

ASC

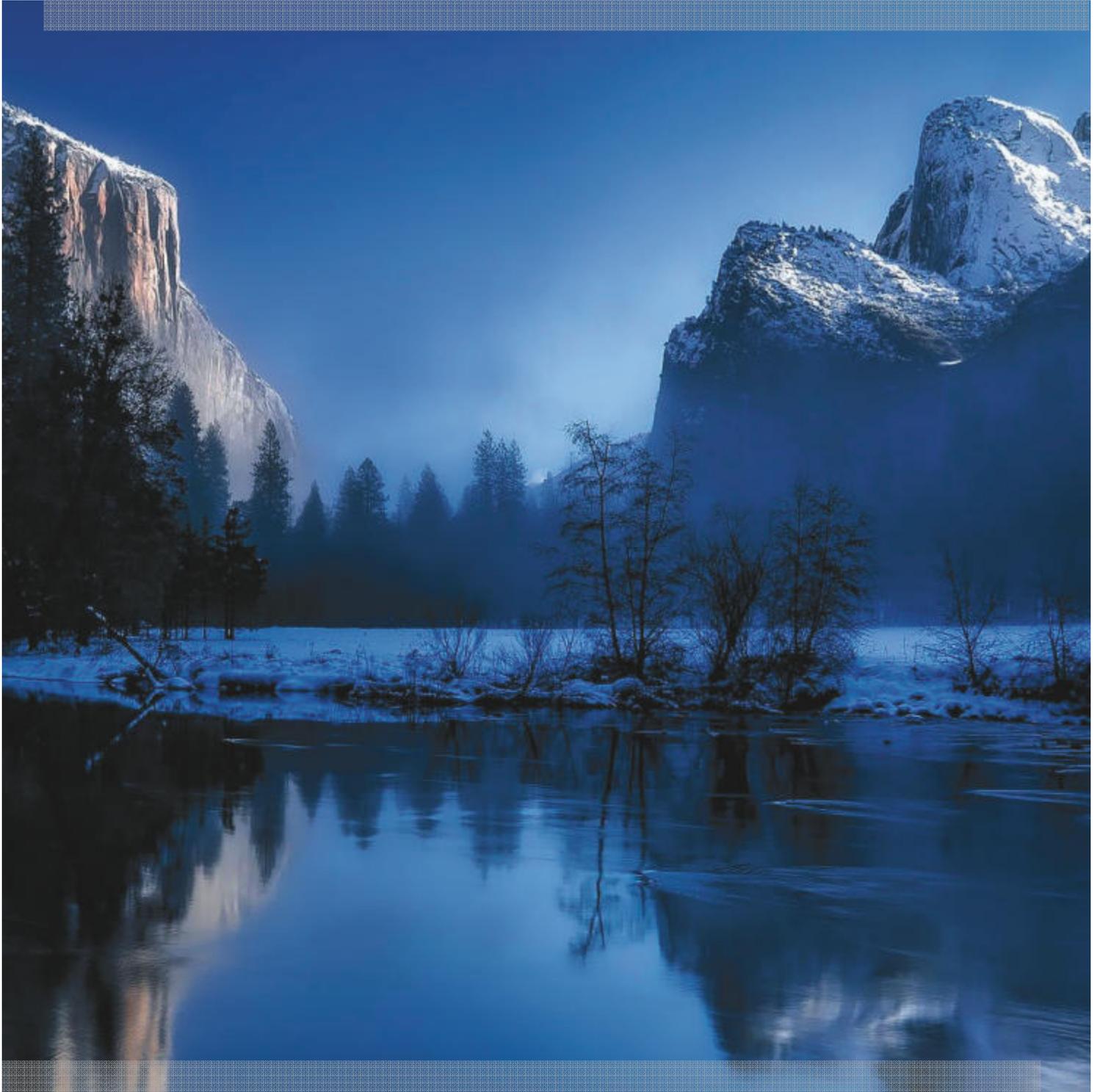


LENAWEE COUNTY
DEPARTMENT ON AGING

Adrian Senior Center

Life is better together

JANUARY 2021 | NEWSLETTER



327 Erie Street • Adrian, MI 49221

January 2021 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>Due to product availability substitutions may occur.</p> <p>No salt added in</p>	<p>Milk is provided with each meal.</p> <p>For any questions, please call 264-5280.</p>			<p>1</p> <p>Adrian Senior Center will be CLOSED in Celebration of the New Year</p>
<p>4</p> <p>Swiss Steak Mashed Potatoes w/Gravy Broccoli Fruit Slushy</p>	<p>5</p> <p>Macaroni & Cheese Stewed Tomatoes Asparagus Ambrosia</p>	<p>6</p> <p>Potato Crusted Tilapia Cheesy Potatoes Key West Vegetable Rye Bread Cherries</p>	<p>7</p> <p>Pancake Sausage Glazed Baby Carrots Spinach Orange Juice Banana Bread</p>	<p>8</p> <p>Broccoli Stuffed Chicken Potato Wedges Beets Fresh Melon</p>
<p>11</p> <p>Philly Steak Sub Wax Beans Kyoto Blend Veggies Fruit Cocktail</p>	<p>12</p> <p>Boiled Dinner Sausage, Cabbage Potato, Carrots Corn Bread Pineapple</p>	<p>13</p> <p>Taco Salad Beef, Cheese, Tomato, Onion, Lettuce Tortilla Chips Blueberries</p>	<p>14</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Yellow Squash Applesauce</p>	<p>15</p> <p>Chicken Lasagna Brussel Sprouts Maibu Blend Veggies Garlic Bread Apricots</p>
<p>18</p> <p>Stuffed Pepper Augratin Potatoes Prince Charles Veggies Grain Bread Fruited Jell-O</p>	<p>19</p> <p>Chicken Fajitas Rice Pilaf Midori Blend Veggies Mango</p>	<p>20</p> <p>Hot Pork Sandwich Mashed Potatoes w/Gravy Tomatoes & Zucchini Prunes</p>	<p>21</p> <p>Chili Dogs Baked Beans Cauliflower Mandarin Oranges</p>	<p>22</p> <p>Meatloaf Rissolle Potatoes Green Beans Grapes</p>
<p>25</p> <p>Smothered Chicken Rosemary Potato Asian Veggies Tropical Fruit</p>	<p>26</p> <p>Spaghetti w/Meat Sauce Italian Blend Veggies Peas Bread Sticks Fruited Yogurt</p>	<p>27</p> <p>Salmon Wild Rice Peas & Carrots Sweet Brown Roll Raspberries</p>	<p>28</p> <p>Pork Chop Sweet Potatoes Corn Pears</p>	<p>29</p> <p>Beef Stroganoff Succotash Winter Blend Veggies Sourdough Roll Peaches</p>

