

# Senior Resources

Spring 2022

NEWSLETTER

City of Westland



1119 N. NEWBURGH ROAD • WESTLAND, MICHIGAN 48185

734-722-7628

### CENTER HOURS:

Monday through Friday

9am-5:00pm

### DIRECTOR:

Barbara Schimmel Marcum

bmarcum@cityofwestland.com

Visit the city website!

[www.cityofwestland.com](http://www.cityofwestland.com)

click on Senior Resources for updates



## The Mayor's Connection

Greetings! A long awaited SPRING is here! With that being said, as usual, the winter has taken a toll on our city streets; the potholes are never ending. Our crews are out on a regular basis filling potholes in the city roads. Be aware that not all roads in the city, are city roads. These main roads are *Wayne County roads*: Cherry Hill, Farmington (between Ann Arbor Tr. and Joy) Ford Rd., Hannan, Inkster, Joy, Merriman, Michigan Ave., Middlebelt, Van Born, Warren, Wayne and Venoy (south of Warren). If you have a complaint about a Wayne County Road, please call 1-888-762-3273 to report it. If you have a complaint for a Westland road, call the city's pothole hotline (734) 713-3877 or see the city website to report potholes on-line.

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## So...What's going on at the Friendship Center?

Well, Cardio Drumming, Chair Yoga, Karaoke, Community Trivia, Conversational Spanish, Zumba, Fantasy Football and Trivia....



Come on Over!!!



## NASH RAMBLINGS

We've all heard the saying, "...the only things in life that are certain are death and taxes." Well, that's not exactly true. John F. Kennedy told us, "Change is the law of life. And those who look only to the past or present are certain to miss the future." Nothing ever stays the same.

The COVID pandemic left many of us stuck in a kind of rut: staying away from new experiences, never opening our minds to different ideas and "other" people, going to the same old "trusted" places and listening to the same old points of view. We didn't plan to let this become the way our lives unfolded but that's what happened.

I know someone who only wants to watch old movies from the 40s and 50s. She's critical of hairstyles of young people today, especially other cultures. She believes immigration is terrible and only brings "bad things." She uses confrontation to get her way instead of compromise. She doesn't like the names mothers are giving their children these days. The songs that are sung in church now are no good since the old songs had better words. Nothing about the present day is good. Since she doesn't see any benefit in changing, her life will most likely not expose her to the complexity (or the benefits) of life in the 2020s.

Thankfully, this does not have to be everyone else's story. As a senior citizen, I'd like to think that I am willing to open up to how life has evolved in the 2020s but it's not an easy thing to do. Thankfully, I'm willing to try. As Lao Tzu, a Chinese philosopher from the 6th century B.C., said, "Life is a series of natural and spontaneous changes. **Don't resist them; that only creates sorrow.** Let reality be reality. Let things flow naturally forward in whatever way they like." I can see the wisdom in that.

There are a lot of changes going on right now. 76% of U.S. adults shop online and over a quarter of the global population have made at least one purchase online. Pop, pop-rock, hip-hop, and rap have a strong influence on the music of today. During the pandemic nearly 50% of the U.S. labor force worked remotely from home. Nine out of ten employees plan to continue working from home because of flexible schedules and the time and cost saved by not commuting. Cars of the near future will be electric, provide for autonomous driving, fully automated parking and semi-autonomous adaptive cruise control. The future of doctor visits is in telemedicine. Telehealth can be done over the phone, video or text and helps provide equitable healthcare especially to those who can't leave work or take a city bus. These examples are only the tip of the iceberg.

C. Joybell C., an author and inspirational figure to people from all walks of life, has said, "The only way that we can live, is if we **grow**. The only way that we can grow is if we **change**. The only way that we can change is if we **learn**. The only way we can learn is if we are **exposed**. And the only way that we can become exposed is if we **throw** ourselves out into the open. Do it. **Throw yourself.**"

Submitted by Evelyn Nash

### **Euchre Anyone?**

Wow—our Euchre class is back in action and it's time everyone started having fun again! If you are a Pinochle player—Euchre is a cinch. If you have never learned to play Euchre, try it! It is a quick moving game, and the longer you play the better you get. Tuesdays at 1:00pm! If you prefer Bunco, it's every Wednesday at the Friendship Center at 1:30pm.



