

Madison Heights Active Adult Center

February 2021

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

A Note From the Coordinator

The shortest day of winter has passed and even though we are not through it yet, at least we know that each day is getting longer! In February, about two and a half minutes of daylight are added each day. That means on February 28 we will have 112 more minutes of daylight. Yay!! Spring is on the horizon!

Even though our building is not open yet, we are still working hard to provide fun alternatives! We are offering two drive-through and one parking lot event in February! Our first drive through event is a curbside craft, a Valentine Wreath. The free packet includes most of the supplies you will need. Keep your wreath for yourself or give it to your favorite Valentine to brighten their day!! See page 2 for more info and make sure you call the Center ahead to schedule a February curbside pickup (while supplies last)! We are also hosting a 'Be our Valentine' gift box drive through event on February 12! Our Valentine box will be filled with homemade cookies for you to decorate (supplies included) and everything you need to know how much we love and miss you! See page 2 for more info and make sure you call the Center to RSVP for this event! Space is limited. Lastly, we will be hosting our second parking lot event- a Parking Lot Trivia! Put your thinking caps on and head on down to the Center!! From the warmth and safety of your own car it's time to test your knowledge and compete against your friends. 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! Spots are limited so please call to reserve your parking spot!! See page 3 for more details on this February 25 event! You won't want to miss it!! And remember to check out our safety guidelines on page 2 & 3 before you come to any of these events.

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 staying safe and doing well! We're glad we have been able to connect with you in person (outside and socially distant), and we hope we can be together inside the Center 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.



Be our Valentine!!!! **Gift Box**



Friday, February 12, 2021
1:00 pm - 2:00 pm

***Homemade cookies for you to decorate and so much more,
our Valentine Box is perfectly packed with everything you need
to know how much we love and miss you!
Call to reserve your box for pickup!***



Valentine Wreath Craft



**Who wouldn't want to have this beautiful wreath hanging in their house for February?
Schedule a February curbside pickup for your
FREE packet with most of the supplies you will need.
Keep your creation for yourself, or give it to your favorite
Valentine to brighten their day! Call the Center at (248) 545-3464
to schedule a February 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 TRIVIA

THURSDAY, February 25, 2021

1:00 PM - 2:00 PM

FREE!



**Put your thinking caps on and head on down to the Center!!
From the warmth and safety of your own car it's time to test your
knowledge and compete against your friends.**

**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!**

Spots are limited!

Please call to reserve you parking spot!!

**Please exercise safe practices:
wear your mask, stay in your car & make sure
you are symptom free.**

FEBRUARY 2021 TRANSPORTATION SCHEDULE



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



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

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.*****



** FEBRUARY 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, Wednesday & Saturday @10:30 am



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.

Be a Label Detective: How to Read the New Food Labels with Beth Theisen, RD, CDE

Brought to you by Ascension Health

Wednesday, February 10, 2021 at 1:00 pm

Are you trying to eat healthier but are not sure what all the information on the food label means? Learn what is required to be included on a food label and how you can use the nutrition facts panel to help you meet your health goals. Register at: healthcare.ascension.org/events or call (248) 849-5752. This class is virtual. You must have access to a computer or smartphone and will receive a link after your registration is completed. A dial-in option will be available.

GetSetUp

GetSetup.io is a pioneering social platform where seniors can learn about a variety of topics through a live, interactive peer-to-peer teaching model. The platform currently offers classes on essential life-changing skills, from professional development to technology, health, wellness and hobbies. It also offers casual social hours. Its expert guides hold graduate and master's degrees in business, music, science, and more. As part of the program, GetSetUp will run classes 10 hours a day to make it easy for Michiganders to take a class anytime they like from the comfort and safety of their homes. Makes sure you have an email address and access to the internet. Go to the website getsetup.io/michigan. Take "New Member Orientation" to get started! If you need help, email help@getsetup.io or call 1-888-559-1614. This initiative is supported in part by the Michigan Health Endowment Fund and the MDHHS Aging and Adult Services Agency.



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/> or call 1-800-633-7377.



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 2021 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.

