IN THIS ISSUE

Cards & Classes          See Page 2
Lunch Menu               See Pages 3-4
Exercise Classes         See Page 7
Service Highlight        See Page 4

Friends of Jackson Seniors
1715 Lansing Avenue
Jackson, MI 49202-2193

Non-Profit Org.
U.S. Postage
PAID
Jackson, MI
Permit No. 294
Return Service Requested

Senior Project FRESH
Market FRESH
The Jackson County Department on Aging will be
the host site for Michigan’s Senior Project
FRESH/Market FRESH program. Market FRESH
provides qualifying Jackson County seniors
$20.00 in coupons to purchase fresh fruit and vegetables at
participating Michigan farmers markets and roadside stands.

The program is open to seniors 60 years of age or older, total monthly
household income less than $1,859 for one person, or $2,504 for
couples.

Distribution is on a first come first serve basis on:
July 24, 2019 starting at 8:30 a.m.
Jackson County Department on Aging
1715 Lansing Ave. Jackson MI
Park in Lot B

Individuals signing up will need to fill out a Project FRESH
application verifying income eligibility and show Michigan ID. For
qualified seniors who are unable to shop for themselves a Proxy can
be designated. Before coming in, please call 768-8652 to find out
about required proxy documentation.

Caregiver Conference

Caregiving with Dignity: Living with Dementia
Hosted by Jackson County Department on Aging

Thursday, August 1, 2019
8:30 - 4:00 p.m.

Respite Care Available - Box Lunch Provided
Jackson County Human Services Building
1715 Lansing Avenue, Lower Level, Room 005
Registration Required
by July 25
Call 517-788-4364

Learn about how dementia affects
the individual, family and friends;
providing care with dignity; ways
family and friends can be supportive. Presenters Brenda
Roberts, husband Mark, daughter
Tracey Roberts Fuller, and Mark’s
service dog Sophie discuss
challenges families experience in
their dementia journey.

Suggested Donation $5 at the door for family & friend
caregivers; $10 fee paid in advance for professionals

Jackson County Department on Aging & Jackson County Fair
Mark your calendars for our 6th
Classic Car Festival
September 17, 2019
Jackson County Fairgrounds
4:30 - 6:30 p.m.
Food, fun and information about the
Department on Aging’s services.
ENRICHMENT
Please Register for Classes (517) 788-4364

Card Class
Instructor: Bev
Make beautiful, homemade cards using fancy paper and rubber stamps. This class is for everyone and is always fun! You will learn card making techniques and make a special card or two that you can take home. 1st & 3rd Wednesdays Every Month
Time: 9:30 a.m.
Location: Crouch Senior Center
Cost: $5.00 per class to cover supplies.

Foot Care Clinic
Louis White, DPM
Friday, July 12, 2019
Crouch Senior Center
Appointments Call: 788-4364
Dr. White will be holding a podiatry clinic at Crouch Senior Center on July 12. He will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints. Most insurances can be billed. Co-pays will be billed to patients after insurance companies pay. If you do not have insurance, Dr. White can provide nail care and treat callouses for $40.
Please Bring: Insurance Cards
Driver’s License or ID
Medication list & Allergy list

Write Your Life
Instructor: Coralie Cederna Johnson
Have you ever thought of writing your life story? Join the Crouch Write Your Life writing club and get insight from Coralie on ways to get the process going and bring it all together.
1st & 3rd Tuesdays
Time: 1:00-3:00
Location: Crouch Senior Center
Their book has been published! Contact: Coralie Johnson for more information cjohnson@umich.edu

Paint Parties To Go! FREE Summer Craft with Karen - 3 Choices
Monday
July 15 at 1:00
Crouch
Multpurpose Room
Must Sign Up!
788-4364

Crouch Birthday Cake & Ice Cream
HAPPY BIRTHDAY!!
Cake & Ice Cream
3rd Thursday July & August
12:30 p.m.
Compliments of:
ComForCare & Humana