CURBSIDE MEAL PICKUP

While the Center is closed, we are providing a curbside meal service Monday through Friday from 11:30am to 12:30pm. Meals are for 60+ with a suggested donation of \$3. If possible, please order a day ahead by calling 517-263-3585.

PICK UP PROCEDURE

Please enter the East parking lot from Frank Street. Pull up to the Daybreak Entrance (canopy). The meal will be delivered to the passenger side of your car. please exit onto Erie St.

HOME DELIVERED MEALS

Our home delivered meal option is for home bound seniors who are 60 and over. A hot, nutritious meal is delivered Monday through Friday by dedicated volunteers. If you or someone you know could benefit from the program, please call the Lenawee



Menus Certified By



Dietitian/Nutritionist

To make changes to your meal pattern, call 517-264-5280.

Adrian Kitchen 263-4529

JANUARY | 2021

DIRECTOR'S NOTES

Life is better together

As I say good bye to 2020, and welcome in 2021, I wanted to share a few of my thoughts to everyone about the events of this past year. Each day I wake up and hope for some change, some good news, and some closure to this 'un' normal time, to return to our lives, our family, and our routines; happy to eat and spend time with others, to laugh and to relax.

Many hours I have spent wishing and hoping to return to that time, to get back to 'normal', to go out without a mask, to spend time with family, and to greet each day without hearing about the virus and all of its destruction.

Let's all move forward, to embrace 2021, to think positive and enjoy the little things. Start our day with a smile, and know that we will be able to return to the Center, we will see family again, we will have meals with friends, and eventually we will go without a mask. Let's all count our blessings, and be thankful that this past year has shown us what truly is important, to find the small gains, to let the past go, and know that tomorrow will soon be here.

I look forward to sharing and growing with the many great things that the Senior Center has to offer, and how working together always makes everything better.

