

SENIOR CIRCUIT

September/October 2020 Issue | Volume 15, Issue 5



JACKSON COUNTY DEPARTMENT ON AGING

*Senior Centers and Sites
are still closed at the time
of this publication.*

SEPT | OCT ISSUE

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CENSUS STATISTICS

- Michigan overall has a 68.7% response rate
- Jackson County has a 70.3% response rate
- 55.4% of individuals in Jackson County are completing the census on line

Complete your census by September 30!

SHOW YOUR COMMUNITY YOU

CARE

Fill out your 2020 Census.

2020CENSUS.GOV

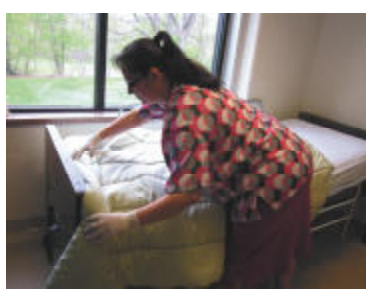
Everyone Counts. Everyone Wins!

10 YEAR SENIOR MILLAGE PASSED

Senior Millage Thank you! 788-4364



Thank You. 



THIS DAY IN HISTORY...

October 30, 1974: "The Rumble in the Jungle" boxing match took place between Muhammad Ali and George Foreman. Ali won by knockout in the 8th round.

October 6, 1961: U.S. president John F. Kennedy advised American families to build or buy bomb shelters to protect them in the event of a nuclear exchange with the Soviet Union.

October 23, 1956: Twelve-year-old Steveland Morris Judkins, later known as Little Stevie Wonder, recorded his first single called "Thank You for Loving Me All the Way."

October 29, 1945: The first commercial ballpoint pens went on sale at Gimbels department store in New York at the price of \$12.50 each.

October 22, 1939: The first televised pro football game was telecast from New York. Brooklyn defeated Philadelphia 23-14.

October 31, 1926: Magician Harry Houdini died of gangrene and peritonitis resulting from a ruptured appendix after being unexpectedly punched in the stomach.

October 1, 1880: Thomas Edison began the commercial production of electric lamps at Edison Lamp Works in Menlo Park, NJ.

SENIOR NUTRITION PROGRAM - CURBSIDE MEALS AVAILABLE

Curbside Meals (517) 768-8652

Curbside Meals!

While the Jackson County Department on Aging congregate sites and senior centers are closed, seniors are offered the option of picking up nutritious meals, curbside.

Many seniors have taken advantage of this convenient option of picking up well-balanced, prepared meals.

If you, or someone you know, needs meals-to-go, please contact Jennifer Guthrie at 768-8652.



DEPARTMENT ON AGING ZOOM CLASSES

Let's Play Number Bingo 1 - 75

VIRTUAL BINGO

Zoom from Home with Friends

Every Wednesday
September & October

(not playing Sept. 16)

1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No problem. Call in and listen by PHONE.

Pre-Register and get the meeting ID by contacting Laurie at 768-8691 or LMeat@mijackson.org

- Bingo from home
- Download or create your own cards from bingobaker.com
- We will play Number Bingo 1 - 75
- Play begins around 1:15 - to give everyone time to sign in and say "hello"
- We will play several games and 1 coverall
- Highest September and Highest October player will receive a prize from HUMANA and ComForCare. Thank you Bill!

| B | I | N | G | O |
|----|----|-------|----|----|
| 8 | 20 | 40 | 50 | 65 |
| 4 | 26 | 31 | 48 | 64 |
| 14 | 25 | Free! | 53 | 67 |
| 15 | 30 | 33 | 52 | 74 |
| 13 | 19 | 35 | 60 | 68 |

Paint Parties from Home!

Paint Parties To Go

Instructor Karen Olmos

Mondays

Sept. 28 & Oct. 19 at 1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone.

Pre-Register and get the meeting ID by contacting Laurie at 768-8691 or email LMeat@mijackson.org

- Curbside Supply Pickup will be by appointment
- Free Supplies - project, paint and brushes for people 60+
- \$10 supply donation for people under 60
- Class Size Limited to 20



Kevin S. Devine Entertainment

Seasonal Specials
with Kevin On Line from Home

SEPTEMBER & OCTOBER

go to www.mijackson.org/619 for dates or call us!

