



Senior Resources

City of Westland

Autumn 2021



1119 N. NEWBURGH ROAD • WESTLAND, MICHIGAN 48185

PHONE: 734-722-7632

734-722-7628

734-722-7632

HOURS:

Monday - Friday 9:00am-5:00pm

DIRECTOR:

Barbara Schimmel Marcum
bmarcum@cityofwestland.com
For updated information visit
www.cityofwestland.com
and click on Senior Resources



The Mayor's Connection

Greetings! As we say good bye to a wonderful summer where we were able to have outings again and enjoy the company of others, we are now looking forward to the future. We intend to maximize the city's \$26 million dollars in American Rescue Plan Funds to focus on the next steps in Westland's recovery. My goal will be to

utilize these onetime federal funds in transformational projects to improve the city's infrastructure, recreation, public safety, senior resources and neighborhoods. This will allow us to build a foundation for a stronger economic recovery without jeopardizing Westland's strong fiscal standing. This year we were able to strengthen our strong fiscal standing by taking advantage of the record low interest rates by selling bonds to increase funding from 40% to 95% in the city's now closed pension system while saving the city millions in annual payments.

Westland, along with many communities felt the pain of an aging infrastructure. In addition to using a portion of \$26 million in funding to upgrade the city's aging roads, water and sewer infrastructure, I will be working closely with DTE to look for solutions to minimize the many lengthy power outages that Westland and many other communities have had to deal with. We have many homeowners that have chosen our great city, and these improvements will do well in protecting their biggest investment; we want to do our best to continue to make them proud to call Westland their home.

There will not be another newsletter until January of 2022, so I would like to take a moment to wish all of you a blessed holiday season early, and as always, it has been my sincerest pleasure and honor to serve the residents of Westland.

Warmest Regards,
William R. Wild

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TO WEAR OR NOT WEAR MASKS

Barbara Marcum

This topic has been a hot topic for months now. We were told if we got the vaccine, that we could go back to normal life. Even though none of the vaccines had gone through a normal time trial, many of us just decided that we would take the chance—have faith that the government was telling the truth when it told us it was safe and bite the bullet. Even if we had reservations, some did it for the “common good”. When determining whether or not to mandate masks at the Friendship Center, my decision was multi-faceted. One factor I looked at was my father’s doctor appointment. He’s probably as healthy if not healthier than 98% of those 95 years old. He never smoked and exercises at the gym 3 times a week. With *a mask on*, at the doctor’s office, his pulse-ox was 48. I was shocked. Any level below 88 percent is dangerous. Seniors may have a reduced lung capacity due to many factors, so reducing the amount of oxygen going to the lungs by wearing a mask may *not* be a good choice. If you have *not* been immunized, be aware public places may be the biggest threat; around many other people, the risk is multiplied. If you feel a mask should be worn to protect yourself, by all means wear one.

BOOK SALE

We have many people who donate books to the Friendship Center. We do have a free rotating library, however, have now have more books than we can possibly get into our many bookshelves. We will be having a billiards room book sale the week of October 18th. All books, hard cover and paperback, will be on sale 10 for \$1.00, or .25 each. With winter around the corner, stock up on some good reads so when the weather is nasty you can curl up with a good book. We recently have also gotten a donation of Hallmark cards and will be offering those as well.

HOLIDAY GATHERINGS

The Thanksgiving holiday will be celebrated at the Friendship Center on Friday, November 5th, and the Christmas Celebration on Friday, December 10th. Last year, because of Covid, we were unable to celebrate either holiday with each other. All of you have still ventured out to the grocery stores and have noticed that the price of food is much higher; this has also caused prices in the catering business to go up. The price for Thanksgiving tickets will be \$15.00 for members, and \$20.00 for Christmas. Due to the popularity of our events, those who don’t reside in Westland and are **not** members of the center will not be able to buy tickets. For Westland residents who are not members, the tickets are \$5 more. Please present your membership card when purchasing your tickets. If you are purchasing a table you need to have the names and membership cards for all those you are purchasing tickets for. Purchasing tickets early is recommended as we will not be able to accommodate the same numbers for our events as we have in the past. We will be reducing the number of tickets we sell for each event so we can achieve more social distancing. We will however, still hold the same standard for our events, so we hope you are looking forward to our most popular event, which is our much anticipated Christmas Party.



