

Eastside Senior Center Newsletter September 2020



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

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Administrative Specialist :

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Program Coordinator:

Marsha Anderson

Van Driver:

Samantha Johnston

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WEBSITE

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, 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.*



GENESEE COUNTY
OFFICE OF SENIOR SERVICES

Coming Up.....

Caregiver & Grief Support Paint Class is Back!
Wednesday, September 16 @10:00

Medicare Medicaid Assistance Program
Mondays– by appointment only

At this time our MMAP counselor will only be taking phone appointments. If you need help with your Medicare or Medicaid, please call the office and we will set up a phone appointment for you. (810)250-5000.

Flu Shot Clinic

Wednesday, October 7, 11:00am-1:30pm

We will be making appointments for flu shots, please call the office if interested. (810)250-5000.

Many Thanks

You may have noticed some necessary updates that have been made throughout the center. We would like to extend a sincere thank you to the Charter Township of Genesee and Genesee County Board of Commissioners for their continued support. We are so grateful to be able to keep our building functioning at its best.

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.

Armchair Conditioning with Nikki

Wednesdays 10:00am-11:00am

Low impact instructor led exercise class. Free of charge thanks to Absolute Home Health & Hospice.

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.

Book & Puzzle Library

Everyday

Plenty of puzzles & books to exchange or borrow.

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.

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.

Hearing Screening

Tuesday, September 1

By Your Hearing Solution

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

Landscape Painting - \$20

Tuesday, September 15 @ 10:00am

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

Tuesday 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.

Join us for some fresh air!

Legal Services of Eastern Michigan

Friday, September 4

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, September 28

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

Phone 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*

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

Commodity Food Program

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

Must apply in advance. Pick up for September:

Date: Tuesday September 8

Time: 1:00 pm—3:00 pm

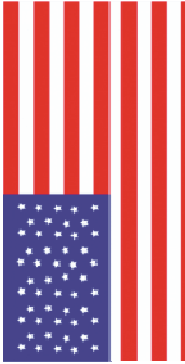
At this time, GCCARD meals will continue to be served to go.


TEFAP is this month— this is a quarterly distribution for those in need with a slightly higher income. Call (810)250-5000 for eligibility requirements.



(810) 239-7671

SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>CLOSED</p>  <p>HAPPY LABOR DAY</p>	<p>1</p> <p>Turkey Tetrazzini</p> <p>10:00 Exercise Outdoors 11:00 Hearing Screening 11:30 Lunch – GCCARD 1:00 Coloring</p>	<p>2</p> <p>Chicken & Dumplings</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch – GCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>3</p> <p>Turkey w/ Gravy</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch – GCCARD</p>	<p>4</p> <p>Beef & Bean Burrito</p> <p>9:30 Walking Club 9:30 Arthritis Exercise 11:30 Lunch – GCCARD 12:30 Bible Study 1:00 Legal Services</p>
<p>8</p> <p>Pulled BBQ Chicken</p> <p>10:00 Exercise Outdoors 11:30 Lunch – GCCARD 1:00 Commodities 1:00 TeFAP 1:00 Coloring</p>	<p>9</p> <p>Pork Loin</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch – GCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>10</p> <p>Peppered Beef Steak & Gravy</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch – GCCARD</p>	<p>11</p> <p>Chicken Marsala</p> <p>9:30 Walking Club 9:30 Arthritis Exercise 11:30 Lunch – GCCARD 12:30 Bible Study</p>	

<p>14</p> <p>Burger w/ Cheese</p> <p>9:30 Walking Club 11:30 Lunch- GCCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>15</p> <p>Sweet & Sour Chicken</p> <p>10:00 Landscape Painting 10:00 Exercise Outdoors 11:30 Lunch- GCCCARD 1:00 Coloring</p>	<p>16</p> <p>White Chicken Chili</p> <p>10:00 Armchair w/ Nikki 10:00 Caregiver Paint 10:00 Grief Paint 11:30 Lunch- GCCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>17</p> <p>Chicken Breast</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch- GCCCARD</p>	<p>18</p> <p>Grilled Fish</p> <p>9:30 Walking Club 9:30 Arthritis Exercise 11:30 Lunch- GCCCARD 12:30 Bible Study</p>
<p>21</p> <p>Chicken Caesar Salad</p> <p>9:30 Walking Club 11:30 Lunch- GCCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>22</p> <p>Salisbury Steak</p> <p>10:00 Exercise Outdoors 11:30 Lunch- GCCCARD 1:00 Coloring</p>	<p>23</p> <p>Smoked Pork Sandwich</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>24</p> <p>Meatball Sub</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch- GCCCARD</p>	<p>25</p> <p>Macaroni & Cheese</p> <p>9:30 Walking Club 9:30 Arthritis Exercise 11:30 Lunch- GCCCARD 12:30 Bible Study</p>
<p>28</p> <p>Corn Chowder</p> <p>9:30 Veterans Services 9:30 Walking Club 11:30 Lunch- GCCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>29</p> <p>Stuffed Peppers</p> <p>10:00 Exercise Outdoors 11:30 Lunch- GCCCARD 1:00 Coloring</p>	<p>30</p> <p>Sloppy Joe</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p></p> <p>Full Menu can be picked up at the office, or downloaded from our website: EastSideseniorcenter.com</p>	<p>You must PREREGISTER for ALL programs. Please let the office know by calling (810)250-5000.</p>

ADDITIONAL SERVICES AVAILABLE

These properties are fully or partially owned by The Eastside Senior Citizens Association.

Kearsley Daly Villa

Kearsley Daly Villa (KDV) is a 100 unit apartment complex physically connected to Eastside Senior Citizens Center. Within this complex you will find a library, game area, and beauty salon. This complex has both one and two bedroom units with either one or two bathrooms. Each floor has a laundry facility. It is unique in that residents do not have to step foot outside to access the senior center. Everything is under one roof and “in-house”. For leasing information, please contact our manager, Brenda at 810-250-1000.

Eastside Village

Eastside Village, located on the west side of our campus, is designed for independent living. Each of the 50 units have two bedrooms, two baths, an attached garage, patio and laundry room. This complex is located adjacent to the senior center and residents are able to enjoy the same amenities as Kearsley Daly Villa. For leasing opportunities and information about Eastside Village call Brenda at 810-250-1000.

American House North

Eastside Senior Citizens Association is also part owner in American House North located on Linden Road. We are proud to include this beautiful assisted living facility on our list of housing opportunities. At American House North, there are one or two bedroom apartments, with a menu of optional services that include daily meals, housekeeping services, and laundry services. This property features a movie-theatre, fitness center, card and game gallery, chapel, beauty salon, library, and much more. Call Dan at 810-733-8900.

APARTMENTS AVAILABLE
NOW!

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.

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

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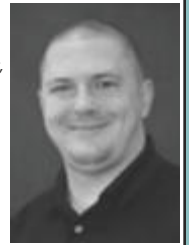
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EASTSIDE SENIOR CENTER NEWSLETTER

SEPTEMBER 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.