

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

April 2025 Newsletter

Open: 8 to 3 / M—Th

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Senior Life Navigator:
Beverly Robinson

Aging in Action Support Staff:
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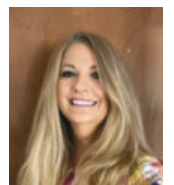
There are losses that leave us reeling, struggling to comprehend the absence of someone who made such a profound impact on our lives. The passing of Diane London is one such loss. Diane was more than just a presence; she was a force of love, kindness, and joy. As we navigate this difficult time, we remember the ways in which Diane loved.

Diane had a gift—she could light up even the darkest room. Whether it was a meeting, a casual conversation, or a big event, her presence was a reminder that warmth, positivity, and joy could always prevail. There was never a doubt that Diane’s heart was full of love. Her compassion and generosity weren’t just traits; they were the way she lived.

Personally, Diane offered me support without hesitation, shared laughter during tough times, and always seemed to know when I needed a little extra encouragement. Diane was instrumental in hiring and onboarding me, she was my biggest advocate, and my work confidant. I have a huge hole in my heart and in my life. I miss her tremendously.

It’s hard to know how to move forward when someone like Diane is no longer with us, but perhaps Diane left us with an answer. She taught us how to lift one another up in even the most difficult times. She showed us that the true measure of a person’s life is not in how much they achieve, but in how much love and light they share. Rest in peace, Diane. You will never be forgotten!

With Love and Gratitude, MaryAnn



View service details and obituary at
<https://www.ochalekstark.com/obituary/diane-london>

CONTACT US / 45 Neckel Ct., Milan, Mi 48160

Main Phone: (734) 508-6229

Transportation: (734) 322-8413

Aging in Action: (734) 418-0376

Meals on Wheels: (734) 508-6229

mshl@milanseniors.org

www.milanseniors.org

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Health & Fitness

BLOOD PRESSURE CHECKS

Every Monday between 11 and 12pm / with Beverly Davenport

Want to check your blood pressure?
Stop by MSHL lobby and get your blood pressure read.



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 is designed to improve core strength, flexibility, balance, coordination and circulation. Grab a seat!

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.

THE FITNESS PASS

Mix and match your favorites, marking off a square for each class you attend. When your card is used up, buy another!

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

TRY ONE FREE

We believe you need to find the fitness class that best fits your needs. MSHL has a "Try One Free" policy for just this reason. Try any and all fitness classes out once for free! Just let your instructor know that you are trying this class out for the first time. After class, let us know if you would like to continue.

April Programs

EARTH DAY CELEBRATION

Tuesday, April 22nd

11:00 Virtual Nature Hike— Join Ash from Moon Mama LLC and her mentor, the legendary John Farmer, for a virtual hike through Draper-Houston Meadows Preserve. They will help you locate and identify the wildflowers with a series of photographs, videos, and educational information.

12:00 Lunch—Register ahead at the office for Senior Café.

12:30 Movie and Popcorn: "WALL-E"
 WALL-E (short for Waste Allocation Load Lifter Earth-class) is the last robot left on Earth. He spends his days tidying up the planet, one piece of garbage at a time. But during 700 years, WALL-E has developed a personality, and he's more than a little lonely. Then he spots EVE, a sleek and shapely probes Sent back to Earth on a scanning mission. Smitten WALL-E embarks on an adventure when he follows EVE across the galaxy.



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April Programs



MEDICAID 101

Tuesday, April 8th @11 / Hosted by Bassett Murray Law

Join us for a beginner's session on Medicaid. This presentation will cover the essentials including eligibility requirements and key aspects of the program. We'll also debunk common myths about Medicaid and share valuable tips to help you avoid pitfalls that could affect eligibility. **Register today!**



COOKING WITH CHRISTINE: ENCHILADAS!

Monday, April 28th @12:45

Hosted by Christine Chie

What's cooking this time? Enchiladas—both meat and meatless options. Join Christine in the kitchen as she always has something new to tempt our taste buds.

Class with fill up soon so register right away!

DYING WELL— RESCHEDULED!

Monday, April 14th

9:00

Sponsor Breakfast

10:00

Panel and Q & A

Ochakek Stark, Hamden Law, & Hospice of Lenawee will be here to answer questions about...

**Wills * Trusts * POAs
Funeral Practices
"Five Wishes +1"**

and any other questions and concerns you might have.