WESTLAND FRIENDSHIP CENTER

Directions: Match the song lyrics with their titles below.

- _____ 1. Lord, we don't need another mountain. There are mountains and hillsides enough to climb.
- _____ 2. Woman, oh woman, don't treat me so mean. You're the meanest old woman that I've ever seen.
- _____ 3. I shot a man in Reno just to see him die. When I hear that whistle blowin' I hang my head and cry.
- _____ 4. If there's a smile on my face, it's only there trying to fool the public.
- _____ 5. How many roads must a man walk down before you call him a man?
- _____ 6. The words of the prophets are written on the subway walls.
- _____ 7. For what is a man? What has he got? If not himself—then he has naught.
- _____ 8. I don't need no money, fortune or fame. I got all the riches baby, one man can claim.
- _____ 9. Mother, mother. There's too many of you crying. Brother, brother, brother. There's far too many of you dying.
- _____ 10. You shake my nerves and you rattle my brain, too much love drives a man insane.

- a. "Hit the Road Jack" (Ray Charles)
- b. "My Way" (Frank Sinatra)
- c. "Tears of a Clown" (Smokey Robinson)
- d. "What's Goin' On" (Marvin Gaye)
- e. "What the World Needs Now" (Dionne Warwick)
- f. "Blowin' In The Wind" (Bob Dylan)
- g. "My Girl" (The Temptations)
- h. "The Sound of Silence" (Simon and Garfunkel)
- i. "Folsom Prison" (Johnny Cash)
- j. "Great Balls of Fire" (Jerry Lee Lewis)

Nash Ramblings

This Is What I'm Grateful For...

Today I sat down and wrote three things on a sheet of paper:

Seeing a beautiful long haired blue merle collie at a farmers' market;

Watching baby ducks racing in a straight line behind their mother;

Masterpiece Theatre on Channel 56.

None of these has anything to do with each other. Instead, they are the three things that came to mind when I thought of what I was grateful for today. None of them is earth-shaking in its importance, and of course, there **are** major things that I could have listed in their place. But these were the things that made me smile, that brought happiness into the moment, that are good things in themselves.

As I rummaged in my brain these last few months about what I could write about as our world tries to get back to normal, I knew it would not be about the pandemic. There are far smarter medical and psychologically-trained individuals who would know what to say. Instead, I was transfixed by a simple sign that I saw hanging on a wall. It said, "Gratitude." Such a simple word, but one filled with so much importance and promise.

Simply stated, gratitude is "thankfulness." It is a feeling, an emotion, that makes a person feel happier. It generates a feeling of positivity which inwardly affects our well-being but may influence our outward actions as well. It can boost your happiness and improve psychological health by curbing the use of negative words and emotions. This statement by Alphonse Karr, *A Tour Round My Garden*, can be an example. "*We can complain because rose bushes have thorns, or rejoice because thorns have roses.*" It's a whole new way to look at things in a positive light.

Gratitude can:

Make you happier;

Increase your self-esteem;

Improve friendships;

Strengthen family relationships;

Help you experience more empathy toward others;

Make you more optimistic;

Help you sleep better;

Reduce materialism and make you more appreciative of what you already have.

Research has found that an attitude of gratefulness is one of the simplest ways to improve satisfaction with life. But it is not enough to simply decide to be grateful. We must actively practice it to cement its place in our lives. The key to gratitude is finding the good in all the small things, which can turn our lives around. Start by noticing the good things in life. Each day, jot down three things for which you are grateful. They can be major things, like "my family," or simple things, like "the sound of the rain on the roof." This doesn't have to take more than a few minutes. You don't need to have a "gratitude journal" or write a whole page on your thoughts about the things you picked. You don't have to buy anything to do this exercise. It's free. Do it for three weeks which may help to form a habit.

