



YPSILANTI SENIOR CENTER

APRIL/MAY 2020

Ypsilanti Senior/Community Center

1015 N. Congress, Ypsilanti, MI 48197

(734) 483-5014 Fax: (734) 480-0380

Website: www.ypsiseniorcenter.org

Facebook.com/ypsiseniorcenter/

Email: ypsiseniors@sbcglobal.net

Senior Center Hours:

Monday through Friday: 9AM-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

Hope you are all well and taking care of yourself. Make sure you stay home. If you need to go out wear a mask and gloves and stay 6 feet away from other people. I attached a flyer about different ways to make masks for your safety. It is very tempting with the weather changes to want to get out and see friends and family, but don't. This is a great time to call or video call your family. I have spent more time with my family, who live all over the country, through an app called "Houseparty." Through it, we can all be on a video call together. I know there are other apps that can connect us. I have also added a flyer which we received from AAA1B that give curbside/delivery options to getting what you need from stores.

The Ypsi Senior Center board and I have decided to keep the center closed through May 31st. We think this will be the safest for all involved. We are still offering some services during this time.

I am here Monday through Friday to help you out any way we can. We are following safety guidelines that have been established by the County Health Department. We have available frozen meals that can be picked up once a week. This is part of our lunch program. We can add new people to the program. I have paperwork work for the program. Either call or email me to get signed up for the program. After you sign up the meals can be picked up on Mondays from 11-2. Please wear a mask and keep a safe

distance from others. If you would like you can call when you have arrived and a volunteer can bring the food to your car.

There are so many things we are doing differently at this time. WCC is offering online free classes in April. You can get access to them through this link:

<https://www.wccnet.edu/learn/our-offerings/webinars-campaign.php>

They are also going to hold all their spring/summer emeritus classes online. We will know within the next couple of weeks how to register for these classes. So, if you are interested in Mark's, Liz's or Dee's classes, email me so I can get the registration information to you. I will also post it on our website and Facebook when it comes in.

I have continued my work on the intergenerational project. We are working on a couple of projects with students from EMU. Everyone has a story to tell. Starting soon we would like to pair seniors up with students to do collaborative story telling. This can be done over the phone or computer. Through this program you will be able to learn how to tell that story about your history, an incident that you lived through or how you are doing right now. You will need to email or call to sign up for it.

Another thing we are working on is purchasing restored laptops from EMU's Digital Inclusion that can be lent out to seniors that want to stay connected. The EMU students are working on developing online tech help to instruct those interested on how to use the device. This will help keep you connected and entertained.

The third thing we are looking at is starting an intergenerational Spanish class. It will be taught by an EMU professor and be offered online until we can meet again. Contact me if your interested.

Census

Don't forget to fill out your census. If you haven't already, go to 2020Census.gov or call 1-844-2020. We need to have every person respond to the census. It takes less than 10 minutes to complete.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

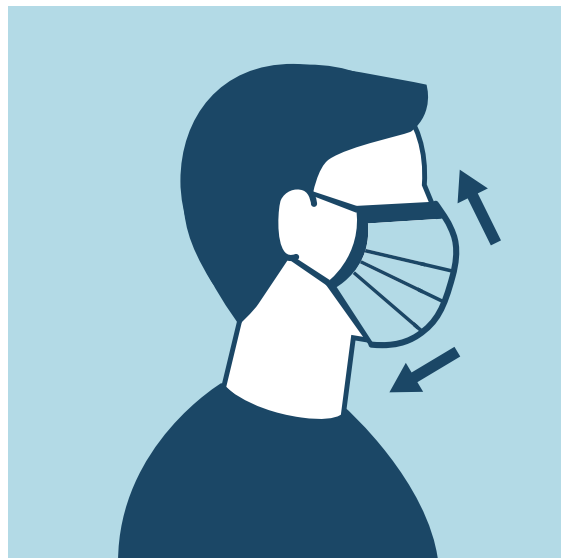
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

