



williamston area



“Add zest to your life . . . And pass the joy to others!”



Oct - Nov '21

Activities & Events Guide

ABOUT THE WILLIAMSTON AREA SENIOR CENTER



The WASC is expanding its operations

Lunches provided through TCOA are available every Tuesday-Thursday at the WASC. Please call 517-655-5173 for lunch reservations so sufficient luncheons will be available. Cost is a donation of \$3.50 per person. Beginning this October, lunch offerings will be expanded to include every other Monday. On October 4, 2021, the center will provide a pizza and salad lunch prepared by a local restaurant. On Monday, October 18, 2021, soup and homemade bread will be on the menu. Monday lunches are offered at the same price as the TCOA lunches, \$3.50 per person. Please call ahead to make reservations.

In addition to the daily meals, several entertaining and informative programs are provided. The center is also open each day from 9:00 — 2:00 pm for those who would like to play cards, read, use the computers, or enjoy coffee and great conversation. Stay tuned to the website and the Facebook page for the latest announcements regarding activities and events provided by the WASC.

You are invited to stop by and enjoy a good lunch and great fellowship!

Weekly Activities

The WASC is open Tuesday-Thursday for lunch each day, provided by the Tri County Office on Aging. Cost for meals is \$3.50. The center is also opening on Mondays, October 4 & 18 for a soup or pizza lunch provided by local restaurants. Additional information is available in the newsletter. Seniors must call the center to make reservations for lunch.

Information regarding current activities is posted on the WASC website and Facebook page. Seniors may also contact the WASC either by phone or email for more information.

WASC is online

Check us out online for latest updates:



Web: www.williamstonseniorcenter.com

Facebook: *Williamston Area Senior Center*

WASC Mission

The WASC shall be a “go-to” resource where aging adults and their families find support, guidance, educational, and social programs assisting seniors 55 years of age and older, to navigate life transitions, and continue to be active, healthy, and engaged in the community.

Our mission is reflected in our motto:

Add zest to life and pass the joy to others.

WASC Purpose

The WASC shall provide educational, enrichment, health awareness, and social programs; shall serve as a resource for individuals needing assistance with medical and social service networks; and collaborate with other community agencies, local government, and trained professionals to meet the needs of the senior population.

WASC Location

The WASC meets on the third floor of the Commons, 201 School Street in Williamston, Michigan.

Handicap access and elevators are available.



The WASC is almost back to 100% services similar to that which was provided prior to the pandemic. The calendar for October is filled and the Activities Committee is adding two additional meal options starting in October.

One activity will be on Monday, October 4, 2021, with a Pizza and Salad lunch provided from 11:30 am — 1:30 pm. On Monday, October 18, 2021, a Soup and homemade bread lunch provided by Ellie's Country Kitchen will be available from 11:30 am — 1:30 pm.

Another activity added for October is a Tai Chi Chair Exercise available on October 7 and 21, 2021. If there is enough interest in this event, additional exercise events will be planned.

Your patience is appreciated as things may change depending on the COVID-19 restrictions. Please call the WASC at 517-655-5173 to reserve a space for lunch or receive information regarding any changes to current programming. Information will be available on the WASC Facebook page and website as well.

The WASC continues to follow the guidelines issued by the CDC and/or the Michigan Department of Health. If you have not received your vaccine, please schedule one for your benefit and for the safety of others.

The WASC is a non-profit charitable 501 c 3 organization. Donations to the center may be tax deductible. Please consult your tax advisor for additional information. Another way you may support the WASC is through a legacy bequest as a part of your estate plans.

—John Roy Castillo



Support the WASC, shop at AmazonSmile!

AmazonSmile is a simple way to support your favorite charitable organization every time you shop, at no additional cost to you. When you shop at AmazonSmile, you find the same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice.

Here's how to sign up for AmazonSmile:

1. Visit smile.amazon.com.
2. Sign in with your Amazon.com credentials (login id and password).
3. Choose a charitable organization, search for the Williamston Area Senior Center to receive donations. Select the Williamston Area Senior Center as your charity.
4. Start shopping.
5. Bookmark smile. Amazon.com to make it easier to shop again.

