

# Senior Resources

## City of Westland

Summer 2021



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**HOURS:**

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[www.cityofwestland.com](http://www.cityofwestland.com)  
and click on Senior Resources



### *The Mayor's Connection*

Greetings! Now that we are well into 2021, hopefully, we can look forward to a different summer than we experienced last year. We've all waited a long time and have sacrificed a lot. It will be wonderful to look forward the pleasures we have gone without for over an entire year! I think we are all guilty of taking for granted the normalcy of our everyday life before Covid. Just thinking of going to a movie, family gatherings, traveling, going on vacations; there isn't an end to this list of things we can look forward to if we can just hang on a little while longer when everyone who wants a vaccine is able to get one. We are getting closer to that goal every day.

Westland historically, has been known for supporting its seniors. For over 50 years, we have taken pride in the program we've continued to build. During the time since Covid began, we have researched and studied how to make the Friendship Center as safe as possible in the midst of this new pathogen and possibly others. So, the Pathogen Mitigation Project began. Masks, hand sanitizer, a kiosk and tracking were implemented and 15 programs were active from July through November. In addition, the Friendship Center now has upper room germicidal ultraviolet light fixtures. These fixtures creates a UV-C energy section to irradiate and kill airborne pathogens as they circulate, rendering them incapable of infecting. Installed as well, is a new hospital grade HVAC system. With these added precautions and increased availability of the vaccine, we are moving toward opening up the Friendship Center's programs one at a time. The damage of isolation and sedentary behavior has taken its toll mentally and physically. It's time to do what we naturally want to do and need to do; seek out each other.

For Covid vaccine and city updates, visit the city website ([www.cityofwestland.com](http://www.cityofwestland.com)); you can also call my office (734) 467-3200 or email me - [mayorwild@cityofwestland.com](mailto:mayorwild@cityofwestland.com). Hopefully, we are in the final stretch so stay safe—there is a light at the end of the tunnel! Warmest Regards to you and your families. — Mayor William R. Wild

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## Fraud and Financial Exploitation

With increased use of technology, fraud has become an increasing concern for a lot of older adults. Even though a lot of fraud cases in the United States go unreported, it is estimated that approximately 5 million older adults in the United States are subject to elder fraud every year. This potentially results in the annual loss of approximately \$3 billion. Then, what makes seniors subject to becoming the victims of these elder fraud cases? First, seniors may be trusting and polite, secondly, seniors usually have savings, own a home, and have good credit. The bad news is that you *do not* have a great chance of getting your money back once you have fallen victim. Therefore, it is important to know how to keep yourself from becoming a victim in the first place. To start, being aware of different types of common elder fraud schemes can help you identify whether or not someone is trying to scam you. FBI.gov lists some of the common elder fraud schemes. These include:

✦ **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.

✦ **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

✦ **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.

✦ **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

In addition to knowing different types of common elder fraud and abuse, following prevention strategies may help you protect yourself from potential scammers. Recognize scam attempts and END ALL COMMUNICATION with the perpetrator. RESIST the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. CALL THE POLICE IMMEDIATELY if you feel there is a danger to yourself or a loved one. NEVER give or send any personally identifiable information, cash, jewelry, gift cards, checks, or wire information to unverified people or businesses. We try to publish the latest scams as they come to us. Remember THIS: The Government and the IRS NEVER contact you by phone. Many scammers will use names like the Administration of Social Security to make you think it's the Social Security Administration—a government institution. You can see how people are easily confused.

