



## April 2024 Newsletter

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

### From the Team

Spring is right around the corner! The change of season can signify new beginnings and we are certainly undergoing those at the Center. I hope you've had a chance to meet our new team members who are familiarizing themselves with the operations, programs, members, and partners. We recently held a partnership meeting to help move Intergenerational Programming (IGP) forward and our team and partners are passionate and committed.

Please know IGP will be an enhancement to existing programs. We invite your ideas and feedback as we begin providing new opportunities. We hope to creatively involve and support member's extended families, caregivers and neighbors while providing opportunities for seniors to benefit from connection with youth in our neighborhoods.

Join us for the April 29 membership breakfast to learn more or stop by the office to chat about it.

### Volunteer Appreciation

National Volunteer Week takes place this year on April 21-27 with a theme of "Every Moment Matters". We take that seriously at the Center as we attempt to provide opportunities for meaningful connection, healthy aging, and programming that reflects the needs and interests of our members. We could not do the work we do without the help of our volunteers. Thank you for giving your time and talents in so many ways - from leading classes to assembling and distributing newsletters - your contributions matter. A special thank you to our dedicated board members who have helped grow the agency and support its seniors.

### Special Activities

**Attorney General Dana Nessel** will be here on Thursday, April 25 from 1:30-3:00 pm to present "Senior Scams, Your Connection to Consumer Protection". Valuable information will be shared to help seniors learn the telltale signs of scams found through phone calls, mail, email, and texts. Pick up a flier at the Center and invite your friends and neighbors.

**Exciting News!** We're inviting everyone to share their thoughts and experiences at our Senior Center through a creative poster campaign. This is your opportunity to express what you love about our community and what you'd like to see more of in the future. Whether it's the friendly faces, the engaging activities, or the warm atmosphere, we want to hear from you! So grab a sticker and make your voice heard!

**Exercise with Mark** begins on May 1 and will meet on Wednesdays from 9:30-10:30.



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**A Members Breakfast** will be offered on Monday April 29 from 8:30-10:00 am. We'll share breakfast from 8:30-9:00 and then you'll hear from Bruce Astrein, Senior Fellow with Generations United. Bruce has been a vital part in helping the board and staff in understanding the importance of bringing seniors and youth together. Please join the conversation on how and why we are implementing additional intergenerational experiences. Members will have an opportunity to provide feedback, ask questions, and take a survey to shape future programming. Please sign up in advance if you are joining us for breakfast.

**Membership** - it's super easy to join the Center - simply complete a new member form (available at the receptionist desk)! We do not charge for membership and thanks to the generosity of our partners, classes are free as well. Membership helps the Center obtain funding and determine future programming so please sign up if participating in activities.

Please print your name when signing in so we can clearly see who is participating in programs!

**Potluck luncheon** will take place on Tuesday, April 9 at 11:45 am. The Center will provide chicken fettuccine with vegetables, salad and garlic bread. Members please sign up to bring a side dish or dessert. St Joseph's Village will be our guest speaker and they will present on the different senior living options they offer.

### Community Connections

**Caring with Grace:** Tips and Tricks for Engaging People with Dementia - The Contextual Behavioral Science lab at Eastern Michigan University is seeking people with dementia and their family caregivers to participate in a study that teaches caregivers skills to help the person with dementia stay active in their daily lives. Training focuses on gentle, collaborative techniques to overcome reluctance to engage in everyday activities of daily living. They are offering study participants an individualized intervention on how to support the person with dementia in completing daily tasks and \$150 in VISA gift cards. If you are interested in learning more about the study or seeing if you are eligible to participate, please contact Sam Zohr at (734) 627-7620 (voicemail box) or [emu.canh@gmail.com](mailto:emu.canh@gmail.com) (email).

**Harmony Cares Hospice** extends sincere gratitude to the Center and its team for hosting their Myths of Hospice presentation on March 12th. The word 'hospice' can often evoke feelings of confusion, sorrow, and despair as many families have misguided ideas on what hospice care truly means. Harmony had the honor of being able to demystify some chronic misinformation about hospice care, including who qualifies for hospice, who pays and what is covered, and the holistic support provided and available to not only their patients, but those they hold near and dear to them as well. Personal accounts from Jenny, Doris, and many others along with a robust Q&A set the tone for an understanding of the care and



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compassion that is hospice. If you or a loved one would like additional information regarding hospice, please do not hesitate to reach out: 517-381-4866.