**Westland Friendship Center** hosted a Community Trivia and luncheon on Friday, March 11th. Westland teams took on Plymouth,, Livonia and Van Buren; an annual friendly competition where a traveling trophy is up for grabs and bragging rights. Livonia took the trophy home for the year, but teams are already planning strategy to win the trophy back in March of next year. May the best team win :-)! If you love trivia watch the bulletin board at the center to know when to sign up next year. **Congratulations to Livonia—well done!**

It's back! Join in on a healthy and fun event. **STEP INTO SPRING.** Our annual 5K walk (don't let that scare you...it's a little over 3 miles and you can do it at your own pace) registration is happening beginning April 4th in plenty of time to start preparing for Friday, June 3rd! Learn proper walking techniques to help you achieve your goal; walk with others in this 8 week program that will conclude with a 5K walk starting and finishing at the Friendship Center. Sign up at the front desk of the center—cost is \$15 which includes commemorative t-shirt, water and light lunch after. Minimum participation necessary to hold the event—so don't wait to sign up!

**Fun Field Day** will be coming up on June 24th. We mix fun and funny events with a picnic in the park behind the center. Event includes Giant Jenga, Water Balloon Sling-shot and other activities. Event is \$15 and includes a great picnic lunch, prizes and raffle. Watch for the flyer coming in May!

### **Lawn Mowing at Reasonable Rates**

If you are looking for someone to mow your lawn for a reasonable rate call Ted Williams 734-796-0736. Ted is trustworthy and may also be able to do other projects you need - but that would have to be discussed in person. He will need to see your lawn and what you would like done to give you a quote. If you are a new customer you will need to pay when he arrives to do the job on your scheduled day. He answers all calls in the evening. Keep in mind, his rates will be a little higher due to the price increase in gas, and possible increases as the spring and summer go on. Ted gets very busy so if his summer schedule is full, you can call Mason Green of Green's Lawn Care (734) 765-6605.

### **Seminar**

#### ***How to Afford Senior Living***

Westland House will be presenting a free seminar on Friday, April 29th at 10:15 to 11:00 at the Westland Friendship Center with a free luncheon immediately following. The seminar will cover options of resources to help pay for senior living services. For those who may be thinking ahead (for now or the future) it is important to understand and know the options! To plan accordingly for lunch, you must sign up in advance. Please call 722-7632 to sign up.

#### ***New Class—Women of the Bible***

Women of the Bible. Historical look at the stories; examine the challenges, conflicts, resolutions, and the courage of women who lived 2000 years ago. The wisdom and lessons we can learn from these stories and the women who lived them. Sign up by phone or at the front desk. (734) 722-7632. Details TBD.



# FRIENDSHIP CENTER WEEKLY SCHEDULE

## MONDAY

Daily Exercise	9:15am
Moving to the Drums	11:00am
Zumba Gold	12:30pm
Ping Pong	2:00pm
Yoga	3:30pm



## THURSDAY

Angel Wings (Crochet/Knitting)	9:00am
FIT Over 50	9:30am
Cardio Drumming	11:00am
Poker	12:00pm
Pinochle	1:00pm
Chair Yoga	1:00pm

## TUESDAY

CARDIO DRUMMING	9:15AM
Pilates (NEW CLAASS)	10:30am
Zumba Gold	11:30am
Poker	12:00noon
Chair Yoga	1:00pm
Euchre	1:00pm
Line Dance	3:00pm

## FRIDAY

Daily Exercise	9:15am
Moving to the Drums	11:00am
Zumba Gold	12:30pm
Conversational Spanish	1:00pm

## SATURDAY

Friendship Center will not be open on Sat. until further notice.

