

# Eastside Senior Center Newsletter August 2020



AGE CONFIDENTLY...AGE COMFORTABLY...AGE CREATIVELY

## EASTSIDE SENIOR CITIZENS ASSOCIATION

### Executive Director:

Janet Supernaw

### Director:

Jamie Rodriguez

### Administrative Specialist :

Brandy Boardway

### Program Coordinator:

Marsha Anderson

### Van Driver:

Samantha Johnston

**PHONE:** 810-250-5000

**FAX:** 810-250-9033

### WEBSITE

[www.eastsideseniorcenter.com](http://www.eastsideseniorcenter.com)

### OFFICE HOURS

Monday–Friday

8:00 am to 4:00 pm

## Funding Source

The Eastside Senior Citizens Center is funded by: Genesee County and the Genesee County Board of Commissioners, Charter Township of Genesee, Valley Area Agency on Aging, Kearsley Community School District, Genesee County Senior Services Millage, Eastside Senior Citizens Center, Endowment Fund of the Community Foundation of Greater Flint and many individual donations. Senior Center fund raisers are also held throughout the year. We appreciate all who have made a difference! *This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.*



## BEAT THE HEAT



### Stay Hydrated

Drink plenty of cold water, even if you do not feel thirsty. Avoid caffeine and alcohol.



### Take A Cool Shower

A cool shower, bath or quick wipe down. Put a cool washcloth on the back of the neck. Enjoy a cool (not cold) foot bath.



### Get Fresh Air In Early Morning

Try to stay indoors, or in the shade. Enjoy some fresh air in the early morning before the heat gets too intense.



### Keep The Home Cool

Close your shades during the hottest part of the day. Keep windows open during the cool evening hours. Spend some time in the basement.

Due to our capacity limits in the senior center, we recommend that those not participating in our activities stay home and stay cool by following some of these tips.

### Arthritis Exercise

*Fridays 9:30am-10:30am*

Join us for this low impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program uses gentle range of motion exercises to help people of all fitness levels keep joints flexible and muscles strong, sleep better, increase energy, improve overall well being.

### Balance Exercise with Sara

*Mondays 1:00pm-2:00pm*

(\$1 Optional Donation)

Instructor led exercise designed to reduce the risk of falling. Instructor will be collecting optional \$1 donation for the food bank.

### Bible Study

*Fridays 12:30 pm-1:30 pm*

Join a friendly group for a time of reflection.

### Blood Pressure Screenings

*Comfort Keepers*

Thursdays 11:30 am - 12:00 pm

### Coloring for Relaxation

*Tuesdays from 1:00 pm – 2:00 pm*

Adult coloring books have recently gained popularity for their stress-relieving abilities. All supplies are provided.

### Hearing Screening

*Tuesday, August 4*

By **Your Hearing Solution**

Free hearing tests & minor hearing aid repair. Please call the office to make an appointment.

### Landscape Painting - \$20

*Date TBD– please call the office.*

Join us for a few hours of fun and painting! Our instructor Steve guides us every step of the way from blank canvas to work of art! Register in the office, must pay in advance!

### Make It, Take It

*Wednesdays at 1:00 pm Thursdays at 9:30 am*

We will be making a new craft **every**

**Wednesday**, we repeat that craft on **Thursday**.

### Outdoor Exercise

*Tuesdays & Wednesdays at 10:00am*

Video led chair exercise outdoors in the shade. Masks are not required while exercising outdoors. Please call to register.

### Yoga with Janet (Chair Yoga)

*Wednesdays at 3:15pm*

Thanks to the Silver Sneakers Program, you may have the opportunity to try chair yoga for FREE. Stop by to talk with Janet to see if your insurance is a participating plan. If not, you are welcome to join us for just \$3.00.

### Walking Club

*Mondays, and Fridays*

9:30-10:30am.

Our club meets here to walk at 9:30. Join us for some fresh air!

You must **PREREGISTER** for ALL programs.  
Please let the office know by calling(810)250-5000.

