

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## April 2022 Newsletter

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### CONTACT US

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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

Explore this month's featured  
Dimension of Wellness



**Spirituality**

**"April hath put a spirit of youth in everything."**

**- William Shakespeare**

**No fooling**—it's April! This is the month that lightens hearts, gives hope, and opens up possibilities. April is also the month to focus on another one of our ten wellness dimensions—**spirituality**. In general, spirituality can be defined as an individual's search for purpose. It includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. Human spirituality is composed of three aspects—relationships, values, and life purpose. Some may find that their spiritual life is intricately linked to their association with a church, temple, mosque, or synagogue. Others may pray or find comfort in a personal relationship with God or a higher power. Others seek meaning through their connections to nature or art. Spirituality may lead to questions such as:

**Am I a good person? What is my connection to the world around me? Do things happen for a reason? What can I be or do differently? What else is possible for me?**



In your quest to find meaning in the world and your place in it, consider coming to "Coffee with the Pastor" (p5) to explore the importance of spirituality and faith. Also consider feeding your spirit through art and nature with "Brush 2 Canvas" (p3), Gardening: "Potted Lettuce Bowls" (p5) or "Create a Plate" (p3). Here's to your wellness!

### FREE AARP TAX ASSISTANCE

**Last Date! Tuesday, April 5th, 10—4pm**



AARP Tax Assistance Volunteers are trained to do Federal and Michigan 1040 forms and amended returns. Appointments are being scheduled in two-hour increments with appointments at 10:00am, noon, and 2:00pm. Social distancing and Covid protocols will be in place to minimize exposure.

# April Programs



## INTERNATIONAL PILLOW FIGHT DAY!

Come Celebrate With Us  
Tuesday, April 26th



Did you know there is actually a recognized day for pillow fighting? International Pillow Fight Day is always the first Saturday in April, and in honor of this celebration, we will be holding our own International Pillow Fight Day, Thursday, April 28th!



Come join in the celebration with activities and events throughout the day:

**Fluffy Refreshments**

**Games & Prizes**

**Pillow Raffles**

**10 minute Neck Massages**

**"Pillow Talk" Presentation**

Best of all...

### "Whack a Staff"

Buy a ticket and 'whack' your favorite (or unfavorite) staff member with a pillow! But just remember these basic rules:

1. Use two hands
2. No smothering
3. No tickling

Being playful can add joy to your life, relieve stress, and be reenergizing. So wake up, join the fun and let the feathers fly!

Featuring  
Little Pharmacy on Sleep and Sleep Aids



## EMU: Cooking for Arthritis

Thursday, April 7th @1pm

Presented by EMU Dietetics

Senior Member	Senior	Non-Senior
\$5	\$6	\$7

Arthritis, the painful swelling and stiffness of joints, in part, can be a consequence of diet. Join EMU Dietetics in the kitchen and cook up a sample soup and sandwich combo aimed at fighting the inflammation that plagues those of us that live with arthritis. Learn how to decrease inflammation as well as how to increase the antioxidants that can reduce inflammation. **Register by April 5th.**

# April Programs



## CREATE A PLATE

Thursday, April 14th @10am

Presented by Linda Schultz

**New!** We have a new craft that is easy **and** clever. Linda shares her creative talents to guide you through the process of taking a clear glass plate and turning it into a seasonal work of art made from patterned fabric, glue and trim.



Register by April 12th.

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

## BRUSH TO CANVAS

Wednesday, April 20th @12pm

Presented by Jolie Petticord



Enjoy expressing yourself with paint! Experience a relaxing and creative atmosphere for painting with no pressure to be perfect—just pure enjoyment. Jolie provides everything you need including step-by-step instructions and individual attention. See a sample displayed at the front office.

Register by April 18th.

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

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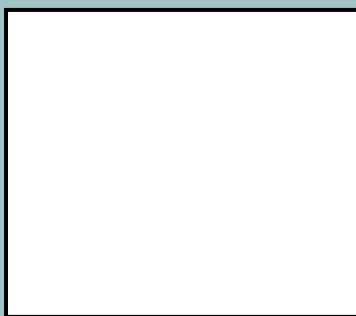
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# Ongoing Programs



## SPANISH CLUB

**Third Session: April 11th—May 9th  
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 on learning, the emphasis is on 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**

Come sit and hear the piano melodies through the talented fingers of Judith Hofweber. Whether it's classical, Broadway or old favorites, be sure to sit in and enjoy this treat.

## QUILTING B'S

**Every Thursday @10am**

This month, the project will be hand-stitched baby quilts. If you would enjoy a morning of stitching and friendly conversation, check this group out!

## MEN'S HOUR

**Every Tuesday from 9—11am**

Hosted by Gary Bourdeau, MSHL's Board Chair

This is one of our biggest groups yet! 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: Web Browsers

**Monday, April 4th @1:30pm**

By Digital Connections - An EMU/UM  
Collaboration

Intro to Web Browsers - A web browser is your front door to the internet, so it can be helpful to understand more about these applications and ways to maximize their use. During this session you will learn what web browsers are, how they work, how to browse safely, how to browse privately, how to utilize different settings, and how to add extensions.

