

Madison Heights Active Adult Center

January 2021

For active adults in Madison Heights
and the surrounding area
age 50 & up!



A Note From the Coordinator

Happy New Year! Three cheers for 2021!! It's always good to reflect on the past year and remember both the good times and the difficult times. 2020 was extra trying to say the least. As we turn the calendar page to 2021, let us remember words from two wise women: "With the new day comes new strength and new thoughts." (Eleanor Roosevelt) "Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." (Helen Keller) Here's to a more connected, safer and healthier 2021!!!

This month the City will be reevaluating if we can start reopening the Center, with guidelines and safety measures in place. We will have an update in our February newsletter, which will go to print in mid-January. Even though our building is not open yet, we are still working hard to provide fun alternatives! We are offering two drive-through events and one parking lot event in January! The first drive through event is a curbside craft, a snowflake window decoration! See page 2 for more info and make sure you call the Center to schedule your free curbside pickup (while supplies last). We are also hosting a drive through event on Thursday, January 14 from 1-2 pm that you will not want to miss! Staff is working hard putting together sunshine jars FILLED with things to make you smile!! Check out page 2 for more info and make sure you call the Center to RSVP for this free event! Lastly, we will be hosting our first parking lot event, a prize bingo! See page 3 for more details on this January 21 event! You won't want to miss it!!

Besides working on our curbside, drive through and parking lot events, staff has been working extremely hard to provide essential services to our community. We are offering curbside services for essential items such as medical equipment and Focus Hope food boxes, answering phone calls, responding to emails, Facebook messages and voicemail messages regarding available resources, creating a modified monthly newsletter, offering virtual classes and activities, sharing virtual travel opportunities, and providing bus transportation to doctor appointments, grocery stores, and other essential errands. Our newsletter is packed with lots of great information. For the latest updates on the AAC, like us on Facebook - Madison Heights Active Adult Center.

We hope you are doing well!. We're glad we have been able to connect with you in new ways, and we hope we can be together in person very soon! If you have any questions, or if we can connect you with assistance, please don't hesitate to call the Center at 248-545-3464. Stay safe and be well!!!

~ Jennifer Cowan



Madison Heights Active Adult Center Staff

Jennifer Cowan ~
Active Adult Coordinator

John Leuffgen ~
Part-Time Driver

Marie Murphy ~
Part-Time Driver

David Smith ~
Part-Time Driver

Bobby Daniels ~
Part-Time Driver



Heather Parker ~
Active Adult Assistant

Kathleen Faulkner ~
PT Driver/Office Asst

Tiffany Poole ~
Part-Time Receptionist

Gayle Verbiest ~
Part-Time Driver

Paul Gill ~
Part-Time Driver

The Madison Heights Active Adult Center's mission is to improve the lives of older adults age 50 and over through caring service, with opportunities for social interaction, recreation, basic support, education, volunteerism and community activism.

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***** NEWS TO KNOW *****

DRIVE THRU—PICK UP EVENTS



For all Drive-Thru Events:
Please call ahead of event for availability and follow instructions and map below.
All Drive-Thru events are for participants aged 50 and up.
Please exercise safe practices:
wear your mask, stay in your car & make sure you are symptom free.



Sunshine Jars



A little something to brighten your day!

***Thursday, January 14, 2021
1:00 pm - 2:00 pm***



***We have the perfect remedy for
those January winter blues.***

***We will be giving out hand packed jars filled with sunshine and smiles!
Just what the doctor ordered for a cure to the winter blues.***

Winter Snowflake Coffee Filter Craft

**Are you 50 and up?
Would you like to make beautiful
snowflakes to get rid of your January blues?**



**We have FREE packets available with
most of the supplies you will need.
Call the Center at 248-545-3464 to
schedule a January curbside pickup!**



Please enter the Dartmouth Street driveway off John R at the traffic light. Follow the driveway down to the back parking lot, drive around the building towards the front circle drive and enter the first driveway. Stop in front of the table by the front door, roll down your passenger window to receive your items, and then circle around to exit either driveway.



SOCIALLY DISTANT SOCIAL EVENT

PARKING LOT BINGO

THURSDAY, JANUARY 21, 2021

1:00 PM - 2:00 PM

FREE!



We know it's been on your mind since March, wondering when we would ever get to play Bingo again.

Well...wonder no more!

From the warmth and safety of your own car, you will be able to play bingo with your friends. Wave to them, honk at them, cheer when a Bingo is called.

Your favorite "Car Hops" will come around car to car and pass out all you need to play.



Non-monetary prizes will be given out to the winners!

Want to make it extra fun?
Decorate your car or your crew
in the car with you and get an extra prize!!



Spots are limited! Please call to reserve you parking spot!!

