

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## August 2024 Newsletter

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### CONTACT US

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**Transportation:** (734) 322-8413  
**Aging in Action:** (734) 418-0376  
**Meals on Wheels:** (734) 508-6229

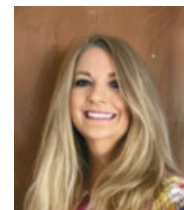
### HOURS

**Monday—Thursday**  
**8:00am to 3:00pm**

**(We are closed Fridays)**

### *Milan Seniors for Healthy Living*

is truly fortunate to have a dedicated team of staff and volunteers. I'd like to spotlight a particularly exceptional group: our Meals on Wheels drivers. This team demonstrates remarkable commitment by using their own vehicles and time daily to deliver hot meals to seniors in the greater Milan community. Their unwavering dedication makes them the backbone of our Meals on Wheels program. I want to extend a special thank you and shout-out to the following drivers:



***Amy Aubre & Family***

***Shelly Bauer***

***Bob Bowman***

***CHS Group***

***Tonya Coffey & Family***

***Ken & Sue Gondek***

***Carolyn Gotts***

***Ron Hasselbring***

***Betsy Kanitz***

***Mike & Tina Schroeder***

***Jack Spencer***

***Jackie Tomaszewski***

***Matt West***

Seniors who participate in the MOW program rely on a hot meal and the social interaction of a friendly volunteer at their door. Something as simple as a daily meal and the face-to-face connection with another person can serve as a wellness check and enable healthy aging and enhance quality of life. We rely on our volunteers to deliver meals and connect with our clients. Thank you for all you do!

# August Programming



## SUMMER SIZZLE PARTY!

Thursday, August 1st @11am / Lunch to follow @12pm

Sponsored by The Dairy Barn



Beat the heat and celebrate summer with us at MSHL! Enjoy summer lunch followed by an ice cream dessert from The Dairy Barn. There will be summer games, summer music and a chance to win a prize! Wear your summer shirts and hats.

## DEMENTIA SERIES: KNOW THE 10 WARNING SIGNS

Tuesday, August 20th @11am / Presented by Dementia Friendly Saline

As we age, things like hair, joints, vision, and our brains change. But what changes in memory of thinking are normal? What changes could be a sign of something that's not a normal part of aging? This talk will discuss the 10 warning signs of dementia and how to distinguish them from the normal changes that happen when we achieve older ages. We will discuss the importance of seeking medical advice and how to go about it, and we'll discuss the resources that are available for persons and families potentially beginning the dementia journey.

*Please let us know you are coming!*

## NATIONAL SENIOR CITIZEN'S DAY

Wednesday, August 21st beginning @11am

- 11:00: MSHL Social Hour

Join us before lunch for a cup of coffee, conversation, and to view some MSHL memorabilia.

- 12:00: Lunch (register in advance)
- 12:30 "More Than a Building" - presentation by MaryAnn Opal

Why is MSHL important? What do we *build* here?

Hang out after lunch to hear from MSHL Executive Director, MaryAnn Opal.

## CARE MANAGEMENT CONSULTS

Wednesday, August 21st @9 and 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. **Reserve your spot now!**

## TIPS WITH PT TODD

Thursday, August 15th @2pm

Hosted by Todd Thurman, PT, DPT

Spend some time with PT Todd from Plymouth PT. Hear his professional tips on moving from sitting to standing and gain a bit of insight on posture. **Register at the office.**

# August Program

## BOOK A LIBRARIAN HELP SESSIONS

Wednesday, August 7th @1:30

Hosted by the Milan Public Library

Do you have a specific computer task you need to do or learn? Now you can book a librarian for a computer help session. Join us at the Milan Public Library for an orientation and introduction to all the services they can offer including:

- **Computer Basics**
- **Introduction to the Internet**
  - **Email Basics**
- **Introduction to Facebook**
  - **Scanning**

Register at MSHL; meet at the Milan Public Library

## GOODBYE SUMMER SING-A-LONG

Thursday, August 29th @11am

Hosted by Maxine Tewsley & Laurie Novak



Gather round, make a s'more, and sing some campfire tunes to bid farewell to the summer months.