**Register by  
April 1st—No Fooling!**



## Why do I need to Register if it is FREE?

Registering for any of our programs provides us with a way to communicate with you. Occasionally, MSHL or the presenter must cancel, and by enrolling in that program, we have a way to contact you. By registering, we also know how many participants to plan for.

# More Programs



## INDOOR GARDENING: Potted Lettuce Bowls

**Monday, April 25th @12:30pm**

Presented by Julie Hewlett, Geologist/Master Gardener

Geologist Julie Hewlett is putting on her Master Gardener hat to lead us in the first gardening class of this year. We will provide the pot, soil, starter plants, seeds and a few edible flowers to create a potted lettuce bowl. Enjoy some ready greens, then watch as the seeds begin to sprout giving you a second round of tasty lettuce. Courageously sample the edible flowers or just enjoy their beauty. The class will also cover soil composition, and the care and feeding of your salad bowl.

**Register by  
April 22nd.**

Senior Member	Seniors	Non-Seniors
\$8	\$9	\$10

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## COFFEE WITH THE PASTOR

**Tuesday, April 19th @1pm**

Presented by Pastor John White

Retired Pastor John White will be sharing his wisdom and experience in all matters spiritual. Come with your questions and ponderings as we explore and discuss spirituality, the meaning of life, and our place in it. This is meant to be a friendly conversation and exchange of ideas for all people of all faiths.



**Register by April 18th.**

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# Support Services (exclusive for MSHL members)

## MASSAGE

**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 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**

**April 14th 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.



*Call MSHL to reserve your spot.*

## 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

**Monday, April 18th @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  
April 12th @ 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  
April 27th @ 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  
April 7th @ 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! Earlier this year 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 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 Frank, 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!***



# Entertainment



## THE PARKINSON'S DANCE

**Project** NEW SESSION/5 Weeks

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

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. **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.*



### ATTENTION:

MSHL is looking for plant lovers to come and maintain our flowerbeds. We are in need of people willing to water, weed and prune to make our center beautiful!

### What types of Programs Would You like to See?

If you have ideas for future programs of any type, talk to our Director of Programs & Service and let us know what you would like to see at MSHL.

## My Many Boyfriends

I am seeing several gentlemen every day. As soon as I wake up, WILL POWER helps me get out of bed. Then I go to JOHN. Then CHARLIE HORSE comes along, and when he is here, he takes a lot of my time and attention. When he leaves, ARTHUR RITIS shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to be with BEN GAY. What a life! Oh yes, I'm also flirting with AL ZYMER. And I am thinking of calling JACK DANIELS or JOHNNY WALKER to come and keep me company. Now remember— life is like a roll of toilet paper, the closer it gets to the end, the faster it goes! So have fun; think good thoughts only. Learn to laugh at yourself and have a great day. Let's count our blessings.

— Submitted by Ruth Florian, a former MSHL member

# Fun & Food



## BIRTHDAY CELEBRATIONS

Join us for a birthday celebration on  
Thursday, April 14th @ 11:30am

Please join us to honor these individuals.

### APRIL BIRTHDAYS

Arlene Baisch	Claire Schafer
John Chie	Rosemary Schiferle
Ada Gonzales	Hildi Seyfarth
Ron Hasselbring	Phyllis Smith
James LeBar	Janet Spencer
Marilyn Morawski	Laurol St. Claire
Glenna Mullins	Linda Sue Tackett
	Wendy Tobler

**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  
April and your name  
is not listed, please  
call the office.



## RUMMAGE SALES HAVE RETURNED

Come shop on the day of our birthday  
celebrations.

If you have any donations to add to the rum-  
mage sale, items may be dropped off the week  
before.

## OUT-TO-BREAKFAST BUNCH

4th Friday of the Month  
9:00am at Milan's Coney Island

**Contact Donna Kneebush  
(734) 439-2103**

Make Friends  
Satisfy Hunger

## 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.

**Reserve your meal 48 hrs. in  
advance by calling 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.

# More Fun and Food



## GAME SCHEDULE

**Bingo** Mon. @12:30 (Penny Bingo)  
Wed. @12:30 (Dime Bingo)  
2nd Wed. (Quarter Bingo)

**Bridge** Mon @ 12:30

**Euchre** Tues. at 12:30

**Pinochle** Wed. at 12:30

**Mah-jongg** Thurs. at 12:30

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

**WANTED**

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

Contact John Wester (734) 649-6439

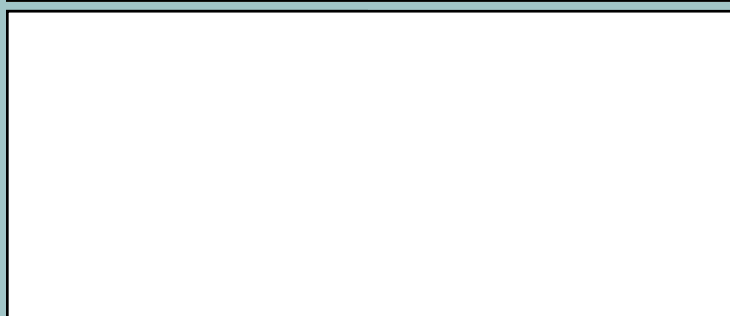
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# Support Your Center