Even with all that said, practicing gratitude is not necessarily for everyone. It can't make all the bad things in life disappear. But it can boost your life in surprising ways. Give it a try. *What can you lose?*

WESTLAND FRIENDSHIP CENTER

Memories from the Friendship Center's **Field Day** held on Friday, September 24th. Just in case you missed it, you should know it's all about fun and laughter, not necessarily about physical fitness. If the title "Field Day" scared you away—you'll know better next year!



A glorious end of summer day. See you next year! :-)

Need Help Getting Back Into Your Fitness Routine?

The end of summer can seem like a sad time of year, but there's something about the cool, crisp air that can breathe some new life into your usual routine, especially when it comes to exercise. Without the heat and humidity, outdoor workouts become much more comfortable and, after a busy summer, many of us are ready to get back to some sort of fitness routine. Here are a few tips and reminders to think about when falling back into your fitness.

1. Focus & Start: The hardest part is starting. Instead of focusing on how hard it will be or how you could be doing 20 other things, focus on simply getting there.
2. Start Small: Instead of jumping back into your exercise routine, build up to it. Try starting by walking around the neighborhood or 15 minutes of indoor exercise a few times a week. We don't want you getting burned out!
3. Music: I literally can't get into my exercise routine without good music.
4. Grab a Friend: Having a friend around provides company, accountability and it's just way more fun.
5. Have Fun: If you don't enjoy your routine, it's going to be tough getting back to it. Try out new exercises & switch things up so you don't get bored.
6. Make a Schedule: You need to commit to getting back into your workout lifestyle. Mark days on your calendar that you are going to workout and stick to it. Plus, you get to check those days off once you're done!
7. Realize it isn't always fun: There will definitely be days where we don't want to workout and that's okay and totally normal. Give yourself a day off and no matter what DO NOT feel guilty about it!

Free Legal Seminars

Attorney Gary Allen will resume free legal seminars the third Thursday of the month this September, October and November. The seminar schedule is as follows, but please call to confirm you plan to attend. If the Covid nightmare taught us anything, it's not wise to put off until tomorrow what can be done today. When Gary calls to inquire how many are coming and no one is signed up on the list, he will cancel the seminar, as he should.

October 21st - Long Term Care and Medicaid

November 18th— Wills, Trusts and Lady Bird Deeds

December 16th—New Laws Regarding Estates (if there are people signed up)

If you have been vaccinated, there is not a mask requirement. It is your choice to do so if you feel safer or have not been vaccinated. **Again, please sign up in advance if you plan to attend.**

Ways To Fit More Exercise Into Your Life

Finding time or incentive to exercise can be challenging for the best of us. Getting started and remaining dedicated are the hardest things to do. Here are some ways that you can fit more exercise into your daily life and make it interesting:

Enlist friends or family to keep a personal fitness diary a little competition goes a long way. Finding activities to do together helps you get exercise while spending time with loved ones. Children become inspired by their parents so can you imagine how inspired they would be if they saw their grandparents with such dedication and you are teaching them by example how to lead an active lifestyle.

Park farther out in parking lots and take the stairs when you can. Health articles about fitness remind us to track our steps and aim for 10,000 steps per day to maintain good health and a healthy BMI (body mass index). When you are counting steps, each step count! Don't fight for the front row spots at the store. When you can, park a little farther or take the stairs for some extra cardio and climbing. You will be amazed at the end of each year how many fitness hours and miles you have accumulated.

Take an adventure! Explore a new bike path or walking trail (make sure you take a friend or family member). If you are not far from a state park there are all kinds of things to explore. Take the opportunity while it is nice out to connect with nature, decrease your stress, and explore a new path. Active lifestyles can help with increasing brain power and are great methods if you are looking for ways to reduce calories without having to commit to a diet plan.