JANUARY 2021 TRANSPORTATION SCHEDULE

TO MAKE AN APPOINTMENT FOR PICK UP
CALL 248-545-3464



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
					1) CENTER CLOSED	2)
3)	4)	5) DR APPTS, ERRANDS	6) DR APPTS, MEIJER	7) DR APPTS, ERRANDS KROGER	8)	9)
10)	11)	12) DR APPTS, ERRANDS	13) DR APPTS, MEIJER	14) DR APPTS, ERRANDS KROGER	15)	16)
17)	18) CENTER CLOSED	19) DR APPTS, ERRANDS	20) DR APPTS, MEIJER	21) DR APPTS, ERRANDS KROGER	22)	23)
24) 31)	25)	26) DR APPTS, ERRANDS	27) DR APPTS, MEIJER	28) DR APPTS, ERRANDS KROGER	29)	30)

Transportation Schedule:

The above schedule is SUBJECT TO CHANGE based on ridership and our driver's schedules due to COVID-19.

TUESDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip) AND Errands.

Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer) - Fee: \$2.00 (round trip)

WEDNESDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip), Meijer AND Errands.- Fee: \$2.00 Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer or Kroger) - Fee: \$2.00 (round trip)

THURSDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip), Kroger AND Errands.

Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer) - Fee: \$2.00 (round trip)

- **No more than 2 riders on the bus at all times. One stop per rider per day. Riders must sit spaced apart. Riders must wear a mask, must not have had a fever, chills, sore throat, dry cough, difficulty breathing or digestive symptoms such as diarrhea, vomiting and abdominal pain in the past seven days, and will have their temperature taken.**

*Riders must be ready 15 minutes before their pick up time and may not get picked up until 15 minutes after their pick up time depending on the schedule, traffic and the weather.

*We need your name, your address and your phone number when you call to make a bus reservation.

*We need your doctor's name, address and phone number if you are making a doctor appointment. .

*Please limit your groceries to what will fit in two standard sized cloth bags.

*Carts and walkers must be standard size and placed in front of you in the seat or at the back of the van (per driver's instructions).

*Aisles must remain clear at all times per safety regulations.

*No riding of the wheelchair lift unless you are in a wheelchair or you have a walker with a seat and are unable to walk up the steps.

Please remember we will offer limited assistance when requested. If we deem you need assistance beyond what we can provide, we reserve the right to require you to bring someone with you to assist you (who must also pay the fee) or to deny service if we feel your safety or others' safety is at risk. *We are not responsible for any missing or broken items.

*****For special circumstances and unique situations that may arise, please contact the center for possible availability.*****



** JANUARY 2021 VIRTUAL CLASS INFO **



Check out our YouTube Channel for the Active Adult Center!

We have posted all kinds of videos that you can access *anytime!*

Videos include the following topics:

-Cardio Drumming -Tai Chi -Craft Class -Food Fun -Creative Writing Art as Therapy -Chair Yoga

Go to: <https://www.youtube.com/channel/UCXQsJucy4Whs65UqsvKYkVQ/> Or go to YouTube and just search for Madison Heights Active Adult Center. *Don't forget to click 'subscribe' to be notified when new videos are posted!*



Zumba with Barb ~ Tuesday @6:30p & Wednesday @11am

This class will use the 8x8 video meeting app. If you are on a phone or tablet you will need to download the app. If you are on a computer, you most likely will not need to download the app. Click on the link in the Facebook post to join in! You can also watch Barb's Facebook page for videos and information about her in person, outdoor classes: Zumba With Barb.



Virtual AREA AGENCY ON AGING PROGRAMS

Ageing Mastery Program – Virtual Edition
Tuesday January 5th, 2021 - Tuesday March 16th, 2021
1:00 pm - 2:30 pm



This 10-week program is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. The program encourages individuals to set personal goals around many aspects of their lives including: exercise, nutrition, finances, medication management, advanced care planning, community engagement, and healthy relationships. Class is being held using GoToMeeting, an online meeting service. You can participate using your Smartphone, computer or tablet. Advance registration required. Once you're registered, you will be sent a link via email that you can use to participate. First session is an orientation that will help everyone understand how to use GoToMeeting and get the most out of this virtual session. Classes are free, but donations are appreciated. Contact us to learn more or register for a class: (833) 262-2200 or email wellnessprograms@aaa1b.com.