Let's also address a huge and growing problem—the Elder Abuse category that is Financial Exploitation. 90% of all Financial Exploitation is done by a family member. It is estimated that only 1 in 14 cases is reported. Some believe it is much, much higher. The crime is committed by a trusted family member or a caregiver. Often it is adult child, but it can be anyone in the family or anyone who spends a lot of time with the senior. That child may have issues such as alcohol or drug use or abuse or having financial problems. Age *alone* qualifies someone as a vulnerable adult and if that adult has dementia or another issue, they are even be incompetent, meaning they should not be able to legally sign or enter in a contract. The definition of Elder Abuse that is Financial Exploitation, includes stealing money, changing titles on assets, changing trusts, wills, and other legal documents.... *“financial exploitation means the illegal, unauthorized, or improper **taking or use** of an elder adult's funds, property, or assets for the personal or pecuniary profit or benefit of a person **other** than the elder or dependent adult. Possessing or using an elder adult's funds, property or other assets through **undue influence, harassment, duress, deception, coercion or misrepresentation** for the profit or benefit of a person other than the elder”*. Red flags—when unplanned meetings with an attorney that other members of the family are not aware of, changing of bank accounts, property titles and even documents such as Power of Attorney. If a person exhibits a certain pattern during most of their life, such as saving money and paying bills on time, and being fairly frugal...and then all of a sudden the money is disappearing and a life savings is being depleted - danger, danger, danger! Something is NOT right. Start DIGGING. If you believe that someone is being neglected, exploited or abused—make a police report, and call Elder Abuse and report it (855) 444-3911. If you have any questions how to handle it, please call Barbara Marcum at 467-3259. You can be anonymous.

### COVID-19 and Mental Well-Being

The COVID-19 pandemic has caused many challenges and stressors in our lives. The most difficult experiences faced by many people is lack of social interaction with friends and family, activity restrictions, psychological stressors, and health challenges. Loneliness and social isolation can have a deep emotional impact on older adults which sometimes leads to social disorders such as depression and anxiety. Education on the use of technology such as mobile devices and tablets as ways to help communicate with loved ones remotely could be helpful. Many people in the community may have a lack of knowledge on how to use these devices, so other community members can play a role in innovation and improvement by making technology easier to use and understand. The use of technology for communication with family and friends can be used to enhance mental health and provide support if social isolation occurs. Physical distancing during the pandemic is important to keep the community safe but that does not mean we need to stop all social interaction. Older adults can still contribute to society with virtual gatherings, informative tools to enable their virtual participation in volunteering and community engagement, videoconferencing meetings to educate on health information, and more.

The COVID-19 pandemic as a whole may have other effects on all people, in addition to those previously mentioned. Increasing anxiety may come to some of us as a result of the constant changes and fear of the unknown. Some easy ways to decrease anxiety include taking a walk outside or sitting in the sun, focusing on your breathing, and using the 3-3-3 rule. The 3-3-3 rule is when you focus on the environment you are in and name three things you see, three things you hear, and move three body parts.

The recent changes can also lead to sadness and depression. Easy ways to combat these feelings without medication are getting exercise by doing whatever your body allows you to, doing something new like trying to paint/draw or going somewhere new, and setting goals for yourself. Make sure these goals are realistic, attainable, and measurable. If these tips don't begin to solve the problem, it might be a good idea to seek help from a medical professional.

Change is happening as the COVID-19 vaccine has become more available to people. This vaccine will help protect you from getting Covid and symptoms of the virus. COVID-19 vaccination will be an important tool to help stop the pandemic and the spread of the virus. Wearing masks and social distancing may help reduce your chance of being exposed to the virus or spreading it to others, but these measures alone are not enough. The vaccine works with your immune system to fight the virus if you are exposed. While we can feel a huge burden lifted when we get a vaccine, a year of isolation takes its toll. Use common sense. Hesitancy to get the vaccine may become a problem, as lack of proof of immunization may keep those from public places on airlines, etc. if there is any kind of "vaccination passport" required by businesses or organizations. People have felt a physical decline, but feel depressed as well. Typically, a lack of interest in something you used to enjoy, a feeling of impending doom or a feeling of hopelessness and helplessness, a lack of personal hygiene, lack of energy, etc., are things that need to be addressed. Physically, we can go to exercise classes and begin to rebuild what we've lost, but the feelings of depression may linger and may be harder to get rid of. If you find yourself one of those people who just aren't feeling yourself, if that continues, you may want to consider trying counseling and/or a visit with your doctor.

