

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## March 2022 Newsletter

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### CONTACT US

45 Neckel Court  
Milan, MI 48160  
Ph: (734) 508-6229  
mshl@milanseniors.org  
www.milanseniors.org  
Facebook/milanseniors



### MEMBER PERKS

- ◆ Three levels for those 60+ (\$15, \$50, or \$200)
- ◆ Personal copy of the newsletter mailed or emailed
- ◆ Discounts on programs
- ◆ Exclusive use of fitness room
- ◆ Access to support services
- ◆ Free birthday lunch

***Did you hear about the chiropractor that got in trouble with the IRS?  
It was for back taxes...***

### We've made it to March!

Since January, we have been transitioning from an Activity Center to a Wellness Center with focus on the ten aspects of wellness that make our center not just a place for surviving, but for thriving. This month our focus is on Cultural Wellness. Cultural Wellness includes accepting, valuing and even celebrating the different cultural ways in which people interact with each other and the world around them. Cultural Wellness challenges and broadens our thinking. It is a way of honoring all voices and experiences—believing that everyone has a seat at the table. With this in mind, check out our Spanish Club (p4) with Eunice Pizarro as she brings so much passion and energy through the Spanish language, music, food and dance. For a fun demo on Irish Step Dance, take a look below...

### IRISH STEP DANCE: History and a Jig

**Thursday, March 17th @ 1pm**

Presented by Beverly Robinson

Join Beverly for a little history of Irish Step Dance followed by a brief tap demonstrations comparing Irish Step Dance, clogging, Broadway and rhythm tap. Participation is welcomed.

***Have lunch with us then stay for the show!***

### FREE AARP TAX ASSISTANCE

**Tuesdays: March 8 & 22, and April 5th  
10am—4pm**

AARP Tax Assistance Volunteers are trained to do Federal and Michigan 1040 forms and amended returns. They are unable to do returns with trust funds, business or farm income, with the exception of schedule CEZ. They can also offer advice if you are doing your own return and have questions. Appointments are being scheduled in two-hour increments with appointments at 10:00, noon, and 2:00pm for each date. Social distancing and Covid protocols will be in place to minimize exposure.



***Call MSHL at (734) 508-6229 for your appointment.***

# March Programs



## OPEN MIC POETRY READING

**Friday, March 4th @ 4pm**

Presented by MSHL and Milan Public Library

Come to an evening of poetry readings where everyone is welcome! Poetry is a form of expression and can have a positive impact on our social and emotional selves. Writing poetry allows you to creatively express your feelings and thoughts on a subject, while reading it encourages us to connect and find meaning in our experiences. Bring an original work, or if you don't consider yourself a writer, enjoy reading a poem from your favorite collection. Amateurs and novices alike are encouraged to participate.

**Light refreshments provided for donation.  
Call or stop by MSHL to register by  
March 2nd.**

## ESTATE PLANNING

**Thursday, March 10th @ 1pm**

Presented by Edward Jones



Estate Planning is a topic people tend to put off or ignore, but it's also one of the most important things you'll ever do. Properly planning your estate helps prepare a secure future for yourself and for generations to come. Together we'll learn much more about estate planning, including what to consider when creating a will, the benefits of trusts in estate planning, how to reduce estate taxes, and how insurance can help protect your family. An Estate Planning Attorney will be available with Edward Jones to answer your questions. Come for lunch then stay for this Presentation!

Senior Member	Seniors	Non-Seniors
\$1	\$2	\$3

**Register by March 8th.**



## KIDNEY HEALTH (Zoomed @MSHL)

**Monday, March 7th @ 11:15am**

Presented by Mary Neumaier -  
National Kidney Foundation of Michigan (NFKM)

Did you know that the kidneys are like the Brita filter of the human body? They filter 45 gallons of blood through the body each day and have an important job of maintaining the balance of water, salt and minerals. But as we age, our kidneys decline. It is believed that we lose 50% of our kidney function after age 60. So come join the conversation about kidney health—how to lower your risk for Chronic Kidney Disease or CKD, the importance of testing and diagnosing CKD, its progressive nature, and the basics of treatment. Learn how to keep these two lopsided, kidney-bean shaped organs healthy and happy.