Detroit Institute of Arts presents "DIA at Home: For Seniors"



An online version of their popular "Thursdays at the Museum" program, these resources help keep seniors (and others of all ages!) learning, exploring and connecting with their DIA. They will share videos of curator talks, links to films, art-making projects, online exhibitions and more. Here is the link: <https://www.dia.org/thursdaysathome>

Diabetes Prevention Program - Virtual Class through Beaumont Health

The workshops will be virtual classes until we are able to return to in-person classes. Please register according to location, once restrictions are lifted the classes will be moved back to in-person classes.
Small changes can make a big difference in your health and helping you to prevent the development of type 2 diabetes. Beaumont's Diabetes Prevention Program is led by trained lifestyle coaches who will give you skills you need to make lasting, healthy lifestyle changes. Through this yearlong program, you will work as a team to focus on healthy eating, getting started with physical activity, overcoming stress and staying motivated as you work toward your weight loss and physical activity goals. After the initial 16 weekly sessions, you will meet monthly for added support to help maintain your progress. To register follow the link provided. Choose your class and which session fits your schedule best.
<https://beaumonthealth.digitalsignup.com/>



Well Connected



Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you. Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect. Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

If you're ready to register, please contact us at 877.797.7299, or coviaconnections@covia.org

You can also volunteer to lead your own Well Connected group, or Donate to support the program. All donations are tax-deductible, and all contributions are welcome.

Silver Center Program: Conference Call Classes for Senior Citizens

The Silver Center is an engaging conference call class providing senior citizens with information regarding current events and leisure topics to keep them engaged. The weekly Silver Center conference call classes are particularly helpful during the 2020 global COVID-19 pandemic, especially threatening to seniors and individuals with pre-existing conditions. The program is public and free for adults 60 and older in Southeast Michigan. For more information, contact Norvena Wilson at (248) 403-4991 or nwilson@mchsmi.org.

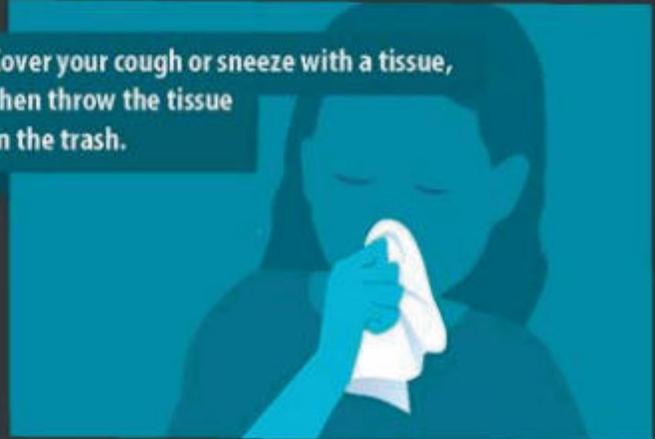
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

CS14915-A



****Services & Outside Resources****



Help is out there and we can connect you to it!

Call the Active Adult Center at 248-545-3464 if you have questions. Even when staff works remotely, calls are transferred to them. If we can't help you directly, we will try our best to refer you to someone who can.

Below is a list of resources available to you.

Do you need food?

Oakland Meals on Wheels- Daily meal delivery and pantry food packs for a suggested donation. Call them at: 248-689-0001 (Please leave a message and someone will call you back within 24 hours.)

Focus Hope- Provides free monthly food to senior citizens who are 60 years of age or older and reside in Wayne, Oakland, Macomb and Washtenaw counties. Items include: cereal, juice, cheese, milk, dry beans, peanut butter, spaghetti, fruits, vegetables and protein, with quantities distributed each month. Call the Center at 248-545-3464 for more information!

MH Emergency Pantry- Pick up and delivery of food donations. Fill out the form on Facebook or call them at: 248-397-5294.

Royal Oak Salvation Army- call 248-585-5600
Gleaners Food Bank- call 1-866-453-2637 or go to www.gcfb.org

United Way- call 211

Do you need a mask, gloves or hand sanitizer?

Try the Pharmacy Shop: 248-591-5555

Would you like a weekly reassurance call?

If so, call the Center at 248-545-3464 to let us know and we will add you to our call list!

Do you need transportation outside what we offer?

SMART Connector Service- call 1-866-962-5515, press 1 for Connector and 1 again for Reservations.

Do you need medical equipment loans?

We have loans of walkers, wheelchairs, commodes, canes and shower chairs for pick up: 9 am—2 pm

Or call World Medical Relief at 313-866-5333.

Do you need an online support meeting?

Call Paul LeClair from St. Patrick's Episcopal Church: 248-842-6856 (Grief Support)

Call Alliance for Healthy Communities at 248-221-7101 or go to www.ahc-stl.org

Do you need legal assistance?

Contact Lakeshore Legal Aid at 1-888-783-8190. They provide free legal assistance to seniors and low income clients. Besides typical issues, they are now fielding questions about stimulus money and working conditions.

Do you have questions for a nurse?

Call Oakland County's nurse on-call line at 800-848-5533.

Do you have non-health related questions about the #COVID19 pandemic?

Contact Oakland County's Help Hotline at 248-858-1000 or email hotline@oakgov.com.

Would you like free updates on the Coronavirus?

Oakgov.com/covid or text OAKGOV to 28748

Do you need shelter or medical assistance?

United Way- call 211

Are you in need of home assistance or repairs?

The SHARP program has been suspended until further notice. If you need home repair assistance you may try the following service providers.