**** TAX -AIDE INFO ****

Unfortunately due to the pandemic restrictions, limited volunteers and limited equipment to scan paperwork, AARP will not be able offer tax assistance in Madison Heights this year. They may be offering tax assistance in other nearby communities however they will only be completing 600 returns in our entire district. They usually complete around 400 returns in Madison Heights alone. We understand this will greatly impact our seniors, especially since some did not get their taxes done last year. We are told by AARP that if you usually don't need to pay, you can wait and try to file 2019, 2020 and 2021 taxes all next year. You can also try getting them done at other senior centers in the area. Or you can pay to have them done at a local tax service provider.

We called some local tax service providers and this is what we found out from those who responded:

- Macomb County Action Office of Veteran Services (586) 463-2537 some free assistance
- H & R Block (248) 398-5482 Tax credit form \$35.00
- John's Tax & Financial Services (248) 546-1735
- Home Heating credit form \$40.00 Homestead Property form \$40.00 courier service available



If you are a Madison Heights resident and need transportation to go to another senior center or to a local tax provider, call the Center to schedule a ride. The cost is either \$2 or \$5 for the round trip, depending on where it is.

One last note: If you are going to apply for the City of Madison Heights Yard Service Program, you will either need to complete your taxes or sign an affidavit stating you will not be filing for 2020.

*** COVID-19 VACCINE NEWS & INFORMATION ***

The supply of vaccines will continually increase in the weeks and months that follow until everyone who wants a vaccine is able to receive one. County Health Divisions are following Michigan Department of Health and Human Services (MDHHS) and Centers for Disease Control and Prevention (CDC) recommendations for prioritization of distribution of COVID-19 vaccines to individuals. These recommendations are based on input from the Advisory Committee on Immunization Practices (ACIP), a federal advisory committee made up of medical and public health experts who develop recommendations on the use of vaccines in the United States.

Phase 1A- Health care workers; emergency medical service workers; long-term care, assisted living/skilled nursing facility staff and residents.

Phase 1B- Individuals 75 years and older, Frontline State & Federal responders, School and childcare staff, Corrections staff, Other essential frontline workers in critical infrastructure

Phase 1C- Group A: Individuals age 65 to 74 years. This includes those in congregate settings not reached prior, Group B – Individuals age 16 – 64 at high risk for severe COVID-19 illness due to underlying medical conditions and Group C – All remaining essential workers

Phase 2- All individuals age 16* and older who did not otherwise fit into earlier groups

Oakland County: It's time to "Save your Spot" in line for the COVID-19 vaccine. When you are eligible to set an appointment and vaccine doses are available, the health department will contact you by phone, text or email.

Go to: www.oaklandcountyvaccine.com. You can also Register your email address to receive news and information about Oakland County vaccination and COVID-19 resources. Or text OAKGOV to 28748. Or call (248) 424-7000.

Macomb County: Only individuals in the current designated group are currently eligible for a COVID-19 vaccine at this time. To make an appointment, call (586) 463-8777, Monday-Friday between 8:30 a.m. – 5 p.m. Vaccination appointments are available Monday – Friday between 9 a.m. – 4 p.m. and Saturdays between 10 a.m. – 2 p.m. Vaccines are being administered at The Verkuilen Building, Entrance C, 21885 Dunham Road, Clinton Township, MI 48036.

Wayne County: Only individuals in the current designated group are currently eligible for a COVID-19 vaccine at this time. Seniors will get vaccine shots from their hospital systems. Your system may notify you directly on how to schedule for your shot. If you do not have a hospital system, ask someone you trust to help you find one right for you. Call the Wayne County Health Department if you need more info: (734) 727-7100.