**Kroger's Community Rewards Program** - Want an easy way to support the Center, that doesn't cost you anything? Link your Kroger card to the Ypsilanti Senior Center on-line through Kroger's Community Rewards Program, and a percentage of your purchases will be donated to the Center. Thanks for your support! To learn more go to: <https://www.kroger.com/i/community/community-rewards>

**Senior scam research participants** wanted! The University of Michigan is looking for older adults (65+) who have recently experienced fraud or scams (online, over the phone, or in person). Experiences with potential fraud or scams seem to be increasing and while older adults do not fall for scams more than any other demographic group, seniors are often targeted. This research wishes to uncover what older adults do after falling victim to such frauds or scams and what resources older adults utilize in response. This research will help inform how we collectively understand the personal and social impacts of fraud and scams, as well as how systems may be designed to better remedy situations after a fraud or scam has occurred. Contact Sam at (734) 330-2085 or email [samank@umich.edu](mailto:samank@umich.edu) to participate.

**Transportation** is available through Feonix – Mobility Rising. Feonix is a non-profit organization that creates mobility solutions, technology, educational programs, and global communities around the common goal of transportation for all. Feonix is dedicated to supporting mobility for underserved populations through community-led transportation solutions. For more information go to:

<https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020>

### Volunteer Opportunities

If you'd like to help us do some spring cleaning at the Center, we would appreciate the help. Plan on joining us on 4/24, from 9:00-11:30 AM.

Building Rental volunteers desperately needed for opening and locking the center for outside rental groups. As a building rental volunteer you would need to be "on call" or available scheduled weeks for rental requests. Please speak with Monica or Jasmine for details.

We are seeking members who would like to teach or share their crafts, hobbies, or interests with our youth partners and our members. Please speak with a staff member or email Anne at [anne@ypsiseniorcenter.org](mailto:anne@ypsiseniorcenter.org).



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### Ongoing Classes & Activities

**Art Classes** are offered on Fridays from 12:30-2:00 with all materials provided.

**B I N G O!** Join us on Wednesdays from 12:30-2:00. \$1 for coverall, .25 for additional cards.

**Board of Directors** meetings take place at 6:30 pm on the third Thursday of every month at the Center. For an agenda email [monica@ypsiseniorcenter.org](mailto:monica@ypsiseniorcenter.org) or check our website.

**Euchre** is a hugely popular card game offered on Mondays from 12:30-2:30.

**Gentle Fitness** which meets on Mondays & Fridays from 10:30-11:30 is led by Doris Walker to increase strength and endurance. Most exercises are done sitting in a chair.

**Washtenaw Community College (WCC)** partners with us to deliver yoga & line dancing:

**Senior Fitness with Mark** will meet on Wednesdays from 9:30-10:30, May 1 – July 10. Class will use weights, bands and stability balls as tools to improve your strength, conditioning, flexibility, and balance and include cognitive exercises.

**Dee's Line Dance** meets every Wednesday 10:30-11:30, next session May 15-July 24

**Liz's Yoga** meets every Thursday 10-11:30, next session is May 2-July 11 (make-up classes on April 4 & 11)

Register for WCC classes in advance at the Center. Please note there are no WCC fitness classes in April other than Yoga make-up (above).

**Knitting & Crocheting** is an opportunity to work on projects, socialize, and learn from each other. Plan on joining our group on Tuesdays from 12:30-2:00.

**Lunch Program** - We will continue to provide HOT MEALS, Monday-Friday. Sign up is required both for the program and on Fridays prior to the week you wish to participate. Hot meals are served at 11:45 am and must be eaten at the Center.

**Memory Cafe** meets on the second Tuesday of each month, from 2-4 pm and is a support group for individuals living with memory loss and their caregivers. Enjoy refreshments, social activities, art, music, and conversation in a supportive environment.

**Special Project - Plarn** - Come "plarn" with us on Tuesday mornings, 10-11:30. Plarn is yarn made from plastic bags. Volunteers will make sleeping mats from the plarn to give to the homeless. This is a great time to socialize while helping out our community.

**Technology Class by Digital Connection Corps at EMU.** Join us for in-person hands-on help with technology (including smart phones, laptops, email, etc) at the Center, Tuesdays 10 am-11:30 am. Please call our Center to REGISTER beforehand, new students may have to wait to start attending. For more information go to

<https://www.emich.edu/engage/community/digital-connecting-corps.php>