BOARD, BIRTHDAYS & ROTARY GRANT

WASC Board of Directors

President: Michael Black (2022)

Vice President: Ron Harris (2022)

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Treasurer: Steve Arends (2024)

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Tammy Gilroy, Williamston

Wilma Whitehead, Leroy Township

Ex-officio members:

Director: John Roy Castillo

Treasurer emeritus: Virginia Taschner

Birthdays

October

Marjorie Tomson

John Barkham

Diana Schaefer

Carolyn Schein

Ron Harris

Ron Hamelink

November

Mike Brannon

Frank Fortier

Sharon Senk

Sharon Emerick

Barbara Alchin

Joan Vogt

Joan Bement

Steve Arends



Special Thanks to Williamston Rotary

Mr. James Conroy presented a check to the WASC in the amount of \$567.00. This represented proceeds from the sale of the Duck Tickets during Jubilee week. A special thanks to the Rotary for their generous support. One way you can show your appreciation to the Rotary for their continued support of the WASC is by purchasing a "Rockin Rotary Raffle" ticket to benefit "Nourishing Hungry Children: Feeding their bellies, Feeding their minds". Tickets are \$50.00 each and a maximum of 1,000 tickets will be sold. Raffle prizes include: \$10,000 — Grand Prize, Second prize — \$5,000, and Third prize — \$1,000.

Please contact the WASC or a member of the Sunrise Rotary Club for more information.

Pictured: Dawn Harris, James Conroy, John Roy Castillo



The WASCs mission is to be a "go-to" resource center for aging adults and their families. In this month's president's article, I would like to explore some of the reasons why it is so essential to provide this kind of resource for seniors.

The following benefits of senior centers come from the July 12, 2021, issue of the "Suddenly Senior" website (<https://www.suddenlysenior.com/best-senior-citizen-centers-guide/>) posted on July 15, 2021.

Benefits of Senior Centers

- Free or minimal donations accepted
- Helps to prevent isolation and loneliness
- Connect to the wider community
- Connect to volunteer opportunities to begin doing something worthwhile
- They encourage physical activity
- Some offer health checks, such as blood pressure checks
- Potential access to assistance with some minor home maintenance tasks
- People who participate in senior center programs have

higher levels of health, social interaction, and life satisfaction.

Learn a new skill or develop an existing one.

I'm impressed with how closely the WASC aligns with this list of benefits. Nutritious meals are offered at a very low-cost Tuesday-Thursday each week at a minimal cost through TCOA. Nearly all other activities and services provided by the center are free.

There is an excellent opportunity to connect to other seniors in the area and build relationships to combat the feelings of isolation and loneliness.

We offer free monthly blood checks, opportunities to engage the mind through programs provided by the library. On the horizon are additional options for physical activity through tai chi and chair exercise programs.

Several seniors volunteered through the summer concert series and the "Meals on Wheels" placemats. And many can learn or refine skills through the computer programs offered at the center and the various card games, puzzles, books, sewing, and knitting opportunities available.

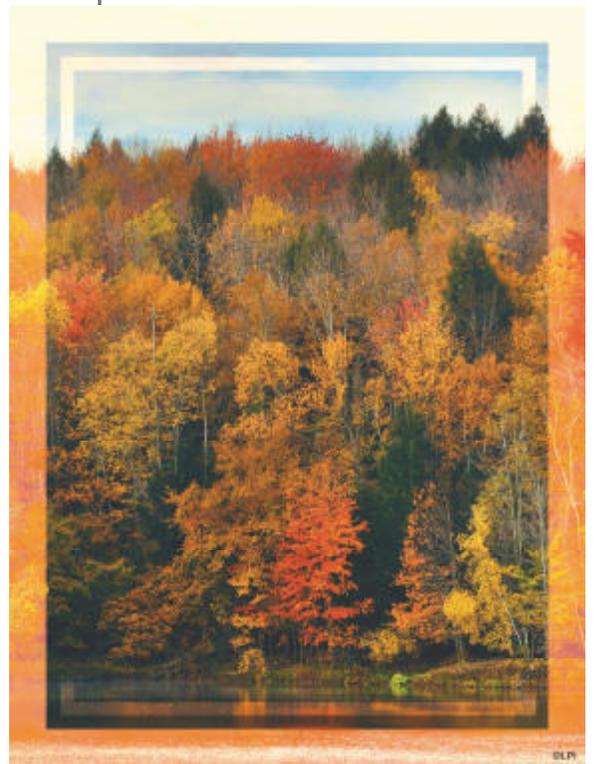
In many ways, the WASC is leading the way in providing a "go-to" place for seniors.