### Positive Uses of Technology in the Pandemic and all Year!

Many aspects of life have changed tremendously in the past year. One significant change has been how we do with routine tasks such as communicating with loved ones, grocery shopping, picking up prescriptions, remaining active, and accessing healthcare. Although the majority of us cannot wait to resume life as before, there are some benefits that can be gleaned from this newly emerging technology that has been refined during the pandemic. Applications on cell phones can be implemented to free up time that was once spent traveling to the grocery store and shopping. They allow you to bypass crowds, traffic, and wait times with the alternative of having groceries and medications delivered to your front door, completing healthcare visits from the comfort of your home, as well as remaining active and in contact with friends and family remotely. Applications (all are free to download)

#### Visual & Hearing Impairment-

\*Be My Eyes: Helping the Blind-Free to use

\*Glide: Live Video Messenger-\$1.99/month

#### Social Networking

\*FaceTime- May be used on any apple device.

\*Skype- \$2.99 a month subscription

#### Health & Fitness-

\*Calm-\$12.99/ month subscription

\*Headspace: Meditation & \*Sleep-\$12.99/ month subscription

\*Yoga: Down Dog- \$7.99/ month subscription.

\*MyFitnessPal- Free version and premium access available for \$49.99/ year.

#### Telemedicine

\*Teledoc- Rate depends on insurance.

\*K Health: Primary Care- Rate depends on insurance.

\*Doctor on Demand- Works with and without insurance, copay with insurance is \$24 and \$99 flat rate without insurance

#### Food & Drinks-

\*DoorDash-Food delivery- fee per ordered meal or \$9.99 per month membership with no fee delivery on orders over \$15.

\*Instacart-Fee based per delivery or free delivery with \$9.99 monthly membership.

These technologies can feel overwhelming to some. However, relying on family who has existing familiarity with these technologies can be a valuable resource. Take time to reach out to family and ask for help in acquiring a smart phone to utilize these app's as well as downloading them and navigating within them for success. An additional resource for discovering how to navigate app's and many other uses is the Youtube website/app which houses countless tutorials on a wide array of topics.

*For Your Information*

So many people have called and stopped by to ask when the Friendship Center will be open. The Friendship Center has actually been open since last July. Only 15 programs were allowed to meet due to social distancing but those programs went through the entire summer and up until the Governor shut things down just before Thanksgiving. We started those programs up again the first week in March, but better than that... good news! The Friendship Center is moving forward a few programs at a time and opening the doors. Programs that have been ongoing are Moving to the Drums, Daily Exercise, Zumba Gold, Chair Yoga, Yoga, Cardio Drumming, Spin Class, Spinning for Beginners, and Stronger than Excuses and a few others. We are adding on as of the end of May, Angel Wings, Angels Above, Euchre, Bunko and Poker and the exercise room. We will add programs as we are able. Of course, it is necessary for the Friendship Center to be a safe place for seniors to come, and there *are* things the mayor has done to ensure *extra protection*. While the center was partially closed, there were lots of things done (see the cover). Now that we are ready to move forward, we will be abiding by the following guidelines.

There are reasons that some people are not getting the vaccine. We will allow both those who have gotten a vaccine and those who have not, to participate in programs. We do have stickers for membership cards showing you have had the vaccine if you want one. We will need to continue to track but would like to make it easier and less time consuming, for obvious reasons. Should we have an outbreak of Covid at the center, we will need contact information. Everyone, regardless of vaccine status will only need to stop at the kiosk for a temperature check. Those who have not gotten the vaccine should understand that they are at a higher risk to get Covid and understand the ramifications of coming into a busy public building. It is certainly their choice whether or not to get the vaccine, and whether or not they choose to participate in programs. Should anyone report that they have Covid, we will need to contact participants who have been here; those without a vaccine are at a higher risk to get Covid and for severe complications.

The *south* entrance will remain locked as it will be an exit only door, and those taking classes in halls A,B,C,D, and E, will need to enter through the lobby as well as those coming to use the exercise room. If you want a vaccine but have not been able to get one, call the Mayor's office at city hall 467-3200. Mayor Wild has been diligent acquiring the vaccine and is now partnering with Kroger Health. The Mayor's staff have updated information which changes weekly regarding vaccine availability.

The exercise room will be open by June, by appointment only. Only 5-6 people per hour will be scheduled. Gyms are full of germs on the best day, so it will be necessary to social distance while using the gym and keep things clean. Whether vaccinated or not; people should still use sanitizer and continue to wash hands thoroughly on a regular basis. If you use a piece of equipment you need to wipe it down when you are done, and before if you feel it is necessary.