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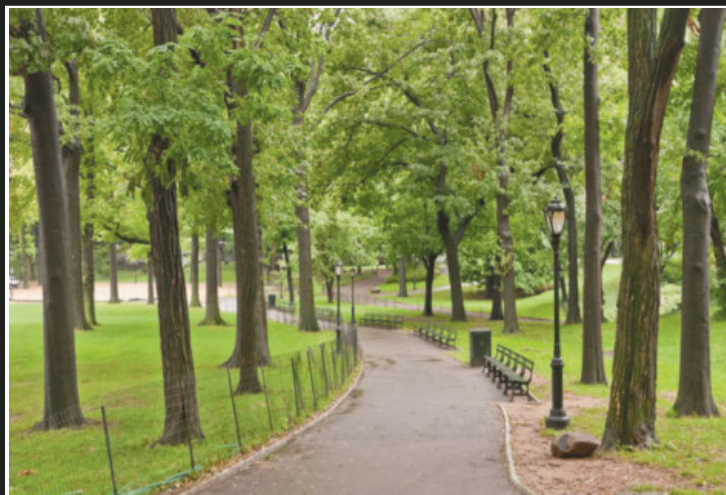
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# Ongoing Programs



## **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: DIGITAL PLAYGROUND / Wed, August 21st @2:30pm**

James Giordani, Clear Computing

Why are kids spending all day on their phones instead of finding adventure outside? Let's learn about the apps they're using and why they're so much fun. Maybe you'll discover an app you'd like to try out for yourself!

## **JEOPARDY / 3rd Monday of the Month, August 19th @11am**

Hosted by Maxine Tewsley

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



## **READING WITH ELAINE / Tuesdays in August @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



## CREATIVE MEDITATION & WATERCOLORS

Thursday, Aug. 8th @ 9:30am  
Hosted by Moon Mama, LLC

Creative Meditation is the opportunity to explore with paint while quieting the chatter of the busy mind and engaging with the calm energy of your creative spirit. After a brief demonstration, you'll begin painting in the style 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!

**\$20—Pay at the office**

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

## GENEALOGY: CREATING, SAVING & SHARING STORIES

Monday, August 26th @1pm  
Hosted by the Genealogical Society of Monroe Co.

Are you curious about your family history? Do you want to discover, create, and share your family's unique stories? What you will learn:

- Research techniques
- Methods for preserving your family stories
- Strategies for sharing your family history with others in a meaningful way

*Let MSHL office know you'd like to attend!*

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**CONTACT ME**  
**Maureen Weber**

[mweber@4LPi.com](mailto:mweber@4LPi.com)

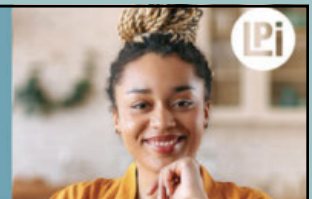
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# Ongoing Programs



## HEALING ARTS TUESDAYS

Tuesdays @1:30pm / Cost: \$10 (one-time fee)

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 W/ THE PASTOR / **Wednesday, August 14th @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, August 21st @1pm**

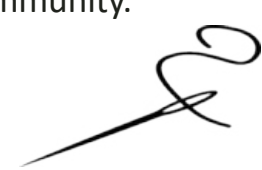
Hosted by Mayor Ed Kolar & Council

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 / Contact MSHL Office

**Too many meds? Too many doctors? Side effects?** Get help from a medication expert! Find out if all your meds are necessary, and learn how to talk more confidently with your doctor.

