



City of Ypsilanti Senior Center News

October 2017

" If it's happening, it's happening here at the Ypsilanti Senior Center"

Ypsilanti Senior/Community Center
1015 N Congress, Ypsilanti, MI 48198
(734) 483-5014 Fax: (734) 480-0380
Website: www.ypsiseniorcenter.org
Visit us on Facebook!

Senior Center Hours:

Monday, Wednesday, and Friday 9AM- 2PM
Tuesday, Thursday 10AM – 2PM
Saturday 10AM-12PM (office closed)

Regular Daily Schedule

Monday

9:30 Exercise w/Mark
11:45 Lunch
12:30 Euchre

Tuesday

9:00 Acupuncture
9:20 Line Dance
10:30 Weaving
11:45 Lunch

Wednesday

9:00 Exercise w/ Mark
10:30 Writers Group
10:45 Gentle Fitness
11:45 Lunch
12:30 Bingo
12:30 Art

Thursday

11:45 Lunch
1:00 – 2:30 Yoga

Friday

9:30 Exercise w/Mark
10:45 Gentle Fitness
10am -2pm Massage
(By appointment)
1:00 - 2:30 Yoga

Saturday

10:00-noon – Quilting

Welcome to the new layout of the YSC Newsletter. We have incorporated more information and a special article introducing one of our members. We hope you enjoy; so, mark your calendars for upcoming local and senior center activities!

Flu Shot Clinic and Health Fair at the Ypsilanti Senior Center

Thursday, October 26, 2017 at 9AM-12PM

Come to get your flu shot from the U of M - Michigan Visiting Nurses. They take Medicare (bring your card with you) and most insurances. We will post the insurances when we get them. There will also be many health related businesses and agencies present to provide information and freebies associated with their companies.

Mark your Calendar

Underground Railroad Mural Dedication - Friday, October 13, 2017

11:00 am – 12:00 pm (No Registration Required; light refreshments served)

Location: YDL – Michigan Library Plaza

Join YCS art teacher, Lynne Settles, along with her students for the unveiling of the completed mural representing Ypsilanti's historical connection to the Underground Railroad in the library parking lot.

Rosie World Record Event - Saturday, October 14, 2017

9:00 am – 1:00 pm (Free - pre-registration is requested; all ages welcome)

Location: EMU Convocation Center, 799 North Hewitt Road, Ypsilanti, MI

Doors open at 9AM, arrive by 11AM to be counted. Must wear the costume to count as a participant.

HAAB'S 83rd Anniversary Celebration - Monday, October 16, 2017

4:00pm – 7:00pm

Location: Haab's Restaurant, 18 West Michigan Avenue, Ypsilanti, MI

Haab's Restaurant will be celebrating its 83rd anniversary with a 38% discount.

Halloween Craft

Join us for some Halloween craft fun on **Tuesday October 17th at 12:45pm**. We will be decorating pumpkins for the Halloween season. Come make your own Halloween decoration for around your home or to leave here at the center!

October Potluck

Let's be **CREATIVE!!** Join us at our Halloween Celebration Potluck on **Tuesday, October 31st**. Costumes are welcome. All lunch dishes should be Halloween themed. (i.e., "deviled eggs, Angel Food cake, etc.") Your dish can be an everyday dish as long as you name it with a Halloween name. The center will provide the main dish of **Buffalo Meatball Pumpkins!!**

Out to Eat Bunch

Meet the group at **11:30AM on Friday, October 27th**, at Crackel Barrel, located 45525 N. I-94 Service Dr., Belleville, MI. Please ensure that you sign-up at the center.

Educational Presentation

Providing educational opportunities here at the Ypsilanti Senior Center is our highest priority to ensure our members are well informed on various topics to healthy living and a better quality of life.

On **Monday, October 2, 2017, at 11:45AM**, join insurance agent Franklin Briggs from Banker's Life, which focuses on insurance needs of the middle-income retirement market through nationwide subsidiaries of CNO Financial Group, Inc. This presentation will educate members and the community who are confused about what Medicare does and does not cover in the event extended medical care is required.

Lunch and Learn

RAVE REVIEWS! Judy Petterle-Saylor from **Hope Dementia Ministry LLC** is returning **Tuesday, October 24rd at 11:45AM** to Quality Interaction – Making the Most of Your Time Together.

Exercise classes

Exercise with Mark: Wednesday classes are now beginning at 9AM until **November 15, 2017**. Monday and Friday classes are regular times.

Line Dancing: There is **NO** Line Dancing scheduled on **Tuesday, October 10th**. Make up classes are scheduled on **Tuesdays, November 21st and 28th**. Mark your calendars!

Art Classes

Do you desire to learn a new hobby, observe a class and/or include some leisure activity in your weekly schedule? Come out and visit us either on Tuesdays for **Weaving** with a loom and/or **Art Group**. The Writers Group has resumed activities for the fall.

