

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## July 2024 Newsletter

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### CONTACT US

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**Transportation:** (734) 322-8413  
**Aging in Action:** (734) 418-0376

### HOURS

Monday—Thursday  
8:00am to 3:00pm

(We are closed Fridays)

In the United States, July is a time to celebrate national independence and reflect on the values of freedom.

Freedom is a multifaceted concept that holds different meanings for different people, encompassing a wide range of ideas including political independence, personal autonomy, and social liberty.



Freedom can be the capacity to express emotions, form meaningful connections, and love freely. Feeling safe and secure in expressing one's emotions and vulnerabilities without fear of rejection or judgement.

As we celebrate freedom, it's essential to recognize its various dimensions and strive to create environments—both personal and societal—that foster true freedom for all.

Celebrating freedom, especially in July, can be a reminder to rejoice in the freedom we have as a country, as individuals, and as the collective. Let Freedom Ring!

**“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.” ~Peter Marshall**

# July Programming

## JULY 4TH CELEBRATION & MEMBER'S MEAL

Wednesday, July 3rd beginning @11am

### 11am: Name That Landmark!

Can you recognize these iconic American Landmarks? Come play for a chance to win a patriotic prize!

### 12pm: Member's Meal

There will be indoor yard games, music, and more. Wear your Red, White, and Blue!

### 1pm: Summer Camp Intergenerational Craft

Join the 3rd graders from Milan's Summer Camp to make a 4th of July craft with us. Spend some time getting to know a Milan elementary student while working on your art.



## YOUTH DANCE SHOWCASE

Monday, July 22nd @1pm

Presented by Dance Xplosion Staff and Students

Dance Xplosion students of all ages will perform an informal showcase of their dances from the 2023—2024 school year. You won't want to miss these talented dancers!

## CHRISTMAS IN JULY

Thursday, July 25th beginning @12pm

### 12:00pm: Lunch and Christmas Party

Dig out your Christmas sweater and get ready to celebrate. Christmas treats and music guaranteed.

### 1:00pm: Christmas Movie Screening

Enjoy a Christmas Classic—

*It's a Wonderful Life.*

Canned food drive for Aid in Milan

*See the office for more information*



## CRÈME BRULEE W/ CHRIS

Monday, July 29th @12:45pm

Hosted by Christian Thompson

Join Milan Councilman and Caterer—  
Chris Thompson—

to try his famous Creme Brulee!

*Space is limited—register soon!*

## BEING PART OF A HEALTHY COMMUNITY

Tuesday, July 23rd @11am

Vicki Zilke is a Pediatric Nurse Practitioner, farmer, entrepreneur, and community and health advocate in Milan. Join her as she shares what it's like to serve and be part of a healthy community.

## STRENGTH WITH PT TODD

Thursday, July 18th @2pm

Hosted by Todd Thurman, Plymouth PT

Join PT Todd Thurman for a brief strength and exercise class that can be done sitting or standing depending on your balance and strength level.

# July Programs

## ASK THE PHARMACIST / Monday, July 15th @11am

Hosted by Betty Chaffee, PharmD

Fish oil, Krill oil, Flaxseed—Are essential fatty acids really essential for good health? And if so, how do we make sure we're getting enough? Let's talk about the health benefits of essential fatty acids.

## CARE MANAGEMENT APPTS / Wednesday, July 17th @9/10am

Hosted by Care Management by Natalie

Are you or a loved one navigating the complexities of aging? Join Natalie Adewunmi, a Nurse and dedicated Care Manager, for a one-on-one consultation right here at MSHL. Only 2 slots available this month. Sign up to get your name on the list.

## HOME SERVICES / Monday, July 8th @11pm

Hosted by Catholic Social Services

Learn about the importance of preventative measures while aging to ensure continuous confidence and safety in the home through home safety assessments and the installation of different products like grab bars, shower chairs, etc. Register now!

