

Senior Resources

Summer 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

click on Senior Resources for updates



The Mayor's Connection

Greetings!

Summer is here and along with the sunshine and blue skies, summer can also bring intense heat. For those of you who enjoy the water, outdoor sports such as golf, working in the garden, kayaking, etc.; this can mean trouble as heat stroke and dehydration can come on quickly and under extreme circumstances, have fatal results. Children and older adults are more susceptible, but heat related health issues can happen to anyone. When people are enjoying what they are doing, time outside can fly by. Remember to hydrate often, limit time outside during the heat of the day and don't forget the sunscreen!

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The time is coming to enjoy Westland's signature event "Blues, Brews and BBQ" held Friday and Saturday, August 5th and 6th. There's a variety of food and beverages to choose from, a great place to catch up with friends, meet your neighbors and listen to different bands playing throughout the event. Blues Brews and BBQ is held on the old city hall grounds which has tented areas and lots of shade. Stay to be amazed and mesmerized by the drone light show which will be back this year due to its popularity and closes the event on Saturday night. Free shuttles are available from various locations in the city (Friendship Center on Newburgh and the John Glenn High School on Marquette) running throughout the event. Other events you don't want to miss are the *Farmer's Market* every Thursday afternoon, *Jazz Nights* July 21st & 28th, *Country Nights* Aug. 11th & 18th, and the *All American Beer & Wine Fest* Sept. 24th—all at Tattan Park! See detail on the city website.

City news, events, including community gatherings and updated information can be found on the city website (www.cityofwestland.com) and on WLND.

Have a safe and *wonderful* summer!
Mayor William R. Wild

Thank You!

We have so many people who either share their gifts, assist with different things donate to the center, or are just always there to help. Here are a few:

Thank you to Maureen Grimm for the work in the front of the center—you did a beautiful job. We love it when our members share their talents and time for the benefit of others.

Thank you **Sandra Allen** for the donation of the sectional sofa. We appreciate you thinking of the Friendship Center when you downsized.

Thank you very much **John Horton**, for the fabulous zucchini bread your wife makes and your kindness for bringing it to our staff! Even when we should watch our sugar intake, some things are just worth it—that zucchini bread is definitely worth it.

Thank you **Mary Underwood** for working so hard in the greenhouse for the third year. Your green thumb gives our seniors a lift to better health—you're the best.

Thank you **Joe Candella** for your assistance in the garden.

Thank you **Barbara Ramseur** and **your helpers** for always stepping up to help when we have Friendship Center events! We have some new volunteers who are wonderful—thank you so much!

Thank you **Evelyn Nash** (and Eileen) for continuing to send entertaining articles, games for the newsletter and questions for Olivia's Opinion, even though you have moved. We miss you, but sure are happy we at least get to see you on occasion!

Thank you **Suz** and **Virginia** for being part of my circle. Your help with outreach has helped SO many!

Thank you **Meals on Wheels drivers**, who bring a smile as well as food to homebound seniors.

Ken, you make Bella's day when she gets to do a ride along :-).

Angel Wings and Angels Above...angel's work is never done. Will miss you **Dawn!**

Martin at Leo's Coney Island on Warren—thank you again for the egg shells for our Friendship Garden!

Thank you **Mike Londeau** for always volunteering when we need you!

Thank you **Becky** and **Rachael** for the help with the garden!

And for all of you who go out of your way to be kind to others—continue to shine your light!

As part of Mayor Wild's Compassionate City Initiative Don't forget Shredding Day!

This event is in coordination with the many informational programs to protect our older adults from SCAMS. An important part of protecting yourself is to responsibly getting rid of documents that contains information that can be used in identity theft. Old information that contains birthdates, social security numbers, bank account numbers, etc., needs to be discarded appropriately. *Shredding Day will take place at the Westland Friendship Center on Friday, July 29th from 10:00am until 2:00pm or until the truck is full. This event is open to **all Westland seniors and Friendship Center Members.*** Your private information will be shredded on site. The same day, we also do Drug Disposal Day inside, where you can dispose of any medications privately that you no longer use or need. Remember to clean out your medicine cabinet regularly each year. It can be very busy when we first open up, so we suggest coming closer to noon if possible. See you there!