Health and Wellness

The foot nurse, Robbi Duda, will be at the center on **Tuesday, October 24th**. Call **734-741-8586** to schedule an appointment.

Schedule your Norwegian Massage with Sissel Bridges at **734-340-3766** on **Fridays, bi-weekly**. Next available sessions are **Fridays October 13th and October 20th**.

Trouble sleeping, musculoskeletal problems Acupuncturist, Ron Hough will be at the center on **Tuesdays from 9am – 11am**. The fee is \$15/session and spaces are limited. It is recommended to come in between 9am and 10am to begin the process.

Ageing Studies Program Annual Lecture
Older Adults and Driving: Current Trends and Future Directions

Join Dr. Anne E. Dickerson for a presentation on the use of technologies, potential opportunities and barriers of safe driving. Pick up a flyer or visit bulletin board for more information.



Welcome to our **NEW** Ypsilanti Senior and Community Center column!

All our members are valued and appreciated for your interest in making the Community Center an active and vibrant place to socialize, volunteer, and/or participate in one or more weekly activities. It is our endeavor to maintain an environment that is interactive, inviting, and a "home away from home" where "everybody knows your name."

Each month a member will be selected, and asked, to be featured in the newsletter. So, do not be surprised when the question is asked, "Would you like to be featured in our YSC Newsletter?"

Thank you Darlene Gallant (WCC Intern) for this great idea!

Our October 2017 candidate is Mr. John Fred Burton. John moved to Ypsilanti, eighteen (18) months ago from Detroit. Mr. Burton enjoys the open spaces Ypsilanti has to offer.

Mr. Burton has been a Community Center participant for about nine (9) months. Being new to Ypsilanti, he decided to seek out the camaraderie of others by becoming involved in some of the programs offered here at the Ypsilanti Senior Center. Mr. Burton enjoys attending Exercise with Mark, as this provides him the opportunity to utilize hand weights to maintain upper body strength, take advantage of the Lunch Program offered, and companionship of other members of the center.

Mr. Burton is very intelligent and has led an adventurous life. He is a nature lover who used to go for long hikes in forested areas in Michigan, Seattle, and in Vancouver, taking a scenic rail excursion across Canada. His love for nature began with his father who taught him much about the outdoors. Mr. Burton not only loves the outdoors but also loves animals and birds of prey. At one time John owned a large Horned Owl; he said you had to wear big thick gloves, which would cover your arms. Their talons were so powerful that it was necessary to wear for protection.

Additionally, Mr. Burton was a Boy Scout and an Explorer Scout, where he participated in many outdoor adventures as well as served in the Army Infantry, during the Vietnam War, stationed in Germany and Bavaria.

As the conversation came to a conclusion, the question was asked to share some words of wisdom, his response, "Pay Attention. Wisdom is wasted on the youth, because they don't pay attention. Paying attention is where you get your wisdom from, and it gets passed down through generations."

Thank You Mr. Burton, for sharing your fascinating and adventurous experiences with us.

John comes to the center regularly, when you are at the center stop by and say hello to him.

-Darlene Gallant

"One Year Anniversary"

Can you believe, it has been one year (September 26th, 2016) since accepting the Administrative Assistant position here at the Ypsilanti Senior Center!? This has been an amazing experience in learning how to assist Monica in the operations, program development, and strategic planning of the organization, as well as serving our members daily upon arrival to the facility.

Thank you everyone for the assistance, support, and love demonstrated during your weekly visits here at the center for various activities. I look forward each and every day to provide a hug, a smile, or an encouraging word to help make someone's day meaningful. There is still much to accomplish in the expansion of the center. I am grateful for the opportunity to invest the time, talent, and treasure with you YSC. - Shonda Gibbs.

Intern Introduction

Hello, my name is Darlene Gallant and I am the new intern at the Ypsilanti Senior Center. I have been at the center since September 5th, 2017. I have met so many lovely members, you are such talented and interesting people, and I have been so touched by your warmth towards me. Monica and Shonda are both incredible people, they too have made me feel so very welcome. They work so hard to make this place a wonderful space for its members to enjoy. I am learning from them every day, and I know that I will continue to learn a great deal before my internship time ends in December. During my time here I would love to get to know you all better. If I haven't met you yet, I look forward to meeting you. I am at the Center on Monday, Wednesday and Friday.

Darlene

Volunteer Appreciation

Monica and I would like to take this opportunity to say thank you to ALL our volunteers that assist in rental coverage, classroom set up, watering the plants, ensuring other members return home safely, and other areas of service to maintaining a safe, fun, and engaging atmosphere.