Register for breakfast and the presentation in the office!

CREATIVE MEDITATION & CRAFT

Thursday, April 17th @9:30

Hosted by Moon Mama, LLC

Start your morning with a short meditation followed by a craft. Make a yarn-wrapped wreath with a pom-pom bunny. Get crafty for Spring and Easter!



Register at the office.

GUIDED SUPPORT HOUR

Tuesday, April 16th for 9am & 10am appointments / Hosted by Care Management by Natalie

Are you or a loved one navigating the complexities of aging? Join Natalie, a nurse & dedicated care manager, for a free one-on-one consultation right here at MSHL. Get personalized planning advice, guidance on community resources, learn about care options, and more.

Register at the office for one of the two time slots.

April Programs

VOLUNTEER APPRECIATION LUNCHEON

Tuesday, April 29th @noon

- Welcome
- Lunch Served
- Presentation by MSHL Staff and Board President
- In Memoriam: Diane London
- Dessert



The work MSHL does is possible thanks to our incredible volunteers! Please join us to celebrate each and every one of the individuals who give their time to support MSHL at the **Volunteer Appreciation Luncheon on Tuesday, April 29th @12:00pm.** Lunch is served at noon with a ceremony to follow.



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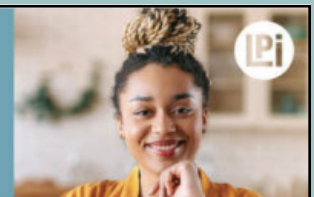
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careers@4lpi.com or
www.4lpi.com/careers

Ongoing Programs

DEBY'S DESIGNS / Led by Deby Tubs

1st Monday, April 7th @12:30pm

It's time to start decorating for Easter! Get your craft on and make an Easter Bunny design with Deby and friends. **Sign up today—Free to participate!**

DIAMOND ART / MaryAnn Opal

2nd Monday, April 14th @12:30pm

Diamond art, also known as diamond painting, is a craft that involves applying tiny resin "diamonds" to a fabric canvas with an adhesive backing to create a shimmering piece of art. It's a cross between paint by numbers and cross stitch. **\$5 Participation Fee.**

CRANIUM CRUNCH / Led by Wendy Tobler

3rd Monday, April 21st @12:30pm

Cranium Crunch sails new waters with Wendy Tobler at the helm guiding you through word games that are moderately challenging and fully fun!



JEOPARDY / Hosted by Maxine Tewsley

Monday, April 28th @11am

Will return to 2nd Monday in May

This game is a hoot! Test your knowledge on a wide variety of topics as you clear the board answering \$100 to \$500 questions. Finish with Final Jeopardy.

NEW—FOR MEMBER'S ONLY!

ASKEVIN HELP DESK /Monday, April 14th from 9-11

Are you experiencing an issue with your phone, laptop, or other device? Sign up for a 30 minute help session with a Tech Coach from AsKevin. Sessions will be held every second Monday of the month. Cost is \$20 for members. Sign up at the office for your session.

Payments can be made with cash, check, credit card, PayPal or Venmo.



Ongoing Programs

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!

READING W/ ELAINE / Tuesdays 12:30pm Hosted by Elaine Cousino

Listening to books read aloud improves our listening, multitasking, vocabulary, and has the potential for better comprehension through vivid imagery.

MEDITATION (+) TUESDAYS / Tuesdays @1:30pm / Hosted by MaryAnn Opal

Hosted by MaryAnn Opal

Guided meditation uses breathing, posture, and focus to keep you in the present, steering your mind away from past regrets or future worries. Regular practice help cultivate calmness by fostering stillness and emotional balance. EFT involves tapping specific meridian points on the body while addressing present concerns to achieve emotional clarity.

Wk1: Guided Meditation Wk2: EFT Tapping Wk3: Guided Meditation Wk4: 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.

PASTOR MATT'S NEIGHBORHOOD / 2nd Wed, April 9th @12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial UMC to carry on the tradition of spiritual guidance. Enjoy conversations, guests, snacks and more. Register with the office.

TALK OF THE TOWN / 3rd Wednesday, April 16th @1pm

Hosted by Mayor Ed Kolar & Mayor Pro-Tem Shannon Wayne

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

TWISTIN' STRINGS & THINGS

Thurs. @11 / Hosts Marcia Bolog and Evelyn Katona

Sewing releases endorphins— natural chemicals that make you feel happy and calm. Stitch among friends and work at your own pace. Marcia and Evelyn can help you with new skills and projects.