New Class!
Begins Tuesday, July 5th at 11:30pm

Chair Zumba! Whether you are taking Chair Zumba or Zumba Gold there are many benefits for seniors. Believe it or not, you can actually have fun while breaking a sweat. If you are looking to improve your physical and mental health, Zumba can be the perfect answer. These low-impact workout routines feature Latin American inspired dance styles that increase heart rate and overall strength.

Benefits of Zumba for Seniors:

Zumba dance for the elderly has numerous health benefits. Here are some reasons why a senior should engage with these low-impact exercises:

- **Mood elevation:** Zumba boosts dopamine and serotonin in the brain to produce general happy feelings. Furthermore, laughter from self-deprecation during routines can also increase your mood.
 - **Improves heart health:** These exercises keep blood circulating through your body to increase heart rate and prevent cardiovascular diseases.
 - **Easy on joints:** These low-impact exercises do not require heavy equipment or strong physical strength to perform. Seniors only need to let loose and have fun.
 - **Provides easy meditation:** Since you're always focused on your body's movement, Zumba teaches you mindfulness without meditation.
 - **Manages weight:** A 45-minute Zumba exercise can burn 300-350 calories, decrease joint stress, and improve heart health.
 - **Improves cognitive function:** The footwork from Zumba challenges hand-eye coordination and right-left brain activity. Furthermore, performing familiar moves also increases neuro-muscular memory.
 - **Increases mobility:** These exercises will improve your balance, coordination, and posture. Over time, Zumba can also decrease arthritis and sore joints.
 - **Strengthens muscles:** Zumba requires many muscles and can ultimately increase strength.
- Provides routine:** Having a fun routine can instantly increase mood and provide a regular daily structure for individuals who may not have regularly scheduled activities in their day. As always, talk to your doctor before beginning a new exercise regimen

KARAOKE!

We have a huge group of fun seekers attending monthly Karaoke. Snacks, oldies and current songs are bringing more and more people each month. If you enjoy singing or just enjoy the entertainment, plan to attend the following Fridays! Karaoke begins at 1:00pm and ends around 3pm. Karaoke Fridays are the following: Friday for this quarter— Friday, July 8th/ Friday August 12th/ and Friday, September 9th. See you there! If you're new bring a snack of your choice and a beverage—Karaoke is free—so are the laughs :-)

Answers: 1. e; 2. i; 3. f; 4. g; 5. c; 6. d; 7. b; 8. h; 9. a; 10. j

Congratulations if you got all of these correct! Thank you Evelyn! Great challenge :-).

What New in Westland? Pickleball Courts!



They're HERE!

Located at Corrado Park

***So, have you heard about
Community Gatherings?***

What are they?

Mayor Wild has long believed that a community is more than just living in the same area. In recent decades, people seem to have lost the close bond and connection neighbors used to share. Community Gatherings are events to meet and greet your neighbors. Community Gatherings are family friendly, and are low key so chatting with other residents can be fun and interesting!

Who knows—you might just meet your new best friend! See



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.

Free Seminars

Attorney Gary Allen

1:00pm

Thursday, July 21—What you need to know about 401Ks and IRAs

Learn about the rules and regulations of retirement accounts, how the 2020 law impacts every retirement upon death and why there is no longer a “stretch IRA”.

Thursday, August 18th

What You Need to Know About Long-term Care and Medicaid

This seminar will cover the three important aspects of your long term care planning. What are the options on Home Care, Assisted Living, and Nursing Home Care and a discussion of care issues such as dementia, licensed and unlicensed homes, rehab, socialization and cost.

Thursday, September 15th

Wills, Trusts and Lady bird Deeds

How to avoid probate, and why powers of attorney are your most important estate planning documents.