Oakland County Home Improvement loans:
248-858-5401

Do you need help or information pertaining to Social Security?

The Social Security Administration is still available to help by phone. A local representative is available to take your call Monday thru Friday from 9:00 am— 4:00 pm at:

888-456-9559

They may be able to schedule an appointment if they cannot help you by phone. Please do not come into one of their local offices. They cannot accept walk-ins at this time.

You may also visit SSA.gov.

Many of their services can be completed online.



Partnership with OLHSA

OLHSA is the largest private nonprofit agency delivering human services to Oakland and Livingston Counties. Below are the current programs that members can take advantage of during the pandemic.

- Water Residential Assistance Program- Call (313) 386-9727
- Grandparents Raising Grandchildren- Call (248) 479-6516
- Emergency Utility Assistance- Call (248) 479-6516
- Weatherization- Call (248) 479-6516
- Burial benefits, hygiene kits, 1-time food box or rental/mortgage assistance needs due to COVID-19- Call (248) 209-2600



Area Agency on Aging 1-B



Established in 1974, the Area Agency on Aging 1-B (AAA 1-B) is a nonprofit 501(c) 3 organization with a rich history of supporting older adults, people with disabilities and family caregivers in southeast Michigan. They are part of a national network of Area Agencies on Aging and a leader in aging services in a six-county region that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. AAA 1-B help people access the services and programs they need to remain living independently and with dignity in their own home or with family caregivers. They provide direct care programs for seniors, along with funding and support for many programs provided by our community partner organizations.

- Programs and services AAA 1-B can help people access include:
- Information and Assistance Telephone Line to help people find local resources
 - Direct Home Care Services and care coordination to help when seniors are having trouble caring for themselves
 - Adult Day Services
 - Medicare Medicaid Assistance to help beneficiaries troubleshoot problems and understand their options
 - Chore Services to help seniors maintain their homes
 - Home Injury control programs to help make seniors' homes safe
 - Advocacy to help make sure seniors' voices are heard
 - Transportation Assistance
 - Legal services
 - Services and support for grandparents raising grandchildren
 - Health and Wellness classes to help older adults stay healthy

Contact AAA 1-B for questions and information on their programs and services. Call 1-800-852-7795

Community Housing Network Servicing Oakland County



Monday thru Friday 8:30 am - 4:30 pm
248-928-0111

Specializing in: Homelessness, Renting, Homeownership, Independent Living, Staying Housed due to financial issues.

Housing Resource Center for Oakland County

Monday thru Friday 8:30 am - 4:30 pm
248-249-1335

Available to help any language or persons with hearing problems.

CommunityHousingNetwork.org

Info on: Subsidized Housing, Housing Choice Voucher (Section 8) Housing

MichiganHousingLocator.com

LowIncomeApartmentsForRent.info

These are search engines for housing options in Michigan

FernCare Free Clinic



The FernCare Free Clinic treats people who are between 19 and 64 years of age and who don't have medical insurance or a primary care provider. They provide the following services:

- Non-emergency healthcare
 - Checkups
 - Generic medications
 - Lab Testing
- Enrollment assistance with:
- Prescription Assistance Program
 - Affordable Care Act Insurance Exchange Enrollment Assistance
 - Healthy Michigan Enrollment Assistance
 - 1:1 Smoking Cessation Counseling
 - Acupuncture
 - Nutrition Counseling
 - Lab Testing
 - Wellness/Life Coaching
 - Operates a Little Free Library in front of the clinic



In addition to all of these services, FernCare also can provide many outside resource contacts for medical needs and more.

FernCare Free Clinic, Inc.
459 E Nine Mile Rd.
Ferndale, MI 48220
248-677-2273
www.fernccare.org

LAKESHORE LEGAL AID



Lakeshore Legal Aid is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities.

Their services are available for any senior in Oakland County regardless of income.

Call their Southfield office for a free phone consultation regarding your legal issue or to just ask a legal question. Lakeshore Legal Aid: 1-888-783-8190

Good Rx



Find the lowest price on prescriptions right from your phone or iPad. GoodRx is 100% free. No personal information required. With their easy-to-use mobile apps feature you can have instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies. They offer coupons and savings tips that can cut your prescription costs by 50% or more.

You can look up and research side effects, pharmacy hours and locations, pill images, and much more!

You can also access GoodRx through their website at www.goodrx.com.

Alternative Transportation Available

The Center offers it's own transportation for Madison Heights residents. If we are unable to accommodate your transportation needs, below are a few alternative places to inquire about transportation.