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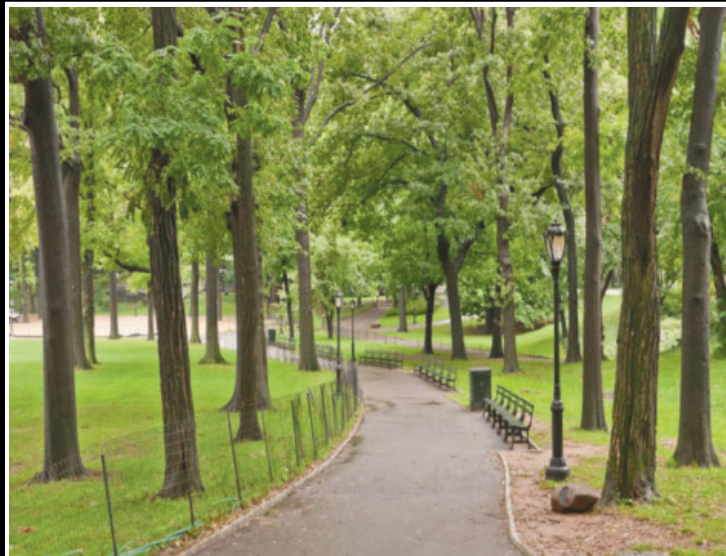


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15-0778



# Ongoing Programs



## WALK WILSON WEDNESDAYS

Wednesdays @10am

Self-Led

Welcome the warm weather with a morning walk through Wilson Park! Departing from MSHL @10am each Wednesday, you can loop through Wilson Park once, and return. Join friends on your walks! There is no cost to join and no fitness pass needed. *(In case of bad weather, we'll walk inside MSHL.)*

## TECH TALK: TECH DILEMMAS / Wednesday, July 17th @2:30pm

James Giordani, Clear Computing

Is AI taking over? Is social media ruining society? What affect is e-waste having on our planet? Let's talk about the pros and cons of the digital age. *Don't forget to register at the office!*

## JEOPARDY / 1st Monday of the Month, July 1st @11am

Hosted by Maxine Tewsley

Test your knowledge on multiple topics with a game of Jeopardy hosted my MSHL's Maxine Tewsley. Move over Alex Trebeck—there's a new kid in town!



## READING WITH ELAINE / Tuesdays in July @12:30pm

Hosted by Elaine Cousino

We are constantly looking at ways to exercise and strengthen the memory pathways in our brains. Listening to someone read aloud is a great way to do that, at any age. Strengthen your neural pathways and experience an adventure with Elaine's newest book!



# More Programs

## LIVING WILLS

Tuesday, July 16th@11am

Hosted by Kim Parks, Bassett Murray Law

**Living Trust, Grantor, Successor, Probate...What does it all mean?!**

Join us for an informative session on wills, trusts, and essential estate planning strategies. Learn how to protect your assets, provide for our loved ones, and ensure your wishes are honored. Whether you're planning for the future or assisting others with their plans, this presentation will provide valuable insights into securing your legacy.

***Come for fitness, stay for the presentation!***

## CREATIVE MEDITATION WITH STAINED GLASS WATERCOLORS

Thursday, July 11th @9:30am

Hosted by Moon Mama, LLC



Creative Meditation is the opportunity to explore and play with paint while quieting the chatter of the busy mind and engaging with the calm energy of your creative spirit. This is an immersive experience engaging all of your senses. After a brief demonstration of basic watercolor techniques, you will be led through guided imagery meditation to get your mind and body relaxed. You will begin painting in the style of watercolor painting called Stained Glass Watercolors. This style is particularly comforting for an anxious brain. You will leave with a unique piece of artwork created by your authentic self! **Cost is \$20 / Pre-Pay at the office.**

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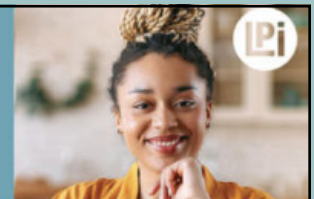
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# Ongoing Programs