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

TUESDAY

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

HOT DOG DAY! Grilled hot dogs, chips and a soda for \$2 the months of June and July from 12:00noon until 2pm.

The Senior Alliance will be here the second Tuesday of each month for the MMAP program (Medicare Medicaid Assistance Program) There will be a short informational program and appointments after. * see purple box

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 encourages to participate in activities to experience what a senior center can be. We have partnered with Madonna University for over a decade; the objective is to form a realistic view of what the complexities involved with aging are all about.

THURSDAY

Angel Wings (Crochet/Knitting)	9:00am
Pilates	9:30am
Cardio Drumming	11:00am
Pinochle	1:00pm
Chair Yoga	1:00pm

FRIDAY

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

Spanish will resume in September if there is a minimum class of 5. (\$30 for six sessions— conversational Spanish). Call 722-7632 to Sign up or visit the front desk by September 7th.

When the center remodeling is completed and the new exercise room has moved, we will be looking at going back to extended hours in the summer months when it stays light longer. After looking at the attendance throughout last couple of years, we've found that most people do not come to the center after dark during the winter months. However, many people enjoy having the center open during the months when it stays light outside until 9:00pm and after and many partially retired people enjoy the convenience of Saturday hours as well.

**To make an appointment to see a Medicare/ Medicaid Assistance Program counselor, you will need to call Karri at 734-727-2067 to make an appointment. The Senior Alliance will be here on the following dates: Tuesday, July 12th, August 9th, and September 13th. Presentation at noon and appointments from 1:00pm-3:00pm*

HISTROIC DETROIT



The Westland Friendship Center is sponsoring a fun and interesting day field trip on the History of Detroit, before the “Big Three” auto companies were in existence. Ships, stoves and railroad cars were manufactured by the thousands in the pre-automotive Motor City. Changes happened fast and Detroit went from a frontier town to the “Paris of the Midwest”. Together with your expert guide you’ll learn the story of Michigan’s inclusion as a state, why President Abraham Lincoln said “Thank God for Michigan” during the Civil War, how Detroit put stoves into the kitchens of the world and so much more!

The trip is \$95.00 per person and includes bus, lunch, all tips (driver, lunch and tour guide). To register sign up at the front desk of the Friendship Center. The trip will be leaving the Center (1119 N. Newburgh) at 9:00am and return approximately 3:30pm. Day trips fill up very quickly, so if you are interested call the Westland Friendship Center for availability!

Is Someone You Care About In Trouble?

Do you know what to look for when a friend or family member is being physically abused, financially, exploited or neglected. Whether it be in a private residence, adult foster care home, home for the aged, assisted living facility or a nursing home. Most perpetrators are often trusted family, friends, neighbors or caregivers. Here’s what to look for:

Physical Signs: Dehydration or unusual weight loss, missing medication or medical assistive devices, unexplained injuries or sores, unsanitary living condition or poor hygiene, unattended medical needs or missed appointments.

Emotional Signs: Unusual changes in behavior or sleep patterns, withdrawal from normal activities, isolation from friends or family, increased anxiety or fear, hesitance to speak in presence of “caregiver.”

Financial Signs: Unpaid bills (is receiving foreclosure or shut off notices), unusual changes in spending patterns (increase in ATM withdrawals, checks made out to cash or checks written out of order), Missing household items (heirlooms, expensive tools, jewelry or other valuable items), unexpected changes in will, property deeds or changes to benefit “new friend”), Purchase of large items the older adult does not use such as a car when he/she doesn’t drive, timeshare purchases when older adult is homebound, etc.).

WHAT TO DO. Notify Michigan Department of Health & Human Services (MDHHS) Adult Protective Services 1-855-444-3911. You WILL remain anonymous . Continued on page 9

Fun and Games

Submitted by Evelyn Nash

This should be a challenge from your memory of recent history although you've lived through all/much of it! Let's see if you can remember who campaigned against each other for President of the United States (POTUS). Remember, some candidates for president ran more than once and did not always get elected each time.