QUILTING B'S / Thurs. @10

Hosted by Ellen Bell

Psychologists believe that quilting utilizes the entire brain as it involves creativity, logic, spatial awareness, color analysis, fine motor skill activation, and math!

MSHL Support Services

ACUPUNCTURE / Mondays @9 / Hosted by Dr. Linda Mouacheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Acupuncture can help manage pain and promote health. **Make your appointment at the office.**

AGING IN ACTION / 734.418.0376 / Beverly Robinson, Senior Life Navigator
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.**

MEALS ON WHEELS / 734.508.6229

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

MEDICATION REVIEW / By Appointment / With Betty Chaffee, Pharm D
Get help from a medication expert! Find out if all your meds are necessary, and learn how to talk more confidently with your doctor. **Contact MSHL office.**

MSHL TRANSPORTATION / 734.322.8413 / Alan Lown, Transportation Director
Monday through Thursday 8—3. Rides are by appointment for those 60+ and living in the 48160 zip code. **Call to schedule a ride.**

PODIATRY SERVICE / Monday, April 7th @1:30 / 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.**

VIRTUAL DEMENTIA TOUR / MaryAnn Opal, Executive Director
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 facing those with dementia.
Contact MaryAnnO@milanseniors.org or call 734.508.6229.



Food and Fun



SENIOR CAFÉ

Monday—Thursday @noon / Suggested Donation \$5



Join us for three days a week for some homemade meals lovingly prepared by Jodi Griffor and Sherrie Schwartz. Enjoy one lunch a week from our local community! Menus can be found at the main office. **Order in advance, please.**



MEMBER'S ONLY LUNCHEON TRADITIONAL EASTER MEAL

Wednesday, April 2nd @noon

Ham
Mashed Potatoes
Carrots

Suggested Donation \$5
Sign up in advance at the office.



BIRTHDAY CELEBRATION

Thursday, April 10th @noon / Gather @11:30 / Eat @noon

Join us in honoring MSHL Members with Birthdays in April.
Birthday members receive a free lunch!

Arlene Baisch
Roger Falk
Ada Gonzales
Ron Hasselbring
Leslie Henry
James LeBar
Glenna Mullins
Sharon Ost

Linda Pace
Rosemary Schiferle
Phyllis Smith
Janet Spencer
Cynthia Swope
Linda Sue Tackett
Kathy Taylor
Wendy Tobler



Thank you Sponsors! Mullins Auto, Kroger, Milan Florist, and Yeager Bomb Entertainment!

Games and Outings

BINGO / Monday, Wednesday & Thursday @12:30



- ⇒ Monday (25 pennies / one dime)
- ⇒ Wednesday (12 dimes / one nickel / one quarter)
- ⇒ 2nd Wednesday of the Month (15 quarters)
- ⇒ Thursday (8 dimes / 8 quarters)



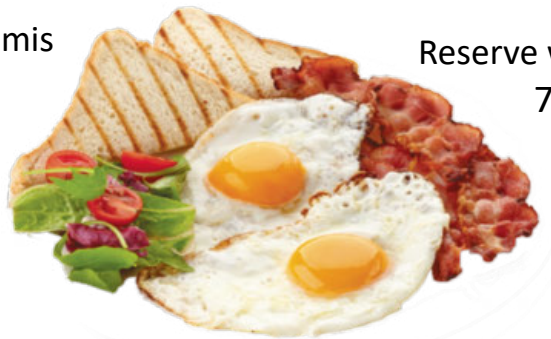
EUCHRE / Tuesday, Wednesday & Thursday @12:30

MAH-JONGG / Thursday @12:30

OUT TO BREAKFAST

Every 4th Friday
April 25th @9am

Reserve with Sue Bemis
734.483.6351



OUT TO LUNCH

Every 3rd Saturday
April 19th @1pm

Reserve with Donna Kneebush
734.439.2103

Something for Everyone!

ACTIVITIES

Monday—Thursday
8am—3pm

We have non-stop activities. Join us for one, or spend the whole day with us!

TRANSPORTATION

Monday—Thursday
8am—3pm

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

SENIOR CAFÉ 4 DAYS A WEEK!

12:00pm

Monday, Tuesday
Wednesday, Thursday

MEALS ON WHEELS

Monday—Friday

Meals on Wheels is specially designed for those who are homebound.