## WEDNESDAY

Daily Exercise	9:15am
Angels Above	9:am-12noon
Moving to the Drums	11:00am
Zumba Gold	12:30pm
Bunco	1:30pm
Yoga	3:30pm

Madonna Nursing Students are here in Sept. – Nov., and Jan.—March. They take blood pressures every week and students are encouraged to participate in activities to experience what senior centers are all about. We have partnered with Madonna University for over a decade; the objective is to form a realistic view of what the complexities involved in aging are.

*See page 13 for information on a new class being added to the schedule - Pilates!*

*There are some changes coming to the Friendship Center and we are very excited to share them with you; you will be seeing exciting things going on when we create a new social room -there has been is no place to go just to chat and visit, or somewhere to go when you don't want to sit at home alone.*

*Hot Meals are back two days a week; Mondays and Tuesdays! Frozen will still cover three days—but hopefully hot meals will soon be all five days. Menus are available at the F.C. flyer table. On days when hot meals are served, set-up for that room is no earlier than 12:30pm for the 1:00pm programs that come after the congregate meal (Euchre, Bunco and Pinochle).*

## MONEY SECRETS..

One in four older adults say keeping money secrets is worse than a physical affair—  
What do you think?

A secret cash stash, or a credit card your spouse doesn't know about, might seem like a harmless thing. But is it? According to a recent study, almost one in four older people consider "financial infidelity" to be a serious offense—even worse than a physical affair. As one woman reacted when she found out her husband had gambled away their retirement fund: "She said, 'I wish he would have cheated on me; that would have been easier to recover from.'"

Failing to disclose expenses—or income—from a partner is essentially a lie, but one that doesn't necessarily come with malicious intent or with as serious consequences as above.

After all, you might be planning a surprise gift for your spouse, or perhaps be trying to save them from some kind of embarrassment.

But especially for long-term couples, finding out about a secret stash or debt can be an enormous shock. If the person you thought you knew so well has money secrets, what else could they be hiding? Plus, after decades of earning and learning together in a long-term partnership, you've almost certainly weathered minor money storms, paid off some debts, accrued others, and (hopefully) put a retirement plan in place. That all adds up to higher stakes than for younger couples, who might simply be nervous about owning up to a money blunder.

Speaking of younger couples, compared to their elders' millennials are more relaxed about financial infidelity. One reason being that younger adults keep their finances separate in more cases than their elders and the younger adults admit to twice as many financial infidelities/hidden bank accounts. In fact, about one in five millennials don't even know how much their spouse earns!! Different generations also have a different view on the longevity of relationships. We've seen more of a hesitancy to "define" the level of commitment and whether or not younger couples are in it for the long haul for several decades now, possibly due to the percentage of failed marriages. While the older couples are more likely to join bank accounts, they're also more likely to agree on a certain amount of don't ask-don't tell spending and probably don't account for smaller slips, like times they gave money to their kids or grandkids and said, Don't tell Mom/Dad!

Some of the hesitancy to combine finances comes from wanting a little freedom—just because you are together doesn't mean you want to have to ask "permission" to spend what you have earned or to have to be accountable for wanting to buy something or go out with friends. Some couples have found that sitting down and working out goals, how to reach those goals and a plan to get there makes working towards that goal less stifling. This keeps everyone working towards the same goals and more likely to see purpose in curbing individual spending in order to get there. Once a plan has been determined and how much each person needs for their own discretionary spending provides a little more freedom. An "allowance" should be money that doesn't not have to be accounted for and may lift that feeling of not having freedom to spend your own money. Surely, some of the betrayal one might feel if they discover the other has "a secret stash" might come from a fear the other is planning to leave the relationship, a feeling that your spouse is stashing money to be able to do something you wouldn't approve of, or maybe a disappointment that your spouse is not sharing part of their life with you. Regardless, whether or not couples would get themselves in a lather over a financial cheat, the vast majority would give their partners another try as long as it isn't too much money, or the reason for the stash doesn't include a deal breaker (can't move past it).