Johnny Cash Entertainment with Matt Wetmore
Johnny Cash Music by Matt Wetmore
Crouch Senior Center
Friday, August 16 at 1:00 p.m.
Come early for lunch!
For Lunch Reservations:
Call: 768-8684

Bible Study at Crouch
Every Monday at 10:30, Room 140

Crouch Senior Center is WI-FI enabled

Food Tasting Sample Day!
Friday, July 19
12:00 - 12:45
Join us for a Food Tasting Day at Crouch!! Reservations 768-8691

9-Ball Pool Game
Every Monday 9:00 - 11:30 a.m.
Activity Room 106

Woodcarving Class
Learn the art of Woodcarving.
Crouch Senior Center
Tuesdays 1:00 pm and
Spring Arbor Senior Center
Mondays at 10:00 am

Crouch Qilters & Hospice Qilters
Tuesdays
10:00 am
Crouch Senior Center

Granny Squares
Wednesdays Starting in Sept.,1:00
The group will start putting together Christmas Blankets
Stop at the Craft Corner for Details!

Johnny Cash at the Crouch
Johnny Cash Music by Matt Wetmore
Crouch Senior Center
Friday, August 16 at 1:00 p.m.
Come early for lunch!
For Lunch Reservations:
Call: 768-8684

Granny Squares
Wednesdays Starting in Sept.,1:00
The group will start putting together Christmas Blankets
Stop at the Craft Corner for Details!

Pool Challenge
Thursdays at Crouch
9:00 - 11:30 a.m.
Activity Room 106
Everyone is welcome!

JAM SESSION
CROUCH DINING ROOM
EVERY TUESDAY
1:00 P.M.

Acrylic Painting Class
Crouch Senior Center
Thursdays at 1:00 p.m.
Spring Arbor Senior Center
Call 750-1010 for Dates
INSTRUCTOR: Lou Cubille
All skill levels are welcome! $10 per class for supplies.

Crouch Birthday Cake & Ice Cream
HAPPY BIRTHDAY!!
Cake & Ice Cream
3rd Thursday July & August
12:30 p.m.
Compliments of:
ComForCare & Humana

Johnny Cash Entertainment with Matt Wetmore
Johnny Cash Music by Matt Wetmore
Crouch Senior Center
Friday, August 16 at 1:00 p.m.
Come early for lunch!
For Lunch Reservations:
Call: 768-8684
### Beat the Heat
#### COOLING CENTER
The Jackson County Department on Aging is a designated Cooling Center. Cooling Centers are to assist persons when there are periods of extreme hot weather. The Jackson Area Transportation Authority (JATA) has put into place a system with “Hot Tickets” for those needing to beat the heat and want to use a ticket for free transportation to a Cooling Center. To learn more about this program, please call the Department on Aging at: 788-4364 or JATA at 788-7844 for more about “Hot Tickets” to assist with transportation.

