

Ypsilanti Senior Center Newsletter

March 2019

“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

Facebook.com/ypsiseniorcenter/

Senior Center Hours:

Monday, Wednesday, and Friday: 9AM-
2PM

Tuesday, Thursday: 10AM-2PM

Saturday: 10AM-12PM (office closed)

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

**From the Director’s Desk
- Monica Prince**

I am so excited to announce that we now have a partnership with OLLI (Osher Lifelong Learning Institute at U of M). They will bring some of their taped lecture series to us. OLLI has access to well-known speakers from all areas of interest. This month we will pilot two lectures: “How to Talk Across the Political Divide” and “The Value of Broad Perspectives and Free Speech.” See the attached flyer for details. A Volunteer from OLLI will come to present the video and facilitate a discussion. I watched the first video and found it fascinating and thought provoking. This is just the beginning. They have taped lectures on a vast span of topics. We will be getting a list that we can choose from at later dates. I hope you will take advantage of this opportunity and let me know what topics interest you.

EMU has two groups starting soon for caregivers. One is a 4-week skill-building group for those that are caring for someone that has both diabetes and memory problems. The other is an 8-week group focused on enhancing your abilities to care for someone with cognitive loss. To get more information ask Monica or Shonda.

U/M is looking for a few people to participate in studies that they are conducting. On Wed March 27th a student will be here to talk about the Brain study they are doing. There is a flyer on the board for more information. Students from the Ross School of Business are looking for seniors with low vision problems. They are working with the Association of Blind and Visually Impaired to develop a strategy to price and market a product. They will be here sometime this month (date not yet determined) to solicit volunteers to fill out surveys and have a brief discussion. If you are interested in helping these students out, I can put you in touch with them.

Dine at Haab’ Restaurant - Sunday March 24 Haab’s will be donating 10% of profits to the Ypsilanti Senior Center.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Exercise w/ Mark	9:00 Line Dance	9:00 Exercise w/ Mark	11:45 Lunch 1-2:30 Yoga	9:30 Exercise w/ Mark	10am-12pm Quilting
10:30 Acupuncture	10:30 Weaving	10:30 Writers Group		10:45 Gentle Fitness	
11:45 Lunch	11:45 Lunch	10:45 Gentle Fitness		10am-2pm Massage (by appointment)	
12:30 Euchre	12:30 Knitting	11:45 Lunch		1-2:30 Yoga	
		12:30 Bingo			
		12:30 Art			

Exercise with Mark: This fun and engaging class will assist individuals to improve balance, strength, flexibility, and cognitive capabilities through various exercises. Arrive early to secure a space!

Line Dance with Dee. Get Moving and have fun!



Yoga Classes: Regular schedule has resume for returning participants.

Gentle Fitness: This low-impact workout session is designed on body and joints held on **Wednesdays and Fridays at 10:45AM.**

Take advantage of the additional services offered here at the senior center for a small fee. There is no harm in investing in health and wellness!

Acupuncture with Ron. Scheduled from 10:30AM – 12:30PM. Please be advised that in order to receive the maximum benefit from treatment, it is recommended to arrive no later than 11:45AM. The fee is \$15/session.

Norwegian Massage with Sissel Bridges. Schedule an appointment 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

Visiting Foot Nurse, Robbi Duda, will be at the center on **Tuesday, March 12, 2019**. Please call to schedule your appointment at 734-741-8586.

Other Community Exercise Programs Available in the Area

Cardio Drumming

Ypsilanti Free Methodist Church
1800 Packard, Road
Ypsilanti, MI 48197
\$2.00 **with** Ball and Sticks
\$1.00 **without** Ball and Sticks

Free Yoga and Zumba

(inside Briarwood Mall in front of JCPenny's)
9AM-10AM - Both Classes
Yoga - Tuesdays
Zumba - Thursdays

Ypsilanti Senior Center and Community Updates



Caregiver Support Group - Gilbert House

**203 S. Huron Street,
Ypsilanti, MI 48197**

**Wednesday, March 6, 2019
@ 3PM - 4:30PM**

Whether you are caring for your parents, a spouse, or another loved one, finding the time to meet with other caregivers is often a valuable investment of your time.

Meeting with others who understand, the journey of living with memory loss, is often enlightening and offers the opportunity to relieve stress. Support is available within the community.

Join Debbie and Shonda at Gilbert House on the 1st Wednesday of each month for support and resources related to living with Alzheimer's Disease. We would love to see you.

“Caregiving is a constant learning experience” - Vivian Frazier

**“We Care CONNECT
Memory Cafe”
“It’s More than a Cup
of Coffee”**

**Tuesday, March 12,
2019
2PM - 4PM**

The memory café is a safe and judgment free environment that provides as a respite from the constant emotional turmoil brought on by dementia.