*Judy Bays,
Interim Director*

Adrian Senior Center Staff

Interim-Director	Judy Bays
Assistant Director	Beverly Woodbury
Head Cook	Toni Reinke
Assistant Cooks	Alicia Hosler
	Marcie Emerson
	Gary Stevens
	Eric Wilkins
	Kristine Torres
Route Coordinator	Kira Dickerson
Maintenance Manager	Dan Dennis

2020-2021 Advisory Board Members

Rosemary Nichols	Peggy Snead
Amy DeFrancesco	Marge Phipps
Pat DeLong	Cynthia Polan
Deloras Dusseau	Sandra Porter*
Joyce Hayward*	Charlotte Johnson
Fred Regalado**	Tom Adams
Edna Keller*	Anne Gascoigne
Dave Foster	
*Board Officer	
**Board Chairperson	

SPECIAL EVENTS

Bingo

Monday, January 4

Location: Curbside

For the month of January, ASC will be playing a month long game of bingo. You can pick up your paper card from Beverly at curbside any time after January 4th. Every day before curbside 5 numbers will be drawn and posted on the curbside board outside. Mark off with a pen or marker on your paper sheet any numbers you have. As soon as you have completely covered all the numbers on your board you have a **Coverall BINGO!** Bring your sheet to curbside to have your numbers checked. If everything is correct, you will win a prize. You can only win once and there will be up to 5 winners for the month.

Cooking for One

Mondays, Jan 4—Feb 8, 1-2pm

Location: ZOOM

Michigan State University Extension will be offering a free 6 week, hour long, Zoom class on Cooking for One. Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun! Anyone interested can contact **Vickie Pfeifer** at pfeiferv@msu.edu or call **517-264-5303**. If you would like to pick-up a flyer, they will be at curbside just ask for them at the door, 11:30am to 12:30pm M-F.

Semma Podiatry Foot Clinic

Wednesday, Jan 20, 8:30am-1pm Location: Daybreak

Dr. Randy from Semma Podiatry will be providing toenail trimming and brief examinations by advance appointment only. Please bring your identification and insurance cards to your initial appointment.

Note:

Blood Sugar Tests and Blood Pressure Tests

For the months of January and February all Blood sugar and Blood pressure tests will be suspended. When the weather is better, all testing will resume.



SENIORS

We know we cannot be together to celebrate your January Birthdays, but we still want to wish you all a Safe and Happy Birthday. Please enjoy your special day!

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- Offers Respite Care
- Dedicated Certified Wound Care Nurse
- Respiratory Therapist On Staff
- Only VA Approved Facility for Veterans



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• Jonna Schmidt, M.D., Medical Director
• Riccardo Giovannone, D.O., Orthopedic Surgeon

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15-0715

COMMUNITY RESOURCES

If you or someone you know needs assistance, please call the Lenawee County Department on Aging at 517-264-5280 or Region 2 Agency on Aging at 517-592-1974.

Tecumseh Fresh Food Initiative – Free Fresh Food December 19th noon

Tecumseh United Methodist Church – 605 Bishop Reed Drive in Tecumseh. 269-964-3663 or 517-423-2523

Lenawee Essential Needs Council

If you have trouble getting your prescriptions filled due to financial difficulty during this crisis, contact Lenawee Essential Needs Council on Facebook or call 517-438-1527. They can connect you to the right resource for you and your needs.

Lenawee Community Mental Health Authority

Offering Coping with Stress & Anxiety groups to the public to assist with mental health symptoms during this difficult time. Please call 517-263-8905 for more information.

Caregiver Support Groups

Caregiver Support Group – Contact Tammy Jewell for more information at tjewell@lenaweese seniors.org.

Men's Caregiver Support Group – Contact Lenawee County Department on Aging for more information at 517-264-5280 or email Tammy Jewell at tjewell@lenaweese seniors.org.

Veteran Services

Assist the veteran and their dependents in obtaining and maintaining various federal, state and county benefits. Some of these services are service-connected compensation; DIC; non-service-connected pension; survivor's benefits; special allowance of aid and attendance government life insurance; VA home loans; VA health care benefits and related benefits. For more information call 517-264-5335.