Get Your On Line Details by calling 768-8691 or Email LMeat@mijackson.org





Please listen to the following stations for reopen date information:

Radio – FM 96.7, FM 105.3 & AM 970 and
TV – WLNS-TV6,
Lansing & WILX-TV10

Thank you.



EXERCISE CLASS

\$1.00 suggested donation 60 +
\$2.00 suggested donation –60

2020 EXERCISE BREAK

Labor Day - No Class
Ken will hold class Wed & Fri

Thanksgiving Week
Christmas Week



QUESTIONS? PLEASE CALL:
Laurie, Department on
Aging, at 768~8691



ENHANCE FITNESS FROM HOME

Zoom Class with Ken
Monday, Wednesday, Friday
10:30 am - 11:30 am

Pre-Register: Get your Zoom meeting ID by calling
Laurie at 768-8691 or email LMead@mijackson.org

No Internet? No Problem!
Call in and listen via phone.

Enhance Fitness is a moderate-impact class with high-impact results! Simple, easy to learn movements that motivate individuals (particularly those with arthritis). More Energy! Better Balance! Increased Body Strength! YMCA Instructor Ken.

Please Join Us!

Follow the Department on Aging website
for updates at www.mijackson.org/619

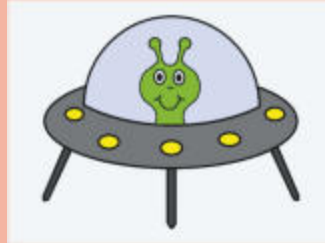
ON LINE ZOOM CLASSES WITH DR. BILL**If Zooming makes you feel like an Alien...**

Join Dr. Bill's On Line Zoom Tips!
Tuesdays at 1:00

September thru October

Join any time, as many classes as you
would like! *(no class on September 15)*

Get your Zoom meeting ID by calling
768-8691 or email LMead@mijackson.org
No Internet? No Problem. Call in and listen by phone.

**Zoom Thursdays!**

**1:00 Thursdays
October**

Zoom On Line From Home

Host: Laurie

What: Chit Chat and Catch Up
with Senior Center friends and
Pop In Guests...

- Guest - Heather, YOGA
- Guest - Entertainer Kevin

Get the Meeting ID by
contacting Laurie at 768-8691
email LMead@mijackson.org
No Internet? No Problem.
Call in and listen by Phone.

A BLAST FROM THE PAST - DEPARTMENT ON AGING FALL MEMORIES!**Center for Family Health COVID INFORMATION**

COVID Hotline Number **517-748-5363**

Monday - Friday 8 am to 9 pm & Sat/Sun 9 am to 6 pm

HENRY FORD HFAH COVID INFORMATION

Patient COVID Hotline Number **313-874-1055**

- Call for up-to-date COVID information and to ask questions
- Available Monday - Friday 8 am to 5 pm & Sat. 8 am to 2 pm

**Follow the Jackson County Health Department for
up-to-date COVID-19 information at:
www.mijackson.org/hd**



**Zoom Chair YOGA
with Heather
Certified Instructor**

**Thursday
October 15 at 1:00**

Location: Zoom from
home via computer or
smartphone. No
Internet? No Problem.
Call in and listen by
phone.

Pre-Register and get the
meeting ID

by contacting Laurie at
768-8691 or email
LMead@mijackson.org

COMMUNITY ZOOM & ONLINE PROGRAMS

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

REGION 2 AREA AGENCY ON AGING

Online Workshops

Living with a chronic condition? Caring for someone who has one? Either situation can feel overwhelming and discouraging at times. Trying to manage your condition can be stressful, especially during this COVID-19 era.

We can help you! Region 2 Area Agency on Aging has developed a new format for our PATH workshops which allows for people with chronic health concerns and their caregivers to attend from the comfort of their own homes via the internet or through using an app on your phone. We even offer the technical support to help you get started.

CALL US to learn more about our on-line workshops for Diabetes, Chronic Pain, & Cancer at 517-592-1678.