## HEALING ARTS TUESDAYS

Tuesdays @1:30pm / Cost: \$10

Hosted by MaryAnn Opal

The Healing Arts is a holistic approach to healing and self-discovery through various modalities. Healing art workshops are therapeutic techniques that seek to balance the body, mind, emotions and spirit; incorporating them into your life can help reduce stress, and promote physical and mental well-being. We will explore a different modality each week. These workshops are suitable for both religious and non-religious folks. Some of the areas we will explore together are guided meditation, tapping (EFT), sound therapy, journaling, aroma therapy, soul collage, creating a mission statement, and making a vision board. These are all powerful tools for promoting relaxation, emotional healing, and self-awareness.

## WOMEN'S HOUR / Wednesdays @11am

Hosted by Cindy Swope

Join in the conversation! Cindy Swope does a fabulous job initiating conversation, sparking dialogue, and giving everyone a safe place to share insights, experiences, joys and challenges. Newcomers are always welcomed!



## MEN'S COFFEE HOUR / Tuesdays @9am

Hosted by Gary Bourdeau

This is one of our biggest groups yet! Come "shoot the breeze", solve the world's problems, or simply enjoy the comradery of this great group of men. First time guests are welcomed!

## POPCORN WITH THE PASTOR / Wednesday, July 10th @12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance. Pastor Matt is bringing a new treat this month: popcorn!

## TALK OF THE TOWN / 3rd Wednesday, July 17th @1pm

Hosted by Mayor Ed Kolar & Council

Pull up a chair and join in on the conversations that impact you and your community.

## QUILTING B'S / Thursdays @10am

Hosted by Ellen Bell



Did you know that sewing releases endorphins, which are natural chemicals that make you feel happy and calm? Sewing also gives you a sense of accomplishment and satisfaction, which can improve your self-confidence and motivation. Join in!



# Support Services



## **NEW! - MEDICATION REVIEW**

Betty Chaffee of **BetterMyMeds**, PharmD / By Appointment

**Too many meds? Too many doctors?  
Wondering about side effects or prescription costs?**



Get help from a medication expert! Find out if all your meds are necessary for your health, and learn how to talk more confidently with your doctor.

## **M—Th from 8am to 3pm / 734.322.8413 / MSHL TRANSPORTATION**



Alan Lown, Transportation Director

Rides by appointment for those 60+ and living in the 48160 zip code.  
**Call ahead to schedule your ride with us.**

## **734.418.0376 / AGING IN ACTION**

Beverly Robinson, Lead Resource Advocate

**Aging in Place** is the ability to live in one's home and community safely, independently, and comfortably for as long as possible and still maintain quality of life. Beverly can assist clients in working around challenges and barriers faced when aging in place. **Call for assistance.**

## **Mondays & Wednesdays @9am / ACUPUNCTURE**

Hosted by Dr. Linda Moaucheupao

Linda successfully treats Arthritis, Anxiety, Depression, Digestion, Respiratory Ailments, Hormone Imbalances, and helps you with Pain Management. **\$20 Members only.**

## **Monday, July 1st and 29th @1:30pm / PODIATRY SERVICE**

By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon specializing in the diagnosis and treatment of many conditions of the foot and ankle. Rates are based on your medical insurance plan and deductibles. **Call MSHL office for an appointment.**

## **By Appointment / VIRTUAL DEMENTIA TOUR**

With MaryAnn Opal/by appointment

As a trained facilitator, MaryAnn will guide participants outfitted with patented devices, that alter their senses while they try to complete everyday tasks. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face.

**Contact MaryAnnO@milanseniors.org**

## **By Appointment / MoCA MEMORY TESTING**

With Diane London, RN

The Montreal Cognitive Assessment (MoCA) is designed as a preliminary screening tool for mild cognitive dysfunction. These results can be taken to your doctor for further consultation.