Senior Member	Seniors	Non-Seniors
\$1	\$2	\$3

**Register by March 4th.**

## ASK THE EXPERT: Doctor-Patient Communication

**Monday, March 14th @ 11:15am**

Presented by Betty Chaffee, Pharm. D.

Doctor-patient communication is an important part of healthcare. A comfortable relationship with your doctor can make a huge difference in the outcome of your health. So what makes communicating so difficult? Open communication takes time: time to listen, to understand, and to formulate a response. We are all too aware of the limited time our physicians have to spend with us. There might also be a reluctance to ask questions for fear that your doctor might think you don't trust them. Betty from BetterMyMeds.com can help you navigate the two-way street of open communication between you and your doctor.

Senior Member	Seniors	Non-Seniors
\$1	\$2	\$3

**Register by  
March 11th.**

# March Programs



## BRUSH TO CANVAS

Wednesday, March 16th @ 12pm

Presented by Jolie Petticord

**New!** Enjoy expressing yourself with paint! MSHL has partnered with Jolie Petticord to provide a relaxing and creative space to paint where there's no pressure to be perfect, just pure enjoyment. Jolie provides everything you need including step-by-step easy-to-follow instructions, and one-on-one attention. See a sample painting displayed at the front office.

## COOKING WITH AIR FRYERS: Low-Fat Recipes

Wednesday, March 23th @ 12:30pm

Presented by EMU Dietetics

EMU Dietetic students will be in the kitchen to demonstrate how to use an air fryer, that new-fangled piece of kitchen equipment that you're just too afraid to try. EMU Dietetics will provide instruction, recipes, and samples for low-fat meals that hopefully will give you the confidence to use one at home. Register early as this promises to be popular!

Senior Member	Seniors	Non-Seniors
\$25	\$30	\$35

Register for either program by March 14th.

Senior Member	Seniors	Non-Seniors
\$6	\$7	\$8

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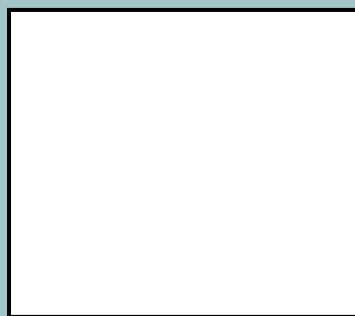
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# Ongoing Programs



## SPANISH CLUB

**Second Session: February 28th—March 28th  
Mondays @ 11am (5 weeks)**

Presented by Eunice Pizarro

Have you ever wanted to learn a new language and dabble in its culture with music, food and dance? We are bringing in a super fun, native Spanish speaker who teaches both English and Spanish as a second language to lead and inspire our new Spanish Club. The group will foster interest in the Hispanic culture and provide the opportunity to speak Spanish in an informal setting. Join Eunice as she leads you through exciting and engaging activities to promote learning the Spanish language. While the goal is learning, the emphasis is FUN! Come be a part of the new Spanish Club—Si?

Senior Member	Seniors	Non-Seniors
\$30	\$37.50	\$45

## MUSIC BY JUDITH

**Every Wednesday @12:30pm**

MSHL enjoys piano melodies through the talented fingers of Judith Hofweber on Wednesdays at 12:30 pm. Be sure to stop in and enjoy this treat.

## QUILTING B'S

**Every Thursday @10am**

If you would like to enjoy a morning of stitching and chatting, join this group. You can work on the group project or enjoy the time to work on your own individual project.

## MEN'S HOUR

**Every Tuesday from 9—11am**

Hosted by Gary Bourdeau, MSHL's Board Chair

A casual place for men only!  
Come "shoot the breeze", solve the world's problems, or simply enjoy the comradery of this great group of men.