RESPONSIBLE RECREATION
COVID-19

 <p>KEEP YOUR DISTANCE</p> <p>Practice proper social distancing with people outside your household.</p>	 <p>STAY HOME IF SICK</p> <p>If you have a fever, respiratory symptoms or are just not feeling well, please stay home.</p>	 <p>WEAR A MASK</p> <p>When entering an indoor space or interacting with others, wear a face covering.</p>	 <p>OBSERVE GUIDELINES</p> <p>When visiting new locations, respect established capacity and safety guidelines.</p>
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****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:

1-888-456-9559

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

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.ferncare.org

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

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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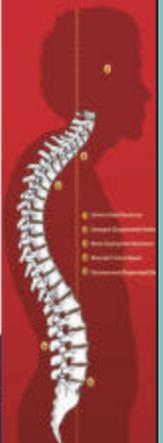
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- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromyalgia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- 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
- Tendinitis
- Tennis Elbow
- Thoracic Outlet
- TMJ Issues
- Upper Back Pain
- Vision Issues

Is This YOU?



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

FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
- 800-477-4574 -

THIS SPACE IS
AVAILABLE

Thrive
Locally

NEW HORIZONS CO-OP

3101 Edward, Madison Heights
Please Call Our Leasing Office
at 248-585-0999
To Schedule a Tour!



Amenities

- Heat & Water Included
- Individual Heating and Cooling
- Rent Subsidized (30% adjusted Income)
- On-Site Beauty Shop
- On-Site Laundry
- On-Site Service Coordinator
- Near Oakland Mall and Meijer

**AFFORDABLE RENTAL
COMMUNITIES FOR SENIORS**

for 70 years as a mission-driven non-profit, CSI exists solely to provide the highest quality, affordable housing communities possible for seniors



Resident Members Benefit From

- Continuing Education
- 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
- Rent Subsidized (30% adjusted income)
- On-Site Service Coordinator
- Laundry Room on Every Floor
- Near Oakland Mall and Meijer





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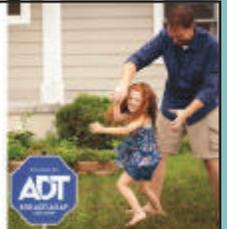
LET US PLACE
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Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com





Nothing says I love you more than some great bad dad jokes!!!

- "What do you write in a slug's Valentine's Day card?" "Be my Valen-slime!"
- "What did the paper clip say to the magnet?" "I find you very attractive."
- "What did the stamp say to the envelope on Valentine's Day?" "I'm stuck on you!"
- "Why didn't the skeleton want to send any Valentine's Day cards?" "His heart wasn't in it."
- "Why did the sheriff lock up their valentine?" "She stole their heart."
- "What do you call two birds in love?" "Tweethearts!"
- "How can you tell when a squirrel is in love?" "It goes nuts!"
- "I once fell in love with someone who only knew 4 vowels. They didn't know I existed."
- "What did the calculator say to the pencil?" "You can count on me."
- "How did the telephone propose to his girlfriend?" "He gave her a ring!"
- "What did one oar tell the other oar?" "This is so row-mantic!"
- "What did the light bulb say to the other light bulb?" "You light my world up."
- "How can you get arrested on Valentine's Day?" "For stealing someone's heart."



**** FUN AND GAMES ****
Keep your mind sharp!

I SPY Valentine

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

papertraildesign.com

Match the Movie Quotes

Guess which romantic quote came from each movie.

1. "If you're a bird, I'm a bird."
2. "I like you very much. Just as you are."
3. "If there's anything you need, I won't be far away."
4. "To me, you are perfect."
5. "I would rather share one lifetime with you than face all the ages of this world alone."
6. "I wanted it to be you, I wanted it to be you so badly."
7. "You have bewitched me, body and soul, and I love, I love, I love you."
8. "Kiss me. Kiss me as if it were the last time."
9. "You should be kissed and often, and by someone who knows how."
10. "You jump, I jump, right?"
11. "I'm also just a girl, standing in front of a boy, asking him to love her."
12. "Some people are worth melting for."
13. "Don't let him take you from me... Stay with me.."
14. "I dream of being with you forever."
15. "You had me at hello."

