



City of Ypsilanti Senior Center News

April 2018

" 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
9:00 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

It's Springtime!

"Springtime is the land awakening. The March winds are the morning yawn."
Lewis Grizzard



Upcoming Events and/or Workshops

On **Thursday, April 12, 2018 at 9AM-10AM**, join **State Representative Ronnie Peterson for "Coffee Hour."** Be on time, bring your questions, and come ready to engage in dialogue on State government issues and seniors. State Representative Ronnie Peterson wants to hear your VOICE! To learn more about "Working for Michigan Seniors," please pick up a brochure in the lobby of the Ypsilanti Senior Center.

On **Monday, April 23, 2018 at 10:45AM**, Medicare specialists will be providing an educational overview of recent changes to Medicare, how Medicare works, what options are available as a Medicare recipient, and how to qualify for lower prescription costs or other extra help.

On **Monday, April 30, 2018 at 10:45AM**, Michigan Bureau of Services for Blind Persons will be visiting to provide an overview of programs and services offered for the blind or visually impaired to achieve employment and independence. Come learn more to gain information for yourself or for someone you know with no or limited visibility.

April 2018 Potluck

"ABC Dish"

Tuesday, April 17, 2018 with

"Blue Sage" Presentation

At 11:45AM

Bring a dish that starts with the first letter of your first name! Be creative, have fun, and share the reason why dish was selected. The center will provide the main dish, **Sub Sandwiches for "Seniors."**

Drinks will be provided by a representative from Meridian Care and individuals that miss **"Blue Sage" presentation** in March, here is another opportunity to come and learn more on how to alleviate chronic health issues through safe, non-pharmaceutical alternatives. You do not want to miss this!

Out to Eat Bunch

Meet the group at L'Georges located 43711 Michigan Ave., Canton, MI 48188 @ **11:30AM on Friday, April 27, 2018.** As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

Gentle Reminder: Do not forget to sign yourself up for lunch.

Please sign up for a meal for the upcoming week. **Meals are ordered every Thursday morning by 11AM.** After this time, we are unable to place additional orders. We are asking for your assistance to ensuring your name is placed on sign-up sheet(s).

SCHEDULE CHANGE! The foot nurse, Robbi Duda, will be at the center on **Thursday, April 26, 2018.** Call **734-741-8586** to schedule an appointment.



WCC classes have concluded for winter semester. **Mark will continue weekly class schedule Monday, Wednesday, and Friday at 9:30AM.** Laugh while working on improving balance, strength, flexibility, conditioning and cognitive capabilities. Exercise balls and weights will be utilized.

Spring/Summer exercise classes commences **Monday, May 7, 2018, with Wednesday class resuming at 9AM.**

Line Dance: Commencing Tuesday, May 8, 2018, Line Dance will start at 9AM to 10AM. Mark your calendar as spaces are available. Get ready to have fun, sweat pouring, balance improved, and memory enhanced.

Yoga: Commencing Thursday and Friday, May 10 and 11, 2018, Yoga will start at 1PM-2:30PM. We do apologize, **both classes are FULL.**



Schedule a Norwegian Massage with Sissel Bridges at **734-340-3766 on Fridays, bi-weekly.** The affordable fee is:

- 11 Minutes for \$12
- 30 Minutes for \$24
- 45 Minutes for \$36
- 60 Minutes for \$48

Acupuncturist, Ron Hough will be at the center on **Tuesdays from 9am – 11am.** The fee is \$15/session. Starting on April 30, Ron will be at the center on **Mondays 10:30 – 12:30** instead of Tuesdays.

Additional Activities at the Ypsilanti Senior Center

Do you need some extra activities or positive social engagement to include in your day? Come visit and/or participant in additional activities the center has to offer:

- **Writers Group.** This is an opportunity for writers of **ALL** skill levels to explore different writing genres, build confidence, collaborate with others and promote a passion for creative writing. Writing assignments are according to a topic selected by participants. Interested? All are welcomed. Come and meet with the group each **Wednesday from 10:30AM-11:30AM**.
- **Bingo:** Come join this lively group each Wednesday at 12:30PM. Bingo is a great game! Each card is \$1 and .50¢ for additional cards. Maybe, you'll get lucky!
- **Euchre:** Looking to learn a new card game or are experienced playing Euchre? The group welcomes new participants and meets **Mondays at 12:30PM**. The cost is **ONLY 50¢**.
- **Gentle Fitness:** Haven't worked out in a while, have limited mobility, or would like to incorporate some physical activity to stay healthy and mobile? Consider participating in a low-impact workout session that is easier on the body and joints held on **Wednesdays and Fridays at 10:45AM**. It's a great way to get the heart-pumping without worrying about injuries.
- **Weaving:** Do you enjoy knitting, crocheting, felting, or braiding with yarns or threads? Weaving classes are offered on **Tuesdays at 10:30AM**.
- **Art for Everyone:** In April the art class will work with polymer clay on **Wednesday April 11 and 25 at 12:30**.
- **Knitting and Crocheting:** Anyone who wants to knit or crochet with some friends should come on **Tuesdays from 12:30 to 2:00**. All are welcome, from newbies to experienced craftsman. There is always enough experience to help through problems.