<table>
<thead>
<tr>
<th>Menus certified by: Sarah Chapel, Registered Dietician</th>
<th>Gathering Places - August 2019 Menu</th>
<th>RSVP (517) 768-8684</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>5 Spaghetti &amp; Meatballs Garlic &amp; Herb Broccoli Carrot Coins Garlic Bread Fresh Fruit Milk</td>
<td>6 Chicken Cordon Bleu Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Roll &amp; Margarine Milk Cookie</td>
<td>7 Cheesy Shells w/Chicken &amp; Peas California Blend Zucchini &amp; Tomatoes Roll &amp; Margarine Fresh Fruit Milk</td>
</tr>
<tr>
<td>12 Bacon, Egg &amp; Cheese Scramble Zucchini &amp; Tomatoes Hash Browns Muffin Orange Juice Milk</td>
<td>13 Turkey ala King Winter Vegetable Blend Sourdough Biscuit Fresh Fruit Milk Chef’s Choice</td>
<td>14 Pork Chop Suey over Rice Honey Carrots Spinach Fortune Cookie Fresh Fruit Milk</td>
</tr>
<tr>
<td>19 Beef Ribette on Bun Potato Cheese Bake Zucchini &amp; Tomatoes Applesauce Cup Milk</td>
<td>20 Garlic Herb Pollack Macaroni &amp; Cheese California Blend Roll &amp; Margarine Fresh Fruit Milk Chef’s Choice</td>
<td>21 Chicken Drumstick Potato Salad Mixed Vegetables Roll &amp; Margarine Watermelon Milk</td>
</tr>
<tr>
<td>26 Fish Sandwich w/cheese Whole Wheat Bun Scalloped Potatoes Whole Baby Carrots Fresh Fruit Milk</td>
<td>27 Meat Lasagna Winter Veggie Blend Peas &amp; Carrots Garlic Bread Fresh Fruit Milk Birthday Dessert</td>
<td>28 Chili &amp; Cheese Baked Potato Stewed Tomatoes Green Beans Roll &amp; Margarine Fresh Fruit Milk</td>
</tr>
</tbody>
</table>

### DIABETES PATH
#### Crouch Senior Center
**Wednesdays**
July 17 - August 21
10:00 am - 12:30 pm
FREE 6 Week Workshop
To Register Call: Region 2 AAA at 592-1974

**Diabetes PATH (Personal Action Toward Health)** is designed to help people with Diabetes improve their health and feel better. In an educational support-group style. Diabetes PATH teaches people with Diabetes several tools for self-managing their health condition such as healthy eating, managing stress, being active, monitoring blood sugars, and more!

### Smiles on Wheels
**Senior Smiles Screenings**
Oral Health Assessments Napoleon Tuesday, Aug. 6 Michigan Center Fri., Aug. 9 Grass Lake Senior Center Monday, Aug. 19
Call 788-4364 for details!

### COOKING
**Cooking for One**
Crouch Senior Center & MSU Extension
Fridays 1 - 3 p.m. Sept. 6 - Oct. 11
FREE Space limited. Pre-Registration Required! Call: 768-8691

Learn ways to make cooking for one simple and enjoyable; Learn helpful tips and tricks to making healthy choices; Participate in cooking REAL recipes for one!

**Location:** MSU Extension Kitchen
**Instructor:** Angela

### SENIOR DAY AT THE JACKSON COUNTY FAIR
Each year, the Jackson County Department on Aging, Jackson County Board of Commissioners, and the Jackson County Fair join to honor outstanding contributions by Jackson County’s older citizens. awards are given in recognition of volunteer work in the community since age 60.

Everyone is invited to attend the awards ceremony on “Senior Citizen Day”
Monday, August 5 at 11:00 a.m. - Jackson County Fair Keeley Park Stage
Entertainment following - featuring an Elvis Tribute Show. 65+ Free Admission.
It’s More Than Just Lunch!

You are invited to lunch at one of our Gathering Places. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships every time you lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon, but come early to enjoy many exciting activities and enrichment programs. Find a Gathering Place near you:

<table>
<thead>
<tr>
<th>Gathering Place</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crouch Senior Center</td>
<td>1715 Lansing Ave, Jackson, MI 49202</td>
<td>(517) 768-8684</td>
</tr>
<tr>
<td>King Recreation Center</td>
<td>1107 Adrian St., Jackson, MI 49202</td>
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<tr>
<td>Norvell</td>
<td>106 E. Commercial, Jackson, MI 49202</td>
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<tr>
<td>Spring Arbor Senior Center</td>
<td>122 Star St.</td>
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<tr>
<td>Grass Lake Senior Center</td>
<td>373 Lakeside Dr., Jackson, MI 49202</td>
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<tr>
<td>Michigan Center</td>
<td>St. Aidan’s Church, 361 Grove St, Jackson, MI 49202</td>
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</tbody>
</table>

Please call one day in advance to make your reservations for lunch.