Think About Snow Removal—Early

When autumn rolls around, it is natural to think about winter being right around the corner. If you are looking for someone who does snow removal and charges reasonable rates call Ted Williams at **734-796-0736**. Ted has been working with Westland seniors for over 7 years and we've heard nothing but good things; he is trustworthy and reliable. He may need to see the size of the area you'll need the snow removed from to give you a quote . Ted has a specific route he travels for his customers each day; the day he is in your area will be the day he can stop, take a look and then let you know how much it will be. Be advised that Ted answers all messages in the evenings. Unfortunately, due to problems with people paying, he now requires payment when he arrives to do the work. You can count on his work ethic and reliability.

For your information—the Friendship Center Policy is as follows: When Wayne Westland Schools are closed due to **snow**, The Friendship Center will not offer classes before noon. Please call 722-7632 for information on afternoon classes. If there is a snow emergency called for the city, classes will be cancelled **for the day**. This policy takes care of any confusion on whether or not there will be classes when the roads are bad.

Yum-Yum

With winter on the way it is really easy to start to hibernate in the cooler weather and adding on those extra pounds with comfort food. Exercise alone will not combat the dreaded winter 15, changing a few things in your diet will go a long way to helping you maintain your healthy weight and not have to panic when spring comes around again. We will give you some easy recipes throughout the winter that are not only delicious but a healthier alternative.

Easy recipes to satisfy your sweet tooth:

Frozen Chocolate-Almond Butter Stuffed Dates

10 medjool dates

5 tablespoons creamy almond butter (or peanut butter), to stuff

1/2 cup chocolate chips (or half a chocolate bar)

1 tablespoon coconut oil

Flaky sea salt, to top

Preparation

1. Pit dates. Line a plate with parchment or wax paper.
2. Stuff each date with about 1/2 tablespoon of almond butter. Do not overstuff the dates.
3. In a medium bowl, mix together chocolate chips and coconut oil; microwave in 10- to 15-second increments, stirring throughout until chocolate is melted and smooth.
4. Take each stuffed date and dunk it into the melted chocolate, rolling each date around until it is fully covered. Place chocolate-covered dates on parchment paper.
5. Sprinkle with flaky sea salt.
6. Freeze dates for 25 minutes or until the chocolate is firm. Enjoy immediately or store in the freezer.

Thank you to the Disability Network of Wayne County for bringing the produce boxes to Westland! If you have a disability and need assistance, call 313-923-1655. Mobility training, housing, job readiness, and more!

Westland's Own Inspire Theatre

33455 Warren Road, is a great time and right in your own backyard! No need to travel far for a fun night out. Inspire Theatre is now doing live performances! Inquire at Inspire for current and upcoming performances at 734-751-7057. You just may find it's one of your favorite places to go—and the price is right.

Olivia's Opinion

Q: I have a family member that is widowed (we'll call her "Jane") has lost both of her adult children and is in her late 80's. She has one grandchild who is in her late 30's but lives an hour and a half away. Her granddaughter works full time and has a husband and three children under 10 and works 20 minutes in the opposite direction of Jane. Jane is very demanding and expects her granddaughter to be there every weekend to grocery shop and help out, and makes her granddaughter feel guilty if she can't come *every* weekend. Jane lives in house much too large for someone her age to keep up, Jane doesn't drive anymore, the neighborhood she lives in has deteriorated in the last 40 years, and Jane has health problems including a progressive neurological problem that affects her balance and Jane's granddaughter is the only one who takes care of her. There are only upstairs bedrooms and Jane has fallen on a few occasions. The granddaughter has approached Jane to leave her quad-level home and move to a one floor condo one block away from her, so she can check on Jane everyday, and caring for Jane would be much easier, but Jane refuses. She doesn't want to leave the house that has so many memories of her husband and two boys, all three of whom have been gone for over a decade, or leave her 3 sisters who live nearby and are all older than Jane. What should the granddaughter do?