FALL WORKSHOP SCHEDULE

Cancer PATH: Fridays, 9/11 - 10/16 from 10 am to 12:30 pm

Diabetes PATH: Tuesdays, 8/18 - 9/22 from 1:30 to 4 pm

Chronic Pain PATH: Mondays, 8/17 - 9/28 from 1 to 1:30 pm
(Not Meeting on Labor Day)

"Confident Dementia Caregiving" Webinar - 592-1678

2020 CORONAVIRUS FACTS

[cdc.gov/COVID19](https://www.cdc.gov/COVID19) & [mijackson.org/hd](https://www.mijackson.org/hd)

RELIABLE INFORMATION

Make sure you're getting accurate information.

www.cdc.gov/COVID19

Jackson County Health Department

www.mijackson.org/hd

ALWAYS BE READY

www.ready.gov

WASH YOUR HANDS

Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.

DISINFECT SURFACES

Clean frequently-touched surfaces. Wash your hands after visiting public places.

SOCIAL DISTANCING

Someone coughing? Move 6 feet away or more.



MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAAP)

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2021). While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAAP) recommends reviewing your options before making a decision. (Please note that prescription drug plan premiums usually increase each year. There may be a lower priced option available compared to your current plan.)

Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list). **You need to make sure the prescriptions you take will still be covered** and if there are any restrictions like requiring prior authorization, quantity limits or step therapy.

Other considerations include the pharmacy you like to use, whether you want a mail order option, and whether you will be able to get your prescriptions if you travel.

Low-income individuals may qualify for “Extra Help” paying for premiums and co-pays by contacting the Social Security Administration.

You may also call your local MMAAP office at 1-800-803-7174 for eligibility requirements or application assistance.

ENRICHMENT ACTIVITY GROUPS STAYING CONNECTED

How are your Department on Aging Activity Groups Staying Connected? We would love to hear from you! Call 768-8691

WRITE YOUR LIFE - Writing At Home Is NOT Canceled!

Light, My First Dog *by Younis Alsaffar*

We moved to a home close to the military base in the city of Basra, Iraq, where my father was stationed. A few days later, I saw a white dog in the backyard. I asked my father if he knew about the dog. He said, "No," but he added that maybe the dog came back to his old home after his owner moved. "Meanwhile," he said, "We have to care for him until I find out who his owner is."



After a few days my dad found the owner of the dog. The owner told my father that every time he goes to get the dog from the old house, the dog goes back, again and again. So the dog's owner asked my dad if he would like to have ownership of the dog.

My father said, "Yes, I'm sure my son would like to have him." And that is how I got my first dog. As I remember, the dog looked like the one in this picture. I named him, "Light."

The Crouch Center's Write Your Life Group invites you to follow their stories on the JACKSON MEMOIR WRITERS Facebook Page led by Coralie Cederna Johnson, Instructor. Please see Page 10 for more details.

CARD & ART CLASSES STAYING CREATIVE AT HOME!!

Because of a nasty virus,
I'm missing all of YOU!
The first and third Wednesday each month,
What on earth can we do?

I'm missing our stampin' class,
While remaining sheltered in place.
I've been thinking 'bout all of you!
And the smile on every face.

Just stay home, stay safe
So we can meet again some day.

Keeping a safe distance from you,
Is, sadly, the only way.

MAY ALL OF YOU STAY HEALTHY
UNTIL WE CAN STAMP AGAIN!

Card Class Instructor, Bev



Lindy's Shout Outs

Know that
there is
something
inside you
greater
than any
obstacle!

COMMUNITY SUPPORT

CROUCH SENIOR CENTER SEWERS HENRY FORD ALLEGIANCE HEALTH HOSPICE SEWING GROUP

SEWING FROM HOME IS NOT CANCELED!

The Crouch Senior Center Sewers and Henry Ford Allegiance Health Hospice sewing group has continued sewing from home during this Covid 19 era. This group creates and donates quilts to hospice patients, designs fidget blankets for HFAH patients, and they have also been making masks - from home. Thank you Crouch HFAH Sewers!