New schedules are available on the table in the vestibule adjacent to the lobby. As more classes are added to the schedule there may changes in room assignments. At this time, there has not been any word about resuming hot meals from Meals on Wheels, so we do not have a congregate meal program; currently only homebound meals go out. As was stated before, things may change, but our main focus is getting everyone back to the center, and all programs eventually restored. If you have any questions, please call Barbara Marcum (734) 722-7628. See you soon!

### Diabetes Management

Diabetes is a long-term illness that changes the way your body converts food into energy. 122 million Americans have the disease and risk factors for developing it (88 million). **Type 1 Diabetes:** An immune response is believed to cause type 1 diabetes (the body attacks itself by mistake). Type 1 diabetes has a different set of risk factors than prediabetes and types 2 diabetes. **Type 2 Diabetes:** is more prevalent in the people as they age, and if they are overweight. Insulin is a hormone produced by the pancreas that serves as a key, allowing blood sugar to enter the body and be used as energy. Insulin resistance occurs when cells in people with type 2 diabetes do not respond to Insulin. Secondly, your pancreas eventually can't keep up, and your blood sugar levels increase, triggering prediabetes and type 2 diabetes. High blood sugar is harmful to the body and can lead to heart disease, vision loss, and kidney disease, among other significant health issues. **Prediabetes** - Prediabetes is a chronic health problem where blood sugar levels are higher than normal but are not sufficient to be diagnosed with type 2 diabetes. This is the time take control—it's never too late!

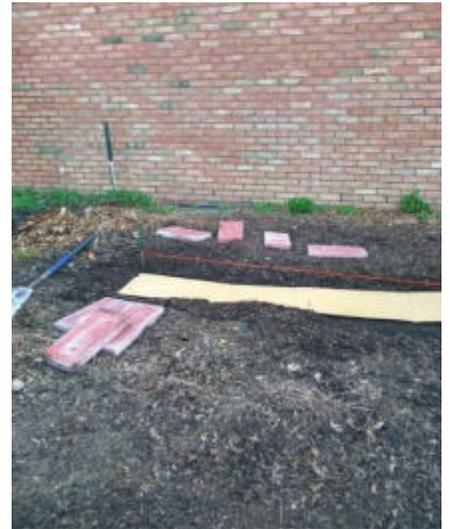
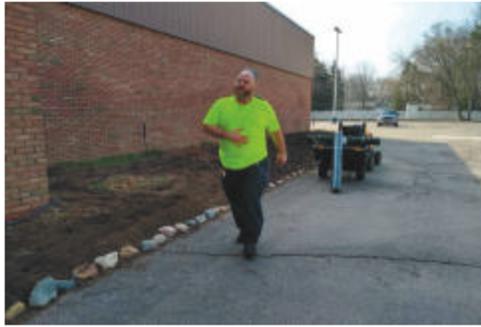
### Management of Diabetes and Care

Low blood sugar (hypoglycemia) can be caused by missed meals, too much insulin intake, other diabetes medicines taken, more exercise than normal, or drinking more alcohol. A blood sugar level check below 70 mg/dL is considered low. Low blood sugar signs and symptoms include shaking, sweating, nervousness or anxiety, irritability or confusion, dizziness, and hunger. When blood sugar is lower than 70 mg/dL, do at least one of the following instantly: chew 4 glucose tablets, drink 4 ounces of orange juice, drink four ounces of regular pop (not diet soda), or eat four pieces of hard candy. Wait for 15 minutes, and then recheck your blood sugar. Repeat the above treatments until your blood sugar is 70 mg/dL or above. Then, have a snack if your next food is in one hour or more away. Have some snacks available at all times and when you are shopping at the grocery store to avoid hypoglycemia.

High blood sugar (hyperglycemia) is caused by being sick, being stressed, eating more than planned, and not giving yourself enough Insulin. After a long time of neglect, high blood sugar can lead to long-term, serious health problems. High blood sugar symptoms include feeling very tired, feeling thirsty, having blurry vision, and needing to urinate (pee) more often. When you are sick, your blood sugar is hard to manage, and blood sugar is 240 mg/dL or above, use a ketone test kit to check for ketones. Call the doctor when the ketones level is higher than normal. High levels of ketones are an early sign of diabetes.