This opportunity is provided to caregivers and persons living with memory loss to engage in social conversation, creative and entertaining activities, and **develop friendships for mutual support.**



This month, **“We Care CONNECT Memory Café,”** has a full schedule in welcoming the following:

- **“At Home Pharmacy”** Pharmacist, Nathan Mair will give an overview on services including comprehensive medication reviews and free delivery
- **Eastern Michigan University** Graduate Students will introduce a new eight week community program to help caregivers develop various skills to enhance the quality of life for individuals with cognitive decline
- **Elite Cruises and Vacation Travels.** Owner of Elite Cruises will provide a Skype Presentation for caregivers and persons living with memory loss an opportunity to travel and ENJOY life from a dementia friendly cruise line, despite the challenges of cognitive impairment or physical limitations. **This is going to be exciting!!**
- **Drummitry.** Lori Fithian will bring in a collection of instruments, from all over the world, to facilitate an interactive session, creating a fun and energizing experience for all to laugh and enjoy during this socialization activity.

If you know someone who may benefit from this social opportunity, please pass along to encourage participation. The center is **CLOSED** for this specialized program. The cafe is open to anyone, without referral or assessment, in the early to moderate stage of the (Alzheimer’s) disease, caregivers and care partners, or persons concerned about cognitive decline. Individuals with a history of disruption and/or aggressive behavior is not appropriate for the group.

Light refreshments will be served. As a gentle reminder, **“We Care CONNECT Memory Cafe”** meets **every second Tuesday of the month.** Should you have any questions regarding the cafe, please feel free to contact the center at 734.483.5014.



**St. Patrick's Day Potluck
Tuesday, March 19, 2019 @ 11:45 AM with a
presentation by American Red Cross**

Saint Patrick, the patron saint of Ireland, is celebrated every year on his feast day of March 17th. In the United States, St. Patrick's Day is celebrated with good Irish food, drinks, songs, Irish dancing, and lots of green everywhere. Get ready and decide what green attire you will wear and delicious dish to serve as we enjoy various game activities. Do not forget to sign up or call center to be placed on sign up sheet.

The center will be providing a **"Baked Potato Bar"** with all the trimmings, including something green!

March is Red Cross Month!

Representatives from the American Red Cross Association will provide a free presentation in promoting community preparedness "Be Red Cross Ready!" **during our potluck.** The presentation will cover how to make a disaster preparedness kit, how to make an escape and communication plan, and how to stay informed during a disaster. **Great information, you do not want to miss this!**



"Out to Eat Bunch"

We are a lively group here at the center! If your interested in getting out and meeting new people **join the group at Side Track's**, located 56 E. Cross, Ypsilanti, MI 48198 at **11:30AM on Friday, March 22, 2019.** As a gentle reminder, please sign-up at the center.



Alzheimer's Disease Presentation

Monday, March 25, 2019
10:30AM – 11:30AM

The Michigan Alzheimer's Disease center conducts and supports innovative memory and aging research that seeks to:

- Identify disease modifying treatments
- Understand disease mechanisms in Alzheimer's Disease and other dementias
- Define biomarkers for early and accurate detection
- Devise effective coping strategies for individuals with memory loss and their care partners

This educational presentation is open to the public. Should you any questions, contact the center at (734) 483-5014.

Gentle Reminder Lunch Participants Do not forget to sign up for lunch

To ensure YOU are not missed, it is important to sign up for a meal. **Meals are ordered every Thursday morning by 11AM for upcoming week.** We are asking for your assistance to ensure that your name is placed on reservation sheet.

If you are interested in participating in the lunch program, please see the receptionist to complete appropriate documents. Individuals 60 years and older there is a donation fee of \$3 (**not mandatory**) and 60 years and under is \$5.50. Should you have any questions, please do not hesitate to ask.

VOLUNTEERS WANTED - The Ypsilanti Thrift Shop
14 S. Washington St., Ypsilanti, Mi. 48197
Call (734) 483-1226 or stop in

Our thrift shop is more than just bargains. It is a non-profit resale shop, and we donate all our profits to local charities. We have been so busy this year that we need to increase our volunteer staff. You have to commit to working just 3^{1/2} hours a **month**, and we will train you in the shop. It's fun and it helps the community. If you'd like to volunteer, contact Jenean at the number above or just stop in to the shop during regular hours to fill out an application: M, W, Th, & F 10:00 AM to 3:45 PM, Tuesday Noon to 6:00 PM and Sat. 10:00 AM to 1:00 PM. The particular responsibilities include but not limited to, tidying up sales floor, help sort and place donations in the shop, and/or work at the counter. The Ypsilanti Thrift Shop would love for you to consider volunteering.

Thank You!!!

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!

Retired Seniors Volunteer Program (RSVP)

RSVP has been active in Washtenaw County since 1973. Catholic Social Services of Washtenaw County has sponsored the program since 1989. In Washtenaw County close to 300 senior volunteers serve approximately 50,000 hours annually, through 40 local nonprofits. This is the equivalent of investing \$1,207,000 (based on the Independent Sector rated value of a volunteer hour) into the community.

This program helps adults age 55+ contribute their talents and experience to serve local nonprofits. RSVP considers the skills and interests of each volunteer along with the needs of the partner organizations to match up the volunteer.

Our Staff:

Monica Prince -- Director
Shonda Gibbs -- Administrative Assistant
Lenora Miller -- Kitchen Aid
Robert Klingler -- Receptionist

Support the Ypsilanti Senior Center.

Dine at Haab's Restaurant on Sunday March 24.

Happy Birthday to all born in March !

★ **HAPPY** ★
BIRTHDAY!