Community Action Agency

CCA are developing affordable housing, distributing food, weatherizing homes, assisting families and veterans with emergency needs, financial literacy/budgeting, preparing people to return to work, and offering a wide array of services for vulnerable seniors. For more information call 517-263-7861



Veggie Mobile 2021 Schedule



PROMEDICA CHARLES AND VIRGINIA HICKMAN HOSPITAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-12:00 Human Service Building 10405 Winter St., Adrian	9:30-10:30 Clinton UCC 300 Tecumseh Rd., Clinton	9-10:00 Adrian Senior Center 327 Erie St., Adrian	9-10:00 Hudson Senior Center 323 W Main St., Hudson	9:00-10:00 Community Action Agency 400 W South St., Adrian
1-1:45 Addison Senior Center 117 N Steer St., Addison	11-12:00 Tecumseh Senior Center 703 E Chicago Blvd., Tecumseh	10:45-11:45 Bliss-Liewert Center 206 S Lane., Blissfield	11-12:00 Morenci Senior Center 800 W Chestnut St., Morenci	10:30-11:15 Sand Creek Apt 142 Sand Creek Hwy., Adrian
2-15-3:00 Onsted Senior Center 333 Conner St., Onsted	12:45-1:30 Britton Senior Center 210 Church St., Britton	12:30-1:30 Riverview Terrace Apt 400 College Ave., Adrian	1:00-2:00 Associated Charities 221 Tecumseh St., Adrian	Coming Soon! ProMedica Farms 1201 Shepherd Rd
3:45-4:30 Stratford Place Apt 704 W US 223, Adrian	2-2:45 Orchard Terrace Apt 205 Adrian St., Tecumseh	2:00-2:45 Friendship Place Apt 201 E Maumee St., Adrian	2:30-3:30 Maple Village Apt 1221 S Main St., Adrian	
	3:30-4:30 YMCA of Lenawee 5660 N Adrian Hwy., Adrian			

Due to Covid-19 restrictions: All stops are outdoors. Please practice safe physical distancing of 6 feet & follow CDC guidelines of wearing a face covering. Thank you.

Contact Us: ProMedica.Farms@ProMedica.org

Listen to WLEN for cancelations. Follow on

Cash, EBT/SNAP accepted.



JANUARY | 2021

FOOD PANTRIES

Food Pantries and Hours:

Adrian First Church of the Nazarene

50 Industrial Ct. Adrian
517-263-1579

Hours: Tuesdays 10am
Eligible 2 times every 6 months

Commodities Program First United Methodist Church

1245 W. Maple St. Adrian
517-264-5280

11am – 3pm on January 14th

Fishes & Loaves

423 W. Maumee St. Adrian
517-759-4421

Appointments are required

Temporary Hours

Monday, Wednesday, Friday, 10:00 am—3:00 pm
Saturday 10:00 am – 12:00 pm

Song Community Church

5211 S. Occidental Hwy Tecumseh
517-423-3676

Thursdays 1pm – 3pm &
Saturdays 10am – 12pm

Salvation Army

217 W. Church St. Adrian
517-265-2038

Monday & Thursday 10-12pm
By appointment only

St. Mary's of Good Council

317 Erie St. Adrian
517-266-0378

M, T & Th 1pm-3pm

St. Vincent DePaul Society

St. Joseph Church

415 Ormsby St. Adrian
517-759-9296

W, F 1pm-3pm &
3rd Sunday 7-8pm



Salvation Army Has Reinstated Hot Meals

Mondays and Wednesdays
217 W. Church St. Adrian
4:00pm to 5:00pm
To-Go-Meals ONLY

These hours were updated last on 11-20-20

Lenawee County 211

The 2-1-1 hotline is the toll-free health and human services referral service system available across all 50 states, DC and Puerto Rico and funded by respective, local United Way offices. The mission of 2-1-1 is to connect people with information and resources to build healthy, safe communities. Any questions you have about resources in Lenawee County can be found by just **dialing 2-1-1**.

NEWS AND VIEWS

January is NATIONAL SOUP MONTH

In the deep chill of January, National Soup Month warms us up with piping hot bowls of comfort! Soup not only warms us up on cold winter days but calls the family to gather and enjoy a hearty meal together! We all have our favorites, so gather up your recipes and drop them off here at curbside. We will collect them all and share them back in a nice little soup cookbook handout for anyone who would like them at the end of the month.