While we can grow and expand our opportunities as we move forward, I am excited by the many opportunities we currently provide. If you haven't stopped

by for lunch or to join in one of the activities offered since we've opened up, I encourage you to do so. I would love to see you as we work together to make the WASC a "go-to" resource for seniors and their families.

On a personal note. My first book, "Living a Psalms 23 Life in a COVID-19 World," is due to be released on October 5. It is a short devotional book on one of the most favorite Psalms of Scripture. A copy was donated to the WASC library for members who would be interested in reading it. For those who would like a copy, it is available at the center for \$12.75. This price reflects a savings of \$1.55 over the retail cost of \$13.49 plus tax. In addition, I will donate back to the senior center \$1.00 for each copy purchased through the WASC. If you are interested, please sign up at the senior center.

—Mike



MEALS ON WHEELS PLACEMATS

Placemats Are Us

We had our (almost) annual placemat finishing-a-thon, and we all agreed it was much more fun than last year when we divvied the “flats” up between 5 sewers, and they each flipped, ironed, and topstitched them in their own homes. So yeah, it was safer, but indeed not nearly as many laughs! And I know that no one ate nearly as well in their own homes as we did Saturday. Susie Cockerill brought a gourmet chicken salad with focaccia bread (it made me feel a little better that she did not make that!), a new goat cheese sandwich recipe that she has wanted to try, and of course a homemade carrot cake (that former Home Ec. teacher in her is always just bustin’ to get out!). I supplied black bean salsa (that I

love, but you can’t make it in small quantities, and my husband doesn’t like it, so I don’t make it often), tortilla chips, and a healthy fruit tray – and of course, a bag of Godiva chocolates!

Oh, yeah, this is a placemat article, but also an inducement to get more people involved next year. We got all the “flats” flipped right side out, but those of us on the irons were a little slow and picky about the corners of the placemats, so we caused a little bit of bottleneck. After flipping, the flippers got all the finished place-



mats safely wrapped, labeled, and decorated. Susie and I ended up with about 28 placemats each that we will still have to iron and topstitch. But we now have veteran volunteers to wrap them once they are completed. And then, we will deliver them to the Rural Ingham County Meals on Wheels office in early December for inclusion in their holiday gift baskets.

This year’s placemat elves standing from left to right: Brenda Arnoczky, Beverly Zetterholm, Carolyn Schuster, Barb Upleger, Connie Foster, Elaine Morse, and Julia O’Connor. Seated on the left is Susie Cockerill and right is Cathy O’Connor. Joan Bement left before the mug shot was taken!

—Karen Spak

Help Create a Gathering Space in the Heart of Williamston

Situated on Putnam and School streets corner, Volunteers Community Park draws people from across Williamston for fun and recreation. In 2019, the Williamston Area Beautification Fund and Friends of Williamston Parks raised money to fund a new playground. It is time to bring Volunteers Community Park to its destination as an actual gathering space by financing a new picnic shelter.

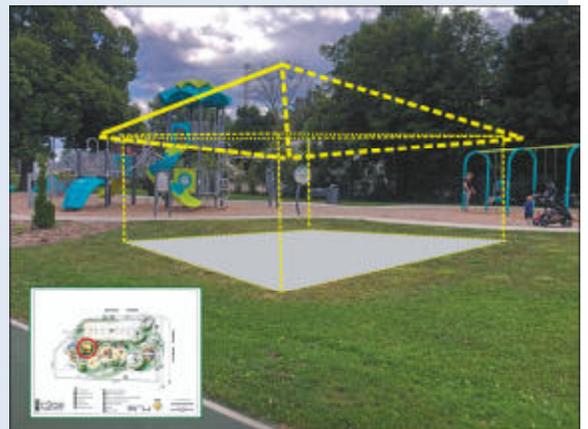
A picnic shelter will provide opportunities for many groups to use the park in new ways. Constructed of weather-resistant, durable steel, the park’s new shelter will become a site for senior center lunches, family gatherings, birthday parties, Williamston football tailgates, scout meetings, and more.

