



FEBRUARY 2021 | NEWSLETTER

DAYLIGHT SAVING TIME



BEGINS
March 14th

Spring Forward

Did You Know:

Germany was the first to implement springing forward on April 30th, 1916 to minimize the use of artificial light to save on fuel during World War I. The United States followed on March 31, 1918. Arizona and Hawaii are the only states that do not observe.



LENAWEE COUNTY
DEPARTMENT ON AGING

The Adrian Senior Center is part of Lenawee County Department on Aging . Financial support through fundraising activities and donations provide for additional activities and programs.

Happy
St. Patrick's
Day

Wednesday, March 17th

The Adrian Senior Center will be serving CURBSIDE a traditional St. Patrick's Day lunch. Although we can not gather together for our traditional congregate meal, we can still enjoy a wonderful meal of:

Corned Beef and Swiss
On Rye Swirl Bread
Red Skin Potatoes
Cabbage
Fruited Lime Jell-O
Cookie

Did you know:

Originally the Irish would eat a meal of pork and potatoes which was inexpensive. The immigrants who came to America substituted cabbage and corned beef because they were less expensive.



March 2021 Lunch Menu



Mon	Tue	Wed	Thu	Fri
1 Baked Chicken Rice Pilaf Kyoto Blend Vegetable Fresh Fruit Salad	2 Chili Topped Potato California Blend Vegetable Zucchini Mandarin Oranges	3 Hot Dog Baked Beans Prince Charles Vegetable Blueberries	4 Hot Turkey Sandwich Mashed Potatoes w/Gravy Capri Blend Vegetable Sliced Apples & Cranberry Sauce	5 Bean & Cheese Chalupa w/Lettuce & Tomato Spanish Rice Carrots Raisins
8 Macaroni & Cheese Peas Stewed Tomatoes Tropical Fruit	9 Chicken Tenders Pesto Kale Potatoes Normandy Blend Vegetable Fruited Yogurt	10 Pork Chop Mashed Potatoes w/Gravy Asparagus Strawberries	11 Beef Stew Biscuit Baked Squash Lima Beans Pears	12 Potato Crusted Tilapia Wild Rice Key West Vegetable Rye Bread Cherries
15 Swedish Meatballs Over Noodles Corn Winter Blend Vegetable Peaches	16 BBQ Pork Sandwich Potato Wedges Midori Blend Vegetable Apricots	17 Corned Beef & Swiss On Rye Swirl Bread Red Skin Potatoes Cabbage Fruited Lime Jell-O Cookie	18 Tahitian Chicken Brown Rice Asian Blend Vegetable Banana	19 Roasted Vegetable Lasagna Italian Green Beans Yellow Squash Raspberries
22 Salisbury Steak Mashed Potatoes Spinach Cherries	23 BBQ Chicken Nuggets Sweet Potato Puffs Cauliflower Cinnamon Applesauce	24 Sloppy Joe Au Gratin Potatoes Beets Peach Cobbler	25 Sweet & Sour Pork Brown Rice Scandinavian Blend Vegetable Prunes	26 Cheese Tortellini Wax Beans Nantucket Blend Vegetable Bread Stick Fruit Cocktail
29 Salmon Asian Rice Succotash Grapes	30 Chicken Alfredo Brussel Sprouts Italian Blend Vegetable Mango	31 Stuffed Pepper Mixed Vegetable Rutabaga Wheat Roll Fruit Salad	Milk is provided with each meal. For any questions, please call 264-5280.	Due to product availability, substitutions may occur. No salt added in kitchen.

CURBSIDE MEAL PICKUP

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.

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 County Department on Aging at 517-264-5280.



Menus Certified By


Dietitian/Nutritionist

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

March | 2021

NATIONAL NUTRITION MONTH

Lenawee Department on Aging is proud to acknowledge the importance of good nutrition and healthy choices in aging well. In a fast paced world, eating habits can be focused around fast options. However, eating healthy does not have to be complicated. It just requires some time to consider the foods you eat, the nutrients you need without too many calories. Building a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein. The Department on Aging hopes these tips will help you take the “fast” out of your meal and bring in color and healthy nutrition.

All adults are encouraged to eat a variety of vegetables, especially dark-green, red and orange, plus beans and peas. All types of vegetables are good, including fresh, frozen and canned. Whole-grain breads, cereals, crackers, pasta and brown rice provide healthy fiber to your diet. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. Aim to eat a variety of food from the protein food group each week including seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

Portion control is just as vital for good nutrition, and following these guidelines while plating is helpful: half of the plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

What you drink is just as important as what you eat. Quench your thirst with water, juice, or other low sugar beverages instead of drinks with added sugars. Be sure to stay hydrated and drink plenty of water every day.