News and Views

Are you looking for a place to make announcements? Was there a Birth or a wedding you would like to let everyone know about? Would you like to give some tips out to your fellow Seniors? It could be a recipe you want to suggest to others or maybe a book you read that was something they should read. If you have some News or Views for our newsletter, please contact the office at 517-263-3585 or drop it off at Curbside from 11:30am to 12:30pm. We will do our best to get as many messages in the newsletter as possible, while allowing everyone a chance to enter items.

How to wear glasses with a mask

1. Wipe both sides of lenses with your finger with shaving cream.
2. Rinse off under a faucet of running water. Do NOT wipe it off
3. Tap glasses on a towel.
4. Let the lenses air dry
5. Your glasses won't fog up in this cooler weather.
6. Should last up to 3 days.

Brace yourself for a Michigan winter knowing you'll be able to see where you're going!

Patty Marr

The Story of the Three Dowries

There once was a man who had 3 daughters of an age to be married. The man was very poor and couldn't afford a dowry to help his daughters find a good husband, and they were unlikely to marry.

Word of the family's misfortune reached a wealthy man named Nicholas. One night, in secret, he tossed a bag of gold into the house, which landed in a stocking left by the fire to dry. What joy in the morning when the gold was discovered! The first daughter soon wed.

A short time later, another bag of gold again appeared mysteriously. The second daughter was married. The father, now very anxious to know who the secret benefactor was, kept watch during the night.

A third bag of gold landed inside the house and the watchful father leaped up and caught the fleeing donor. "Ah, Nicholas, it is you! You have saved my daughters from certain disaster!"

Nicholas later became known as Saint Nicholas, and this is why we hang stockings at Christmas time!

THANK YOU
for your generosity

Our Advent Calendar Event was a huge success. I hope that everyone enjoyed the fun surprises that you received everyday as we counted down the days to Christmas. We could not have done it without the generosity of our wonderful sponsors:

- Hospice of Lenawee
- Daybreak
- St Mary's Food Bank
- Greg Gotham of Edward Jones
- Marsha Oberleiter of Walk to End Alzheimer's

Thank you for everything you do!

PUZZLE OF THE MONTH

Winter Olympics

W M A H H S C S G T E L E V I S I O N S
O O S O O C B E E N S A C B W I N T E R
R L F S C I A M R I I H V U O E R S L E
L A L T K P N H M E R T O S R B Y O N N
D L A D E M D L O G M T A R R L S S U N
R S W M Y Y H C R O T O N K T E I L D I
E M C N O L O H T A I B N U S T S N E W
C T U S P O R T S Y W A X I O D R O G D
O G N I T A K S E R U G I F E C E A L H
R A S L D S N E N O R D I C J S I E C G
D I K D B O Y B R O N Z E M E D A L P K
S G E P W G P C O M P E T I T O R S T S
C O L D W E A T H E R S E T E L H T A P
I O E S E T A T S D E T I N U A E L V M
E T T L A D E M R E V L I S D R O I P U
S N O W B O A R D I N G J Z Q U T T T J
A N N M H N A T I O N A L A N T H E M I
E E G U L S T R O P S M A E T M N N I K
R N U N O I P M A H C K S G A L F C O S
S L U G O M F R D O W N H I L L E C M B

Word List:

ATHLETES
CEREMONIES
COUNTRIES
FLAGS
ICE
NATIONAL ANTHEM
SHORT TRACK
SLALOM
SPORTS
UNITED STATES

BIATHLON
CHAMPION
CURLING
GOLD MEDAL
LOSERS
NORDIC
SILVER MEDAL
SNOW
TEAM SPORTS
WINNERS

BOBSLED
COLD WEATHER
DOWNHILL
HOCKEY
LUGE
OLYMPICS
SKELETON
SNOWBOARDING
TELEVISION
WINTER

BRONZE MEDAL
COMPETITORS
FIGURE SKATING
HOST
MOGULS
PODIUM
SKI JUMP
SPEED SKATING
TORCH
WORLD RECORDS

SCRAPBOOK



JANUARY | 2021

GENERAL INFORMATION

Our Mission

"It is the mission of the Adrian Senior Center to be THE place in Adrian and surrounding communities for adults age 55 and over to stay healthy and fit, to connect, to build new skills and to join a community. Together we are better!"