If the goal of \$29,000 is achieved by Oct. 22, the Michigan Economic Development Corporation will match it, essentially doubling donations. Any

amount will help.

To learn more about the project and make an online donation, visit www.patronicity.com/williamston. If you prefer to give offline by cash or check, mail donations by Oct. 22 to WABF at PO Box 116, Williamston, MI 48895. Memo: FOWP. You also may drop off donations to Williamston City Hall, 161 E. Grand River Ave. in Williamston. Thank you for considering being a part of this project, scheduled to be completed in spring 2022.

--Heather Galecka, Friends of Williamston Parks



VOLUNTEER SPOTLIGHT

Mary, Mary, - NOT Contrary

Need to see a big smile? Come into the Williamston Area Senior Center on Wednesday, and you will be greeted by one of the biggest smiles, as Mary Erble is our hostess that day.

She has always been a social person and enjoyed talking with people, leading to her first career as a hairstylist. She loved the work, but as a single mother with three children, she took a chance. One of her clients told her about an entry-level job at MSU in the animal lab – with benefits! All the stars were aligned just right – when she went into the interview, two of the people on the interview panel had started as hairstylists themselves! SHE GOT THE JOB! She spent years making lab media, ordering supplies, supervising students, earning numerous promotions, and retired after 23 years of service.

She grew up in Lansing, walking to St. Mary's for elementary school and graduating from there (in a year not mentioned!) She went on to attend beauty school and four years later married

Marvin Stump, a Lansing firefighter. They had three children: Jim, Nancy, and Tim.

She later married Mike Erble, whom she met at a Parents Without Partners dance. After both Mary and Mike retired, they traveled extensively: to Australia, Rome, New Zealand, and many other near and far-flung destinations. They also decided to spend the cooler months in Florida and bought a condo in Bradenton. They enjoyed condo living so much, they decided to sell their house in Lansing and started to look for a condo in the Lansing area, too – lucky for us, they picked Williamston!

Although she admits to never liking desk work, she enjoys working at the WASC and greeting the seniors coming in our door.



—Karen Spak

ENIGMA™ CRYPTOGRAM

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

“ZPUGU OGU TOIS GCOBV ZC POZU,
NYZ UIFS KV ZPU VPCGZUVZ CR ZPUT
OXX.”

— OYZPCG YIAICEI

OCTOBER ACTIVITIES

You are invited to stop by the WASC for the following activities to be provided in October!

Daily lunch service: Lunches are provided at noon on Tuesday, Wednesday, and Thursday of each week. Please call 517-655-5173 for lunch reservations. The cost is still a donation of \$3.50 per person.

Additional lunch service: Pizza & Salad will be available on Monday, October 4, 2021, and Soup and homemade bread on Monday, October 18, 2021, at the center. Cost is \$3.50 per person. Please call ahead for reservations.

Activities for October: (Activities provided after lunch unless otherwise stated)

Tuesday, October 5th at 11:30 am: Lunch with the President of WASC

Tuesday, October 5th at 1:00 pm: WASC Board Meeting

Wednesday, October 6th: Flu Shots

Thursday, October 7th after lunch: Tai Chi with Paul Christensen

Tuesday, October 12th: Birthday Bash

Wednesday, October 13th: Meditation with Vicky Potter

Thursday October 14th: Medicare/Medicaid Open Enrollment Information

Tuesday, October 19th: Mind Games with Williamston CADL

Wednesday, October 20th: Willow Reminiscence with Kristie

Thursday, October 21st: Tai Chi with Paul Christensen

Tuesday, October 26: MSU/UM Tailgate

Wednesday, October 27th: Chair Exercise with Kristen

Thursday, October 28th: Halloween celebration

Regular Activities:

Tuesday: Knitters Group from 1:00 pm to 3:00 pm and the

Wednesday: Needle Craft Group from 1:00 pm to 3:00 pm.

Thursday: Euchre 10:00 am to 12:00 noon.

The WASC is open, Tuesdays—Thursdays, **from 9:00 am to 2:00 pm**. Free coffee and socialization are provided. The WASC follows the protocols required by the State, which recommends that unvaccinated people wear a mask and social distance. These guidelines are subject to change based upon State or County Health Department requirements. Sanitizer is available at the WASC.