(517) 768-8684

Suggested donation for guests who are 60 and older - $2.50
Cost for guests who are under 60- $3.50

Paint Parties to Go with Karen July 15 1:00 Crouch!!

Second Meal Program

A second, evening cold meal is available to take home two days a week for seniors who eat lunch at a nutrition site and have reserved a second meal.

Criteria:
- You or your spouse must be age 60 or older.
- You eat a noon meal at the site that day.
- You reserve your second meal in advance.
- You sign to receive the meal.

Suggested Donation: $1.00

Second Meal Program available:
- Tues & Thurs at Napoleon site
- Mon & Wed at all other sites

Sign up for the second meal at a Nutrition site or call (517) 768-8684

Please call one day in advance and leave the site location when you leave a message.

Exercise Cold Meal available:
- Weds at Spring Arbor site for exercise class participants 60+
- unable to stay for the hot lunch served at noon

Call 768-8684

New Folks are Always Welcome -Come Join Us!

Visit us on the Web
https://www.mijackson.org/619

Jackson County Senior Nutrition Program

Gathering Places - July 2019 Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Gatherings Place</th>
<th>Menu Item</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Crouch Senior Center</td>
<td>Beef Pepper Patty Sweet Potatoes</td>
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<td></td>
<td>King Recreation Center</td>
<td>Hot Spiced Apples</td>
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<td>Norvell</td>
<td>Roll &amp; Margarine Fresh Fruit</td>
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<td></td>
<td>Spring Arbor Senior Center</td>
<td>Milk</td>
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<td>Grass Lake Senior Center</td>
<td>Stuffed Cabbage</td>
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<td>Michigan Center</td>
<td>Beef Hot Dog</td>
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<td>Garden Salad</td>
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<td>Roll &amp; Margarine Fresh Fruit</td>
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<td>Cookie</td>
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<td>4th of July Closed for Independence Day</td>
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<td>Suggested Donation: $1.00</td>
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<tr>
<td>Tues</td>
<td>Crouch Senior Center</td>
<td>16th Birthday Cake</td>
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<td>Norvell</td>
<td>18th Birthday Cake</td>
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<td>Spring Arbor Senior Center</td>
<td>20th Birthday Cake</td>
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<td>Grass Lake Senior Center</td>
<td>22nd Birthday Cake</td>
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<td>Michigan Center</td>
<td>24th Birthday Cake</td>
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<td>26th Birthday Cake</td>
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<td>Weds</td>
<td>Crouch Senior Center</td>
<td>Sausage</td>
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<td>Norvell</td>
<td>Pepperoni</td>
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<td>Spring Arbor Senior Center</td>
<td>Chicken Drumstick</td>
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<td>Grass Lake Senior Center</td>
<td>Beef Hot Dog</td>
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<td>Michigan Center</td>
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<td>Garden Salad</td>
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Menus certified by:
Sarah Chapel
Registered Dietician
### July 2019 Calendar of Events

**Crouch Senior Center**

**July 15, 1:00 at Crouch!**

**Grass Lake Senior Center**

**King Center**

**Michigan Center**

**Napoleon**

**Park Forest**

**Norvell**

**Park Forest**

**All Sites Closed July 4 Independence Day!**

**Thank you to Country Stitches and all the crafters who donated handmade placemats to the Meals on Wheels program!**

**122 Star Street, Spring Arbor**

**Spring Arbor Senior Center**

**Open Mon-Fri 9 a.m. - 4 p.m.**

**Mon**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00-11:15</td>
<td>9-Ball Pool Game</td>
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<td>9:00-12</td>
<td>Knit/Crochet</td>
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<td>10-12</td>
<td>Knit/Crochet</td>
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<tr>
<td>10-12</td>
<td>Acrylic Painting</td>
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**Tue**

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<td>9-11</td>
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**Thu**