Other Information

Do you need ID? The "Washtenaw ID," is a government-issued, photo ID card available to all county residents. Washtenaw County ID cards are issued by the County Clerk office in Downtown Ann Arbor (200 N. Main Street, Ann Arbor) **Monday through Friday 8:30-4pm**. The ID costs \$25, but financial and technical assistance is available. Please call 734-340-5898 for more information.

Happy Birthday to ALL who were born in
October!

Nutrition Highlight

Fall weather brings with it beautiful colors, cooler temperatures and the abundance of the harvest. Vegetables are a great way to get your vitamins. One of the most nutritious vegetables is the mighty pumpkin.

Pumpkin is low in saturated fat and a one cup serving has only 49 calories. It is high in Vitamin A, and C, Folate, Iron, Dietary Fiber, and Potassium. It is low in cholesterol and sodium.

According to *Healthy Living Magazine*, pumpkin helps to maintain nutrients that our bodies require.

1. Pumpkins help keep eyesight sharp. Vitamin A is the reason. It aids vision, especially in dim light.
2. Pumpkins are high in fiber.
3. Pumpkin seeds can help your heart by reducing the LDL or "bad" cholesterol. The seeds are also rich in Tryptophan. It helps in the production of Serotonin, which can "boost your mood."
4. Beta-carotene is one of its star sources and might reduce the risk of cancer.
5. Pumpkins can help after exercise because it contains high levels of potassium, which "helps to restore the body's balance of electrolytes" after exercise and "helps to keep muscles functioning at their best."
6. Vitamin C contained within the pumpkin "can boost your immune system."

There are many ways to prepare Pumpkin. Below is a recipe provided by the Mayo Clinic:

Pumpkin Soup

¾ Cup of Water, divided

1 Small Onion, chopped

1 Can (15 ounces) Pumpkin Puree

2 Cups of Unsalted Vegetable Broth

½ Tsp. Ground Cinnamon

¼ Tsp. Ground Nutmeg

1 Cup of Fat Free Milk

1/8 Tsp. Black Pepper

1 Green Onion, Chopped

Directions: In a large saucepan, heat ¼ cup of water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.

Add remaining water, pumpkin, broth, cinnamon, and nutmeg. Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Serve soup into bowls, and garnish with black pepper and sliced green onions.



From the Director

Fall is finally here, at least for the moment. We are already looking forward to the holiday season. The first being Halloween. We're excited about a themed potluck on Halloween. Let's dress up and have a frightfully good time.

With schools back in session, you will see new faces at the center. An intern from WCC, students in a job training program from WISD, students from EMU classes will be here to help out and learn. This semester a student from EMU will occasionally lead a craft class. Other groups will present educational workshops on dietary issues. Be sure to take advantage of the new ideas.

I also want to thank everyone who helps keep the center operating smoothly. From those that set up chairs for classes to our volunteer board. You are all amazing.

Monica

Eastern Michigan University Aphasia Research Lab WORKING MEMORY STUDY INTERESTED?

PURPOSE OF STUDY: The Eastern Michigan University Aphasia Research Lab is now enrolling individuals, ages 18 years to 80 years, to examine the relationship between working memory abilities and vocabulary learning.

Description: On the first day, you will be asked to listen to number or made up words that are presented by the computer. On the second day, you will be asked to learn new names for novel objects.

Time Required: You will be asked to participate in two separate sessions in one week. The time spent in the sessions will range from 20-30 minutes. Sessions will take place either on Eastern Michigan University campus or within your home, whichever is preferable to you.

COMPENSATION: Each participant will receive a \$10 for his/her time.

CALL OR EMAIL

Naomi Hashimoto, PhD, CCC--SLP

Speech--Language Pathology Program

EMU Aphasia Research Lab

734--487--2772

nhashimo@emich.edu

City of Ypsilanti
Senior/Community
Center
in Recreation Park

Our Mission:
To provide opportunity
for positive, safe,
structured recreational,
educational and
networking activities
targeted towards
Seniors and the
community that
supports them.

MEET THE STAFF:

Monica Prince – Director

Shonda Gibbs – Administrative Assistant

Brenda Shephard – Receptionist

Vielka “Vicky” Norment – Kitchen Aid

SENIOR CENTER HOURS

Monday, Wednesday, Friday 9:00 am – 2:00 pm

Tuesday, Thursday 10:00 am – 2:00 pm

Saturday (quilting) 10:00 am – 12:00 noon



Nutritious, delicious hot meals served weekdays at 11:45am.
Suggested cost share for seniors age 60 and up: \$3.00.

Please call to reserve lunch at least one day in advance.

We want to take the time to say thank you to ALL OUR members for the continue support and choosing the Ypsilanti Senior Center as a place of choice for recreational, educational, and physical activities. YOU ARE APPRECIATED!



Get your fresh fruits and vegetables.

The Growing Hope mobile market will be in the senior center parking lot every Friday through October from 10:30 –noon.