CROUCH SENIOR CENTER WRITE YOUR LIFE

Thank You to instructor, Coralie Cederna Johnson, for her fabulous leadership during this COVID 19 era.

Hello, everyone!

I would like to invite everyone to visit the Crouch Center's JACKSON MEMOIR WRITERS Facebook Page to read more about what we are doing during the pandemic. We are continuing to write focusing on memories of wonderful animals in our lives! The following are the most recent: 1) **LIGHT** by Younis Alsaffar is a story of a beautiful white shepherd that became his first pet dog! 2) **BERTRAM** by Coralie Cederna Johnson is the story of a little dog who was looking for a family and found the perfect match. 3) **SMOKEY** tells of the joy brought to the local children in Pat Cochrane's memory of Smokey, an unforgettable black and white horse.

Coralie Cederna Johnson, Instructor

Please see page nine to read LIGHT by Younis Alsaffar.





SENIOR SAFETY

Danielle Pequet, LMSW
Keeping seniors informed about common scams and other senior issues.



The U.S. Department of Health and Human Services
Office of Inspector General is alerting the public
about fraud schemes related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are **unapproved and illegitimate**. Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, text messages, social media platforms, and door-to-door visits. These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

Protect Yourself

Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.

Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.

A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number or financial information.

If you suspect COVID-19 health care fraud, [report it immediately online](https://oig.hhs.gov/fraud/report-fraud/) at <https://oig.hhs.gov/fraud/report-fraud/> or call 800-HHS-TIPS (800-447-8477).

FALL RECIPE FUN!!

SAVORY CURRY SNACK MIX

Serving Size: 1/3 Cup

Ingredients:

1 cup whole roasted almonds
1/2 cup puffed brown rice cereal, unsweetened
1/2 cup golden raisins
1 teaspoon curry powder
1 teaspoon avocado oil

Mix: Put ingredients into a medium-sized plastic freezer bag. Shake until mixed.

Put smaller portions in air-tight containers or small baggies for an easy snack throughout the week!

Nutritional Info:

Calories 211, Fat 15 g, Sat Fat 1g, Protein 6 g, Carb 16 g, Fiber 3 g, Sugars 9 g, Added Sugars 0, Cholesterol 0, Sodium 110mg, Calcium 83 mg, Potassium 276 mg, Iron 2 mg

Courtesy of BPT @LPI

NUTRITION NEWS

Is Fruit Good or Bad for Weight Loss? by Sarah Chapel, RDN, CDES



A red, shiny apple has become the emblem for healthy eating. So why are there so many mixed messages about whether you should have fruit when you're trying to lose weight? The answer isn't black and white—it's not "eat all the fruit you want" and it's not "never eat fruit again", but somewhere in between.

Fruit has gotten a bad rap in some circles because it's high in a natural sugar called fructose and rich in carbohydrates. People who severely restrict carbohydrates may consider fruit off-limits, especially certain kinds of fruit like bananas that are higher in carbs than others. Fruit tends to pack more calories and carbs than non-starchy vegetables like broccoli and leafy greens do, serving for serving.

But fruit is also loaded with nutrients the body needs to strengthen the immune system, plant compounds that help fight disease, and fiber that can help lower cholesterol and keep you satisfied. Fruit's high-water content helps keep you hydrated.

What's the best approach? If you're trying to lose weight, here's how you can happily enjoy fruit and still meet your goals:

Choose whole fruit. As much as possible, choose a whole piece of fruit over juice. Whole fruit contains fiber and fluid that are naturally filling, which is why you're fuller after eating an apple than drinking a cup of apple juice. Fresh, whole fruit also has a low "glycemic load", which means it won't spike your blood sugar after eating it. Blood sugar spikes and dips can leave you feeling zapped and hungry. Choose fresh over dried fruit too. Dried fruit is a highly concentrated source of natural sugar (and often contains added sugar too). If you choose dried fruit, limit to $\frac{1}{4}$ cup portion.