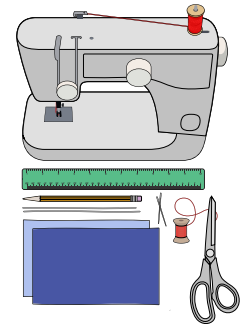


cdc.gov/coronavirus

Sewn Cloth Face Covering

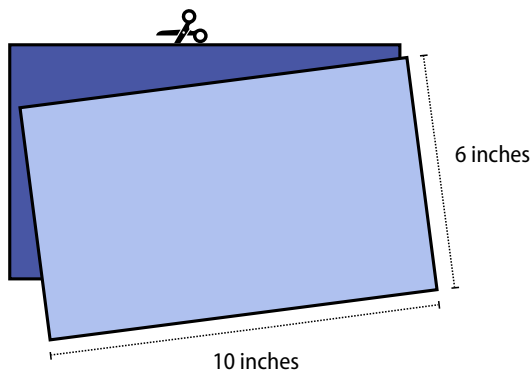
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

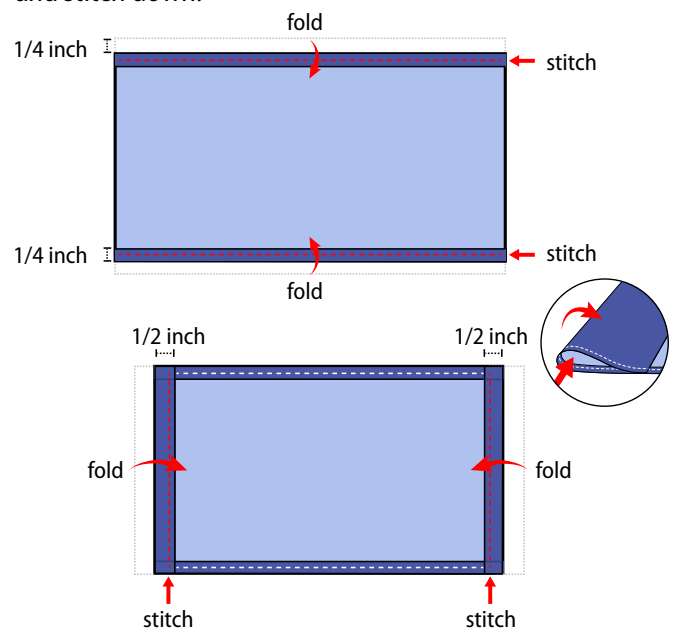


Tutorial

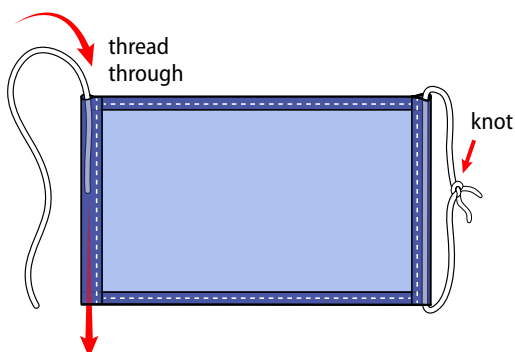
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



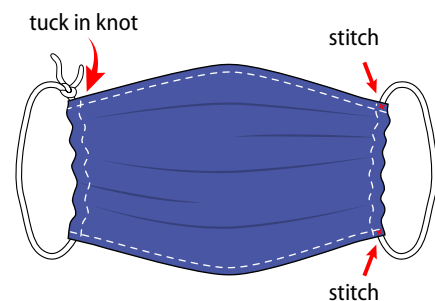
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