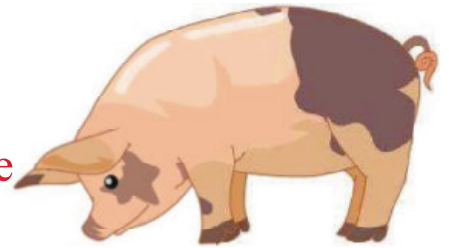
Directions: Match the candidate for President in the first column with his/her rival in the second. The winner is shown in the left column and the loser in that campaign is shown in the right column.

- | | |
|-----------------------------|--------------------|
| _____ 1. Dwight Eisenhower | a. Hillary Clinton |
| _____ 2. Jimmy Carter | b. John McCain |
| _____ 3. Lyndon Johnson | c. Bob Dole |
| _____ 4. Richard Nixon | d. Al Gore |
| _____ 5. Bill Clinton | e. Adlai Stevenson |
| _____ 6. George W. Bush | f. Barry Goldwater |
| _____ 7. Barack Obama | g. Hubert Humphrey |
| _____ 8. Franklin Roosevelt | h. Wendell Wilkie |
| _____ 9. Donald Trump | i. Gerald Ford |
| _____ 10. Ronald Reagan | j. Walter Mondale |

Answers on the bottom of page 3



PIG Roast Fundraiser
To Benefit the Westland
Compassionate City Initiative



Westland House (36000 Campus Drive) will be hosting their First Annual Pig Roast on Saturday, August 13th, 2022 from 4pm-7pm!

Sponsored by Get Pro Painting and SCI Floor Covering Inc., there will be great food, drink and music for a great cause! Tickets are \$15.00 which includes meat, fixings and an entry ticket for the raffle. A great event and a perfect way to spend a summer afternoon. Tickets will be available at the Friendship Center and at Westland House, starting the first week in July.

Food Safety

Always practice the following basics: *Clean surfaces and wash hands often, separate—do not cross contaminate foods! Keep foods chilled - refrigerate promptly, and cook foods to the proper temperature.*

When Eating out at Restaurants :

- ⇒ Look for certificates that show kitchen managers have completed food safety training*
- ⇒ If you can see food being prepared, check to make sure workers are using gloves or utensils to handle foods that will not be cooked further*
- ⇒ Order food that's properly cooked. Certain foods such as meat, poultry, and fish, need to be cooked to a temperature high enough to kill harmful germs that may be present*
- ⇒ If you are selecting food from a buffet, make sure food is steaming hot and salad is chilled*
- ⇒ Be very careful on picnics. Foods made with mayo, such as potato salad and deviled eggs cannot be in the hot sun or out for hours. Picnic foods should be kept in the cooler until just ready to eat and then returned to the cooler promptly after being served*

Safety Tips

Submitted by: Karen Woodside Retired Asst. Prosecutor Wayne Co.

If you should need a home health aid, caregiver, or a circumstance that you need people helping in your home, here is a safety tip that should be exercised.

- ♦ Take pictures of each room, jewelry, valuables (any collections—coins, stamps, books, etc.) should be photographed.
- ♦ Lock private papers and valuables in a filing cabinet, safe deposit box or safe.
- ♦ Have someone trusted (other than a caregiver) pick up the mail or get it sent to a post office box.
- ♦ Regularly review all bank and credit card statements (at LEAST once a month) and periodically request a credit report from a major credit bureau.
- ♦ Seriously consider having Social Security or pension checks deposited directly into the bank, if you don't already.
- ♦ Check phone bills for unauthorized calls and keep cellphone safe.
- ♦ Protect checkbooks and credit cards.
- ♦ Always get receipts when the caregiver shops.
- ♦ Never give out your social security number or birthdate over the phone to a caller.
- ♦ Check and monitor medications—particularly narcotics.
- ♦ If it is necessary for a caregiver to drive an older adults car, check driver's license license, SOS record.
- ♦ Never open the door or let anyone in your home that you are not expecting or don't know even if they show you ID from a utility. Ask them to come back and you can check with the company or utility to see if you were scheduled for a visit. If the company did not send anyone, call 911 and report it to the police.