## TECH TALK: Essential Skills for Older Adults

**Monday, March 14th @ 1:30pm**

By Digital Connections - An EMU/UM Collaboration

Let James help you take some of the frustration out of using your computer! He will help you master four basic computer skills: 'left' clicking, copy/paste, tooltips, and internet searching. This presentation can help you learn a new skill, polish up some things you already know, or teach you a more efficient way of controlling your computer. If you'd like, bring a laptop to practice on during the session.

**Register by  
March 11th**



**Answer to Last Month's Cryptogram:  
"February is the border between winter and spring."**

# More Programs



## FUN WITH GEOLOGY : Four Billion Years of Earth History in Thirty Minutes!

**Tuesday, March 29th @ 10:30pm**

Presented by Julie Hewlett, Geologist and Master Gardener

Imagine taking 4.5 billions years of earth history and compressing it into one calendar year—144 years would equal one second! The first 4 billion years, the Precambrian Era, would go from January to November. Humans would appear around noon on December 31st. Come listen in on this entertaining yet educational concept that looks at earth’s history in a nutshell. Then stick around for coffee and conversation.

## COFFEE WITH THE **NEW** MAYOR

**Tuesday, March 29th @ 1pm**

Presented by Ed Kolar

Meet our new mayor — — — Ed Kolar! After getting his feet wet, Ed is willing to come and talk about his transition to the role as new mayor and all the duties that come with it. Join him in conversation and see what he is working on for the city and for you.



Senior Member	Seniors	Non-Seniors
\$2	\$3	\$4

**Register by  
March 28th.**

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# Support Services (exclusive for MSHL members)

## MASSAGE

**Tuesdays & Wednesdays from 9:30– 1pm**  
By Jamie Mercer of FHL Massage

Jamie Mercer of **FHL Massage** is excited to be able to offer massage here at MSHL. She specializes in full-body, relaxation, as well as upper body massages. She will be on hand Tuesdays and Wednesdays to provide your problematic areas with the gift of healing touch.

**New Rates** (must be an MSHL member):  
**\$25 for 1/2 hr.**  
**\$45 for 1 hr.**

(Payable directly to Jamie at time of service)  
Please contact MSHL office to schedule an appointment.

## TECHNOLOGY ASSISTANCE

**Second Thursday of the Month**  
**March 10th from 9–2pm**

By Kovir, LLC

CEO of Kovir, LLC is Marie Gress (LMSW) and her team are here to assist you with your technology needs.

- \$20 for 30 mins (non-members \$25)
- \$40 for 1 HR (non-members \$45)
- \$10 for no shows.
- One person at a time.
- Pay at time of service with check or credit card.



## TRANSPORTATION

**By MSHL**  
**Monday through Friday**  
**7:30am – 4pm**

For those 60+, living in the 48160 zip code. We can take you up to 20 miles outside of Milan. Visit our website for additional information or call us for a brochure.

## PODIATRY SERVICES

**Mondays, March 14th & 28th @1:30pm**  
By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon. He will be on hand twice a month for MSHL members.



Dr. Felhandler specializes in the diagnosis and treatment of:

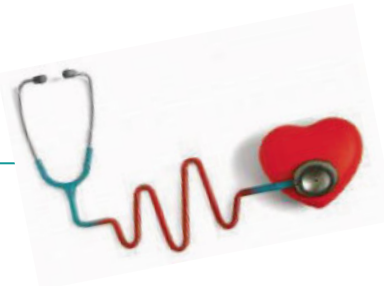
**Thick Nails \* Ingrown Toenails \* Neuropathy**  
**Corns & Callouses \* Arthritis \* Swelling \***  
**Bunions \* Hammer Toes \* Conditions of the**  
**Foot & Ankle**

Call MSHL office to register for an appointment.

## BLOOD PRESSURE CHECKS

**Every Thursday from 10:30—11:30am**

Come get your blood pressure checked by IHA's paramedic Glory Harris! Walk-ins are welcomed.