A. Bridget Jones's Diary	F. Jerry Maguire	K. Lord of the Rings
B. Casablanca	G. Love Actually	L. The Notebook
C. Forrest Gump	H. Notting Hill	M. Titanic
D. Frozen	I. Pride & Prejudice	N. Twilight
E. Gone with the Wind	J. The Hunger Games	O. You've Got Mail

Valentine's Day Word Scramble

EOLV _____

WRTSAAAAEHT _____

RBRYUFAE _____

CIDPU _____

YDANC _____

NKIP _____

OLETHCAOC _____

FLERWO _____

Happy Valentine's Day!

Valentine's Day Sudoku

Every row, column and mini-grid must contain the letters H E A R T S. Don't guess - use logic

			E	R	
R					E
	E			A	
	R			S	
H					S
		A	T		

COUNT HOW MANY!

How many **Red Hearts** can you find in this newsletter? ???

Call us with your number!! *A winner will be chosen from all correct answers and they will receive \$10 in MHAAC Bucks*

JANUARY WINNER:

Snowflakes in the newsletter: 178

Winner: No Winner

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!



Winter Blues and Lockdown Ideas to help you cope during the winter months.



Lighting:

On dark mornings wake up gradually with increasing light. Try a SAD light or lumie body clock

Stay Connected:

It's hard to see friends and family at this time, but it is so important to keep in contact with your loved ones on a regular basis.



Limit News:

Limit how much time you spend on social media and watching/reading the news.



Ask For Help:

If you notice yourself struggling, reach out to family, friends, your doctor, or a local mental health charity for help.



Helping Others:

No matter if it is just a little or a lot, helping others helps to provide you with positive emotions.



Take Time For yourself:

Make time in your week to do things for yourself. Make sure it's something that makes you happy and feel good. Self-Care is key.



Stay Active:

Try and take a break from work. Get up and walk around. Regular exercise is great for reducing stress and boosting mood.

Plan Your Week:

Organize your week and plan activities that make you happy and give you a sense of self worth.



Positive Habits:

Make a list of 5-10 positive mental health habits that you can follow regularly to keep yourself mentally fit.



** 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.

Denise Austin's Easy Exercise Moves

Easy exercises that don't require gym clothes and you can do them anywhere in your house.



Sink 'n' Squat

Stand about an arm's length away from the sink, feet shoulder-width apart, hands resting lightly on the edge of the sink for support. Squat down and hold for 5 seconds.



Down Dog

Stand about two arm lengths away from a countertop. Bend forward at the waist so your body forms a 90-degree angle, place your hands on the counter, and keep your back straight.



Inner-Thigh Toner

Stand with your left side to the counter and place your left hand on it. Lift your right leg off the floor and bring it across the front of your body toward the left side; pulse. Switch sides and repeat.



Back Relaxer

Sit on the couch with your legs together and feet flat on the floor. Lift your right leg up, place your hands just below your knee, and round your upper body forward. Switch legs and repeat.



Leg and Butt Lift

While standing at the sink washing dishes or scrubbing veggies, lift your right leg up behind you and pulse it up and down. Switch legs and repeat.



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



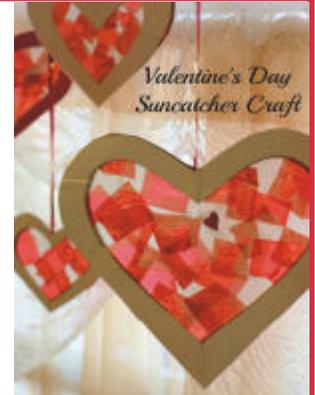
Creating art can be beneficial throughout every stage of life. Art can relieve burdensome stress, encourage creative thinking, boost self-esteem, and provide a sense of accomplishment. There are lots of fun art projects you can do at home with supplies you probably have on hand. Try one, or ALL, of the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

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

Valentine's Day Suncatchers

Supplies:

- Old T-shirt gift boxes or poster board (red or white)
- Clear contact paper (shelf paper)
- Leftover tissue paper (pink, white and red)
- Gift wrapping ribbon, red
- Scissors
- Glue
- Pen



Instructions:

1. Open the gift box and fold it at the corners and cut out a shape of a heart..
2. Cut another heart out of the inside of that heart and keep cutting until you can't cut anymore hearts out. This way you can have many size hearts! Match each of these hearts to the other side of the gift box so they are identical.
3. Roll out the contact paper sticky side up and lay 1/2 of the gift box hearts on it good side down.
4. Cut the tissue paper into squares.
5. Place the tissue paper on the contact paper so it is touch or slightly overlapping.
6. Place a second sheet of contact paper over the top of the tissue paper.
7. Fasten the strings with a dab of glue in the middles and seal the contact paper over it
8. Cut around the hearts to trim the extra paper
9. Hang in the window for catching the rays of sun

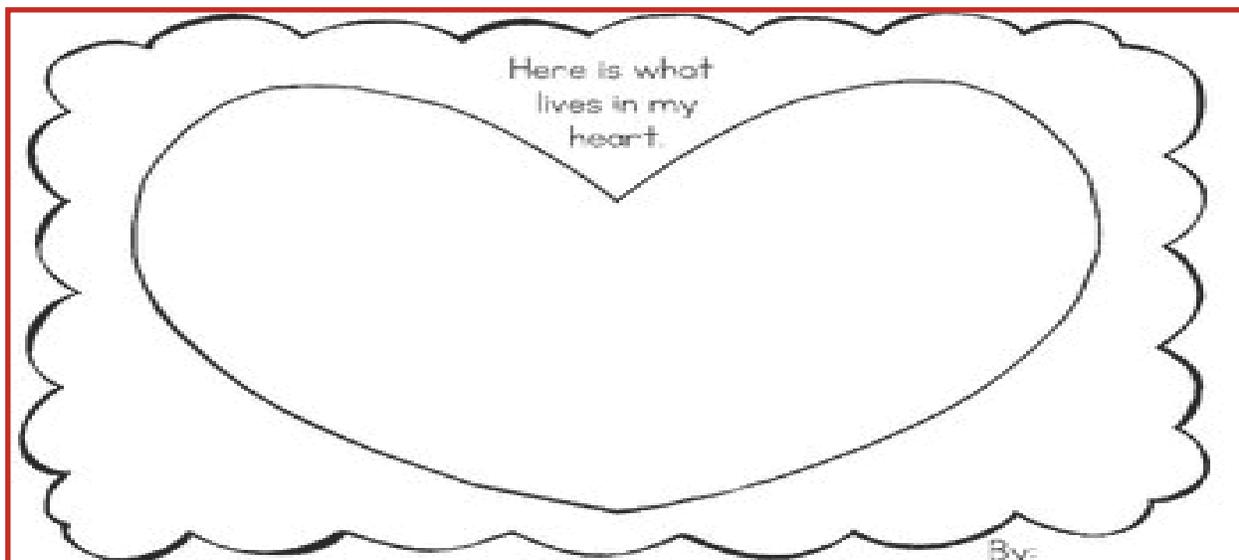
** You will be making multiple hearts.**



What Lives in Your Heart

Instructions:

1. Think of all the things that you love or that are important to you. What is in your heart? Draw pictures and write words. Outline all of the pictures with permanent marker or pen. Use watercolor paints to add color.





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!

Red Pepper Tomato Soup

INGREDIENTS:

- 2 or 3 slices French Bread, each about 1/2-inch thick
- 1 tablespoon olive oil
- 3/4 teaspoon dried basil
- 1/4 cup (about 1-1/2 oz.) chopped shallots
- 1 can (14-1/2 oz.) reduced-sodium chicken or vegetable broth
- 1 cup canned peeled roasted red peppers, rinsed and drained
- 1 can (16 oz.) tomatoes
- Salt and pepper
- Sugar
- 2 tablespoons sour cream or whipping cream (optional)



PREPARATION:

1. With a heart-shaped cookie cutter or a knife, cut heart shapes (3 inches wide or smaller) out of bread. Lay croutons on a baking sheet and brush tops with about 2 teaspoons oil. Sprinkle evenly with 1/4 teaspoon basil. Bake in 350 degree oven until golden and crisp, about 15 minutes for a 3-inch-wide heart.
2. Meanwhile, in a 2 or 3-quart pan, cook shallots, stirring often, in remaining 1 teaspoon oil over medium-high heat until shallots are translucent, about 3 minutes. Add broth, red peppers, tomatoes and their juice, and remaining 1/2 teaspoon basil. Bring to a boil over high heat; cover and simmer over low heat 5 to 10 minutes.
3. With slotted spoon, ladle peppers, tomatoes, and shallots into a blender or food processor; whirl until smooth. Return puree to pan; stir into liquid. Add salt, pepper, and sugar to taste. Ladle soup into bowls. Spoon dollops of sour cream decoratively over soup; swirl with the tip of a knife through sour cream. Immediately before serving, set heart-shaped croutons on top!

Makes 4 servings. Enjoy!

Pink Fizzy Valentines Drink

INGREDIENTS:

- 2 Liters of Lemon-Lime Soda
- 2 Tbsp. Lime Juice
- 2 Tbsp. Lemon Juice
- 1/2 Gallon of Raspberry Sherbet



PREPARATION:

1. In a blender mix together the raspberry sherbet and half the bottle of Lemon Lime soda, with the lemon and lime juice.
2. Stir in remaining Lemon Lime soda, and serve cold!

Makes 12 servings. Enjoy!

Red Velvet Oreo Truffles

INGREDIENTS:

- 1 package Red Velvet Oreos 20 cookies
- 6 ounces cream cheese room temperature
- 2 cups white chocolate I used Wilton Candy Melts
- 1/2 cup red Wilton Candy Melts optional (for decorating)
- sprinkles for decorating



PREPARATION

1. In a food processor, crush the Oreos until fine crumbs form. Transfer the mixture to the bowl of an electric mixer and combine with the cream cheese until smooth.
2. Form the mixture into 30 balls of equal size and place on a baking sheet lined with parchment. Freeze the truffles for 30 minutes.
3. Melt the white chocolate in a microwave safe bowl for 30 seconds and stir. Continue to microwave at 15 second intervals until completely melted.
4. Remove the truffles from the freezer and dip one in the chocolate, turning to coat completely. Return the truffle to the baking sheet and allow to harden. Repeat with the remaining truffles until all are coated in chocolate.
5. Melt the red chocolate in a microwave safe bowl for 30 seconds and stir. Continue to microwave at 15 second intervals until completely melted.
6. Transfer the chocolate to a squeeze bottle, piping bag or ziplock bag with the corner snipped off. Decorate your truffles with the chocolate and sprinkles, if using.
7. Allow the chocolate to harden. Store in an airtight container in the refrigerator.

Makes 30 balls. Enjoy!



*** NEWS TO KNOW ***



2021 COFFEE CONCERTS CANCELED

Due to the continuing Pandemic and for everyone's safety, the Madison Heights Recreation Department has decided to cancel the coffee concerts for 2021. We know how popular these concerts are and look forward to enjoying all of the performers in 2022.

FOOT PROBLEMS? DR. ADAS CAN HELP.

Even though appointments for Dr. Adas are currently unable to be scheduled at the center, you can still have your appointments with him at his office. Are you a resident of Madison Heights and need a ride to your podiatry appointment? No problem. Call ahead and schedule a pickup with us for only \$5.00 round trip. To make an appointment with Dr. Adas please call (248) 478-6870.

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.**

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

All city offices, including the Active Adult Center will be closed **February 15, 2021** in observance of President's Day. We will be open **Tuesday, February 16, 2021.**



**** HOLIDAY DRIVE THRU EVENT ****



We had so much fun at our Holiday Drive Through event in December!!! We loved seeing each of you (we had 75 people come through!) and can't wait for our next in person (socially distanced) outdoor event. We loved seeing each and every one of you!! Thank you to our sponsors: American House Hazel Park, Pomeroy Skilled Sterling, Mediguide, Optalis Health





**** CELEBRATIONS!! ****



February Birthdays

- 02-James Coleman
- 09-Patricia Pickins
- 10-Ed Novak
- 10-Joanne Hamilton
- 11-MaryLou Stema
- 15-Morely Kwaschnesny
- 15-Kay Scott
- 18-Stefanie Olszewski
- 19-Ann Spinek
- 20-Dorothy Shonts
- 21-Madeline Skikiewicz
- 21-Irma Durham
- 22-Mary Maher
- 27-Dennis Tye
- 27-Jim Hawkins
- 28-Judith Huddleston



Happy belated birthday to Charlotte Parker!