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## Questions Retirees Often Get Wrong About Taxes in Retirement

You worked hard to build your retirement nest egg. But do you know how to minimize taxes on your savings? Taxes in retirement can be a nightmare for many people with today's complex rules and regulations. 401(k) plans, IRAs and other retirement accounts come with many tax traps that even the smartest investors fail to see. Therefore, it shouldn't be a big shock that retirees aren't always up to date on every part of the tax code and, as a result, end up paying more in taxes than is necessary. Now that you've put together your retirement nest egg, you want to make sure that you're not overpaying Uncle Sam. The following questions retirees often get wrong about taxes in retirement. Take a look and see if any of these might pertain to you. **MAKE SURE YOU CHECK WITH YOUR TAX PREPARER BEFORE MAKING ANY CHANGES.**

1-Tax rates in retirement. Many people assume that their tax bracket will be lower when they retire. But that's often not the case for the following reasons. Retirees typically no longer have all the tax deductions they once did. Future tax rates may be higher than they are today. Retirees want to have fun which costs money meaning you may have set aside close to the same amount you had per year when you were working.

2-Are Social Security benefits taxable? YES the amount depends on your income.

3-All retirees can still contribute to traditional or Roth IRA's if they earn a salary and claim the tax benefit.

4-Yes. Roth IRA's are tax free once you retire. Roth IRA's came with a big long-term tax advantage: unlike the 401k and traditional IRA's that are funded with pre-tax dollars, Roth's contributions are taxed up front and therefore not when you withdraw (unless you are 59 ½ or less)

5- Are post-retirement rollovers from a 401(k) plan to a traditional IRA tax-free? YES if done properly

6-Is the income you receive from an annuity you own taxable? Probably (at least for some of it) if it provides income in retirement.

7-If you're over 65, can you take a higher standard deduction than other folks are allowed? YES for 2022 you should receive an extra \$1750 deduction for single and \$2400 deduction for married filing joint if both spouses are over 65. This amount has increased in 2021 and 2022.

Last year's tax filing season was one of the most frustrating. Fewer than 10% of the taxpayers who called the IRS were able to get a representative on the phone. Millions of taxpayers still haven't received their 2020 refunds and this year may be similar if not worse. **BE PREPARED** so you aren't included in the ones who have to wait. Steps to take now to get a jump on your taxes

***Wait to file until you have your tax records including:***

Forms 1099 from banks, issuing agencies and other payers including unemployment compensation, dividends, distributions from a pension, annuity or retirement plan

Form 1099-K, 1099-MISC, W-2 or other income statement if you worked in the gig economy

Form 1099-INT if you were paid interest

Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage- if applicable

Letter 6475, Your 2021 Economic Impact Payment, to determine whether you're eligible to claim the Recovery Rebate Credit- if applicable

Notify the IRS if your address changes and notify the Social Security Administration of a legal name change.

A copy of your previous years return

Remember, most income is taxable. This includes: unemployment income, refund interest, income from the gig economy, and virtual currencies.

***View your account information online***— you can:

- View the amounts of the Economic Impact Payments you received
- View key data from your most recent tax return and access additional records and transcripts
- View details of your payment plan if you have one

***Make sure your bank information is correct for direct deposit-*** The fastest way for you to get your tax refund is by filing electronically and choosing direct deposit. Direct deposit gives you access to your refund faster than a paper check. Direct deposit also avoids the possibility that a refund check could be lost or stolen or returned to the IRS as undeliverable. And it saves taxpayer money. It costs more than \$1 for every paper refund issued, but only a dime for each direct deposit.

**Fun and Games: Let's Go To The Movies**

**Directions: Match the actors/actresses with their Academy Award winning movie.**

_____ 1. Clark Gable	a. Slumdog Millionaire
_____ 2. Vivien Leigh	b. Mutiny on the Bounty
_____ 3. Ingrid Bergman	c. Rocky
_____ 4. Charleton Heston	d. Dances with Wolves
_____ 5. Natalie Wood	e. Casablanca
_____ 6. Julie Andrews	f. West Side Story
_____ 7. Sylvester Stallone	g. Schindler's List
_____ 8. Ben Kingsley	h. Gandhi
_____ 9. Kevin Costner	i. Ben Hur
_____ 10. Liam Neeson	j. The Sound of Music
_____ 11. Elijah Wood, Ian McKellen	k. Lord of the Rings: Return of the King
_____ 12. Dev Patel	l. Gone with the Wind