- SMART Bus: 1-866-962-5515
- GoRide Service (Beaumont): 248-489-5150
- Boomerang Errand Services, LLC: 248-275-8256
- Independent Medical Transportation Services: 248-545-3144



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- Asymmetry
- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Fatigue
- Fibromyalgia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- Low Back Pain
- Mid Back Pain
- Migraine Headaches
- Muscle Spasm
- Muscle Tension
- Muscular Imbalance
- Neck Pain
- Numbness/Tingling
- Pinched Nerve
- Poor Posture
- Rotator Cuff Issues
- Shoulder Pain
- Sinus Conditions
- Spinal Decay
- Strength Issues
- Tendonitis
- Tennis Elbow
- Thoracic Outlet
- TMJ Issues
- Upper Back Pain
- Vision Issues

Is This YOU?



Madison Heights
Chiropractic Center

Dr. John Conflitti

**28107 JOHN R, MADISON HEIGHTS
(248) 542-3492**
FAX: (248) 542-3494
madisonheightschrio@gmail.com

Call To Schedule A Complementary Consultation
It's a conversation, not a commitment

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OF THIS SPACE.
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AVAILABLE

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Please Call Our Leasing Office
at 248-585-0999
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- Heat & Water Included
- Individual Heating and Cooling
- Rent Subsidized (30% adjusted Income)
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- On-Site Laundry
- On-Site Service Coordinator
- Near Oakland Mall and Meijer

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- Diversity & Open Membership
- Democratic Control
- Social Interaction
- Senior Empowerment
- Not-For-Profit Operation

JOIN OUR WAITLIST

(800) 593-3052 www.csi.coop TDD (800) 348-7011

MADISON HEIGHTS CO-OP

500 E. Irving, Madison Heights
Please Call Our Leasing Office
at 248-585-2336
To Schedule a Tour!



Amenities

- All Utilities Included
- Individual Heating & Cooling
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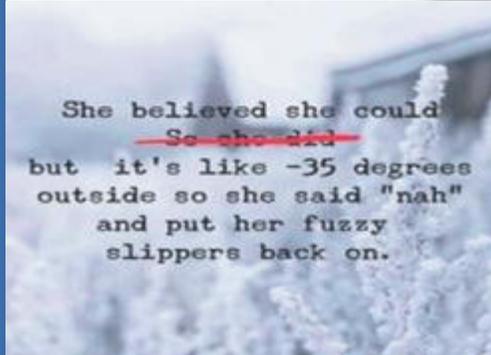
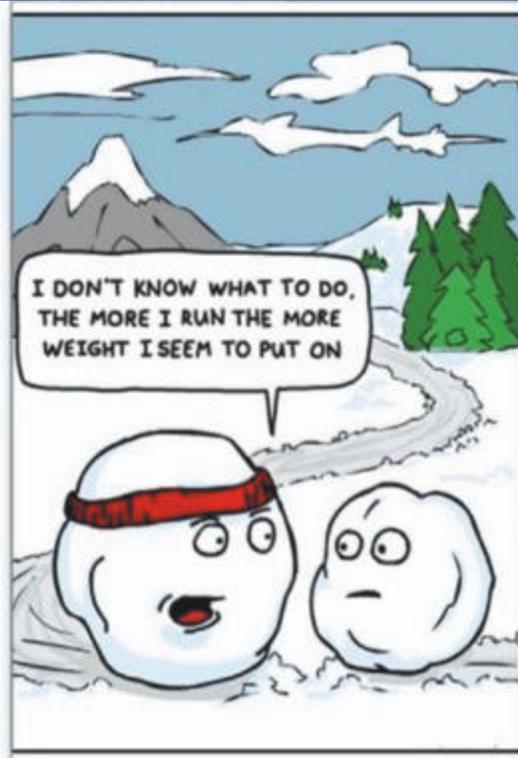
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www.ourseniorcenter.com





Nothing better than a hearty laugh on a cold winter's day



to warm you from the inside out !!



- What do you call an old snowman? – Water.
- Why don't mountains get cold in the winter? – They wear snow caps.
- What two letters of the alphabet do snowmen prefer? – I.C.
- Knock, knock! Who's there? Lettuce. Lettuce who? Lettuce in, it's cold outside!
- What do you get when you cross a snowman and a dog? – Frost bite.
- How do Eskimos make their beds? – With sheets of ice and blankets of snow.
- What do you call a penguin that steals baby octopuses? – A SQUIDnapper.
- Knock, knock! Who's there? Snow. Snow who? Snowbody!
- What does Jack Frost like best about school? – Snow and tell.
- Where do penguins go to the movies? – At the DIVE-in!
- What falls but never gets hurt? – Snow.
- Who are Frosty's parents? – Mom and Pop-Sicle.
- What do you call a slow skier? – A SLOPEpoke!
- Why do seals swim in saltwater? – Because pepper water makes them sneeze!
- What did the snowman say to the customer? – Have an ice day!
- How do you scare a snowman? – Get out a hairdryer.
- What did the snowman and his wife put over their baby's crib? -A snowmobile.
- How does an Eskimo stick his house together? – With igloo!
- What do snowmen call their offspring? – CHILLdren
- What food do you get when you cross Frosty with a polar bear? – A "brrr" – "grrr"



*** CREATIVE SPIRITS & MENTAL WELLNESS ***

We've all been taking this time to do things we normally might be too busy to do or have been meaning to do. We have also been able to just sit and be silent and think about what has been going on and how it has affected us. What have you learned and what will remember about this time? What is something positive that has come out of this unprecedented situation?
How have you let your creative side come out during this time?