Balance it out. Adults should aim for about two servings (or two medium pieces of fresh fruit) a day. Pairing fruit with a protein or healthy fat can make your snacks more satisfying, such as pears and cheese or apples slices with nut butter. You can use fruit to make already healthy foods even more appealing, like chicken or fish topped with fruit salsa or fresh fruit added to veggie salads.



REOPENING INFO

Listen to the following stations for reopening information:

Radio -

FM 96.7, FM 105.3

AM 970

TV -

WLNS-TV6 Lansing

Questions about the CA Community Action CSFP and TEFAP food distribution program?

Please Contact:

**Community Action at
877-422-2726**

www.caascm.org

See if you are an income-qualifying senior and find a distribution site near you.

DEPARTMENT ON AGING

COVID-19 and Older Adult Services

Throughout the Coronavirus pandemic, Department on Aging staff have been supporting seniors by providing meals they may eat at home. When programs return to normal, we will notify local media to let you know when senior centers and nutrition sites reopen. Until then, the Department on Aging team wishes you well during this health pandemic.

For information about Meals on Wheels delivered to someone's home who is age 60 and better and **Curbside Meal Pickup**, please call the Department on Aging at 788-4364.

On the Menu...

- Crispy Chicken Breast with Baby Spinach and Rice
- Beef Rotini
- Salisbury Steak with Mushroom Gravy
- Cheezy Tuna Casserole
- Beef Pepper Patty
- Chicken Fajita with Peppers and Rice
- Egg Scramble with Baby Spinach
- Chicken Pasty with gravy
- Chicken Nuggets
- Hamburger Stew
- Chicken Stuffing Casserole
- Beef Ribbette
- Taco Casserole
- Mac & Cheese
- Crispy Chicken Breast
- Western Beef Steak Patty
- Chicken Cordon Bleu Alfredo

And So Much More!!!!



OUR GATHERING PLACES

Sites Currently Closed due to COVID. Call 768-8684 for Curbside Meals.

IT'S MORE THAN JUST LUNCH!

When we reopen, 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. Call 788-4364 for times.

Join a site when we reopen!

Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.
9:00 a.m. - 4:00 p.m.

**King Recreation
Center Food with
Friends Site**
1107 Adrian St.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

Spring Arbor
122 Star St.
Mon. through Fri.
9:45 a.m. - 1:45 p.m.

**Norvell
Township Hall**
106 E. Commercial
Mon., Wed., & Fri.
10:30 a.m. - 1:30 p.m.

Napoleon
Township Hall (M-50)
6755 Brooklyn Rd.
Tues. & Thurs.
10:30 a.m. - 1:30 p.m.

**Grass Lake Senior
Center Food with
Friends Site**
373 Lakeside Dr.
Tues. through Fri.
Call 522-8466 for Time

Michigan Center
St. Aidan's Church
361 Grove St.
Mon., Wed., & Fri.
10:30 - 2:30 p.m.

Park Forest
3300 Spirea Ct.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

**MEALS ON WHEELS AND
CURBSIDE MEAL PICKUP
AVAILABLE NOW
PLEASE CALL 768-8684
FOR INFORMATION**



Apple & Pear Party Salsa

Makes 4 Servings
Prep Time: 10 minutes

Ingredients:

1 pear, cored & finely chopped
1 apple, cored & f. chopped
2 kiwifruit, cored & f. chopped
1 orange, peeled & f. chopped
2 tablespoons honey
1 teaspoon lemon juice
Cinnamon graham crackers

To Prepare:

1. medium bowl, combine pear, apple, kiwi, orange
2. Pour honey and lemon juice over fruit, gently toss

Eat:

Scoop up bites of fruit salsa using cinnamon graham crackers! Enjoy.

159 Calories per serving; 1g Fat; 30mg Sodium; 39g Carbs (3g Fiber, 27g Sugar); 1g Protein; Calcium 4%; Potassium 6%

Provided by Angela, MSU Ext.

THIS DAY IN HISTORY: September 21, 1970:

"NFL Monday Night Football" made its debut on ABC-TV. The game was between the Cleveland Browns and the New York Jets.

SPRING ARBOR SENIORS

122 Star Street, Spring Arbor, MI | Site Currently Closed Due To COVID. Call 768-8684 for Curbside Meal Info.



Please call
768-8691
for Spring Arbor
Senior Site
reopening
information.