## Legal Services of Eastern Michigan

*Friday, August 7*

Free legal services available to seniors 60 and over, here at the senior center. Make an appointment for assistance regarding wills, power of attorney, social security, etc. Keep in mind, our appointments may be booked well into the next few months, as we only have four appointments available per month.

*Please call for appointment*

## Veterans Assistance

*Monday, August 24*

A Veteran Services Officer will be here to file claims for compensation and pension.

*Please call for appointment*



## MiCAFE Program-Bridge Card

*Certification and Recertification*

If you are age 60 and older, need food assistance and meet the income limit, call the Center to set up an appointment with our representative. (810)250-5000

## Medicare/Medicaid Services

Appointments available every Monday

- Identify resources for prescription drugs
- Explain Medicare Health Plan Options
- Understand doctor & hospital bills and Medicare summary notices
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals
- Enroll in Medicare Savings Programs
- *Please call for appointment*



We offer FREE notary services .  
*Please call to make an appointment.*

## Daily Congregate Lunch

**Provided by the Genesee County  
Community Action Resource Department**

Enjoy a great lunch each week day. The main course is featured on our calendar or you can visit our office to pick up a menu.

**When:** Monday through Friday

**Time:** Served 11:30 am - 12:00 pm

**Reserve:** Call by 1:00 p.m. the day before

**Requested Donation:** 60+ \$3.00

*Cost for those under 60, or living outside*

*Genesee County: \$6.00*

*\*\*At this time we do not require payment for meals. However, we strongly encourage you to support this program and pay the requested donation if you are able. Thank you!*

## Commodity Food Program

For low income seniors aged 60+, please call the office for eligibility requirements.

Must apply in advance. Pick up for August:

**Date:** Tuesday August 11

**Time:** 1:00 pm—3:00 pm

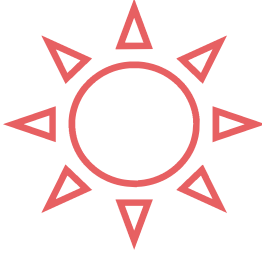


At this time, GCCARD meals will continue to be served to go.



**(810) 239-7671**

# AUGUST 2020

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p><b>3</b></p> <p><b>Pulled BBQ Chicken</b></p> <p>9:30 Walking Club<br/>           11:30 Lunch- GCCARD<br/>           12:00 MMAP Counselor<br/>           1:00 Balance with Sara</p> | <p><b>4</b></p> <p><b>Meatball Sub</b></p> <p>10:00 Exercise Outdoors<br/> <b>11:00 Hearing Screening</b><br/>           11:30 Lunch- GCCARD<br/>           1:00 Coloring</p> | <p><b>5</b></p> <p><b>Turkey Polish Sausage</b></p> <p>10:00 Exercise Outdoors<br/>           11:30 Lunch- GCCARD<br/>           1:00 Make It, Take It<br/>           3:15 Chair Yoga</p> | <p><b>6</b></p> <p><b>Stuffed Peppers</b></p> <p>9:30 Make It Take It<br/>           11:30 Blood Pressure<br/>           11:30 Lunch- GCCARD</p> | <p><b>7</b></p> <p><b>Chicken Caesar Salad</b></p> <p>9:30 Walking Club<br/>           9:30 Arthritis Exercise<br/>           11:30 Lunch- GCCARD<br/>           12:30 Bible Study<br/> <b>1:00 Legal Services</b></p> |
| <p><b>10</b></p> <p><b>Boneless Rib</b></p> <p>9:30 Walking Club<br/>           11:30 Lunch- GCCARD<br/>           12:00 MMAP Counselor<br/>           1:00 Balance with Sara</p>      | <p><b>11</b></p> <p><b>Chicken Alfredo</b></p> <p>10:00 Exercise Outdoors<br/>           11:30 Lunch- GCCARD<br/> <b>1:00 Commodities</b><br/>           1:00 Coloring</p>    | <p><b>12</b></p> <p><b>Breaded Turkey Patty</b></p> <p>10:00 Exercise Outdoors<br/>           11:30 Lunch- GCCARD<br/>           1:00 Make It, Take It<br/>           3:15 Chair Yoga</p> | <p><b>13</b></p> <p><b>Pepper Steak</b></p> <p>9:30 Make It Take It<br/>           11:30 Blood Pressure<br/>           11:30 Lunch- GCCARD</p>   | <p><b>14</b></p> <p><b>Pork Burger</b></p> <p>9:30 Walking Club<br/>           9:30 Arthritis Exercise<br/>           11:30 Lunch- GCCARD<br/>           12:30 Bible Study</p>   |