Coming Up...

WOMEN'S TEA



May 1st

BURGER COOKOUT



May 22nd

BINGO FUNDRAISER



June 10th

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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!

www.milanseniors.org

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.



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!!

Greeting Cards are only 25 cents!



THIS MONTH'S WISH LIST

We need liquid soap, please!



(734) 508-6229

Memberships

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.

How do your regularly planned dollars help?

- **MORE** time spent working directly with you because...
- **LESS** time spent writing grants that make ends meet.
- **MORE** senior neighbors reached because...
- **LESS** time spent courting corporate sponsors to meet the budget.
- **MORE** quality activities and programs.

You can set up your sustaining support by calling the office at 734-508-6229 or by visiting our website at www.milanseniors.org.

MEMBER'S ONLY PERKS

Now accepting 2025 Members

Standard \$20 / Premium \$50 /
Lifetime \$200

We have 3 levels of memberships. 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!

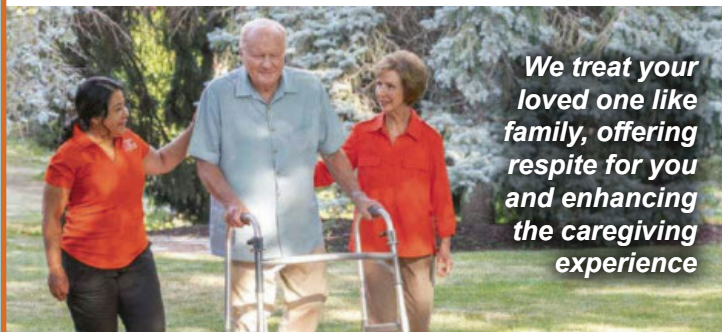
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We treat your loved one like family, offering respite for you and enhancing the caregiving experience

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MAKE AN IMPACT - MSHL'S LEGACY ENDOWMENT

You can invest in Milan senior services through MSHL's new Legacy Endowment Fund. MSHL is honored to receive donations in memory of loved ones.

Announcements

RUMMAGE SALE

Donate your clean **gently used** items for our rummage sale! Items can be dropped off the second week of the month. Then come and shop on the day of our birthday celebration to find some treasure you can't live without! (No clothing, please.)



DID YOU KNOW...

Did you know that we often have medical supplies and equipment to loan out or give away? If you have a need or would like to make a donation, contact our **Aging in Action** program at 734.418.0376. Supplies include:

**Briefs * Bed pads
Diabetic supplies * Walkers
Bedside Commodes
Wheelchairs * Toilet Risers
BP Monitors * Ensure
and more!**



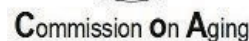
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Michigan Health Endowment Fund
Greater Milan Area Community Foundation



BECOME A CORPORATE SPONSOR

Sponsor an Event or Adopt-A-Service such as Meals on Wheels or Aging in Action. Email mshl@milanseniors.org for more information.

WHAT'S HAPPENING AT MSHL

April 2025

Monday	Tuesday	Wednesday	Thursday
	1 9:00 Men's Hour p7 9:30 AARP Tax Prep 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	2 11:00 Women's Hour p7 12:00 Member's Only Easter Luncheon p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	3 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
7 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Bingo p10 12:30 Deby's Designs p6 1:30 Podiatry p8 2:00 Chair Yoga p2	8 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Medicaid 101 p 4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	9 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Pastor Matt's Neighborhood p7 2:00 Chair Yoga p2	10 Rummage Sale 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p7 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/ Mah-jongg p10
14 9:00 AsKevin p6 9:00 Acupuncture p8 9:00 Dying Well p4 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Diamond Art p6 12:30 Bingo p10 2:00 Chair Yoga p2	15 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Café p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	16 9:00 Guided Support p4 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p7 2:00 Chair Yoga p2	17 9:30 Meditation & Craft p4 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 19 1:00 Out to Lunch p10
21 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Cranium Crunch p6 12:30 Bingo p10 2:00 Chair Yoga p2	22 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Earth Day Celebration p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 12:30 WALL-E movie p3 1:30 Meditation Plus p7	23 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	24 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 25 9:00 Out to Breakfast p10
28 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 11:00 Jeopardy p6 12:00 Senior Café p9 12:30 Bingo p10 12:45 Enchiladas p4 2:00 Chair Yoga p2	29 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Volunteer Lunch p5 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	30 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	