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 re-funds 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

February Anniversaries

- 20-Charlie & Joanne Hamilton
- 22-Robert & Yvonne Mathers



***** THANK YOU *****

Thank you to Shirley Novak for creating and donating the incredible blankets and pillows every month!

Thank you to all of our sponsors for donating prizes for our Facebook contests and upcoming drive-thrus and events. American House Hazel Park, Pomeroy Skilled Sterling, Mediguide, Optalis Health and Shanbom Eye Specialist!!

Thank you to American House Hazel Park, Shanbom Eye Specialist, and Pomeroy Skilled Sterling for donating to our weekly Facebook Live drawings.

**** 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

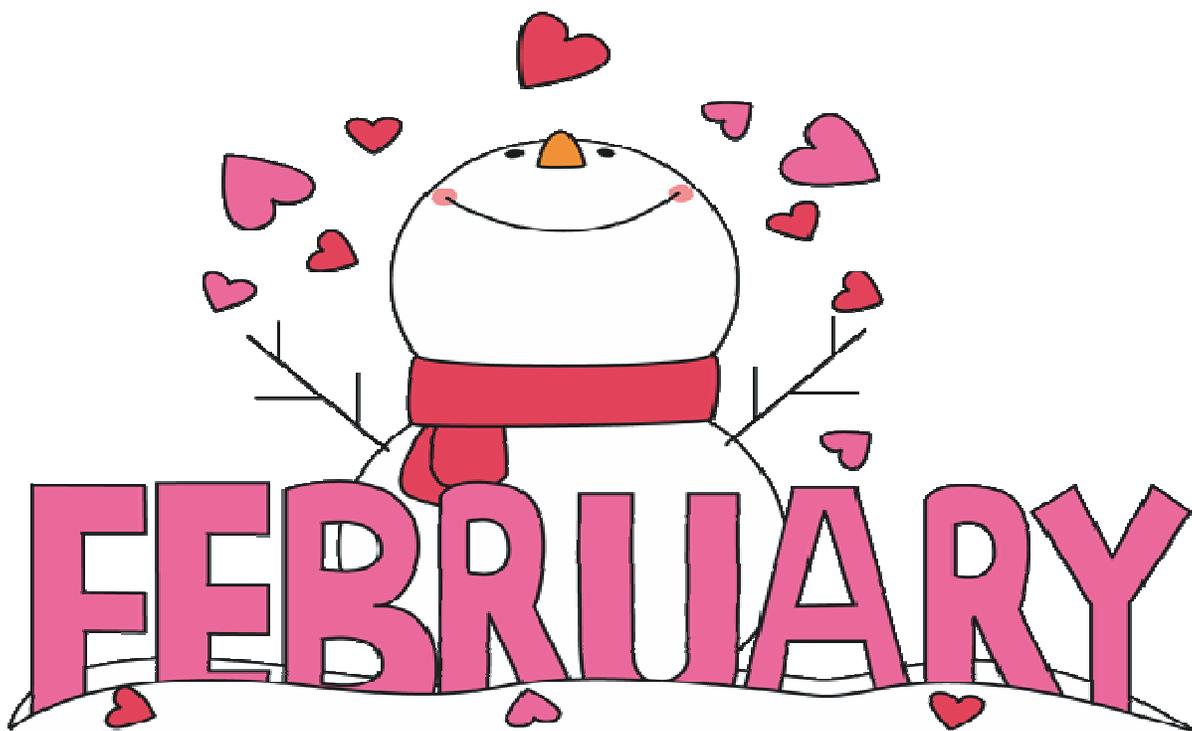
*For active adults in Madison Heights and the
surrounding area age 50 & up!*

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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