Continued from page 6 -

If you witness Abuse, Neglect, or Exploitation of a resident in a care facility by another resident or by a nursing home employee, notify the following agencies:

Attorney General Health Care Fraud Hotline: 800-242-2873

Licensing and Regulatory Affairs (LARA) Bureau of Community and Health Systems Abuse Hotline: 800-882-6006

Michigan Protection and Advocacy Service, Inc.: Developmental Disabilities: 800-288-5923

Mental Illness: 800-288-5923

Michigan Long Term Care Ombudsman: 866-385-9393 or 517-827-8040

Office of Recipient Rights: 800-9090

Document WHAT you observed , when you observed the incident, who was present and any other information that may be of assistance.

DOWNSIZING? SOME TIPS TO MAKE IT EASIER

Some of us want to stay in our “forever home” ...forever. But, sometimes that just isn't possible. There are lots of reason this choice may be necessary—you're spouse has passed away and keeping up a house is just too much; perhaps physical you cannot do it anymore due to frailty, a medical issue, or with the kids grown and gone there's just much more space than you need. If you are moving for practical reasons or financial reasons it can be exhausting both physically and emotionally. If you are downsizing, the fact is more likely than not, the things you're going to be packing up won't include everything—remember...downsizing often means less space and that equates to less things as well. Choosing what to keep and what to ditch is HARD! There can be emotions and memories wrapped into items so you need to give yourself time and start small. Set aside time each day to tackle a closet or drawer and eventually you will be down to the last room—living room and kitchen. When you take time and start early it will prevent the last minute rush and packing quickly. Sometimes this means we will take things we don't need or want, or we will get rid of something we might regret. The first thing to do when deciding what to keep or not—don't take things that aren't in good condition—things that are cracked, broken, chipped or torn. Throw it away. Remember, this is a fresh start :-). If you are keeping something because you feel you have to, that's probably not a good reason; this might be the time to part with it. When you are parting with possessions, there are lots of options. Things that are “family items, keepsakes things to hand down ” can find a new home with children or grandchildren or other loved ones. You can always sell items on Marketplace, Facebook or at garage sale but don't expect to make a killing. It's pretty easy to find new homes for most things but people are looking for a bargain, not to pay what they would at retail. Many people think that because they love their items they are worth more than they are. Things are only worth what people are willing to pay. Throw away any paperwork that you can access online. If you don't use a computer, keep tax records for seven years. Set aside time to arrange your accounts to go “paperless” so paperwork won't pile up in your new place. If you don't know how to do that, this might be a time to ask the kids for a little help there. Once you accomplish that it will be a relief. Make sure to notify insurance companies, banks, accountants, lawyers and anyone else who needs to know that you've moved. This won't necessarily be easy. It's good to face feelings and process them by talking over feelings with friends and family so you can put one phase of life behind you and make the transition into a new phase of life. This is also something you can do for your family. It will also be easier on your family that you've gone through things that you don't need any longer, and have not left them with items accumulated throughout a lifetime that someday they will have to deal with. Yes, you do it for yourself, but you're doing it for them too.

INSPIRE THEATRE COMING SOON!

INSPIRE THEATRE
GUYS and DOLLS
 A Musical Fable of Broadway
 Based on a Story and Characters of Damon Runyon
 Music and Lyrics by **FRANK LOESSER**
 Book by **JO SWERLING and JILL BURROWS**

Friday & Saturday
 July 15, 16, 22, 23,
 29 & 30 @ 7:30 pm

Saturday & Sunday
 July 17, 24, 24,
 30 & 31 @ 2:00 pm

Tickets \$18.00 @
inspiretheatre.ticketleap.com

Westland Center for the Arts 33468 Warren Rd. Westland
 (734) 781-7057

"Guys & Dolls"
 Licensed through special arrangement with Music Theatre International (MTI)
 All authorized performance materials are also registered by MTI.
www.mtishows.com