Make sure you check out videos on our YouTube channel, and once we reopen, look for on site classes too!

January is Mental Wellness month! 2020 was a challenging year for us all!! Below are 31 ways you can strengthen your mental health in the new year.

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Write down your most important goals for this month.	2 Look for reasons to be hopeful even in difficult times
3 Take the first steps toward a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good	5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or a task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward
10 Take time to reflect on what you have achieved this week	11 Focus on a positive change you want to see in society	12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted
17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to	19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently
24 Recognize that you have a choice on what to prioritize	25 Plan a fun or exciting activity to look forward to	26 Start the week by writing down your top priorities and plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your purpose in life
31 Think of 3 things that give you hope for the future						

** PHYSICAL WELLNESS—Keeping You Moving & Motivated

Exercise helps strengthen the lymphatic system. That's where our immune cells circulate and lowers levels of stress hormones. Effectively managing stress levels keeps our immune system running strong. Now more than ever it is important that we take care of ourselves.

Don't forget to check out our virtual and YouTube exercise classes and once we reopen, our on site classes. We have Chair Yoga, Line Dance, Cardio Drum, Strength Training, Zumba, and Tai Chi. We also have exercise equipment for all activity levels.



50 REASONS to exercise

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves **Quality of Life**



***** CREATIVE ARTS *****
EXPRESSION AND HEALING THROUGH ART



Creating art can be beneficial throughout every stage of life. Art can relieve burdensome stress, encourage creative thinking, boost self-esteem, and provide a sense of accomplishment. There are lots of fun art projects you can do at home with supplies you probably have on hand. Try one, or ALL, of the fun art projects below!

And don't forget to check out our YouTube Art Therapy and Craft classes!

Easy Sock Snowman

Supplies:

- | | | |
|------------------------------|-----------------------|----------------------------|
| • 1 white sock | • Rubber bands | • Glue gun |
| • 1 colored sock for the hat | • Buttons | • Fabric Paints or markers |
| • Rice for filling | • Ribbons/yarn/fabric | |



Instructions:

1. Start by filling your white sock with rice. You will need a hefty amount (we were quite surprised to see how much rice can go into one sock).
2. Cut enough cord to wrap around your wrist + plenty of slack. You'll be tying knots in the cord so that will make it shorter. If you have buttons with two holes: you will use one string (and more knots) to make your bracelet. If you have buttons with 4 holes: you will be using 2 strings to thread the bracelet, one through the top two holes of each button and one through the bottom two holes of each button.
3. Take another rubber band and place in the middle – more to the upper side – of the rice filled sock to form the head shape.
4. Now glue the buttons to the bottom side by using a glue gun (glue dots do a fairly good job too).
5. Draw the mouth and eyes with a black marker or with black paint.
6. We also added pink cheeks (Crayola washable paints were great for the job). We made the nose out of two orange pom poms – turned out amazing.
7. Add a ribbon for the scarf – we found that glue dots and glue gun work best for ribbons, while other glues kind of fail miserably. You can cut off excess white sock (or you can tuck it in the hat we will be making next).
8. Cut the colored sock (we cut the foot part, without heel). Roll it a bit and place it on the head of your snowman. You can leave it as it is or you can secure it with some glue.

Tin Can Planter

Supplies:

- Scrapbooking Paper (or tissue paper)
- Modpodge
- Paint Brush
- Hammer and Small Nail
- Ruler
- Scissors
- Pencil



Instructions:

1. Turn your tin can planter over and using a nail, create three or four small holes in the bottom for drainage. Succulents really need drainage so I'd go to town on the bottom of my can if planning to plant a succulent or cactus.
2. Measure your can from tip to tip and cut your paper to fit
3. Quickly smooth a layer of mod podge on to your tin can.
4. Adhere the scrapbook paper to the tin can, trim any excess.
5. Put two coats of mod podge over the adhered scrapbook paper. Allow to dry fully between coats.
6. Plant and enjoy! You can put any plant in the can(s), you can even create an indoor herb garden.