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**Fri**

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<tr>
<td>10-12</td>
<td>Acrylic Painting</td>
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</tbody>
</table>

**Country Stitches**

- **Paint Parties to Go with Karen!**
- **Sign Up 788-4364**

**Open 10:00 - 12:00**

- 10:00 - 11:00 Yoga
- 10:30 Chair Exercise
- 10:00 Woodcarving & Jam
- 10:00 Write Your Life
- 9:00 9-Ball Pool Game
- 10:00 Diabetes PATH
- 10:30 Chair Exercise
- 10:30 No Ballroom Dance 12:15 & 1:15 Line Dance 1:00 Penny Bingo
- 9:00 Chair Exercise
- 9:00 9-Ball Pool Game
- 10:00 Diabetes PATH
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**July 2019 - Jackson County Department on Aging**

- **715 Lansing Avenue, Jackson, MI**
- **(517) 788-4364**
- **Visit us on the Web**
- **https://www.mijackson.org/619**
### August 2019 Calendar of Events

**King Center**
- Quilts/Sewing: 10:30 - M - F
- Cards/Puzzles: 10:30 - M - F
- Bible Study: 11:00 - T
- Exercise Class: 11:00 - F
- Penny Bingo: 12:30 - F

**Napoleon**
- Coffee, Cards & Conversation: 10:30 & TH
- 10:45 Big Box Bingo Tuesdays
- Everybody’s 8-8 Day Last Tuesday of Month
- Smiles on Wheels, Tuesday, Aug. 6

**Park Forest**
- Coffee Social: 10:30 -11:30 T
- Sing Along w/Virginia: 11:00 TH

**Norvell**
- Silly Poker: 10:30 MWF
- Everybody’s 8-8 Day Last Wednesday of Month

**Michigan Center**
- Euchre: 12:30 MWF
- Smiles on Wheels, Friday, Aug. 9

**Grass Lake Senior Center**
- Exercise: 10:00, Line Dancing: 1:00 T
- Square Dancing: 12:45 W
- Exercise: 1:00 TH
- Smiles on Wheels Monday, Aug. 19

### 122 Star Street, Spring Arbor

**Spring Arbor Senior Center**
- Open Mon-Fri 9 a.m. - 1:45 p.m.

### 1715 Lansing Avenue, Jackson, MI

**Crouch Senior Center**
- August 2019 Calendar of Events
- Open Mon-Fri 9 a.m. - 4 p.m.
**EXERCISE SERIES: SUMMER JULY 8 - AUGUST 30**

**BALLROOM DANCING**
Instructor Mitch Luty will teach participants how to do the Fox Trot, the East Coast Swing, the Polka, and/or other social dances. Ballroom dance class meets in the Crouch Multipurpose room. Summer Break. Starts again in Fall.

Crouch Sr. Center Multipurpose Room  W 10:30 am - Noon

**FIT AFTER FIFTY**
This exhilarating class includes full-body stretching and non-jarring, low-impact exercises to promote increased heart and breathing rates. Led by certified YMCA Instructor, Lauren.

Crouch Sr. Center  M/W/F  8:30 AM - 9:40 am
Spring Arbor Sr. Center  M/W/F  10:15 AM - 11:15 am

**CHAIR EXERCISES**
This stimulating class, includes stretching, non-jarring chair/standing exercises, as well as strengthening activities. Led by certified YMCA Instructor, Suzy.

Crouch Sr. Center  T/TH  10:30 AM - 11:30 am

**SUMMER BREAK: No Classes 1st Week of July 1 - 5 Ballroom and Line Check with Instructors for Break Schedule.**

**YOGA**
Yoga is a unification of mind, body and breath work. Led by YMCA Instructor, Kate.

Spring Arbor Sr. Center  T 8:30 AM - 9:30 am

**ENHANCE FITNESS**
Enhance Fitness is a moderate-impact class with high impact results. This new YMCA led class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More energy! Better Balance! Increased Body Strength! Better Sleep!