ANSWERS: 1. b; 2. l; 3. e; 4. i; 5. f; 6. j; 7. c; 8. h; 9. d; 10. g; 11. k; 12. a



## Westland House Hosts St. Patrick's Day Luncheon

Westland House has a new look and a great cook! Westland House extended an invitation to Westland seniors to share a wonderful home cooked St. Patrick's Day feast of Wigley's corned beef, cabbage, homemade macaroni and cheese, and roasted red skin potatoes. With an authentic bagpiper greeting guests as they entered, it was a fun afternoon complete with a little Irish trivia, prizes and a raffle. Westland House (previously Marquette House) not only has a new staff and new look but holds a philosophy on later in life living that *all* assisted facilities should emulate.



### Westland Volunteer Corp

As part of Westland's Compassionate City Initiative, a new group has formed in Westland calling themselves the Westland Volunteer Corp –made up of several individuals that not only cherish their community but cherish residents as well. Taking on projects that enhance the community in different ways, they are not only looking for like minded residents to join in, but are involved in their first project, helping seniors in the community with a little “spring clean up”. If you are a homebound low income senior and need a little help—this might be your answer. Call 734-722-7632. The Volunteer Corp will clean up the front and back (provided there is not a dog who lives there-they do not clean up dog waste) of leaves and natural debris. This is not a program to haul away old items; it is a beautification program to help seniors who can no longer do the heavy work and get up and down for garden cleanout. There is an eligibility criteria.; you need to be a Westland senior (70+), unable to afford to hire a service *and* physically unable to do the physical work. There are a limited number of spots on the list, so don't wait to call Barbara Marcum at 467-3259. If you are interested in *joining* the Westland Volunteer Corp, contact Westland Facilities Director Vic Barra at (734) 793-9309. Everyone is gifted with special talents, so think of a way *you* can support the Compassionate City Initiative!



**Elected Officials**  
**Local, State and Federal and Other Important Num-**

It is important that citizens talk to elected officials so they know how you feel about current issues. So many people have been talking about current issues, but friends cannot do anything about your complaints. Stop talking to friends and address issues with the people who are elected to represent you. Take the time to understand what candidates stand for. Elections have consequences and they can change the fabric of our nation. Our officials are elected to represent how WE feel, not how they feel. Don't be silent; take action and responsibility and pay attention! It's fine to e-mail an elected official but if you feel a matter is urgent, a phone call may be in order. Mayor Wild and our City Council have always been available to residents and have expressed their desire to be contacted to hear your concerns. Listed are those and other numbers you might want to keep as well. If something moves you to talk, talk to those who can make a difference. Now is not the time to keep things to yourself. Speak up.

***City of Westland Elected Officials***

Mayor William R. Wild—mayor@cityofwestland.com (734) 467-3200  
 Council President—Jim Hart jhart@cityofwestland.com (734)709-5307  
 Pres. Pro-Tem—Michael Londeau mlondeau@cityofwestland.com (734) 223-0200  
 James Godbout— jgodbout@cityofwestland.com (734) 679-2777  
 Peter Herzberg— pherzberg@cityofwestland.com (734) 578-3412  
 Michael McDermott— mmodermott@cityofwestland.com (734) 890-2146  
 Andrea Rutkowski— arutdowski@cityofwestland.com (734) 716-0294  
 Melissa Sampey— msampey@cityofwestland.com (734) 637-2078  
 City Clerk Richard LeBlanc—rleblanc@cityofwestland.com (734) 467-3185

***State and Federal***

US Senator Gary Peters— Detroit Office (313) 226-6020  
 US Senator Debbie Stabenow—Detroit Office (313) 961-4330  
 US Representative Rashida Tlaib—Washington Office (202) 225-5126  
 State Representative Kevin Coleman—Lansing Office (517) 373-2576  
 State Senator Erica Geiss—(517) 373-7800  
 Wayne County Commissioner Glenn Anderson—Detroit Office (313) 224-8855