**Make your appointment at the office.**

# Fitness

## GET A FITNESS PASS FOR ALL FITNESS CLASSES

Senior Member	Seniors	Non-Seniors
\$40	\$50	\$60

*Mix and Match your favorite fitness classes.  
Each card is good for 20 classes.  
When your card is used up, buy another!*



*Laurie Novak is on the ball!*

### **MONDAY / CARDIO DRUMMING @10am**

Instructor: Beverly Robinson

Seated or standing, cardio drumming is a fun and easy exercise that helps activate major muscle groups with high-impact drumming movements. Ball, bucket and drumsticks are all that is needed. This is a medium-paced class but highly adaptable to all fitness levels.

### **TUESDAY / SITFIT @10am**

Instructor: Beverly Robinson

Enjoy a seated workout to lively music making exercising fun! SitFit targets upper and lower body strength, flexibility and range of motion for a complete one-hour workout.

### **WEDNESDAY / WALK WILSON PARK @10am**

Self-Led

Gather at MSHL on Wednesday mornings at 10:00, take a stroll through Wilson Park, then back again to MSHL to kickstart your Wednesdays. (No fitness passes needed.)

### **THURSDAY / EXERCISE4U @10am**

Instructor: Beverly Robinson

This class is designed to challenge the mature adult of any fitness level through low-impact cardio, strength conditioning, and stretching, with balance exercises sprinkled throughout.

### **MONDAY & WEDNESDAY / CHAIR YOGA @2pm**

Instructor: Janae LeBar



Yoga targets muscle strength, softness, and flexibility. It can encourage the body, mind and spirit to remain healthy and strong. This series will introduce you to basic poses, postures and breath that will be the building blocks to take you to that next level.



# Eat Well—Live Well

## SENIOR CAFÉ—NEW TIME!

*Monday—Thursday @12:00pm*

Caterer — Zilke Vegetable Farm will now cater MSHL Senior Café.  
Days — Now serving lunch Monday, Tuesday, Wednesday & Thursday.  
Price — Suggested donation \$5.00 per person.  
Sign-up — Please sign up the week prior to your lunch request.



**Our dream is for you to come early for activities, have lunch, stay for afternoon activities.  
We want to spend more time with you at your senior center.**

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

### MEALS ON WHEELS

Monday thru Friday

**Meals on Wheels** is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. Call MSHL to see if you qualify.

### MEMBER'S ONLY LUNCHEON

Wednesday, July 3rd @12:00pm

Prepared by Jodi Griffor

*Brats*

*Grilled Pineapple Salsa  
Classic Macaroni Salad*

\$5 Suggested Donation

**BIRTHDAY CELEBRATION — Thursday, July 11th/Gather @11:30am**  
\$5 Suggested Donation

**Join us in honoring our MSHL Members whose Birthday is in July:**

Linda Beebe  
Norma Buggy  
Joyce Criswell  
Mary Dennison  
Diane Dziedzic  
Mary Eddy  
Anne Farmer

James Fitch  
Sandra Frey  
Linda Grady  
Vivian Griffin  
Francine Hale  
LouAnn Hanlon  
Lora Johnson

Nancy Malecki  
Cindy Montag  
Marion O'Bryan  
Carolyn Olds  
Richard Sheff  
Karen Steele



**Sponsors:** Mullins Auto, Kroger, Milan Florist, and Yeager Bomb Entertainment.

# Fundraisers

## GINORMOUS CRAFT SALE!

Thursday, July 18th 5—8 pm

This is a 3rd Thursdays Event at  
Marble Memorial UMC

Buttons, cardstock, yarn, thimbles, scissors, stamps, dye cuts, stencils, thread, crochet and knitting needles, jewelry making supplies, scrapbooking supplies, quilting material, wicker baskets, sewing machines, needlepoint, cross stitch, wrapping paper, organizers, upholstery, and **SO MUCH MORE!**