Secret of a Long Life

Grandpa Jones was celebrating his 100th birthday, and everybody complimented him on how athletic and well-preserved he appeared.

“I’ll tell you the secret of my success,” he cackled. “I have been in the open air day after day for some 75 years now.”

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

“Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a long walk.”

Solution to Enigma Cryptogram on page 7: “There are many roads to hate, but envy is the shortest of them all.” — Author Unknown.

Shoo the Flu: Avoiding the Flu Bug

Many people think the flu is more of an annoyance than a serious health risk. Receiving the flu shot before the season ramps up is one of the best methods to avoid being bitten by the bug. It is, however, just one of several prevention measures families should take.

4 Ways to Stay Healthy During Flu Season

1. Wash your hands frequently. Good handwashing hygiene is important all year round, but especially during flu season. The flu virus can linger on doorknobs, handrails, drinking fountains, and in other public places. By washing your hands often, you lower your risk for catching the bug. Use hot, soapy water to scrub your hands throughout the day. Experts say you should wash hands long enough to sing a chorus of Yankee Doodle Dandy. Keep small bottles of alcohol-based hand sanitizer in your purse, desk, and car for when you don't have access to hot water and soap.

2. Practice healthy self-care. When your immune system is healthy and strong, you are better able to fight off viruses. Exercise, a healthy diet, and a good night's rest are especially important during flu season. Managing stress by meditating, walking, or swimming also helps keep your immune system in good shape.

3. Limit personal contact. The flu virus can be easily passed from one person to another through a handshake, hug, or other close interaction. Sometimes people might not even know they have the bug. By limiting personal contact during flu season, you may reduce your risk of catching the flu. Opt for a wave or fist bump if you don't want to appear unfriendly.

4. Avoid touching your face. Most of us don't realize how often we touch our face (especially our eyes, mouth, and nose) throughout the day. If you've picked up the virus on your hands and touch your face, your risk of contracting the flu soars. Being more conscious about not touching your face could help lower your flu risk.

When to Call the Doctor

Despite your best flu prevention efforts, you might find yourself feeling a little rough. Some believe it's pointless to call the doctor because they think there is no treatment for the virus. In fact, there are prescription antiviral drugs that lessen the severity of flu symptoms and shorten the length of time you are sick.

The catch is that antiviral medications must be taken at the earliest stages of the flu. That means you need to call your physician immediately if you feel like you've been bitten by the bug.

©LPi

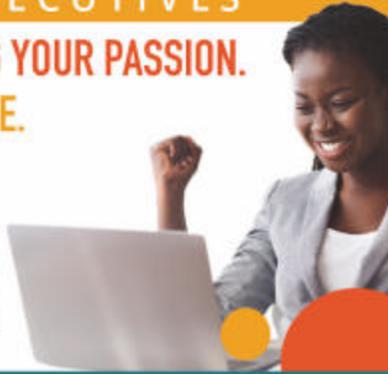
FLU Shots will be available on Wednesday, October 6, 2021, at the WASC. Call and make a reservation to get your flu shot. There is no cost to participate as Medicare and most private insurance companies cover the costs of the shot.

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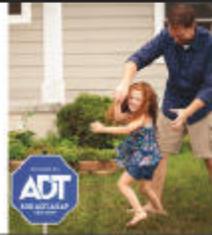
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Williamston Area Senior Center
John Roy Castillo, Director
201 School Street, PO Box 343
Williamston, MI 48895



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WASC Information:
Phone: 517.655.5173.

Please check out our Facebook page or call to see when programs may be offered as the WASC resumes pro-

WASC Membership Dues 2021



Cost is \$10/year per person. Please complete the information below and return to WASC along with your payment. **PRINT CLEARLY**

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
HOME PHONE: _____ CELL PHONE: _____
EMAIL ADDRESS: _____
EMERGENCY CONTACT NAME: _____
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Would You Prefer WASC Information via _____ U.S. MAIL or _____ EMAIL
ARE YOU A _____ NEW MEMBER? _____ RENEWING MEMBER? _____ DONOR?
BIRTHDATE (only if you to want participate in the birthday celebrations): _____
WASC use: Paid: _____ Received By: _____ Date Entered: _____

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