CROSSWORD PUZZLE

ACROSS

- 1. Steelish
- 6. Examination
- 9. Grass (abbr.)
- 12. Jung
- 13. Indonesian
- 14. Science class
- 15. Cattle breed
- 16. Egypt, god of
- 17. Sp. arden
- 18. Hobbit
- 20. Old man
- 22. Group of six
- 24. Old (abbr.)
- 27. Juice
- 28. Above
- 29. Anding
- 34. "Abner"
- 36. Woman's work
- 37. Lark
- 39. Old Irish
- 41. Cap. festival
- 42. W. odious
- 44. Super hero

DOWN

- 1. Lath
- 2. Senior (abbr.)
- 3. "Bus Stop"
- 4. Evening
- 5. Fox
- 6. Warp gear
- 7. Zenith
- 8. Dash
- 9. Cow (abbr.)
- 10. Hindu princess
- 11. C. for car
- 19. Angel
- 21. Of the line of
- 25. Cat (abbr.)
- 26. Aggregate
- 28. Law (abbr.)
- 30. Tender being
- 32. Ciel
- 33. Agorath
- 34. Bore (abbr.)
- 36. Television
- 37. Hologram
- 38. River into the Yellow Sea
- 39. Tie
- 40. Cup
- 41. II
- 42. Whistle (abbr.)
- 44. Thunderer
- 45. Rome's river
- 46. S. Afr. dialect
- 47. Ceylonese
- 48. Tiger
- 49. Deer with (fl.)
- 50. Words
- 51. State (abbr.)
- 52. Hardwood

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This Day In History

September 26, 1955: The New York Stock Exchange suffered its worst decline since 1929 when the word was released concerning U.S. President Eisenhower's heart attack.

September 1, 1939: World War II began when Germany invaded Poland.

September 3, 1954: "The Lone Ranger" was heard on radio for the final time after 2,956 episodes over a period of 21 years.

September 4, 1888: Printing and imaging company Kodak, also known as Eastman Kodak Company, was founded by inventor George Eastman.

September 8, 1935: The Hoboken Four, featuring Frank Sinatra as lead singer, appeared on "Major Bowes Amateur Hour" on WOR radio.

September 23, 1962: "The Jetsons" premiered on ABC-TV. It was the first program on the network to be carried in color.

THE SENIOR CENTER AND SITES MISS YOU!



All About Autumn

T U R K E Y U M C S N I K P M U P I
 U T S E V R A H W O B O U N T Y F S
 E S I N R I S D M O O H A Y R I D E
 A O O P Z S R A E P R L T S A E F L
 V R S E L P P A E E G C G H O S T S
 E F A G N I F F U T S O E N W R G H
 T T I S S T U N T S E H C R K A A T
 E C P N S C S P F H S I B Y A L E P
 R O O S L R A E S O B E N R L C A I
 A S C N N U S R I H O O V O I N S E
 N T U B P O O U F R V T W A M S R R
 S U N N E L I O B E R E B U E G K E
 E M R L O W L T M M E E T A O L T B
 K E O C L I B B C N U U B U L J R O
 A S C N A A E O I E A L R N V L E T
 R R U G C R F S C A L D O B A L E C
 R T E S W E A T E R S E F C X R S O
 S T H A N K S G I V I N G E Z Q C O

Word Lists:

APPLES
 CHESTNUTS
 COOL
 ELECTIONS
 FOOTBALL
 HALLOWEEN
 KALE
 PEARS
 SCARECROW
 THANKSGIVING

AUTUMN
 CORN
 CORNUCOPIA
 FALL
 FROST
 HARVEST
 NOVEMBER
 PIE
 SCARF
 TREES

BOUNTY
 COLORS
 COSTUMES
 FEAST
 GHOSTS
 HAYRIDE
 NUTS
 PUMPKINS
 STUFFING
 TURKEY

BRISK
 COLUMBUS
 CRANBERRIES
 FOLIAGE
 GOARDS
 LEAVES
 OCTOBER
 RAKE
 SWEATERS
 VETERANS

PHOTOGRAPHY DISCLAIMER: Jackson County Department on Aging uses pictures of events and participants to inform others about these opportunities. We will not use identification. If you do not want your picture taken, please tell our photographer.