Many people suffer from Type II Diabetes. If you are interested in attending a diabetes support group, please put your name on the list at the front desk. If there are more than 15 people who are interested, we can start a monthly group at the Friendship Center. Getting diabetes under control will improve your overall health. One thing that helps control diabetes is exercise. If you enjoy the exercise you choose, you will stick with it. The trick is finding a class that suits you. If you are not familiar with offerings at the F.C., try one of our classes; Cardio Drumming, Yoga, Daily Exercise and others. You are welcome to come once and try a class. If it's not for you, try something else. When you find your niche...you'll be glad you did. In a few weeks you'll feel the difference—and your doctor will see it too.

## A new and beautiful garden!



Sometimes, out of the blue, we are given a gift. We don't know what we did to deserve it or where it came from, and that gift is Mary Underwood. Last year we started a garden, which even though we didn't know what we were doing, did produce lots of tomatoes and other vegetables. Our intent is to supplement the homebound meals that go out to seniors with fresh produce. Often, as people get older their appetite decreases and they don't buy regular packaged produce because they end up throwing it away. Our Meals on Wheels drivers can ask the recipients if they wish to get some fresh produce with their delivery. Then the driver can get it straight out of the garden and take it to them, increasing the fresh nutrients in their diets and in smaller fresh portions they will eat. Since Mary took over the planting of seeds, and nurturing of the plants they are abundant in the greenhouse. If anyone is interested in putting in 1-2 hours in the garden each week—please call 722-7628 and join us!

- **A Special Thank You to Hydro Spot and Tractor Supply**

There are people /businesses that have been extraordinarily kind and generous to the Friendship Center. Our garden project for seniors has not just been about hard work that Mary Underwood, and some special workers like Greg Hessenbruch and Linda Griswell have done. They couldn't do it without the support of Bob, Troy and Chris from Hydro Spot (Glenwood and Wayne Rd., and Paula from Tractor Supply on Michigan Ave. in Canton. Their kindness and generosity has made all the difference in our ability to plan out, cultivate our seeds and have the necessary products to assure our garden will be successful and abundant. The vegetables we are able to grow and supply to seniors to improve their nutritional needs makes all the difference in the health of the people who consume them. The Friendship Center has been very thankful to businesses and individuals over the years that have helped us to address the needs of our residents.. So a big shout out to all those who have been kind and generous to our seniors over the years—and here are two of them.

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***Don't Think For One Moment Your Voice Is NOT Important!***

***There's something you need to remember. Elected officials work for YOU not the other way around. If you hear or see something that you makes you want to supply feedback to elected officials—DO IT. It's YOUR voice—USE IT.***

*US Senator Gary Peters*  
Attn: Constituents Services  
477 Michigan Ave. Suite 1837  
Detroit, MI 48226  
Detroit office – 313-226-6020

*State Representative Kevin Coleman*  
[kevincoleman@house.mi.gov](mailto:kevincoleman@house.mi.gov)  
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*US Senator Debbie Stabenow-*  
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*State Senator Erica Geiss:*  
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*United States Representative Rashida Tlaib*  
Washington Phone: (202) 225-5126  
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*Wayne County Commissioner Glenn Anderson:*  
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Phone: 313-224-8855

### Safe Driving Tips and A Little Extra

Driving is often a crucial function of life, causing relatively easy access to a license. We know that even if people have a license, and probably should hang up the keys, many continue to drive.

To keep you driving more safely, here's a little information that might help.