CROUCH  M W F  10:30 - 11:30 am

**GET IN LINE**
The Beginner Class takes participants step-by-step through popular line dance moves and the Advanced Class teaches participants routines. Led by Tony and Micki. Check with instructors for Summer Break schedule.

Spring Arbor Sr. Center  TH  10:30 Beg.  10:30 Adv.

**CLASS SUGGESTED DONATION* FOR THOSE 60 & OLDER / 59 & UNDER:**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>Suggested Donation</th>
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<tbody>
<tr>
<td>FIT AFTER FIFTY</td>
<td>$1.00/$2.00 per Class</td>
</tr>
<tr>
<td>GET IN LINE</td>
<td>$1.00/$2.00 per Class</td>
</tr>
<tr>
<td>BALLROOM</td>
<td>Donation</td>
</tr>
<tr>
<td>YOGA</td>
<td>$1.00/$2.00 per Class</td>
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<tr>
<td>CHAIR EXERCISE</td>
<td>$1.00/$2.00 per Class</td>
</tr>
<tr>
<td>ENHANCE FITNESS</td>
<td>$1.00/$2.00 per Class</td>
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**QUESTIONS? PLEASE CALL:**
Department on Aging  788-4364

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**Caregiving and Community Support**

**Caregiver Support Group**

**Why:** Trying to manage many roles can be overwhelming for caregivers. The Caregiver Support Group offers education, support, and hearing about techniques other caregivers have used. Talking with other caregivers helps participants have renewed strength to continue their journey.

**Where:** Jackson County Department on Aging 1715 Lansing Ave. Jackson, MI Park in lot B

**When:** 1st Thursday of the month  
*Note: In July group will meet July 11 due to holiday.*

**Time:** 12:00-2:00 p.m. - Support Group, Lunch Optional

**Call (517) 788-4364 to learn more.**

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**Thank You American 1 Credit Union!**

Thank you American 1 Credit Union for donating $1,243 to the Jackson County Department on Aging Meals on Wheels program!

The donation, raised through popcorn Fridays and bake sales, was presented by Theresa Herrington, American 1, to the Department on Aging Culinary Team and Danielle Pequet, Deputy Director.

Visit us on the Web [https://www.mijackson.org/619](https://www.mijackson.org/619)

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**Service Highlight**

**Is This Normal?**

There is a big focus on the physical health as one ages but a person’s mental health is just as important. The Department on Aging works with community partners to assist adults sixty and older who are experiencing problems or concerns associated with memory loss or depression. This is done through screening, referrals, and counseling services.

**If you are experiencing some of the symptoms,** remember they are not a normal part of aging:

- Persistently feeling sad, tearful or irritable
- Low energy
- Loss of interest in hobbies or friends
- Feeling worthless, hopeless or having excessive guilt
- Sleeping more or less than usual
- Nervous or restless
- Poor appetite or weight loss
- Feeling like life is not worth living
- Trouble making decisions or concentrating

The Department on Aging welcomes referrals from family, physicians, friends and senior’s themselves. Home visits can be provided to homebound seniors as needed.

Call 517-788-4364 for more information
Nutrition News
By Sarah Chapel, RD, CDE

Remember when you could fall asleep as soon as your head hit the pillow and not wake up until the alarm went off? As we get older, it becomes a little harder to fall asleep and stay asleep. Although our sleep patterns change, our need for sleep does not. Just like diet and exercise, a good night’s sleep is essential for your good health, for keeping you alert and energetic, and for building your body’s defenses against infection, chronic illness, and even heart disease.

According to the National Sleep Foundation, adults should aim for 7-9 hours of sleep each night. Many things can make it hard to get a good night’s rest. People who have trouble sleeping often discover that their daily routine — diet, physical activity, anxiety, etc. — holds the key to nighttime woes.

There are some simple things you can do to make it easier to fall asleep, and to help ensure that the sleep you get is of high quality.