Emergency Preparedness for Older Adults - Tools and Tips

Ypsilanti Senior Center endeavors to keep members, and community, informed and equipped with necessary resources to maintain quality of life. The summer months are approaching and the season is no different than winter; high temperatures, power outages, and other unfortunate events do occur. Are you ready? If not, it is essential to prepare and/or take inventory. Please take the time to review steps below to prepare and respond in case of an emergency.

Step 1: Create an Emergency Plan

- **HAVE AN EMERGENCY COMMUNICATIONS PLAN** Create a "phone call chain," a plan in which you make an initial call to one person and they in turn call the next person, and so on. This will make sure that all relatives and friends know what is happening in the event of an emergency.
- **KEEP CONTACT INFORMATION COMPLETE AND UP-TO-DATE** Have current home, work, and cell phone numbers of people you will need to contact in an emergency. Make sure those people have your phone number, and the numbers of nearby friends or neighbors.
- **DESIGNATE A MEETING PLACE IN CASE YOU HAVE TO EVACUATE YOUR HOME** Pick two meeting places — one near your home, the other outside the neighborhood —where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location. If you are caring for an older adult who lives in a facility, find out where he or she will be taken in case of evacuation.
- **CONSIDER ORDERING A MEDICAL ID BRACELET** Consider ordering a medical ID bracelet or pendant for people with chronic health problems. Information on medical conditions, allergies,

medications, and emergency contacts can be engraved on the surface. For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

- **GET LOCAL EMERGENCY AND EVACUATION INFORMATION IN ADVANCE** Get a community disaster/emergency plan for your area, if there is one. Learn where evacuees might turn for medical care or emergency supplies of medications. Obtain a map of evacuation routes and keep it in your car. Stay tuned to local radio stations for evacuation instructions.
- **MAKE TRAVEL ARRANGEMENTS IN CASE OF EVACUATION** Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation. Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted? You may also want to ask the director to designate staff who will stay with a very elderly adult during an evacuation.

Step 2: Stock an Emergency Medical Kit, which should include:

- **MEDICATIONS** A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses. An insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.
- **MEDICAL EQUIPMENT AND NECESSITIES** Include blood sugar monitoring equipment, a blood pressure cuff, hearing aids/hearing aid batteries and an extra pair of eyeglasses and/or dentures.
- **WRITTEN INFORMATION ABOUT TREATMENT** Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated. Carry extra copies of Medicare, Medicaid or other insurance information with you.

Step 3: Make a Disaster Supplies Kit

A disaster supplies kit should include your medical kit equipment and:

- **Water:** Plan for at least 1 gallon per person per day, and at least a 3-day supply.
- **Food:** At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful for older adults.
- **Basic supplies:** A manual can opener, flashlight, battery powered or hand cranked radio, batteries, waterproof matches, knife, re-sealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers or solar charger.
- **Phone numbers, contact info, and key papers:** Numbers and addresses of friends and relatives you may need to contact, your healthcare provider, and any specialists you see.
- **Cash:** It's a good idea to have at least \$50 on hand; if that's not possible, include as much as you can.
- **First Aid kit and manual:** See the Red Cross's comprehensive list of what to pack in your first aid kit, at www.redcross.org. The Red Cross also sells prepackaged first aid kits.
- **Basic hygiene products:** Include soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.

It is wise to be prepared. Do not take life and/or living conditions for granted. Hopefully, this information is helpful. Recommend to keep in good location for easy reference.

Happy Birthday to all born in April!



From the Director

Happy Easter! I hope you will all be able to spend some time with your families.

On April 20 a group of students from Greenhills School will come to the center around lunch time to do some spring cleaning for us. The entire school participates in service projects on that day and we were chosen for one group. There will not be yoga that day.

Mark your calendars. The art group is having their first art exhibit on Wednesday June 27 in the evening. They will show off the work they do both on Wednesday afternoons and at their own times. It will be an exciting show.

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

Zandra Martin – 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!