SPECIAL ACCOMMODATION: When registering for an event, please notify Jackson County Department on Aging of any special accommodations needed.

DISCLAIMER: The opinions by presenters are their own and do not reflect the views of Jackson County Department on Aging or any agency sponsors.

Ask us about our
Senior Programs!
**JACKSON
YMCA**
the  **517.782.0537**

UPGRADE TO A
VIBRANT
Contact us for details **ad**
800-477-4574

ASK FOR US BY NAME


HOSPICE of LENAWEE
hospiceoflenawee.org | 517-263-2323

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Terry Sweeney to place an ad today!
tsweeney@4LPi.com
or (800) 477-4574 x6407

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For advertising info
call: 1-800-477-4574



American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500



- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage



Limited Time Offer! Call Today!

855-480-1029

Or visit: www.walkintubinfo.com/save



Exceptional care at an affordable price.



State Licensed Assisted Living
2100 Springport Rd.
Jackson, MI 49202

Call today to set up a tour! **517-787-4400**



**ARBOR MANOR
REHABILITATION CENTER**
Lloyd Ganton Retirement Centers

KEEPING YOUR **LOVED ONES**
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You're invited to a Free Dinner

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You will discover how Dr. Brad Dionne's unique treatment program is designed to decrease pain, improve function and relieve the following symptoms:

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"If you suffer from pain due to Peripheral Neuropathy — tingling, numbness, or loss of feeling in your feet — I invite you to call our office and reserve a spot for our FREE dinner seminar to learn more about the latest treatment available. More than 20 million Americans suffer from Peripheral Neuropathy, a condition caused by damage to the nerves.

This pain affects everything you do, from work, play, and ultimately your quality of life. I am here to tell you that there is hope. You can reduce or get rid of your pain and get your life back. At our offices, we offer advanced customized treatment programs and our goal is to help you have a better quality of life."

- Dr. Brad Dionne



**FREE ADMISSION
& FREE MEAL**

** New Patients Only**

**Presented by
Dr. Brad
Dionne**



FREE DINNER SEMINAR to be held at:

Steaks Eatery

4243 Oak Lane Rd • Jackson, MI 49203

**Thursday, March 19th
at 7:00pm**

Reservation Required Please **RSVP** to

517-784-3388

Feel Free to bring a guest.

Seating is limited to

ONLY 20 spots. Adults only.

Dr. Brad Dionne, DC BS, presenter



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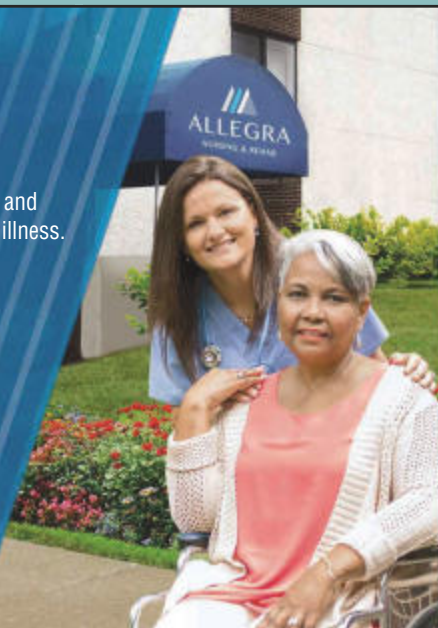
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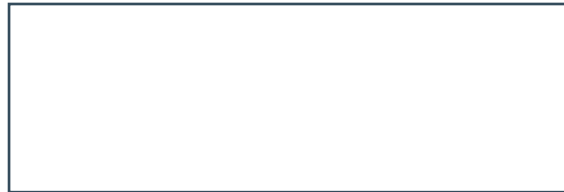
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Lisa Brand, Caregiver Support Coordinator

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Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

Medicare/Medicaid Assistance Program

Amy Minix, Outreach Worker

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