## RESOURCE ADVOCACY

**By Appointment**  
By Diane London

Diane is a retired RN and brings her passion for helping people by sharing her resource advocacy skills. She is available to help members discuss and plan for the care they want to receive when faced with serious health problems, and to assist with the completion of an Advance Care Planning (Living Will) document. She can also help you find resources to improve your quality of life (in-home care, in-home podiatry visits, Covid vaccine assistance, etc). If you need resource assistance, please call the office at 734-508-6229.





# Support Groups

## CAREGIVER SUPPORT

Second Tuesday  
March 8th @ 12:30pm

Presented by Huron Valley Pace

As care partners, when it comes to finding help, it is difficult to know where to turn and the process can be overwhelming. Caretakers can gain valuable information from others in this group setting.



## SOLO SENIORS

Fourth Wednesday  
March 23rd @ 11:00 am

Peer Led Support Group

Join this informal peer support group to discuss the challenges of living alone, share resources, create methods of 24/7 mutual assistance, and be a support to each other.



## GRIEF SUPPORT

First Thursday  
March 3rd @ 10:30 am

Presented by Ann Gerlach of Gabby's Ladder

Support groups **normalize the grief process**. During periods of intense grief, it's okay to feel a wide array of emotions. A grief support group **will help guide you towards living life again**. Ann will support you through the grieving process, as you walk towards healing and rebuilding your life within this "new normal".

Let MSHL support you in your wellness journey! Last month we announced that we are rebranding our Activity Center to the 'Wellness Center'. While it may sound as though we are a doctor's office or medical clinic, it is actually a progressive way of thinking as we move toward

**empowering healthy aging and enhancing quality of life.**

All of our programming is geared toward your 'whole' wellness:

- \* Creative \* Cultural \* Emotional \* Environmental \* Financial \* Intellectual \*
- \* Occupation \* Physical \* Spiritual \* Social \*

***Come live life 'well' with us at our Wellness Center!***





# Fitness

## FITNESS PASS—FOR EXERCISE PROGRAMS

Mix and Match your favorite exercise classes marking off a square for each class you attend. When your card is used up, buy another! Each Fitness Pass is good for 20 classes.

Senior Member	Seniors	Non-Seniors
\$30	\$40	\$50

### MONDAY MORNING WORKOUT

Every Monday from 10:30—11:15am

Come workout every Monday morning with **SitFit** and **Dynamic Stretch & Strength**. Join Andrea from Plymouth Physical Therapy as she guides you through a full-body workout from warm ups, to free weights, to stretches. Try out SitFit with Beverly Robinson as she focuses on range of motion, comprehensive stretching, and strength-building without weights.

The schedule is as follows:

- Week 1: SitFit**
- Week 2: SitFit**
- Week 3: SitFit**
- Week 4: Dynamic Stretch & Strength**



Stay tuned as we hope to add more fitness instructors to our morning rotation.

### TUESDAY AFTERNOONS with KAIZEN

Tuesdays @1:30pm

Presented by Karen Kaizen, RN

Back by popular demand, Karen from Kaizen Home Health will be back Tuesday afternoons to lead you through stretch and strength conditioning using weights, balls and therabands.

### EXERCISE4U

Tuesdays & Thursdays 10—11am

Instructors: Jennifer Michalak/Beverly Robinson

This one-hour exercise class is designed to challenge the mature adult of any fitness level, maintain abilities to perform day-to-day activities through low-impact cardio, strength conditioning, and stretching movements, with balance exercises sprinkled throughout.

### CHAIR YOGA

Mondays & Wednesdays 2—3pm

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It can encourage the body, mind and spirit to remain healthy and strong.

What are some benefits of participating in yoga?

- Helps ease symptoms of arthritis
- Improves balance, strength, and flexibility
- Helps manage and relieve stress
- Boosts energy levels and brightens your mood
- Helps ease back pain
- Improves your heart health
- Relieves anxiety and depression
- Helps you maintain a healthy metabolism

Experience some of these benefits for yourself and sign up for the class today!