***Other Important Numbers To Have:***

Nankin Transit—(734) 729-2710  
 The Senior Alliance—(734) 722-2830  
 The Westland Public Library (734) 326-6123  
 Westland Humane Society (734) 721-7300  
 Westland DPS (734) 728-1770  
 18th District Court (734) 596-8720  
 Westland Police Department (734) 722-9600

## INSPIRE THEATRE

Inspire Theatre, located on Warren Road just west of Venoy, is performing a new play this April! It's important to get out and start enjoying life once again and what better way than to



support our local theatre! Below is the synopsis of See How They Run. Call (734) 751-7057 for ticket or other information, including how to get involved.

Set in the idyllic English countryside, madcap mayhem and mischief abounds as the minister's new actress wife gets a surprise visit from a handsome actor, a former theatre co-star. Mistaken identities cause the spinster church lady to believe that her beloved vicar's actress wife is having an affair and attempts to expose her. Add in a cockney maid who has seen too many American movies, an escaped German prisoner of war, the visiting Bishop, a novice cleric and four men in clergyman suits and hilarious confusion and bedlam result. So swift the action, so involved the situations, so rib-tickling the plot, that at its finish audiences are left exhausted from laughter. (Due to the uncertainty of the times and in order to protect the safety of our cast, crew, and patrons, AT THIS TIME, mask wearing is required while attending performances. Thank you for your understanding.

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### *Olivia's Opinion*

**Q:** *I am very worried about the rising prices of everything from gas to groceries. I am on a fixed income and struggle to make ends meet as it is. Now, I am not only worried about the necessities, but if the cost of those items continue to go up, I don't know whether I can afford things like my medications. What can I do?*

**A:** Well, you are not alone. Unfortunately, people who live paycheck (or social security) to paycheck are really in a tough spot. People talk a lot about this very subject between themselves, but those conversations between friends will not change the situation. People need to be talking to people who can actually **do something about it**—the people elected to represent you in the government. There are things that *can* be done but the government is not doing them—instead, they are blaming outside influences and deflecting the problem from themselves. Calling your elected officials will keep them reminded of the folks out there who are hurting and hopefully, prompt action. In the meantime, clip coupons for the grocery store, take advantage of sales like the \$10 for \$10 sales, eat out less often, stop unnecessary driving and plan a budget if you don't already have one. Hopefully, with the growing season approaching, and warmer weather, will give a break on costs related to heating the home and groceries—but this is a good time to examine where there is a way to save and what items or things can be eliminated. Instead of meeting friends out, take turns hosting which is much less expensive than going out. Since meat prices are very high, look in your cookbooks to choose a few meatless meals during the week. The most important thing is to remember that together we can and will get through hard times, in the meantime, keep your elected officials on the ball and reminded them, they work for YOU.

## Senior Saver Tip

If you are on a fixed income, St. Mary Cause of Our Joy 8200 Wayne Road (previously St. Theodore's) hosts a Pancake & French Toast Breakfast (Ham, Sausage, Scrambled Eggs, Applesauce and Beverage included) during the spring winter and fall months. Breakfast is served 8:30am—12:30pm. Adults \$3.00 and children 2-10years of age \$1.50. Phone (734) 425-4421 (email stmarycooj.org)

This would be a *great place* to meet new friends or gather with your best friend for breakfast once a month—normally the 3rd Sunday of the month but due Easter Sunday it will be the 4th Sunday in APRIL (24th) instead. The next date for the breakfast will be May 15th and then the breakfast is suspended until September. (No breakfast is served during summer months). People who attend give it great reviews, so head on over there...and there's no excuse for wanting to sleep in—breakfast is served until 12:30pm!

### Are YOU interested?

**Women's Vocal Group.** Sophia Lopez is a voice coach. She would like to start a small group of women vocalists to sing together and do a Christmas Concert and Sing Along at the Friendship Center. If you are interested, call the Friendship Center (734)722-7632. Once we have 5-6 women, we'll call for a first meeting!