## 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.



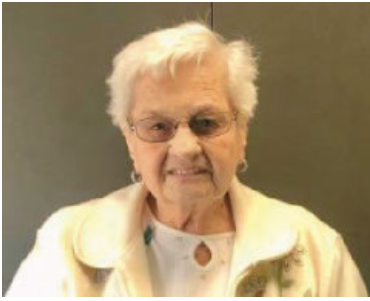
## BOTTLE/CAN DRIVE

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 March, we have had \$500 worth brought in. Help us hit that goal.





# Let's Meet: Donna Kneebush



Donna Kneebush spent her first 17 years of life in Monroe, Michigan, and moved to Milan after marrying her husband. She has two daughters who have given her 6 grandchildren and 7 great-grandchildren. While a full-time housewife, Donna started an upholstery business when she was only twenty. "I've upholstered everything you can think of," she says, and to this day, she still works on an occasional project. Donna is also well-traveled. She and her husband enjoyed traveling and camping, allowing Donna to travel to every state including Alaska. "The Alaska highway was beautiful, but I'd have to say my most memorable event was my trip to Germany with my daughter." Widowed in 2005 after 54 years of marriage, Donna has since been active with MSHL volunteering wherever necessary. She coordinated "Out to Lunch with Seniors" until COVID, and now does the "Out to Breakfast" group (see p.10). She has worked in the kitchen, served Senior Café lunches, helped run Bingo, sold 50/50 raffle tickets, and more. Donna loves to crochet and has donated everything from afghans to towels to the MSHL sales, as well as giving her creations to friends. Donna's biggest trips these days are to our Wellness Center where so many of our members know her and are always glad to see her.

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## 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, Clifton Kuhn,  
Marlene Howe, Gloria Rosen and Jerry Weaver.**

## 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: April 20th at 4 pm**

# MSHL Made Possible By:

## FUNDERS \$5000+

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

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



Commission on Aging



# WHAT'S HAPPENING AT MSHL

# APRIL 2022

Monday	Tuesday	Wednesday	Thursday
<b>4</b> 10:30 Monday Workout p8 11:00 Spanish Club 12:30 Penny Bingo p11 12:30 Bridge p11 1:30 Tech Talk p4 2:00 Chair Yoga p8	<b>5</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 10:00 Tax Assistance p1 11:45 Senior Cafe p10 12:30 Euchre p11 1:30 Tuesday w/ Kaizen p8	<b>6</b> 9:30 Massage p6 10:00 Matter of Balance p9 12:30 Music by Judith p4 12:30 Dime Bingo p11 12:30 Pinochle p11 2:00 Chair Yoga p8	<b>7</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 p11 1:00 Cooking 4 Arthritis p2 1:30 Parkinson's Dance p11
<b>11</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p11 12:30 Bridge p11 2:00 Chair Yoga p8	<b>12</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p11 12:30 Caregiver Support p7 1:30 Tuesday w/ Kaizen p8	<b>13</b> 9:30 Massage p6 12:30 Music by Judith p4 12:30 Quarter Bingo p11 12:30 Pinochle p11 2:00 Chair Yoga p8	<b>14</b> 9:00 Tech Assistance p6 10:00 eXercise4U p8 10:00 Quilting B's p4 10:00 Create a Plate p3 10:30 Blood Pressure p6 11:30 Birthday Lunch p10 12:30 Mah-jongg p11 1:30 Parkinson's Dance p11
<b>18</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p11 12:30 Bridge p11 1:30 Podiatry p6 2:00 Chair Yoga p8	<b>19</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p11 1:00 Coffee w/ a Pastor p5 1:30 Tuesday w/ Kaizen p8	<b>20</b> 9:30 Massage p6 12:00 Brush to Canvas p3 12:30 Music by Judith p4 12:30 Dime Bingo p11 12:30 Pinochle p11 2:00 Chair Yoga p8	<b>21</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 p11 1:30 Parkinson's Dance p11
<b>25</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p11 12:30 Bridge p11 12:30 Indoor Gardening p5 2:00 Chair Yoga p8	<b>26</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p11 1:30 Tuesday w/ Kaizen p8 <b>Pillow Fight Day p2</b>	<b>27</b> 9:30 Massage p6 11:00 Solo Seniors p7 12:30 Music by Judith p4 12:30 Dime Bingo p11 12:30 Pinochle p11 2:00 Chair Yoga p8	<b>28</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 p11
			<b>Friday 29</b> 9:00 Out to Breakfast p10