- ◆ Driving is safest with less drivers on the road, so typically in the morning before 9:00am, during lunch hour 12:00noon to 1:00pm and from 3:30 to 5:30pm are the best times to work around. Additionally, research states that left turns are very dangerous. Left turns are the most accident-causing events on the road, so making adjustments in your route to avoid busy intersections and left turns.
- ◆ Many functions decrease with age and can impact sight, break time, hearing emergency vehicles and driving ability. Keep enough distance between you and the vehicle in front of you. Give yourself more than enough time to respond to what is happening up the road and DO NOT tailgate. If you are not familiar with where you are going, it is wise to have another person in the passenger side to watch for signs along the way and to keep track of what lane you should be in for an upcoming exit and other things you may miss while you concentrate on driving.
- ◆ Make sure you have your vehicle serviced on a regular basis. A good thing to do before any drive is to check the weather outside. If there is snow or rain, drive with caution. If there is ice on the roads, the best choice is *not* to go. Even the best drivers cannot control a vehicle on ice. It is also important drive at times where the light is abundant.
- ◆ Dusk is the time when diminishing light can be dangerous; the deer come out and are difficult to see. Making sure there is enough day light for your trip, it is easier to see things that are dangerous. Many people as they advance in age have night blindness. The glare from an oncoming vehicle can blind you. Always know the brightness of your headlights and click the bright lights down as you see oncoming vehicles. If vehicles are coming toward you and you cannot see, flick your lights quickly so the driver in the other direction knows his lights are affecting you.
- ◆ We live in a spectacular country. Lots of places to explore and see. If you head out on an adventure, *use common sense*. Take maps or use GPS, have emergency supplies (flares, blankets, etc.) food, and water. Take a *fully charged* cell phone, and charger as well. Exploring is exciting and fun. But, if you are lost, do not continue driving on and don't take roads that look like they are remote or rarely traveled. A couple driving in Oregon made the wrong turn. They got lost. They were driving with small children and took an old logging road, and figured it would lead somewhere. When it started snowing on the mountain, they were stranded with no food or water and two small children. (If you have lost cell service in a remote area, and are stranded, *stay where you are*) The husband, after a couple of days and the candy bars were gone, decided he had to go for help. Days pass...a helicopter finally found mom and kids, a bit traumatized but okay, but the police found the father deceased following a stream, as he set out not properly dressed for the freezing weather. If you are lost, pull over. Don't hope for the best and keep going.
- ◆ Life can change on a dime—be prepared!

## SUMMER 2021

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You will NOT need REAL ID to fly in the U.S. until May 3, 2023

Although you may want to get it before you have to!

REAL ID can be any of the following:

- ◆ Your driver's license or state ID card only if it includes the REAL ID star
- ◆ Your Enhanced Driver's License or Enhanced State ID Card (with or without the REAL ID star)
- ◆ A valid U.S. passport or passport card or other document listed at TSA.gov

Beginning Oct 1st, 2021, now moved because of Covid to May 3rd, 2023, you must have a REAL ID compliant document to board domestic flights and enter certain federal facilities, nuclear power plants and U.S. military bases. REAL ID IS A FEDERAL LAW PASSED AFTER 9/11.

- ◆ To apply for a REAL ID driver's license or state ID card, bring the following to any Secretary of State office
- ◆ Your certified birth certificate, with a raised seal or stamp issued by a governmental agency, your valid, unexpired U.S. passport; or an approved citizenship or legal presence document. (Faxes and photocopied won't be accepted)
- ◆ If your name differs from what is on your birth certificate bring certified documents for every time your name has changed, such as marriage licenses or court orders.
- ◆ There is no additional fee for a standard REAL ID if you apply when renewing your license or ID card. If you apply for REAL ID at any other time, a duplicate card fee will be due.
- ◆ There is an additional fee for an enhanced licenses or ID.
- ◆ Even though the date has been moved, with proper paperwork—just get it done now when you have to renew your license so you don't have to worry.

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**“Westland, MI (April 27, 2021) -** The City of Westland's annual Earth Day Celebration included an exciting announcement *from Mayor William R. Wild for planned updates to its Recycling Center, located at 37137 Marquette.*

In October 2020 The City received \$50,000 grant from The Environmental Great Lakes & Energy (EGLE) to improve the Recycling Center site. Work will include site grading & resurfacing, making this easier for residents to drop off their materials to the Westland Recycling Center. Also included in this project are new directional signs, lighting and landscaping. Work is slated to begin in late spring. The Westland Recycling Center features a solar powered compactor for single stream recycling and provides a one stop option for residents in condominiums and apartments who do not have access to the city's curbside recycling program. Additionally, it provides an option for all residents to drop off items that are not currently accepted at the curb, including glass, batteries, scrap metals and automotive fluids. “

The Mayor has long believed that recycling is essential to living in harmony with nature and protecting the environment. This new site offers recycling to everyone in the city who shares those thoughts. Why would we ever throw things away when they can be used to produce something else?