***Use your Fitness Pass for all of these fitness classes!***





# Fitness

## THE PARKINSON’S DANCE

### Project NEW SESSION/5 Weeks

Thursdays, March 24th—April 21st @ 1:30

Instructor: Beverly Robinson

Senior Member	Seniors	Non-Seniors
\$20	\$25	\$30

**The Parkinson’s Dance Project**, modeled after the Mark Morris Dance Group and the Brooklyn Parkinson’s Group’s “Dance for PD”, is a five-week session led by Beverly Robinson. With an extensive background in dance performance and education, Beverly has completed over 40 hours of intensive Parkinson’s dance training and wants to bring a quality program like “Dance for PD” to our Wellness Center.

**The Parkinson’s Dance Project** is appropriate for all levels and no dance experience is required! Class is open to those living with *PD and their care partners*. It may also be appropriate for those recovering from stroke, MS or other diseases with balance challenges. This class is NOT physical therapy, but rather movement experiences that speak to the heart, mind, body and soul.

## MEMBER’S EXERCISE ROOM

The Exercise Room is open! Members can use the exercise room with a medical release form on file. We have treadmills, elliptical, recumbent bike and free weights.

For your safety there are additional hygiene protocols so be sure to check! Thank you!

*Medical release forms & membership need to be resubmitted annually.*



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

Senior Member	Seniors	Non-Seniors
\$35	\$31.25	\$37.50

Wednesdays, February 16th-April 6th from 10-12pm

Instructor: Lisa Klinkman

**Matter of Balance** will give you practical strategies to manage falls and minimize your risk of falling. Lisa Klinkman, a licensed **Matter of Balance** trainer and coach, will help you set goals for increasing activity, make changes to reduce fall risks at home, and provide exercises to increase your strength and balance. Anyone who has fallen in the past, or has concerns about falling, or who wishes to proactively reduce their risk of falling should NOT miss this excellent series. Hint—we all fall into at least one of these categories, thus the class is for EVERYONE!!



# Fun & Food

## BIRTHDAY CELEBRATIONS

Join us for a birthday celebration on  
Thursday, March 10th @ 11:30am

Please join us to honor these individuals.

### March Birthdays

Sallie Bancroft	Carol Massie
Archie Boettcher	Janet McFall
Rhonda Colthrop	Laurie Novak
Carol Esch	Sheldon Novencido
Barbara Gardinier	Theodore O'Dell
Pauline Gatt	Kay Schmenk
Ann Gee	Judy Schonek
Joe Goetz	Jack Spencer
Donna Kneebush	Richard Tackett
Renee Markgraff	Patsy Zander

**Thanks to a donation from Mullins Auto,  
all MSHL members whose birthday is in  
March will receive a complimentary lunch.**

If you are a member  
whose birthdate is in  
March and your name  
is not listed here,  
please call the office.



## GAME SCHEDULE

<b>Bingo-</b>	Mon. @12:30 (Penny Bingo) Wed. @12:30 (Dime Bingo) 2nd Wed. (Quarter Bingo)
<b>Bridge-</b>	<b>Mon @ 12:30</b>
<b>Euchre-</b>	Tues. at 12:30
<b>Pinochle-</b>	Wed. at 12:30
<b>Mah-jongg-</b>	Thurs. at 12:30

**We are adding Bridge to our game line-up!  
Please call John Western at (734) 649-6439  
to help organize a team or two.**

## EAT WELL! LIVE HEALTHY!

**At MSHL, we are passionate about providing  
tools and resources to empower healthy aging.**

Eating a well-balanced diet is an important part  
of wellness as you age. It can help you maintain a  
healthy weight, stay energized, get the nutrients  
you need, and lower your risk of developing  
chronic health conditions.

To that end, we partner with AAA1-B, OCED, and  
MCCOA to bring you several meal options:

- ♦ enjoy a meal with friends at our Senior Café,
- ♦ pick up a meal to go (Curbside Cuisine),
- ♦ or receive a ready-to-eat meal (Meals on  
Wheels) delivered to your door.

**Call MSHL to reserve your meal**

**48 hrs. in advance.**

**734-508-6229**

Menus available at the office and on our website.