GUYS and DOLLS

Hailed as the perfect musical comedy, this award-winning classic gambles with luck and love under the bright lights of Broadway. New York's most infamous crap game organizer, Nathan Detroit, hoping for a big pay day, challenges notorious gambler Sky Masterson to a bet he's sure he'll win: take mission girl Sarah Brown to dinner in Havana, Cuba. Sky accepts and pursues the known prude, seemingly hopelessly, while Nathan deals with his own situation - his 14-year fiancée, Adelaide, who's tired of waiting for a wedding. When bets and love seem at odds, the characters are called to question their priorities to make things right.

Show dates- three weekends - July 15-31.
 AT THIS TIME, mask wearing is required.
 SUBJECT TO CHANGE)
 Theatre phone 734- 751-7057

5K



Nailed It! Great Job!

Update on Meals on Wheels

Hot meals are going out on Mondays and Tuesdays and 3 frozen meals are delivered for the balance of the other three weekdays. They will be phasing back to the daily hot meals and it is important if you are on this program you remember the following:

- ◆ You **MUST** be home and answer the door to receive your hot and frozen meals
- ◆ Call at least 24 hours in advance to cancel your meals (734) 326-5202
- ◆ Secure your pets to ensure the safety of the volunteers bringing your meals
- ◆ Consume your hot meal immediately or promptly place in the refrigerator to eat later
- ◆ *Frozen meals* should be placed the *freezer* and reheated following package instructions
- ◆ **DO NOT PLACE** metal tins the hot meals arrive in, in the microwave—they are **NOT** microwave safe. Either eat the meal upon delivery, or place in refrigerator and then transfer to a microwave safe plate later to heat up the food

DTE recently sent out a e-mail message from their customer service. This is what it said “DTE Energy has been hearing heartbreaking reports of scammers taking advantage of our customers. New technology has enhanced con artists’ believability through lookalike phone numbers and e-mails, allowing them to disguise themselves and falsely impersonate a person or company such as DTE. Anyone can fall victim. Awareness is the best form of defense against a scam. It is important for you to know the red flags and what to do when faced with a potential scam.”

Here’s what to look out for when someone is posing as a DTE Energy employee:

- ◆ **Threatening immediate power shut off if not paid immediately**
- ◆ **Demanding a specific form of payment**
- ◆ **Unexpected home visits to collect payments**
- ◆ **Collecting payment at a customer’s home or business**
- ◆ **Asking for social security numbers, bank account number or credit card**

Scammers will often threaten energy customers with shut offs in order to scare them into rash decisions. DTE will never impose an unrealistic deadline for payment or threaten to disconnect power within a period of hours. DTE provides a variety of payment options but **NEVER** demand a specific type. Scammers will often request payment be made through unusual forms such as money transferring, prepaid debit cards or cryptocurrency Bitcoin. DTE makes every effort to contact a customer before making a visit and will never collect payment for utilities **at your home or business**. DTE will never ask for social security numbers, bank account numbers or credit card information. **Customers can also challenge a caller by asking for confidential information that only DTE and the customer would know such as the customer’s account number.** If you are **EVER** contacted by someone who says they are from DTE—and demand payment, handle this in **ONE WAY ONLY**. If it’s on the phone hang up. Immediately call 1-800-477-4747. This number is the **ONLY** number you should call. If a payment is truly needed on your account a service rep will tell you everything you need to know and make payment arrangements. If someone should come to your door representing DTE—**ALWAYS** ask for a personal identification badge from the worker. You can call DTE at the number above to check and make sure DTE has sent them. Trust your instincts, think...and never act in haste.

NASH RAMBLINGS: Why Are We So Different?

Even with the arrival and continued staying power of the pandemic, we are constantly coming into contact with people of various generations and experiences. Perhaps it's time to look again at understanding the different generations we encounter and the effects that their environments presented.