|   |   |   |  |   |   |
|---|---|---|--|---|---|
| <p><b>17</b></p> <p><b>BBQ Pork Sandwich</b></p> <p>9:30 Walking Club<br/> 11:30 Lunch—GCCARD<br/> 12:00 MMAP Counselor<br/> 1:00 Balance with Sara</p>   | <p><b>18</b></p> <p><b>Meatloaf &amp; Gravy</b></p> <p>10:00 Exercise Outdoors<br/> 11:30 Lunch—GCCARD<br/> 1:00 Coloring</p> | <p><b>19</b></p> <p><b>Chicken Tenders</b></p> <p>10:00 Exercise Outdoors<br/> 11:30 Lunch—GCCARD<br/> 1:00 Make It, Take It<br/> 3:15 Chair Yoga</p> | <p><b>20</b></p> <p><b>Sloppy Joe</b></p> <p>9:30 Make It Take It<br/> 11:30 Blood Pressure<br/> 11:30 Lunch—GCCARD</p>                | <p><b>21</b></p> <p><b>Mac &amp; Cheese</b></p> <p>9:30 Walking Club<br/> 9:30 Arthritis Exercise<br/> 11:30 Lunch—GCCARD<br/> 12:30 Bible Study</p>  |   |
| <p><b>24</b></p> <p><b>Boneless Chicken Wings</b></p> <p><b>9:30 Veterans Services</b><br/> 9:30 Walking Club<br/> 11:30 Lunch—GCCARD<br/> 12:00 MMAP Counselor<br/> 1:00 Balance with Sara</p> | <p><b>25</b></p> <p><b>Chicken Fajitas</b></p> <p>10:00 Exercise Outdoors<br/> 11:30 Lunch—GCCARD<br/> 1:00 Coloring</p>      | <p><b>26</b></p> <p><b>Pork Chop</b></p> <p>10:00 Exercise Outdoors<br/> 11:30 Lunch—GCCARD<br/> 1:00 Make It, Take It<br/> 3:15 Chair Yoga</p>       | <p><b>27</b></p> <p><b>Philly Steak &amp; Cheese</b></p> <p>9:30 Make It Take It<br/> 11:30 Blood Pressure<br/> 11:30 Lunch—GCCARD</p> | <p><b>28</b></p> <p><b>Grilled Fish</b></p> <p>9:30 Walking Club<br/> 9:30 Arthritis Exercise<br/> 11:30 Lunch—GCCARD<br/> 12:30 Bible Study</p>  |   |
| <p><b>31</b></p> <p><b>Pub Burger</b></p> <p>9:30 Walking Club<br/> 11:30 Lunch—GCCARD<br/> 12:00 MMAP Counselor<br/> 1:00 Balance with Sara</p>  |   |   |  |  <p>Full Menu can be picked up at the office, or downloaded from our website: <a href="http://Eastsideseniorcenter.com">Eastsideseniorcenter.com</a></p> |  <p>Wear a mask<br/> Remain 6-8 ft. apart at all times<br/> Wash your hands<br/> Don't touch your face</p> |

## ADDITIONAL SERVICES AVAILABLE

### Transportation Available

**Days:** Monday through Friday

**Time:** 9:00 am to 4:00 pm

**Call:** 250-1000 for scheduling and fee.

Our van is available to transport seniors 60 and over to the senior center, drug stores, doctor's appointments, beauty salons, voting polls, etc.

Information for both transportation and housing can be found at the Senior Center. However, scheduling for the van and apartment rentals are managed through Kearsley Daly Villa. KDV is connected to the Senior Center and can be reached at 250-1000.