A: There are several things that are factors in this situation. Understandably, homes can have memories attached to them, and while it may be painful to leave those behind, memories cannot stand in the way of what is happening presently. It sounds as though is Jane walking a fine line as to whether or not she can live independently. Jane's granddaughter sounds like she is more than willing to help her grandmother out, and moving grandma to a closer location so she can manage caring for grandma and managing her own family as well, sounds like a very logical solution. It also sounds like Jane is not buying it. If Jane's sisters are living nearby, but not helping to care for Jane, there is little to consider there. It sounds like everything is resting on Jane's granddaughter, and for that reason, Jane needs to reconsider. If Jane, at this point, can still move and settle in to a smaller, more sensible one floor home, not only can receive more care from her granddaughter, she will see the granddaughter more often, and her great-grandchildren as well. But, the most important factor here is Jane's safety. There are two things that are concerning in your question. One is the "declining" neighborhood Jane lives in now. Elderly people living alone can be targets. Targets for scamming, exploitation and even more violent crimes such as burglary. It is probably common knowledge in the neighborhood if she has lived there for decades, that she is alone, and it sounds like only visitors once in a while. That should be a big concern. The other—the falling incidents. Purchasing devices such as Life Line, or others on the market, can alleviate the fear of Jane lying after a fall for days unable to get help, but a fall down the stairs at Jane's age could mean a broken hip, or may have more dire consequences. Which leads to my next point. Jane has the option of making choices at this time. When people are walking the very thin line of independence and that other side of the line—relying on other people for their care, especially people who are doing it out of love and for *free*, it is not the time to be stubborn. Caregiving is not easy and unfortunately, many people do not feel an obligation to care for aging family members. Certainly, it makes a big difference when both husband and wife work outside the home, it changes long time roles that up until the 20th century were quite different. It's hard enough to manage their own families let alone care for elderly relatives. Jane needs to understand that staying in her home has a price. One that may not be equal to "memories". Making a move when she is still healthy into a senior condo may do more for her than she realizes. She has more of an opportunity to be social, she will be safer from falls, she will have more attention from her family, and she is in a better situation to have the help she needs. If she chooses to stay where she is, a crisis will certainly happen in time, and those choices will disappear. The decision she makes now will either give her more options, or take all of her options away. Should Jane fall, and that fall lead to a nursing home, Jane may not have an option of returning home; being stubborn may not be worth the price - but it IS a choice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANYONE ATTENDING FITNESS CLASSES, CARD GROUPS OR SEWING GROUPS MUST HAVE AN UPDATED 2021 MEMBERSHIP</p>	<p>USED BOOK AND CARD SALE OCTOBER 18th - 22nd in Pool room All book and cards 10 for \$1 of .25 each</p>	<p>SCHEDULE CHANGES: MON-WED-FRI ZUMBA TIME CHANGE TO 12:30 TO 3:30 MON-WED-FRI YOGA TIME CHANGE TO 3:30 **NEW CLASS - CHAIR EXERCISE - WED 2:00 pm THU 2:30 pm- 9/15 BEGINS MON - 2:00pm PING PONG</p>	<p>Tickets for Thanksgiving & Christmas on sale first week of October of a first come, first serve basis Don't delay limited quantities available. Members of Westland residents only</p>	<p>9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>
<p>4 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>	<p>5 9:15 CARDIO DRUMMING 10:15 LET'S HAVE A BALL 11:30 ZUMBA GOLD 12:00 POKER 1:00 EUCHRE 1:00-CHAIR-YOGA-EXL 3:00 LINE DANCING - NEW</p>	<p>6 9:00-12pm ANGELS ABOVE 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 3:30 YOGA</p>	<p>7 9:00-12pm ANGEL WINGS 9:30 STRONGER THAN EXCUSES 11:00 CARDIO DRUMMING 12:00 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA</p>	<p>8 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>
<p>11 CITY OFFICES CLOSED </p>	<p>12 9:15 CARDIO DRUMMING 10:15 LET'S HAVE A BALL 11:30 ZUMBA GOLD 12:00 POKER 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING - NEW</p>	<p>13 9:00-12pm ANGELS ABOVE 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 2:00 CHAIR EXERCISE-NEW 3:30 YOGA</p>	<p>14 9:00-12pm ANGEL WINGS 9:30 STRONGER THAN EXCUSES 11:00 CARDIO DRUMMING 12:00 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 CHAIR EXERCISE - NEW</p>	<p>15 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>
<p>18 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 3:30 YOGA</p>	<p>19 9:15 CARDIO DRUMMING 10:15 LET'S HAVE A BALL 11:30 ZUMBA GOLD 12:00 POKER 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING - NEW</p>	<p>20 9:00-12pm ANGELS ABOVE 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 2:00 CHAIR EXERCISE-NEW 3:30 YOGA</p>	<p>21 9:00-12pm ANGEL WINGS 9:30 STRONGER THAN EXCUSES 11:00 CARDIO DRUMMING 12:00 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 CHAIR EXERCISE</p>	<p>22 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>
<p>25 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 3:30 YOGA</p>	<p>26 9:15 CARDIO DRUMMING 10:15 LET'S HAVE A BALL 11:30 ZUMBA GOLD 12:00 POKER 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING - NEW</p>	<p>27 9:00-12pm ANGELS ABOVE 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 2:00 CHAIR EXERCISE-NEW 3:30 YOGA</p>	<p>28 9:00-12pm ANGEL WINGS 9:30 STRONGER THAN EXCUSES 11:00 CARDIO DRUMMING 12:00 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 CHAIR EXERCISE</p>	<p>29 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 3:30 YOGA</p>