## **M—Th from 8—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.**

## **Monday—Friday / 734.508.6229 / MEALS ON WHEELS (MOW)**

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

## **734.418.0376 / AGING IN ACTION**

Beverly Robinson, Lead Resource Advocate

***Aging in Action*** enhances quality of life and encourages aging with independence and dignity by providing a coaching and referral service designed to assist seniors as they work around challenges and barriers faced when aging. **Call for assistance.**

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

Hosted by Dr. Linda Moaucheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Herbal Medicine and non-needle modalities are often used with acupuncture to help manage pain and promote health. **\$20 Members only.**

## **Monday, August 12th @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](mailto: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!*



**Patty Butts 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

## **BIRTHDAY CELEBRATION — Thursday, August 8th**

\$5 Suggested Donation / Gather @11:30 / Eat at noon

### **Join us in honoring MSHL Members whose Birthday is in August:**

Suzanne Barney

Phillip Bennett

Marcia Bolog

Sharon Bryan

Kathryn Carmichael

Liz Cook

Beverly Davenport

Jean Early

John Farmer

Russell Finch, Jr.

Janett Ford

Herman Gonzalez

Paul Hindbaugh

Cicely Johnson

Douglas Kreager

Grace Lovelace

Katy Perez

Beverly Smith

Linda Squires

Ruth Ann Stack

Donna Straub

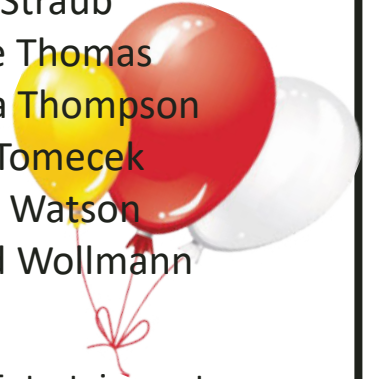
Kristine Thomas

Cynthia Thompson

Arden Tomecek

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Edward Wollmann



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

### **MEALS ON WHEELS (MOW)**

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, August 7th @12pm

Prepared by Jodi Griffor

**Tamale Pie  
Green Bean Casserole  
Mac & Cheese**

\$5 Suggested Donation

### **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.**



# Fundraisers

## DINE 2 DONATE @PEPPERS

Wed., August 28th from 11am—9pm



### Senior Cafe @ Peppers

Our Senior Café participants will meet at Peppers for lunch at noon. MSHL will save your spot, but you **MUST** register in advanced. To join us, register by Thursday, August 22nd.

### Can't Make Lunch?

That's okay! Stop by Peppers any other time on Wednesday, August 28th between 11am —9pm. 10% of sales will benefit Milan Seniors for Healthy Living.



**TUESDAY, SEPTEMBER 10TH**

**DOORS OPEN: 5:30 PM**

**BINGO STARTS: 6:30 PM**

**THE CENTER: 45 NECKEL COURT**

Join us for a night of Bingo complete with Door Prizes, 50/50 Bingo, Cash Prizes, and food. Raise some money for Milan Seniors for Healthy Living and get ready to shout "BINGO!"

# Games & Outings

## OUT TO BREAKFAST OUT TO LUNCH BUNCH



### Out to Breakfast

Every 4th Friday—August 23rd @9am

### Out to Lunch Bunch

Every 3rd Saturday—August 17th @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

Donate your gently used items for our rummage sale! Items can be dropped off the second week of each month. 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.  
*(Please—no clothing items.)*



## 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!



## 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
- Printer Paper
- Whiteout Tape
- Sturdy Paper Plates
- Coffee Pods (regular)