Pinecone Bird Feeder

Supplies:

- A pine cone
- Peanut butter
- Ribbon
- Bird seed
- Plastic baggie (preferably white or translucent)



Instructions:

1. Start by cutting a ribbon about 24" in length. The idea is to make it so that squirrels can't easily reach your delicious bird seed. I think it's better to attach the ribbon first so that you don't get peanut butter and seeds everywhere later on. Move a couple of layers from the top of the pine cone and tie the ribbon around tightly.
2. Next, smear peanut butter all over your pine cone bird feeder. Peanut butter will make the birdseed stick to the pinecone. This part is kind of messy. Make sure to get some peanut butter in between the various layers of the pine cone for maximum bird seed coverage.
3. Place your gooey pinecone in a bag of bird seed. Hold the top shut and shake. Leave the ribbon sticking out of the bag so it doesn't get full of peanut butter.
4. Take it outside and hang it from a tree with the ribbon loop you created.



***** CREATIVE ARTS *****
FOOD FUN

Here are a few LIMITED INGREDIENT recipes using ingredients that are common in most everyone's pantry. Give them a try!
Make sure to check out our food fun class on YouTube, and once we reopen, check out our Smoothie Day and Adventures in Cooking Class!

Butternut Squash Soup

INGREDIENTS:

- 1 med butternut squash
- 1 tsp olive oil
- 1 onion diced
- 2 cloves garlic minced
- 1 tsp curry powder
- 1/4 tsp ground black pepper
- 1/2 tsp garlic powder
- 4 cups water hot
- 1/2 tsp salt

PREPARATION

1. Peel, deseed and cube the butternut squash. Place on a baking sheet, drizzle with olive oil, salt and ground black pepper. Roast for 20 minutes on 350 degrees until golden and soft. Turn the squash once while roasting. (Or roast first if it is too hard to cut.)
2. In a large saucepan, heat olive oil and sauté onion until it's soft and translucent. Add garlic and cook for one minute or until it's fragrant.
3. Add spices, roasted butternut squash and hot water (you could add hot vegetable stock instead of water).
4. Let everything boil for 3 minutes, then using a stick blender whizz until the soup is smooth.
5. Put the soup back on the stove and heat for a couple of minutes. ADD salt to taste.



Makes 4 servings. Enjoy!

To Die For Pot Roast

INGREDIENTS:

- 1 (1 1/4 ounce) package brown gravy mix, dry
- 1/2 cup water
- 1 (1 1/4 ounce) package dried Italian salad dressing mix
- 1 (4 -5) lb beef roast, any kind
- 1 (1 1/4 ounce) package ranch dressing mix, dry

PREPARATION:

1. Place beef roast in crock pot.
2. Mix the dried mixes together in a bowl and sprinkle over the roast.
3. Pour the water around the roast.
4. Cook on low for 7-9 hours.



Optional tweaks:

- Use onion soup mix instead of ranch.
- Add one cup of red wine along with the water.
- Add potatoes, carrots, mushrooms, celery and onion 2-3 hours before end.

The roast will make it's own gravy. Serve with mashed potatoes. Use leftovers for open faced sandwiches on Texas Toast.

Makes 8 servings. Enjoy!

Herb and Garlic Mashed Potatoes

INGREDIENTS:

- 1 head garlic, small
- 6 potatoes, medium
- salt to taste
- 1/4 cup whole milk, hot
- 1/2 cup unsalted butter
- 1-2 tbsp parsley



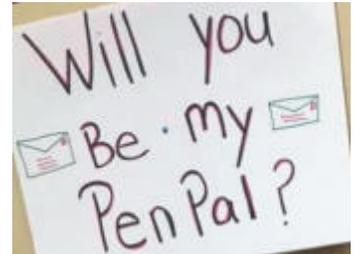
PREPARATION:

1. Preheat the oven to 200C/400F. Cut the top off the head of garlic to expose the cloves, wrap in aluminum foil and bake for 45-50 minutes until the cloves are very soft. Cool.
2. Boil the peeled and quartered potatoes in salted water until very tender. While the potatoes are cooking, squeeze the garlic cloves out of their peels, they should pop out easily and mash them with a fork in a small bowl. Set aside.
3. Drain the potatoes and steam dry them to get rid of the excess of water. Return them to the pan and add hot milk, start mashing with a potato masher until mostly smooth, then add butter and keep mashing. Start by stirring in 1/2 of the mashed roasted garlic, slowly increase the garlic quantity according to taste, then mash until smooth and most lumps are broken, season with salt to taste. Add the fresh herbs and fold in with a spatula. Serve piping hot with a bit more butter if desired.

.Makes 6 servings. Enjoy!

Senior to Senior Pen Pal Program

The Active Adult Center is looking for volunteers age 50 and older who would like to participate in a Pen Pal Program this winter. Each senior volunteer would be paired up with a high school senior, and would write letters to each other monthly from January through April. Completed letters would be sent each month to the Active Adult Center and then staff will readdress the letters to recipients in order to keep addresses private. Letters have kept people connected for many years through war, across oceans, over years and across generations.



We think this could be a great intergenerational program to combat isolation during the pandemic. We are hoping to offer a meet up in May or later if participants wish (socially distanced if necessary).