## EUCHRE TOURNAMENT

Tuesday, July 9th @6:30

Doors open at 5:30

- **FUNDRAISER**
- **REFRESHMENTS**
- **50/50 RAFFLE**

Buy in: \$20

Pay out: 50% of the purse

1st place: 60%  
2nd place: 30%  
3rd place: 10%

# Games & Outings

## OUT TO BREAKFAST OUT TO LUNCH BUNCH



### Out to Breakfast

Every 4th Friday—July 26th @9am

### Out to Lunch Bunch

Every 3rd Saturday—July 20th @1pm

*Contact Sue Bemis to make reservations:*

**734.483-6351**

Bingo	Monday	12:30	(25 pennies & 1 dime)
	Wednesday	12:30	(12 dimes, 1 nickel & 1 quarter)
	2nd Wed.	12:30	(15 quarters)
	Thursday	12:30	(8 dimes & 8 quarters)
Bunco	2nd Mon.	12:30	<b>NEW!</b>
Euchre	Tuesday	12:30	
	Wednesday	12:30	
	Thursday	12:30	
Mah-jongg	Thursday	12:30	

# Announcements

## RUMMAGE SALE

Do some sorting and donate your clean **gently used** items for our rummage sale! Items can be dropped off the second week of the month. Then come and shop on the day of our birthday celebration to find some treasure you can't live without! All donations help support our center.

## COLLECTING JEWELRY & PURSES

We are getting ready for our **2nd Annual Jewelry & Handbag Sale!**



Donate your jewelry and gently used purses for our sale in September. Please bring jewelry separated in zip-lock baggies to avoid tangling. Stay tuned for our fabulous sale September for the **Third Thursdays** from 5—8 pm.



## COMMUNITY COMPUTERS FOR USE

Did you know MSHL has a desktop and laptop here at the center for you to use? Call or stop by if you would like some screen time!

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

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# Support Your Center

## BOTTLE/CAN DRIVE

Drop off **CLEAN** bottles and cans in the front vestibule.

The bottles and cans you donate go a long way in helping us to offset some of the costs we experience being a non-profit organization.



If you shop at **Kroger**, you can support MSHL at **NO COST** to you. **Kroger** donates to non-profits based on your purchases. Check out **Kroger Community Rewards**. Come to the office—we can help you sign up!



**Donate your old but usable eyeglasses!**

## MSHL MEMORIAL/HONOR FUND

MSHL is honored to receive donations in memory or honor of loved ones. This is a great way to recognize your loved one while supporting MSHL. You can also bequeath a donation in memory/honor by including MSHL in your final wishes and/or including us in your will.



Consider donating your unused gift cards! We can use any of your unused gift cards that you no longer want or need. Just drop them off at the front office when you are here next.



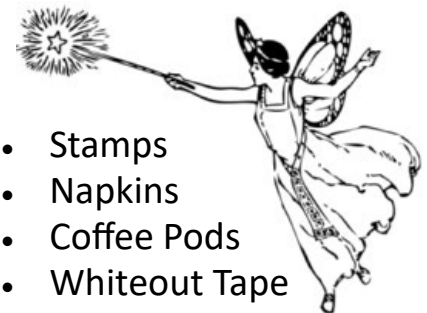
**Greeting Cards are only 25 cents!**



## BE A SUSTAINING SUPPORTER

Will you consider being a sustaining supporter of Milan Seniors for Healthy Living? Research shows that non-profits receiving a regular payment every month from their supporters are much more likely to succeed and grow. Call the office with your support—Thank You!!

## THIS MONTH'S WISH LIST



- Stamps
- Napkins
- Coffee Pods
- Whiteout Tape
- Sturdy Paper Plates
- Printer Paper
- Three-Hole Punch

# Memberships / Registering

## MEMBER'S ONLY PERKS

Now accepting 2024 Memberships! We have 3 levels of memberships: **Standard (\$20), Premium (\$50) and Lifetime (\$200)**. Stop by to fill out your annual paperwork. You will get your monthly newsletter mailed or emailed to you so you never have to miss out on the great things we are doing here at MSHL!