Last day to purchase Thanksgiving party tickets

Crunchy Maple Almond Granola

Ingredients

- 1/4 cup almond butter
- 2 tablespoons coconut oil, melted and cooled
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup
- 2¼ cup gluten-free rolled oats
- 1/2 cup unsweetened coconut chips or shreds
- 1/2 cup crushed pecans
- 1/2 cup slivered almonds
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt



Preparation

1. Preheat oven to 325 F. Line a sheet pan with parchment paper or lightly grease with oil.
2. In a medium bowl, whisk together almond butter, coconut oil, vanilla extract and maple syrup until smooth.
3. In a separate bowl, mix together the rolled oats, coconut chips, pecans, almonds, cinnamon and salt.
4. Add the dry ingredients into the almond butter mixture; stir together to fully incorporate.
5. Transfer the mixture to a parchment-lined baking sheet. Spread the mixture out evenly.
6. Bake for 30 to 40 minutes, tossing every 10 minutes until the mixture is golden brown.
7. Remove from the oven and let the granola cool completely before breaking apart. This will ensure maximum clusters and a crispier texture.

Be creative! Add in your own healthy favorites—dried fruit, nuts or seeds....

Granola is a great snack solo or topping off yogurt or ice cream! It's also good for a boost of energy when hiking or exercising...or just watching TV.

Mental Health—

It's been a long time since mental health has been brought to the forefront, but Covid has changed that.. We'll take a look at depression—what it is, what kinds of depression there are and the causes. If you recognize your own feelings in this list, get help. It is out there.

Depression does not have a single cause. A life situation like the death of a loved one,, traumas such as emotional, physical, verbal or emotional abuse, poverty, financial problems, addiction, neglect, divorce, or illness may contribute to depression. There are other things as well, such as genetics, life experiences, brain chemistry imbalance, hormonal changes, substance abuse, age and sex may also be significant . So, what ARE the symptoms of depression? Well, all, some or a combination of five of the following may mean you are depressed::

- ◆ Feeling sad, empty or have no interest in things you previously enjoyed
- ◆ Having little interest or pleasure in doing things
- ◆ Sleeping too much or trouble falling or staying asleep
- ◆ Change in appetite with weight loss or gain
- ◆ Tiredness, fatigue or having no energy
- ◆ Feeling of guilt or worthlessness
- ◆ Recurring thoughts that you'd be better off dead or of hurting yourself
- ◆ Poor personal hygiene—not bathing or dressing well
- ◆ Having difficulty thinking or concentrating on things like reading or TV

Major Depression - have had at least one major depressive episode (five or more symptoms for at least a two weeks period) for some this disorder is recurrent. One symptom has to be a depressed mood or loss of interest or pleasure.