**Senior Café:** Tuesday and Thursday @11:45 am

For a suggested donation of \$3 per meal you may  
enjoy a delicious, nutritious lunch eaten in  
community with others.

(Younger than 60 requires a \$5.50 charge per  
meal)

**Curbside Cuisine:** Monday thru Friday

Pick-up between 11:30 am and 12:30 pm.

For those times when you need the convenience  
of just grabbing a meal on the go.

**Meals on Wheels:** Monday thru Friday

Meals on Wheels is specially designed to come  
alongside those who are homebound.

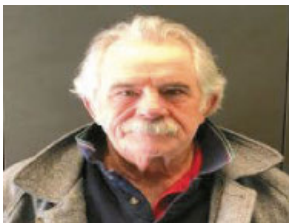
Registration is simple, can be done over the phone  
and can be implemented within 48 hours of  
registration.



# Entertainment

**WANTED**

**Dead or Alive:**  
Bridge Players on Mondays @ 12:30pm



Contact John Western (734) 649-6439

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www.milanseniors.org

## COMEDY SQUARE

*What's Irish and stays out all night?  
(Patio furniture)*

*Why shouldn't you iron a shamrock?  
(Because you don't want to press your  
luck!)*

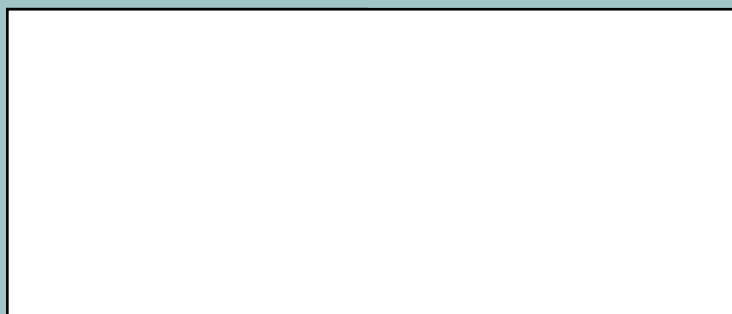
*What do you call an Irishman bouncing off  
the walls?  
(Rick O'Shae)*

*Did you hear about Irish  
car prices?  
(They're Dublin)*



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# Support Your Center

## GET YOUR 2022 MEMBERSHIP

**Standard (\$15)** - You will receive a personal copy of the newsletter, discounts on all programs sponsored by MSHL, access to select support services, a free birthday lunch, and access to the member's gym.

**Premium (\$50)** - All benefits above for you AND someone else! The remainder is a donation made in your name and is tax deductible. Premium members are thanked in the newsletter year-round.

**Lifetime (\$200)** - All the benefits of a standard membership for the remainder of your lifetime. You will be recognized as a lifetime member in the newsletter and annual report.



*Help us defray some of our overhead expenses by donating the following items: **postage stamps, bottled water, snacks for resale at the front counter, and copy paper—Thank you!***

## Wanting to help but not wanting to shop?

CHECK OUT OUR [amazonwishlist](#)

On your Amazon account's home page, tap on the “**find a wish list**” or “**Registry.**” To **find MSHL’s wish list**, enter “Milan Seniors for Healthy Living” in the **search** field and then click or tap on the “**Search**” option and you should see the list. To save that particular link, click or tap on “**Remember.**”

## DONATIONS:

Thank you so much for your generous gifts so far this year. 14% of our budget is dependent upon donations. We do accept financial donations via cash/check/credit card/PayPal. You can give through our FaceBook, on our website, by phone, or stop by!

*Thank You*

## Did you know...

If you shop at **Kroger** or on **Amazon**, you can help support MSHL at NO COST to you. Both of these organizations will donate to nonprofits based on your purchases. Kroger's program is named Kroger Community Rewards; Amazon's program is called Amazon Smile.

**MSHL received over \$1500 last year from these two sources.** We can help you sign up for either of these programs at the office. It truly is a painless way to support Milan senior services.



