yoga p8	Bingo Fundraiser <i>September 10th</i> <i>Doors open</i> <i>@5:30pm</i>	Jewelry and Handbag Fundraiser <i>September 19th</i> <i>from 5-8</i>	MSHL's Annual Health Fair <i>September 25th</i> <i>from 10-1pm</i>