The ASC Code of Conduct

Center participants have the right to enjoy programs and receive services in an atmosphere that is pleasant, safe and without disturbance from other participants. To ensure that the senior center is an enjoyable experience for all who use it, disruptive or disturbing behavior is not permitted. Senior centers are intended for older adults who are able to function independently. The center is unable to offer personal care support. Any participant needing personal care support must have their own support person with them to take care of personal care needs. Senior center staff is also unable to provide one-on-one supervision due to behavioral, physical, or health related reasons.

Center Closure Policy

It is the policy of the Adrian Senior Center to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our participants may, however, lead us to close the center. When this or closing for any other reason occurs, media announcements regarding closures or late openings will **only** be made on WLEN Radio-103.9 FM, and WABJ-1490 AM. You may also call 517-263-3585 for updates.

Note: The Adrian Senior Center's decision to close or remain open is made independently from local school districts. There may be occasions when schools are closed, yet the ASC is open.

 STRATFORD PLACE

(517) 265-3499

nicole.ries@vanrooy.com

CONTACT:

Nicole Ries, Property Manager

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15-0715

Puzzles of the Month

Joke of the Month

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				1	6			
	6				4		5	
					8	3	4	
8	7				3	4		1
					9			
				7			6	5
	5		3				7	4
	3		9					
				8			1	

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DIFFICULTY: ★★★☆☆

ONLY A GRANDMOTHER WOULD KNOW...

A Cup of Tea made with cold water

One day my Grandma was out, and my Grandpa was in charge of me, I was maybe 3 years old. I had been given a little "tea set" as a gift, and it was one of my favorite toys.

Grandpa was in the living room watching the evening news when I brought him a little cup of "tea", which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was "just the cutest thing!" Grandma waited, and sure enough, here I came down the hall with a cup of tea for Grandpa, and she watched him drink it up.

Then she said, (as only a grandma would know), "Did it ever occur to you that the only place she can reach to get water is the toilet?"

Answer Keys

Answer to Sudoku

3	8	4	5	1	6	7	2	9
7	6	9	2	3	4	1	5	8
1	2	5	7	9	8	3	4	6
8	7	2	6	5	3	4	9	1
5	1	6	8	4	9	2	3	7
9	4	3	1	7	2	8	6	5
6	5	8	3	2	1	9	7	4
4	3	1	9	6	7	5	8	2
2	9	7	4	8	5	6	1	3

Winter Olympics

W	H	A	B	B	S	C	S	G	T	E	L	E	V	I	S	I	O	N	S	
O	O	S	O	O	C	B	E	E	N	S	A	C	B	W	I	N	T	E	R	
R	L	F	S	C	I	A	M	P	I	I	N	V	D	E	R	S	L	E		
L	A	L	T	K	P	N	H	M	E	R	T	O	G	E	R	B	Y	O	N	
D	L	A	D	E	N	D	L	O	C	H	T	A	R	K	L	S	S	U	N	
R	S	M	H	Y	Y	H	C	R	O	T	O	N	K	E	T	E	L	D	I	
E	H	C	N	O	L	O	H	T	A	I	B	N	O	S	T	S	H	E	W	
C	T	D	S	P	O	R	T	S	Y	W	A	X	I	O	D	R	O	S	D	
O	G	N	I	T	A	K	S	E	R	U	G	I	F	E	C	F	A	L	H	
R	A	S	L	D	S	E	N	K	N	O	R	D	I	C	J	S	I	E	C	G
D	I	K	D	S	O	Y	B	R	O	N	Z	E	M	E	D	A	L	F	K	
S	G	S	P	M	G	P	C	O	M	P	E	T	I	T	O	R	S	T	S	
C	O	L	D	W	E	A	T	H	E	R	B	E	T	E	L	H	T	A	P	
I	O	S	E	T	A	T	S	D	E	T	I	N	D	A	B	L	V	M		
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R	N	U	N	O	I	F	M	A	H	C	K	S	G	A	L	F	C	O	S	
S	L	O	G	O	N	F	R	D	O	W	N	H	I	L	L	E	C	M	B	



"Like" the Adrian Senior Center Facebook Page to see the latest happenings and for additions or changes to the schedule.

327 Erie Street Adrian, MI 49221 517-263-3585
For Home Delivered Meals, Call 517-263-4529