## BOTTLE/CAN DRIVE

Drop off your bottles and cans in the front vestibule. We were super close to hitting our goal of raising \$5000 in 2021 so let's start all over again. How much can we raise this year? (As of Feb., we have only had \$280 worth brought in) Help us hit that goal.





# Let's Meet: Jack Spencer



Born and raised in San Francisco, Jack Spencer spent 3 years in Germany while serving in the Air Force, was then stationed at the Kincheloe base in Sault Ste. Marie, moved to Livonia, and finally settled in Arizona. Jack was very active in Arizona with quads and boats. His family, as many as 23 others, regularly trekked into the mountains to spend the day on their various off-road vehicles. Jack was widowed in 2013, and in 2020, after having survived cancer, was accidentally shot in the neck by an inebriated woman who was inspecting her new pistol! "Another inch or two, and I would've been hit in the brain instead of my voicebox," Jack says in a soft voice that he's still struggling to reclaim after months of near silence. Jack's two sons and three daughters have given him 23 grandchildren, including three sets of twins. Those daughters all live in Michigan, and one is here in Milan. Their insistence that he leave Arizona so they could help him recover is why Jack, who is retired from Absopure, bought a home in Milan last winter. He enjoys walking his two Chihuahua "roommates" all around town and appreciates MSHL for giving him reason to get out of the house and meet people, emphasizing that both staff and visitors are all "very friendly and welcoming." Jack is now a volunteer here at MSHL delivering Meals on Wheels. We're so glad you are here in Milan!

[www.milanseniors.org](http://www.milanseniors.org)

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(734) 508-6229

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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# MSHL Made Possible By:

## 2022 PREMIUM MEMBERS

Caroline Alexander	Wendy Gauntlett
Richard Bancroft	Carolyn Gotts
Sallie Bancroft	Tom Gotts
Brenda Bevins	Laura Hawkins
Cheryn Bourdeau	Greg Hissong
Gary Bourdeau	Judith Hofweber
Sandra Chandler	Barbara Ilg
Christine Chie	Richard Ilg
John Chie	Margaret Katona
Martha Churchill	Donna Kneebush
Dianne Coss	Carol Preston
Ken Coss	Robert Preston
Pat Durston	Marcia Sanders
Richard Early	Kay Schmenk
Sharon Early	Richard Schmenk
Mary Ender	Julie (Judy) Schonek
Carol Esch	Barb Susterka
Jacqueline Fital	John Troy
Carol Fitch	Loretta Watson
James Fitch	Dan Wisner
Laura Galindo	Marilyn Wisner
Thelma Gauntlett	Kristen Zander

## MSHL STAFF

### Executive Director:

Jennifer Michalak

### Administrative

#### Assistant:

Cindy Schlottman

### Director of Programs &

#### Services:

Beverly Robinson

### Program & Facility

#### Assistant:

Jodi Griffor

### Wellness Coach:

Lisa Klinkman

### Director of

#### Transportation:

Alan Lown

### Transportation

#### Drivers:

Shelly Bauer

Greg Bell

## MSHL LEGACY ENDOWMENT FUND

You can invest in Milan senior services through MSHL's Legacy Endowment Fund. MSHL is honored to receive donations in memory or honor of loved ones.

### In 2022 we remember and/or honor

**Jerry Berkley, Jennifer Criss, Marlene Howe, Gloria Rosen**

## LIFETIME MEMBERS

Carol Barrett	James Lebar
Marcia Bolog	Frances (Diane) London
Rose Budd	Jeanne Luddeni
Carolyn Burlingame	Carol Massie
Donna Carver	Deb McFarlane
Joyce Criswell	Judy Mikkola
Joan Cullip	Glenna Mullins
Kathy Dominique	Laurie Novak
Diane Dziedzic	Betty Otto
Judy Falk	Gordon Parker
Anne Farmer	Judy Parker
Janett Ford	Linda Schultz
Carrie Furman	Marvin Schultz
Larry Furman	Richard Sheff
Barbara Gardinier	Nancy Simpson
Muriel Gierke	Irene Smith
Lou Ann Hanlon	Phyllis Smith
Joyce Hearn	Linda Squires
Fonda Heikka	John St.Pierre
Mary Hendrick	RoseMarie St.Pierre
Robert Henninger	Kristine Thomas
Marie Hiler	Lou Ann Thompson
Daniel Horvath	Wendy Tobler
Fran (Neuvirth) Howard	Carol Vollink
Hurshel Howard	Jane Ann Wanty
John Howard	Jennifer Ware
Susan Jantschak	Susan Yasi
Pat Kachenko	Patsy Zander
Evelyn Katona	
Marilyn Kettenstock	