**Something You, Your Neighbor or Friends Might Be Interested In**

Over the years, many people have come to the Friendship Center looking for options for loved ones suffering from dementia. If any of you have had experience with that, you know that at some point it is not longer safe to leave those loved ones alone. This often creates a long and painful time for family members and friends. For families who are active, and who are still engaged in the work force, raising children or watching grandchildren, have daily routines of their own, are put in hard to solve situation. Caregiving is a burden, there is no question. It is taxing physically, mentally, perhaps financially, but this burden is a burden of love. With that said, caregivers still have to have a life outside of caregiving. It is really important that the caregiver (s) is able to still connect with friends, family and their support network. But what do you do when there is no one who can take over for you? This can create for the caregiver over a period of time, depression, anxiety, poor physical health in a large part because there is no escape of their situation. When they resent the 24/7 job they feel guilty. Sometimes their loved one doesn't even know who they are or remember their name. That can be quite painful, in addition to saying goodbye daily to the person you once knew. Some advice is to see out some counseling, research the disease, and spend time in your "own" life. That three hour lunch with your best buddies can renew your spirit, energy and give you a small respite from your daily responsibilities. The problem however, is *how do you do that?* Home care companies can be great, but many have a minimum 4 hour requirement, it is about \$25 dollars and hour. There is a place nearby called Riverside Park Adult Day on 11771 Newburgh Road that seems to fit the bill. Their participants are with wonderful caregivers, who are trained in the dementia and senior health field. Staff is encouraged to attend continuing education and do activities most of the day that help participants "connect to their past, present and future and are meant to be meaningful and purposeful". They want participants to be active, they do cognitive therapy, therapeutic activities, physical activity and have a good and varied breakfast a 30 rotating lunch, encourage socialization and participants leave with a smile. That lunch, dinner, shopping trip, that is needed relief of caregiving can be done guilt free—your loved ones may enjoy the afternoon more than you. Call to find out more 734-855-4056.

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**Do You Love To Garden?**

We are looking for people who are willing to put an hour a week into our garden. The garden is for Meals on Wheels recipients who would like to get enough for one person to enjoy. Or, if you like to garden, we have a few beds around the center that could use a little attention. If you'd like to work on one, or come in for an hour or two, we'd love to have your help. You can choose what you'd like to work on and how long you are here. Even a few minutes makes a difference! (734)722-7632

### Top SUPERFOODS of summer and WHY to eat them.

The why is founded on studies of functional medicine based on cutting-edge science. Functional medicine is a way to overcome chronic illness naturally, offering a whole new way to understand and look at chronic illnesses from diabetes to depression; heart disease to hypertension; autoimmune disease to autism; allergies to anxiety and more. The core concept is that chronic illness is an outcome of imbalances in the key underlying physiological systems in your body. When inflammation, blood sugar imbalance, insulin resistance, oxidative stress, hormonal problems, and systemic upset occur the body spirals out of balance. This in conjunction with poor diet, lack of essential nutrients, emotional stress, environmental toxins, lack of exercise, and other lifestyle issues set the stage for chronic disease to develop. In this article we attempt to help you choose foods that have the optimal nutrients for that season which is one component of functional medicine.