Seasonal Depression: A major depression occurring regularly in seasons with little sunlight.

Dythymia: is a low level depression that lasts a long time, but can be just as disabling. Symptoms include many, sometimes all of the symptoms of depression.

Postpartum Depression: Depression occurring during pregnancy or in new parents up to two years after a baby is born.

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Men and Depression—Women experience depression at twice the rate of men. While men suffer from the same symptoms of depression, men often express them differently. Although it is still not understood why, men are less likely to exhibit the typical signs of depression such as crying or sadness. By suppressing these feelings men may actually become more aggressive and irritable. Men often feel embarrassed or ashamed about their depression and try to “tough it out”. They tend to minimize their emotional pain and focus on physical symptoms—fatigue, pain, headaches or trouble concentrating. This may be why health care providers often fail to recognize depression in men. *Untreated depression in men can have serious and tragic consequences.* The CDC reports that men in the U.S. are four times more likely to commit suicide than women. Other Signs of Depression I Men:

- ◆ Controlling, aggressive, violent or abusive behavior
- ◆ Escapist behavior like working too much
- ◆ Increased alcohol or drug consumption
- ◆ Irritability or inappropriate anger
- ◆ Risky behavior

Depression in Older Adults—As people age, families may not recognize the symptoms of depression or mistake them as signs of other conditions that plague this age group. *If older adults don't get depression treated, they face increased risk for additional illnesses and cognitive decline.* Older adults are much more apt to seek treatment for physical ailments than their depression symptoms. Older adults may have different symptoms than those who are younger. Signs of depression in older adults:

- ◆ Memory Loss
- ◆ Confusion
- ◆ Social withdrawal
- ◆ Irritability and/or angry outbursts
- ◆ Loss of appetite
- ◆ Inability to sleep
- ◆ Delusions/Hallucinations
- ◆ Unexplained aches and pains

Millions of Americans 65 years and older are affected by late life depression, but only 10% ever receive treatment. Treating older adults for depression does help. It is important to seek out a primary care physician who understands the physical challenges of aging as well as being able to recognize normal and abnormal physical and mental issues that may occur due to the aging process. Unfortunately, many physicians are not trained in aging issues. Look for a Geriatrician, who specializes in older adult health. If you don't like the way your doctor treats you, or feels he/she minimizes your concerns, look for another. Remember, *they work for you.*



Wayne Tower

Quality Housing for Seniors 62 and Over at an Affordable Price!

35200 Sims Street
Wayne, MI 48184

Call: (734) 721-0660

www.nationalchurchresidences.org

NANKIN TRANSIT COMMISSION



Serving the transportation needs of seniors 55 and older and the disabled for the cities of Wayne, Westland, Inkster, Canton Twp. and Garden City since 1976.

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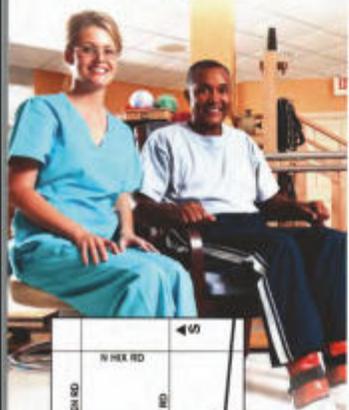
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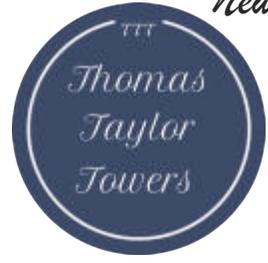


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