To get the most benefit out of the healthy choices selected for meals, be sure that the meal is eaten in a way that the food is better digested and utilized. Instead of eating on the run, try sitting down and focusing on the food you are going to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

The Department on Aging encourages older adults that may be struggling to create healthy meals and taking the time to enjoy them to consider getting a curbside meal at the local senior centers for lunch. Addison, Adrian, Blissfield, Hudson, Morenci and Tecumseh each have a senior center that provides a healthy, balanced lunchtime meal. Menus are planned to include a variety of vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

~Connie Beevers, LDA Nutrition Director



Adrian Senior Center Staff

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

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A LOOK BACK AT MARCH 2019



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15-0715

COMMUNITY RESOURCES

COVID-19 VACCINE REGISTRATION ASSISTANCE

Help is just a phone call away!

You need to register on the Lenawee County Health Department website to schedule a vaccine appointment.

If you do not have a online access or cannot obtain help through friends or family, we can help!

517-592-1662

Please leave a message following the prompts.

FOR AGES
65+



LENAWEE COUNTY
DEPARTMENT ON AGING



Community Action Agency

Serving Jackson, Lenawee and Hillsdale Counties since 1965

Free Tax Preparation

For households income below \$57,000.

To make an appointment call **517-247-2099** or register for appointments at **www.caajih.itfrontdesk.com**.

Please note this is NOT the CAA phone number.

- Both of these options allow for setting up an appointment in Jackson, Hillsdale or Lenawee County.
- This is a **drop off** opportunity **only** and an appointment is **MANDATORY**.
- Clients **MUST** pick up and complete an intake packet prior to the appointment for drop off. These packets are located at both doors for the Human Services Building and at the CAA on South Street.

Please remember that appointments are at the Human Services Building – suite#3010
NOT the Department on Aging.

March | 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

Fishes & Loaves

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

Appointments are required

Temporary Hours

Monday, Wednesday, Friday, 10am-3pm
Saturday 10am – 12pm



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 8:30am-11:30am
By appointment only

Salvation Army Has Hot Meals

Mondays and Wednesdays
217 W. Church St. Adrian
265-2038
4:00pm to 5:00pm
To-Go-Meals ONLY

These hours were updated last on 3-5-2021

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-2:30pm &
Every 3rd Sunday 7-8pm

Lenawee County 211

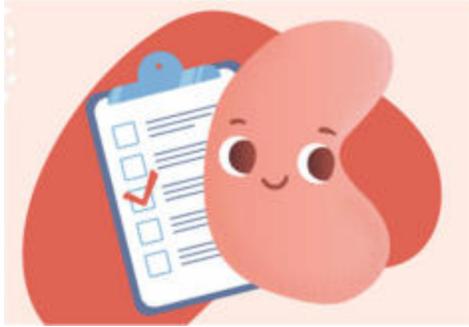
The 2-1-1 hotline is the toll-free health and human services referral service system available across all 50 states, DC and Puerto Rico and funded by respective, local United Way offices. The mission of 2-1-1 is to connect people with information and resources to build healthy, safe communities. Any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

UP COMING EVENTS

MARCH MAGIC

NATIONAL KIDNEY MONTH

Take Charge of Your Health



Follow these healthy lifestyle tips to take charge of your kidney health. (NIDDK)

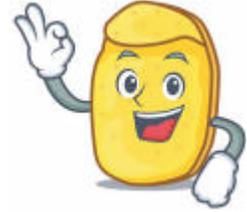
1. Meet regularly with your health care team. Staying connected with your doctor, can help you maintain your kidney health.
2. Manage blood pressure and monitor blood glucose levels. Check your blood pressure and blood glucose level regularly if you have diabetes.
3. Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen. Keep your pharmacist and doctor informed on all the medicines you take.
4. Aim for a healthy weight. Create a healthy meal plan.
5. Reduce stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
6. Make time for sleep. Aim for 7 to 8 hours of sleep per night.
7. Quit smoking. If you smoke, take steps to quit.

Small changes can go a long way to keeping your kidneys and you healthier for longer.

Additional Resources:

American Diabetes Association
1-800-342-2383
Kidney Foundation of Michigan
1-800-482-1455
Region 2 Area on Agency on Aging
517-592-1974
Michigan Tobacco Quitline
1-800-480-7848 or
<https://michigan.quitlogix.org>

National Potato Chips Day March 14th



Fun Facts:

- The first potato chips were invented by Chef George Crum on August 24th, 1853, and were called “Saratoga Chips”
- The oldest potato chip company is Mike-sell’s out of Dayton, Ohio, which was founded in 1910.
- Barbeque chips were the first flavored potato chip.
- Americans eat 1.5 Billion pounds of potato chips each year.

Potato chips will be handed out with Curbside meals sometime during the month of March in honor of National Potato Chip day.

LET’S PLAY



Jeopardy Game Show Premiered on
March 30, 1964

This time honored game show has endured until this day. To honor the show’s longevity, let’s play some Senior Jeopardy. Pick up your game sheets on Monday, March 29th during curbside meal distribution. Then turn in your “questions” for the “answers” by March 31st. There will be a gift bag for the person that gets the most correct.

APPRECIATION

Thank you to Adrian Senior Center staff, participants and board members for collecting items and monetary donations for the Lenawee Humane Society. Donations were appreciated by the staff at the Humane Society and all of the furry four legged animals that reside there. Thank you for your generosity.