- 1. Peaches**-This popular stone fruit offers many nutritional benefits such as vitamins A, C, E, and K as well as potassium, beta-carotene, and B vitamins which can lead to heart and eye health, and can help prevent diabetes and cancer.
- 2. Cucumbers**-Have a high water content and therefore is a way to add a little more hydration to your body. They are also inflammation fighters that benefit digestive, brain, and heart health. They contain antioxidants that fight off many diseases.
- 3. Raspberries, Blueberries, Blackberries, Strawberries**-In season from early summer to late fall, berries contain large amounts of manganese, folic acid, dietary fiber, vitamin C, and antioxidants. Eating a serving of berries can help eye health, prevent infections, regulate feminine health, and aid in weight loss.
- 7. Cantaloupe**-One cup gives a whopping 108% of the recommended daily value of vitamin A and 98% of the recommended vitamin C. It also contains potassium, folate, and fiber, which helps with digestion and detoxing of the body. Also has anti-inflammatory properties that will reduce the risk of chronic conditions like arthritis, cancer, and heart disease.
- 10. Summer Squash**-Includes zucchini, yellow squash, and more. While each squash has slightly different nutritional benefits, all contain fiber, potassium, and vitamins C and A.
- 11. Cherries**-The biggest benefit cherries provide is decreasing inflammation. They have a large amount of antioxidants, fiber, vitamin C, and anti-inflammatory compounds which also helps with muscle soreness, blood pressure, arthritis, gout and sleep.
- 12. Tomatoes**-Nutrients include potassium, vitamins C and A, iron, magnesium, and fiber. Tomatoes can protect the heart, improve vision, help maintain a healthy prostate, and prevent gallstones and chronic diseases. Tomatoes are a nightshade though, so they can cause inflammation in certain people.
- 13. Bell Peppers**-Bell peppers are another nightshade that can irritate the gut lining. Bell peppers are an excellent source of vitamin C, while red bell peppers actually contain over twice as much C as an orange for the same 100 gram serving.-

Local farmers market showcase most of these beauties as the peak season arrives and is a great source. Hopefully you are as excited as we are for summer to arrive and to begin enjoying all of these!

### **The latest ScamoftheWeek@KnowBe4.com is called the Tricky PDF Files.**

“Cybercriminals have a new favorite phishing lure: PDF files. A PDF is a standard file type that presents text and images in their original format regardless of which program you use to open the file. Unfortunately, this makes the use of PDF’s a great way for cybercriminals to get creative and trick victims into clicking on Malicious links.

One common tactic for phishing with PDF files is to include an image that looks like something that you should interact with. The PDF may include a fake captcha image with the “I am not a robot” checkbox. OR the PDF may include an image of a paused video with a play button over the display. If you try to click the captcha checkbox or play the phone video, you’ll actually be clicking a link to a malicious website. Do not fall for these tricks! Remember the following tips:

- ◆ Never click or download an attachment in an email that you were not expecting
- ◆ Remember that cybercriminals can use more than just links within emails to phish for your information. Always think before you click
- ◆ Unfortunately, email contacts can be stolen. Just because there may be a name on the email you recognize, doesn’t mean it’s a legitimate email
- ◆ Stop, Look and Think

### **What To Do If You Have Lost Your Covid Vaccine Card**

First of all—those of you who have not put your name on your card—do that first.

Many people put their card somewhere “safe” ....safe from themselves too. “Where did I PUT that card?!”

If you have lost the card that is proof that you were vaccinated against Covid you will need to contact the place you received your vaccine. Take your drivers license and they can look you up on their records. They will solve your problem by giving you a new card. A lot of people think that laminating a new card is a good idea. Well, it might protect that card but what if we have a booster down the road? If you are one of the people we’ve had at the Friendship Center who wants to laminate their card—instead think about picking up the pouches we’ve ordered at the front desk. They are only a dollar and will allow you to protect your card, your card will not slip out, and you can still have access to it should you need to have additional information put on it.

### **The Friendship Center Opens**

We have 17,000 square feet at the center. Normally, we’ve operated with help from the 18th District Court. We may not have that extra help when you come back. Please clean up after yourself, and put garbage or recycling where it belongs. Please let us know if there are any bathroom issues. This is your home away from home. Please treat it accordingly.

We will still need some precautions. Our full time schedule may change slightly.

*If you’ve noticed there is no Olivia’s Opinion in this issue. If you would like to submit a question you are welcome to drop one off at the center—all questions remain anonymous and confidential.*



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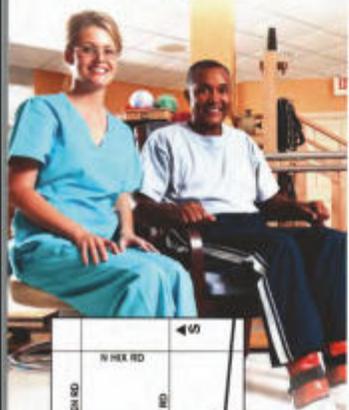
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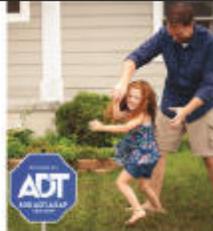
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