**Are you a Stamp Collector!** A “want to be” Stamp Collector? John Ericson is looking for 4-5 like minded people to start a Stamp Club. Whether just starting or have your own collection, get all the information you need—how to store them to what they are worth. Sign up at the front desk at the Friendship Center or call (734) 722-7632 to sign up by phone. If we get 4 people on the list—we'll call you for a first meeting!

**GOLF SEASON** is starting SOON! The Friendship Center Golf League is a pay when you play league for golfers over 50. The first meeting for the Golf League is on Thursday, April 14th at 10:00am at the Friendship Center where details will be discussed. The League plays at the Westland Municipal Golf Course on Thursdays beginning in May

**Accentcare Hospice and Palliative Care of Michigan** is looking for members to join their volunteer team. Volunteers visit patients who are isolated in homes or facilities with little opportunity for socialization. This can be very rewarding to those who do it, and *very* meaningful for patients and their loved ones. While Hospice volunteering is not for everyone, there are many that have the gift of compassion and a perfect fit for volunteering in this way. If you are interested, please call Mary Biber at (248) 228-0234 to inquire further.

## Pilates Anyone?

For the older population keeping fit is essential. But so many forms of exercise can be hard on the bodies of older adults. Many have turned to Pilates sessions at their local clubs as a way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement-not quantity of repetitions-many experts agree that Pilates is one of the best ways for older adults to stay healthy.

Pilates is perfect for older adults because it does not have the impact on the body that other forms of exercise do and is not nearly as severe on the joints as most workouts are. It really is a gently way to exercise. If you're an older adult and haven't exercised in a while, Pilates is a safe way to restart a workout program.

Pilates centers on movements at the midrange of the body instead of the extremities (arms and legs), where again, the potential for injury is greater. In contrast with other forms of exercise, Pilates develops the midrange and gradually works toward the end range, while maintaining complete control around the joints. To the benefit of older adults, Pilates teaches control and stability in a small range of motion, graduating to a larger range of motion as they gain control and confidence.

Increased control and stability is crucial for older adults as it can help them improve much of their functional movement, including balance and posture.

Pilates increases strength and flexibility in both the core and the legs, which positively affects balance. This, along with basic fitness benefits, can help reduce the risk of falls. And Pilates is also a good way for older adults to rehab from surgical procedures like a hip replacement or knee surgery.

Pilates also helps with a variety of age-related ailments. Arthritis sufferers benefit because the gentle mid-range movements decrease the chance of joints compressing while maintaining the range of motion around them. For sufferers of osteoporosis or stenosis, Pilates can also help. For osteoporosis the simple and standing Pilates leg exercises may increase bone density in both the spine and the hip.

A new class will be starting at the Friendship Center in April (April 5th). If you are interested, please call 722-7632 for more information and ask for Donna. The 45 minute class will be offered on Tuesdays at 10:30am. For those of you who have an interest but have never done Pilates, feel free to come in and try it out! When trying new classes it's always best to give it a couple of weeks to feel the benefit, and the more you attend classes and practice what is taught, the full benefit of this exercise will be experienced. You will need an exercise mat, comfortable, flexible loose clothing. Pilates is done with socks or bare feet. This class will be arranged to minimize standing and mat changes. There will be a standing work session and a mat work session so participants will not have the continuous up and down that Yoga classes often include. Give it a try! What have you got to lose but poor balance, aches and pains?



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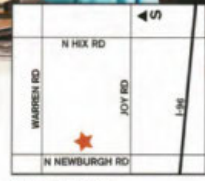


Taking good care of aging family members is something we all want to get right. Beloved elders deserve the best care their families can provide.

That's why Newsweek partnered with the respected global data research firm Statista Inc. to establish a ranking of Best Nursing Homes. Four Seasons Rehabilitation and Nursing is recognized in the Top Ten in Michigan!

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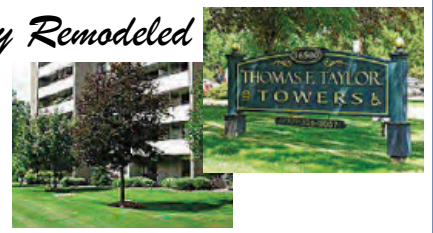


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