The Silent Generation and Baby Boomers are still the biggest users of traditional media (tv, radio, magazines and newspapers) but have begun to adopt more technology in order to stay in touch with family members and friends. Surprisingly, Baby Boomers are experiencing the **highest growth in student loan debt** (!) because they are trying to help their children with student debt to set them on the right course. Of major concern is making sure they don't run out of money during their retirement.

Generation X (1965-1980) were known as the "Latchkey" generation and are digitally smart. They are carrying **the highest debt load**, are trying to raise a family, pay off student debt and take care of aging parents. Seven hours a week is their average time on Facebook.

Millennials/Generation Y (1980-1996) are shaped by technology, social media and massive debt which delays major decisions like getting married and buying a home. They are less concerned with ownership and more interested in access to things they need or want (for example, buying a car versus using Uber or Lyft).

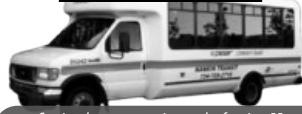
Generation Z (1997-2012) grew up playing with their parents' mobile phones or tablets and got their own around age 10-11. They spend three hours a day on their mobile devices. They rely on smart phones and social media but have seen their parents' struggles with debt. As a result, they want to avoid debt and open savings accounts younger than previous generations. At work they are more apt to question rules and see less need for persons in authority over them. This is because they are used to working as a team with others as equals and are used to looking for answers on their own instead of relying on how things have "always been done."

Generation Alpha (2012-2025) are being raised in homes with smart speakers and devices everywhere built into everyday items. Some had social media "handles" even before they were born, set up by their Millennial parents. Many attended school virtually thanks to the pandemic. They will be more disconnected from the idea of cash, encountering it as a number on a screen to be spent through apps and ecommerce. They may become one of the most highly educated and wealthy generations.

Bear in mind that these are general characterizations, but based on real life. Each person in each generation grew up with their own life experiences and pressures. It has been said that the COVID-19 pandemic has become the "great equalizer" but even living during these challenging times is still a personal experience. We still need to treat each other as individuals.

Submitted by Evelyn Nash

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.

To schedule a ride please call (734) 729-2710 or Visit our website at www.nankintransit.com



REGENCY AT WESTLAND

Our licensed and certified team of professionals provide person-centered care in a comfortable setting.

SKILLED SERVICES AND AMENITIES

- 24-Hour Nursing Care
- Comprehensive Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech Language Pathology
- Wound Care/Wound VAC
- Intravenous (IV) Therapy
- Infectious Disease Management
- Social Services/Discharge Planning
- Private and Semi-Private Rooms
- Full Service Salon
- Wireless Internet
- Personal Telephones
- with Private Numbers
- Personal Televisions
- Transportation to Appointments



2209 NORTH NEWBURGH ROAD, WESTLAND, MICHIGAN 48185
 FOR MORE INFORMATION PLEASE CALL: 734-902-8300 and 734-902-8304
WWW.CIENAHEALTHCARE.COM



**Overwhelmed by Medicare options?
 I can help make it simple**



Kenneth Krake | (248) 296-6120
 Licensed Insurance Agent | kkrake@HealthMarkets.com

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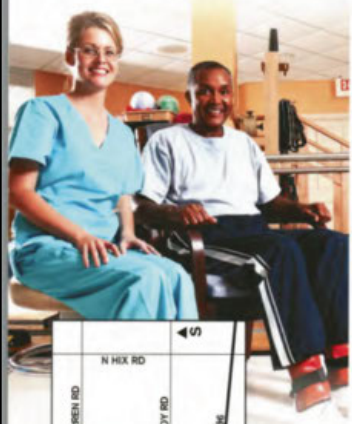
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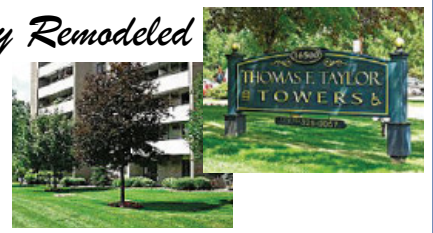


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