**Donate your old but usable eyeglasses!**

# 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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Diane London

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Chris Wetzler

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Matt West

John Schauer

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Cindy Swope

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MaryAnn Opal

### Senior Navigator/Coach:

Beverly Robinson

### Director of Operations/MOW:

Jodi Griffor

### Director of Transportation:

Alan Lown

### Director of Programming

Maxine Tewsley

### Kitchen Production:

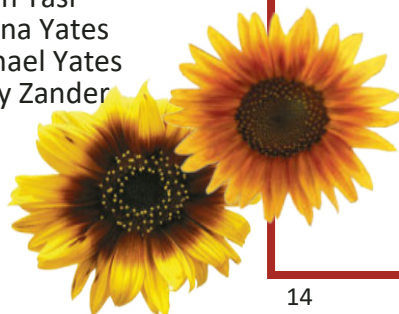
Sherrie Schwartz

### Financial Consultant:

Amy Landingham

### Strategic Assistant:

Angela Thomas



# Coming in September

- HEALTH FAIR
- PURSE AND JEWELRY SALE
- COMMUNITY DEMENTIA EDUCATION
- MILAN HIGH SCHOOL FOOTBALL GAME OUTING

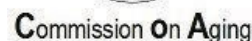


## MSHL Made Possible By:

### FUNDERS \$5000+

Michigan DOT  
Ann Arbor AAACF  
Ann Arbor AAATA  
City of Milan Senior Millage

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



# WHAT'S HAPPENING AT MSHL

# AUGUST 2024

## Monday

## Tuesday

## Wednesday

## Thursday



**1**

10:00 eXercise4U p8  
10:00 Quilting B's p6  
11:00 Summer Sizzle p2  
12:00 Senior Café p9  
12:30 Bingo/Euchre/  
Mah-jongg p10

**5**

**Closed  
for Voting  
(set up)**

**6**

**Closed  
for Voting**



**7**

9:00 Acupuncture p7  
10:00 Walk Wilson Park p4  
11:00 Women's Hour p6  
12:00 Member's Meal p9  
12:30 Bingo/Euchre p10  
1:30 Book a Librarian p3  
2:00 Chair Yoga p8

**8 Rummage Sale**

9:30 Creative Meditation  
w/ Watercolors p5  
10:00 eXercise4U p8  
10:00 Quilting B's p6  
12:00 Birthday Lunch p9  
12:30 Bingo/Euchre/  
Mah-jongg p10

**12**

9:00 Acupuncture p7  
10:00 Cardio Drumming p8  
12:00 Senior Café p9  
12:30 Bingo p10  
1:30 Podiatry p7  
2:00 Chair Yoga p8

**13**

9:00 Men's Hour p6  
10:00 SitFit p8  
12:00 Senior Cafe p9  
12:30 Reading w/Elaine p4  
12:30 Euchre p10  
1:30 Healing Arts p6

**14**

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  
12:30 Popcorn w/ the  
Pastor p6  
2:00 Chair Yoga p8

**15**

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

**19**

9:00 Acupuncture p7  
10:00 Cardio Drumming p8  
11:00 Jeopardy p3  
12:00 Senior Café p9  
12:30 Bingo p10  
2:00 Chair Yoga p8

**20**

9:00 Men's Hour p6  
10:00 SitFit p8  
11:00 Dementia Series p2  
12:00 Senior Cafe p9  
12:30 Euchre p10  
12:30 Reading w/Elaine p4  
1:30 Healing Arts p6

**21**

9:00 Acupuncture p7  
9:00 Care Management p2  
10:00 Walk Wilson Park p4  
11:00 Women's Hour p6  
11:00 Sr. Citizen's Day p2  
12:00 Senior Café p9  
12:30 Bingo/Euchre p10  
1:00 Talk of the Town p.6  
2:00 Chair Yoga p8  
2:30 Tech Talk p4

**22**

10:00 eXercise4U p8  
10:00 Quilting B's p6  
12:00 Senior Café p9  
12:30 Bingo/Euchre/  
Mah-jongg p10

**26**

9:00 Acupuncture p7  
10:00 Cardio Drumming p8  
12:00 Senior Café p9  
12:45 Crème Brulee p2  
12:30 Bingo p10  
2:00 Chair Yoga p8

**27**

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

**28**

9:00 Acupuncture p7  
10:00 Walk Wilson Park p4  
11:00 Dine 2 Donate p10  
11:00 Women's Hour p6  
12:00 Senior Café p9  
12:30 Bingo/Euchre p10  
2:00 Chair Yoga p8

**29**

10:00 eXercise4U p8  
10:00 Quilting B's p6  
11:00 Summer Sing-a-long  
p3  
12:00 Senior Café p9  
12:30 Bingo/Euchre/  
Mah-jongg p10