Thank you to the Adrian Senior Center Community for over 50 birthday wishes for Carl Lamphier on his 100th Birthday. Carl was delighted to see so many birthday cards from all of his friends at the Senior Center. Your thoughtfulness made his birthday extra special. A big thanks as well to Bronna Kahle's office for the certificate from the State of Michigan in honor of Carl turning 100. He wanted to say thank you and let everyone know, he will be back to play pool as soon as we can all get together again.



THANK YOU
for your generosity

©LPI

PUZZLE OF THE MONTH

Celebrate St. Paddy's Day!

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

Word List:

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT

BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
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HARP
JIG
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POTOFGOLD
SHAMROCK
TRADITION

CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH

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

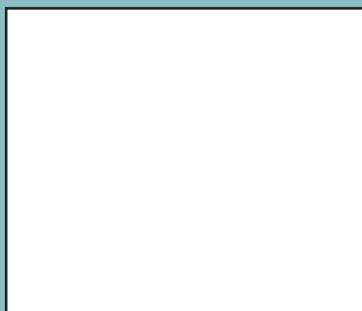
Center participants have the right to enjoy programs and receive services in an atmosphere that is pleasant, safe and without disturbance from other participants. To ensure that the senior center is an enjoyable experience for all who use it, disruptive or disturbing behavior is not permitted. Senior 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

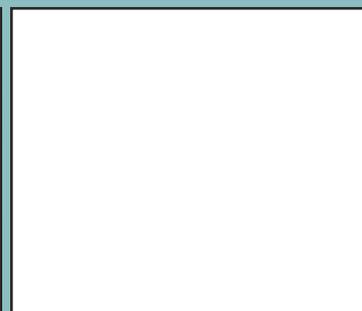
It is the policy of the Adrian Senior Center to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our participants may, however, lead us to close the Center. When closing for any reason occurs, media announcements regarding closures or late openings will only be on WLEN Radio-103.9 FM, and WABJ-1490 AM. You may also call 517-264-5280 for updates.

Note: The Lenawee Department on Aging's decision to close centers or have them remain open is made independently from local school districts. There may be occasions when schools are closed, yet the Senior Centers are open.

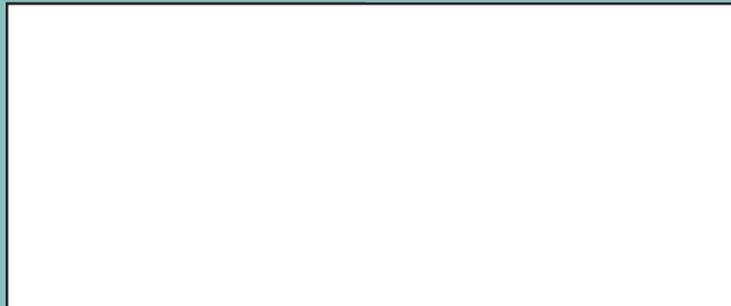
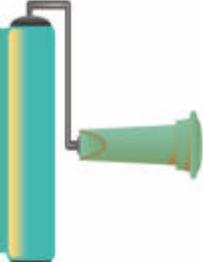
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Puzzles of the Month

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "B" = "S"

"KH UKD EDHB SDG MJHQHSG L
NJATH UKHS KH NLS, HSNWJLIHB
AG."

— BSHHNL

PREVIOUS SOLUTION: "The who does not prevent a crime when he can, encourages it." — Seneca

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

Answer to Sudoku

Joke of the Month

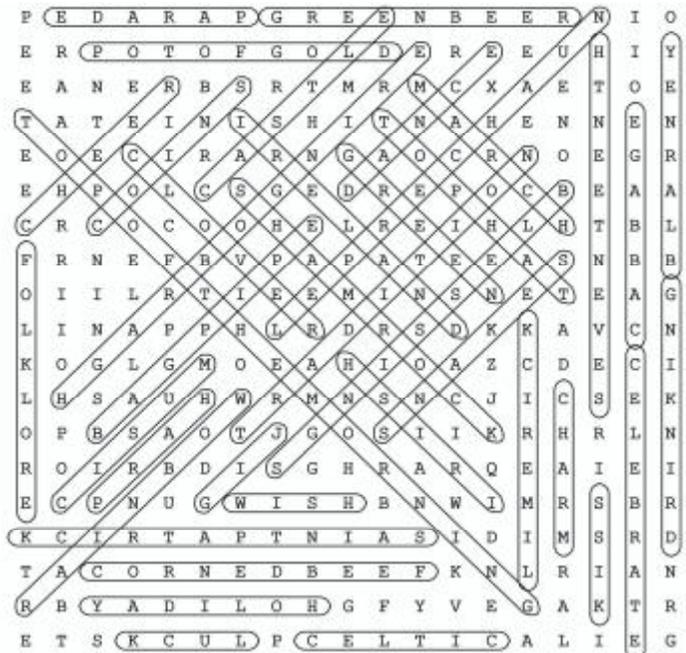
The Olden Days

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed and sat silently for a minute. Finally, he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

Answer Keys



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