Good habits for sleep
Prioritize consistent and adequate sleep time. Individuals who protect their time for sleep rise in the morning without the disturbance of an alarm clock. Exercise regularly and at least several hours before sleeping. Avoid caffeine and alcohol at least 8 hours before bedtime. Avoid large amounts of food 2-3 hours before bed. Large meals promote a drowsy state but then can keep you awake later or wake you up in the middle of a sleep cycle. Find the right room temperature. A slightly cooler temperature is comfortable for most people. Seek a dark, quiet, private place. Use earplugs, darkening curtains or add “white noise” by running a fan or by purchasing a device designed specifically to provide this kind of steady hum. Choose a comfortable bed and fall asleep there. Falling asleep on the couch may feel comfortable at first but rarely leads to a full night’s sleep. Avoid naps longer than 20 minutes. Rise with the sunshine. As much as possible, let the sun’s rays guide your sleep and wake schedule. Relax before dropping off to sleep. Meditate, enjoy a cup of warm (decaffeinated) tea, read a soothing book, listen to soft music, stretch gently. Remove the television, telephone, and any office equipment from the bedroom. This gets rid of interruptions and reinforces that the bedroom is meant for sleeping. Listen to your preferred cycle. Some of us perform at our peak if we rise early and fall to sleep early; others are the opposite.

Skimmer Use on the Rise

Skimmers are illegal and malicious card readers attached to a payment terminal such as a gas station pump or an ATM. These small and sometimes nearly undetectable card readers steal the information from a card when it is wiped or inserted. Criminals then use the information to create copycat cards, purchase goods, or sell the card information to someone else. Here are a few proactive tips to use to help prevent you from becoming a victim of this common scam:

- Examine the card reader closely — Does it look like something has been added to it? Does there appear to be an extra piece? Report anything on a reader that looks wrong.
- Look for a security seal on your gas station pump - many gas stations use them as a way to prevent tampering.
- Wiggle the reader before swiping or inserting your card to see if something is loose or comes off. If a skimmer has been added, the card reader may feel loose.
- Check for any signs of tampering. If there appears to be tampering anywhere on the ATM or gas pump, or if things simply do not look right, do not use it and report your concern.
- Never get comfortable with an ATM or gas pump that you use frequently – always take the time to look over the machine.
- Review your banking account balances regularly and report any unauthorized charges to your financial institution immediately.

This scam alert was put together by information received from American One Federal Credit Union

Jackson County Department on Aging

Director
Marc O. Wandell
Deputy Director
Danielle Pequet
Alzheimer’s Respite & Counseling
Amy Jehnzen, Mental Health Coordinator
Caregiver Information & Assistance and Meals on Wheels & Home Care-New Clients
Jennifer Guthrie, In-Home Services Coord.
Caregiver Support
Lisa Brand, Caregiver Support Coord.
Chore & Home Services Outreach
Leslie Krantz, Social Worker
Home Care Services—Current Clients
Angie Duckham, Home Care Supervisor
Meals on Wheels & Nutrition Site Meals
Annie Sottel, Nutrition Services Manager
Medicare/Medicaid Assistance Program
Amy Minix, Outreach Worker
Nutrition Site and Senior Center Programs
Laurie Mead, Enrichment Specialist

This scam alert was put together by information received from American One Federal Credit Union

TRIAD Corner

Submitted by:
Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.

TRIAD of Jackson County strives to reduce victimization and crimes against seniors.

Volunteer Luncheon
Service Provider Thank you!

Carol Raykovich, 2019 Jackson County Department on Aging Provider Appreciation recipient, was honored at the May volunteer luncheon celebration.

Carol has been so helpful to many of the MMAP program clients. She has been a great source of accurate, up-to-date information, and is always gracious throughout the whole process. The Medicaid portion of MMAP has become so much more efficient due to her availability and assistance.

Thank you Carol!