If you are interested, please call the Center at 248-545-3464 and give us your name, phone number and address. Staff will contact volunteers in January to get the program started.

INCLEMENT WEATHER

Inclement Weather Policy

Please call the Center after 9 am to see if any scheduled classes, activities, trips, lunch or transportation are cancelled for the day.

The City's snow emergency phone number is 248-588-5555.



Extended Travel



A WORD FROM OUR PARTNERED TRAVEL COMPANIES

"The safety of our travelers and our employees is our number one priority. With our cancellation waiver, travelers are able to cancel for any reason with a full refund up to the day of departure."
~ Collette Tours: 1-800-340-5158

"In keeping with the recommendations from the Center for Disease Control & Protection, Bianco Tours is currently operating with a small staff to process the enormous influx of cancellations and refunds to our customers. After that has been accomplished, we'll be closing our doors and waiting for direction. For the foreseeable future, we will not be operating charters or tours, but our representatives will be back in touch with our loyal group leaders and their passengers as soon as this unprecedented situation is under control and we're able to return to life as we know it. Thank you for your past business and we look forward to returning to provide exceptional tours in the very near future."
~ Jill Bianco Bianco Travel: 734-946-7021

For information from Shoreline Travel & Tours please call : 1-800-265-0818

For any questions regarding extended trips please contact the specific travel company directly.



**** CELEBRATIONS!! ****



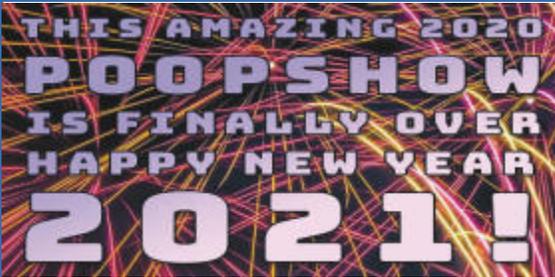
January Birthdays

- 02-Nancy Quesnell
- 05-Mary Ann Masiwchuk
- 11-Sandy Woodruff
- 11-Brenda Young
- 15-Mike Zelke
- 16-Robin Wojta
- 21-Sandra Malotke
- 24-Jos Diovardi
- 27-Judy Eppert
- 28-Constance Keehn
- 28-Rence Lyons
- 30-Denise Gugan
- 31-Jerry Dzeroogian

And happy belated birthday to
Jean Nickrand!

January Anniversaries

- 13- Timothy & Christine Cooper
- 16- Tom & Nancy Branigan



NEWS TO KNOW CONTINUED

*****HOLIDAY CLOSURES*****

All city offices, including the Active Adult Center will be closed January 18, 2021 in observance of Martin Luther King Day. We will be open Tuesday, January 19, 2021.



AARP TAX -AIDE INFO

The AARP Tax program will be using a modified format to provide their service this year. You will need to call the Center to schedule a curbside pick up of an intake form. The intake form will walk you through gathering up all of the necessary paperwork for your appointment. Once that step is done, an appointment can be made for curbside drop off and pick up. Details and parameters on how everything will work through AARP are being finalized now. Stay tuned for more information in February's newsletter and online.

THANK YOU

Thank you to all of our wonderful donors and volunteers for making our 12 days of giving and modified holiday drive-thru event extra special. We are so grateful for your extremely generous donations of items and time. Thank you to: Shanbom Eye Specialist, Mediguide, Optalis Health, Pomeroy Skilled Sterling, American House Hazel Park, Shirley Novak, Charlie Hamilton, Beverly Parker, Chris Collom, Dolores Mowry, Suzie Patton, Margaret Topping.

Thank you to all of our fantastic Active Adults who follow us via our newsletter and on social media. Thank you for staying connected with us throughout the craziness of the past year. We are always here for you and cannot wait to see you in person soon!

**** 2021 MHAAC Newsletter Subscription Renewal ****

\$9.00

Newsletter Registration

2021

It's time to register and pay for the senior scoop for 2021! The newsletter is filled with pertinent information regarding trips, activities and special programs. Newsletters are mailed "first class" which receives top priority. The cost for the coming year will be \$9.00 per household. You can also get a free copy at the Center or online at the City of Madison Heights website.

Name: _____ Your Birthdate: Month _____ Day _____ Year _____
 Address: _____ Spouse Name: _____
 City: _____ Zip: _____ Spouse Birthdate: Month _____ Day _____ Year _____
 Your Phone: () _____ - _____ Wedding Anniversary: Month _____ Day _____ Year _____
 Emergency Phone: () _____ - _____ Date signed up: _____



Active Adult Center
29448 John R. Rd.
Madison Heights, MI 48071

Phone: 248-545-3464

*For active adults in Madison Heights and the
surrounding area age 50 & up!*

RETURN SERVICE REQUESTED



Madison Heights Active Adult Center
*For active adults in Madison Heights and the surrounding area
age 50 & up!*



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