## BOARD OF DIRECTORS

### Chair:

Gary Bourdeau

### Vice-Chair:

Cindy Swope

### Secretary:

Diane London

### Treasurer:

Ron Hasselbring

### Directors:

Sallie Bancroft

Steve Barney

Lou Ann Thompson

### Alternates:

Terry Dollhoff

Dr. Eduardo Enriquez

### Milan City Council

**Liaison:** Vacant

*MSHL Board Meetings are open to the public.*

**Next Meeting: March 16th at 4 pm**

# MSHL Made Possible By:

## FUNDERS \$5000+

City of Milan Senior Millage  
Michigan Department of Transportation  
Specialized Services (AAATA)  
Washtenaw County United Way

Monroe County Commission on  
Aging Senior Millage  
Washtenaw County Office of Community and  
Economic Development



Commission on Aging



# WHAT'S HAPPENING AT MSHL

# MARCH 2022

Monday	Tuesday	Wednesday	Thursday
	<b>1</b> 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p10 1:30 Tuesday w/ Kaizen p8	<b>2</b> 9:30 Massage p6 10:00 Matter of Balance p9 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	<b>3/</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 10:30 Grief Support p7 11:45 Senior Cafe p10 12:30 Mah-jongg p10 <b>4/ 4:00 Poetry Night</b>
<b>7</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 11:15 Kidney Health p2 12:30 Penny Bingo p10 12:30 Bridge p10 2:00 Chair Yoga p8	<b>8</b> 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 10:00 Tax Assistance p1 11:45 Senior Cafe p10 12:30 Euchre p10 12:30 Caregiver Support p7 1:30 Tuesday w/ Kaizen p8	<b>9</b> 9:30 Massage p6 10:00 Matter of Balance p9 12:30 Music by Judith p4 12:30 Quarter Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	<b>10</b> 9:00 Tech Assistance p6 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:30 Birthday Luncheon p10 12:30 Mah-jongg p10 1:00 Estate Planning p2
<b>14</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 11:15 Ask the Expert p2 12:30 Penny Bingo p10 12:30 Bridge p10 1:30 Tech Talk p4 1:30 Podiatry p6 2:00 Chair Yoga p8	<b>15</b> 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p10 1:30 Tuesday w/ Kaizen p8	<b>16</b> 9:30 Massage p6 10:00 Matter of Balance p9 12:00 Brush to Canvas p3 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	<b>17</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p10 1:00 Irish Step Dance p1
<b>21</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 11:15 Kidney Health p2 12:30 Penny Bingo p10 12:30 Bridge p10 2:00 Chair Yoga p8	<b>22</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 10:00 Tax Assistance p1 11:45 Senior Cafe p10 12:30 Euchre p10 1:30 Tuesday w/ Kaizen p8	<b>23</b> 10:00 Matter of Balance p9 11:00 Solo Seniors p7 12:30 Music by Judith p4 12:30 Cook w/ Air Fryers p3 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	<b>24</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p10
<b>28</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p10 12:30 Bridge p10 1:30 Podiatry p6 2:00 Chair Yoga p8	<b>29</b> 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 10:30 Fun w/ Geology p5 11:45 Senior Cafe p10 12:30 Euchre p10 1:00 Coffee w/ Mayor p5 1:30 Tuesday w/ Kaizen p8	<b>30</b> 9:30 Massage p6 10:00 Matter of Balance p9 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	<b>31</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p10