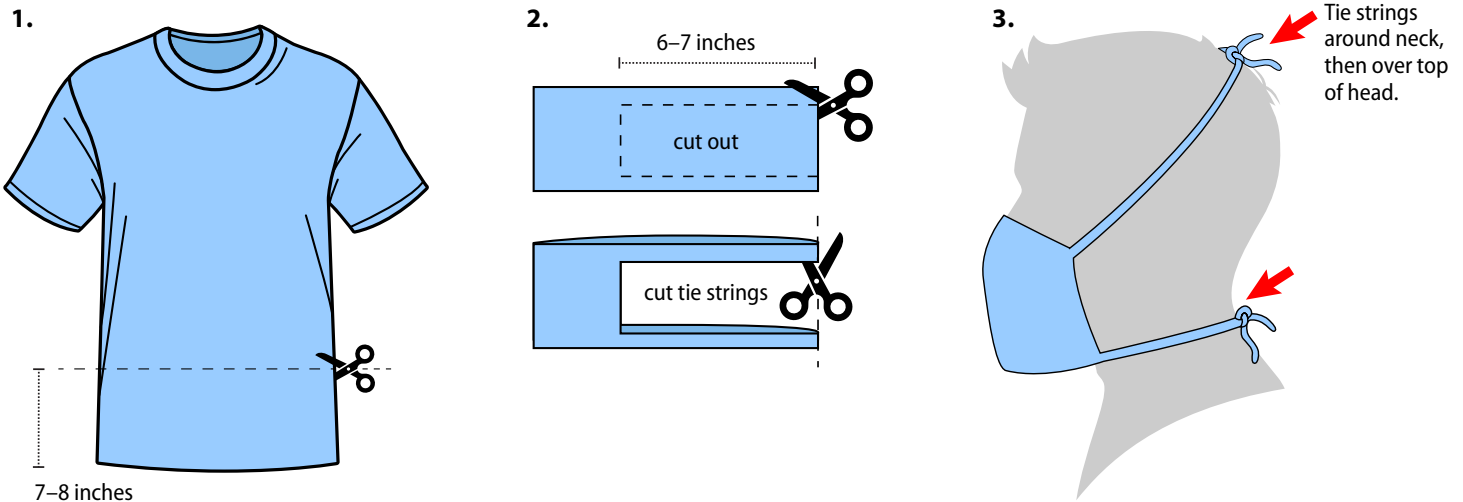


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

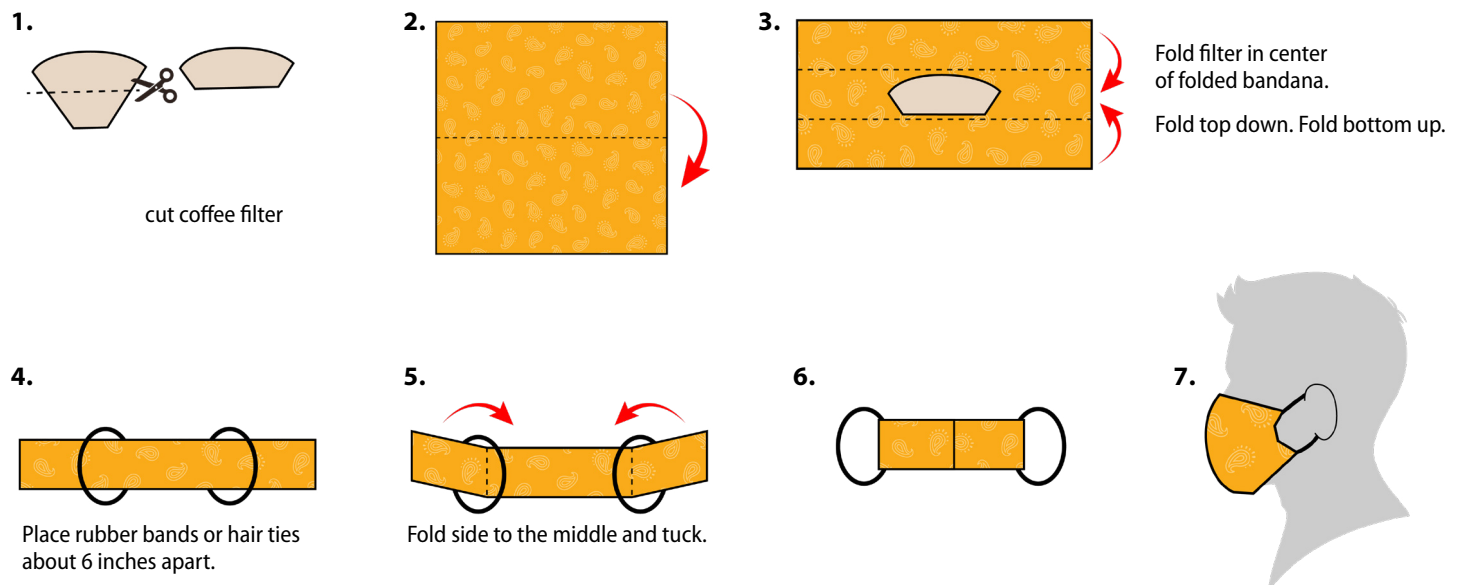


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Curbside/Delivery Options

ALL COUNTIES:

- ❖ **Walgreens:** Free prescription delivery as soon as next day. Household essentials may be purchased through the drive thru pharmacy. (Products include: cleaning supplies and sanitizers, cough/cold, pain/fever and immunity support, select grocery items, infant formula/adult nutrition, medical supplies/first aid and paper goods.)
<https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp>
- ❖ **CVS:** Free 1-2 day delivery on prescriptions and everyday essentials through May 1. Place order online or contact your local Pharmacy and ask for the Rx to be delivered. (Essentials include: pain relief, allergy relief, skin care, cold relief, digestive care)
<https://www.cvs.com/content/delivery>
- ❖ **Rite Aid:** Free 1-2 day delivery on medications. Contact local pharmacies.
<https://www.riteaid.com/pharmacy>
- ❖ **Target:** Offers free curbside pick-up on items except for perishable food.
<https://www.target.com/c/drive-up/-/N-9d42z>
- ❖ **Kroger:** Offers both delivery and curbside pick-up. Place a grocery order online and select an available time for pick-up. Fees are waived currently for pick up. \$9.95/delivery. Orders can be left at the door. <https://www.kroger.com/i/ways-to-shop>
- ❖ **Walmart:** Offers both delivery and curbside pick-up. No fee for pick-up. **Accepts SNAP/EBT for payment.** Unlimited deliveries: \$12.95/month. Delivery: Place a grocery order online and select an available time for pick-up. <https://grocery.walmart.com/>
- ❖ **Meijer:** Offers both delivery and curbside pick-up. Pickup: \$4.95, delivery \$9.95. Place a grocery order online and select an available time for pick-up. <https://www.meijer.com/services/more-ways-to-meijer/pickup.html>
- ❖ **Busch's Fresh Food Market:** Offers curbside pick-up for \$6.95. Place a grocery order online and select an available time for pick-up. <https://www.buschs.com/shopping>
- ❖ **ALDI:** Offers both delivery and pick-up. First 3 orders of \$35 or more are free delivery; \$3.99 after. <https://www.aldi.us/en/shop-now/grocery-delivery/>
- ❖ **Sam's Club:** Offers free pick-up. Some locations have a drive thru pick-up area. Place a grocery order online. <https://www.samsclub.com/content/club-pickup>
- ❖ **Gordon Food Service:** Offers curbside pick-up and delivery. Free pick-up, \$9.95/delivery. Place a grocery order online and select an available time for pick-up. <https://gfsstore.com/>
- ❖ **Jimmy Johns:** 16 inch loaves of bread are available to be ordered for \$2/each via drive-thru, curbside pick-up or contactless delivery. <https://www.jimmyjohns.com/>

WASHTENAW COUNTY:

- ❖ **Sparrow Market:** 407 N 5th Ave, Ann Arbor. Curbside Service. **Call 734-769-2725 (groceries) or 734-761-8175 (meat) or email sparrowmeast@gmail.com to place an order.** Will bring groceries to car or leave outside for contactless pick-up.
- ❖ **The Produce Station:** 1629 South State Street, Ann Arbor. 734-663-7848. No touch curbside and local delivery service. <https://www.producestation.com/curbside-service>

<https://www.producestation.com/mercato-local-grocery-delivery>

- ❖ **Knight's Market:** 420 Miller Avenue, Ann Arbor. Call 734-665-6494 to place curbside order. Visit www.Knightsrestaurants.com to see the full list of groceries.
- ❖ **Ypsilanti Food Co-Op:** 312 N. River Street, Ypsilanti. 734-483-1520. Email shopping list to pickup@ypsifoodcoop.org for curbside pickup. Include a phone number in the subject line.
- ❖ **People's Food Co-Op:** 216 N 4th Avenue, Ann Arbor. 734-994-9174. Curbside pick-up available Monday-Wednesday. Order online at <https://peoplesfood.coop/>
- ❖ **Farmer's Market Vendors:** <https://www.a2gov.org/departments/Parks-Recreation/parks-places/farmers-market/Documents/Farmer%20Directory%20Mar%20-%20Apr%202020.pdf>
- ❖ **Calder Dairy Farm:** \$3 Home Delivery of milk, bread, eggs, cheese and jellies/jams. Fill out the form online at <https://calderdairy.com/home-delivery/> or call 313-381-8858 to place an order.
NOTE: Home delivery for new requests is suspended until after April 20th due to the amount of requests.
- ❖ **Weber's Restaurant and Boutique Hotel:** 3050 Jackson Avenue, Ann Arbor. Curbside grocery pick up service available. Orders placed online will be available for pick-up the following day. 734-769-2500. <https://webersfoodpick-up.com/>