Call : (810)250-1000  
For a ride!

### Senior Dental Program

Genesee Health Plan is now offering a FREE senior dental program. Dental coverage benefits include: Dental cleanings, oral exams, fillings, x-rays, dental health education, extractions. For more information, call Corey (810)232-7740 ext. 253

### Advance Directives

Making a plan for future medical care is important. Your family, friends and doctors need to know how to best care for you if you are too sick to let them know. You can make an appointment to complete your advance directives right here at the Senior Center by calling (810)908-5972. There is no charge for this service.

### Computers

*Monday– Friday 9am-4pm*

Our computer room is sanitized and measured for 4 computers to be used at a time. We also have, a printer and wireless internet if you would like to bring your own laptop.

### Book & Puzzle Library

*Everyday*

Plenty of puzzles & books to exchange or borrow.

### Project Fresh Coupons

Coupons are to be used at the Farmer's Market on Michigan grown fruits and vegetables. Coupons will be available at the senior center to those meeting income requirements. Please call for more information.

**\*\*Coupons are limited.\*\***

**KRA-NUR - BRISTOL MANOR & HARBORS OF EAST TAWAS ADULT FOSTER CARE**

A Beautiful home-like atmosphere where the Spirit makes the difference



1383 Kra-Nur Circle • Burton  
9178 East Britsol Rd. • Davison  
1010 Alice St. • East Tawas  
**810-744-2327**

State Licensed • RN Owned

**Eric S. McBean, Specialized Value Interpreter**



**M & M Budget Travel**  
"Stress Free and NEVER a Fee!"

"With so many travel options out there, it can be overwhelming. I work as your value interpreter. Using my expertise, I find amazing experiences that exceed your every desire, but not your budget. With my services, you can be confident that your vacation will be perfectly planned, hassle-free and filled with moments you'll never forget."

Contact me to plan your next vacation!



1410 Lynton Ave, Flint  
(810) 877-1814 • mmbudget.com

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Jen Zalinski to place an ad today!  
jzalinski@4LPi.com or (800) 477-4574 x6633

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251

**RENEE CHARRON REALTOR®**

**810.252.3244**

www.HomesByRenee.com

**KW FIRST**  
KELLERWILLIAMS.

10785 S. Saginaw St, Suite E  
Grand Blanc, MI 48439

Serving Genesee and Lapeer Counties



**WE'RE HIRING AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers



A Better **ROOF** For Less!

**810-687-3599**

Repair, Recover or Replace  
Life Time Warranty

**FREE ESTIMATES**



1225 West Hill Road • Flint, MI  
235-2345 • 694-2345  
www.swartzfuneralhomeinc.com  
**Family Owned**  
Operated By Rick R. Lamb & Family

**FREE!**  
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)



*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!

**844-889-2321**

Or visit: www.walkintubinfo.com/safety



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

15-0669

# EASTSIDE SENIOR CENTER NEWSLETTER

## AUGUST 2020

Please do not come in to the center if you are experiencing any of the following:

- New or worsening cough
- Shortness of breath
- Sore throat
- Diarrhea
- New loss of taste or smell
- Subjective fever (felt feverish)

The senior center will continue offering essential services in addition to the programs featured in this newsletter. We ask that you only come to your scheduled activities, staff needs time to clean and prepare for all programs. Social gatherings will not be permitted indoors during this time. As time goes on we will slowly add more of our programs. Our schedule is subject to change due to the governor's orders regarding social distancing.

- **Call in advance to sign up for any program you plan to attend.** Due to social distancing, capacity is limited and we would appreciate you also calling to cancel so we are able to serve as many people as possible.
- **Anyone entering the building will be required to wear a mask.** The senior center will have masks available if you need one. Please be sure to clean your masks properly. If you choose to wear gloves, make sure they are clean.
- **Exercise classes will be held outdoors, in the shade.** Remember to pre-register for all exercise classes. If we have to cancel due to rain or extreme heat, we will contact you.