- *Acupuncture*
- *Podiatry*
- *Free Birthday Lunch*
- *Member's Only Luncheon*
- *Use of Fitness Room*
- *Discounts on Programming & Passes*

Enroll me in this course



We are excited to offer **SO MANY FREE programs** here at MSHL! We often ask that you register at the office so we know you are coming. If enrollment is low, we may choose to cancel the program, not knowing you were planning on attending. If we have to cancel due to inclement weather, we would like to be able to notify you. So PLEASE enroll!



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

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Josh Kofflin

### Milan City Council

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### Executive Director:

MaryAnn Opal

### Director of Aging in Action:

Beverly Robinson

### Director of SNP/Admin:

Jodi Griffor

### Director of Transportation:

Alan Lown

### Director of Programming

Maxine Tewsley

### Kitchen Production:

Sherrie Schwartz

### Financial Consultant:

Amy Landingham

### Strategic Assistant:

Angela Thomas



# Coming in August



**DOG DAYS  
OF SUMMER**

**DEMENTIA  
FRIENDLY SERIES**

**AUGUST  
MEMBER'S MEAL**

**PEPPER'S GRILL  
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**BEER & HYMNS**

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Ann Arbor AAATA  
City of Milan Senior Millage

McCalla Trust Fund  
Monroe County COA  
Washtenaw County OCED  
Washtenaw County United Way



OFFICE OF COMMUNITY &  
ECONOMIC DEVELOPMENT



Commission on Aging



# WHAT'S HAPPENING AT MSHL

# JULY 2024

Monday	Tuesday	Wednesday	Thursday
<b>1</b> 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Jeopardy p4 12:00 Senior Café p9 12:30 Bingo p10 1:30 Podiatry p7 2:00 Chair Yoga p8	<b>2</b> 9:00 Men's Hour p6 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Healing Arts p6	<b>3</b> 9:00 Acupuncture p7 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 11:00 July 4 Celebration p2 12:00 Member's Meal p9 12:30 Bingo/Euchre p10 1:00 Camp Craft p2 2:00 Chair Yoga p8	<b>4</b> 
<b>8</b> 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Home Services p3 12:00 Senior Café p9 12:30 Bingo/Bunco p10 2:00 Chair Yoga p8	<b>9</b> 9:00 Men's Hour p6 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Healing Arts p6 5:30 <b>Euchre Tournament p10</b>	<b>10</b> 9:00 Acupuncture p7 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Popcorn w/Pastor p6 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	<b>11 Rummage Sale</b> 9:30 Creative Meditation w/ Watercolors p5 10:00 eXercise4U p8 10:00 Quilting B's p6 11:30 Birthday Lunch p9 12:30 Bingo/Euchre/ Mah-jongg p10
<b>15</b> 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Ask the Pharmacist p3 12:00 Senior Café p9 12:30 Bingo p10 2:00 Chair Yoga p8	<b>16</b> 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Living Wills p5 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Healing Arts p6	<b>17</b> 9:00 Acupuncture p7 9:00 Care Management p3 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p6 2:00 Chair Yoga p8 2:30 Tech Talk p4	<b>18</b> 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 2:00 PT Todd p2 <b>5:00 Craft Sale p10</b>
<b>22</b> 9:00 Acupuncture p7 10:00 Cardio Drumming p8 12:00 Senior Café p9 12:30 Bingo p10 1:00 Dance Showcase p2 2:00 Chair Yoga p8	<b>23</b> 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Healthy Community p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Healing Arts p6	<b>24</b> 9:00 Acupuncture p7 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	<b>25</b> 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Christmas in July p2 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 1:00 Christmas Movie p2
<b>29</b> 9:00 Acupuncture p7 10:00 Cardio Drumming p8 12:00 Senior Café p9 12:45 Crème Brulee p2 12:30 Bingo p10 1:30 Podiatry p7 2:00 Chair Yoga p8	<b>30</b> 9:00 Men's Hour p6 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Healing Arts p6	<b>31</b> 9:00 Acupuncture p7 10:00 Walk Wilson Park p4 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	