



BROWNSTOWN SENIOR NEWS

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Township Board

- Supervisor*
Arthur F. Wright
- Clerk*
Sherry A. Berecz-Burton
- Treasurer*
Diane L. Philpot
- Trustees*
John J. Cronin
Suzanne M. Harris
Albert G. Mann
Edwin C. Neal II

Senior Coordinator

Maxine Schofield

Senior Advisory Board

- Helen Fryer
- Karen Gardner
- Margaret Gendron
- JoAnn Jeffery
- Earl Jones
- Grace Militello
- Dottie Rogal
- Donna Sexton
- Helen Slubowski
- Ethel Varga
- Dolores Zavalney
- Sarah Ziegler

OCTOBER NEWS

Fall has arrived in Michigan!

It's flu shot time again! We will be hosting a flu shot clinic here at the Community Center. Please make an appointment at the front desk to guarantee there will be a shot for you. For more information about the flu shots, see page 3.

Stay fit during the holidays by joining the Arthritis Foundation Exercise Class. The exercises are non-impact, and chairs are provided for those who need them. The next 8-week session begins January 12th. Space is limited, so sign-up early!

Planning for winter trips has begun. To ensure that you get a spot on our most popular trips, make sure to sign up early: spaces fill quickly!

We are in need of volunteers for the Meals on Wheels program. Please contact Karen Wright at (734) 675-0920 for more information.



SENIOR CHOIR REPORT
HELEN ST. LOUIS

Greetings from the Funlovers!

Scheduled Performances

Oakwood Commons—October 6th—1pm
Oakwood Commons— October 20th-1pm

Oakwood Commons—November 10th—1pm
Oakwood Commons— November 17th—1pm



MEETINGS

BROWNSTOWN SENIOR ADVISORY BOARD

Thursday, October 2, 2008 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB

Monday, October 6, 2008 at 11:00 am

BROWNSTOWN PLEASURE SEEKERS

Business Meeting (Birthdays) & Bingo

Thursday, October 2, 2008

1:00 -3:00 pm—Halls A & B

Potluck Meeting & Bingo

October 16, 2008

1:00 -3:00 pm—Halls A & B

POTLUCK DINNER & GAME NIGHT

October 27, 2008

5:00pm

BROWNSTOWN PLEASURE SEEKER OFFICERS

President Karen Gardner

Vice President Ethel Varga

Treasurer Helen St. Louis

Secretary JoAnn Jeffery

Social Secretary Irene DaDeppo

Co-Social Secretary Berta Mae Dezomits

Brownstown Pleasure Seekers meet the 1st and 3rd Thursday of the month from 1pm to 3pm. Membership is \$10 per year, plus a one-time \$2 charge for a name tag. The Pleasure Seekers sponsor four senior dinner dances per year as well as other social events for members. It's a great club to join if you want to make new friends and have a great time. Membership is open to Downriver senior citizens age 55 and over. If interested in joining this senior club, see Treasurer Helen St. Louis at one of the meetings for a membership form.

PROGRAMS & EVENTS

FUNLOVERS BAND

Director — Helen St. Louis

EUCHRE

Tuesdays at 12:30 pm

Director — Sara Raupp

EXERCISE

Tuesdays, Wednesdays, & Fridays at 10:00 am

25¢ donation for each class

Prime Time Senior Fitness Video

QUILTING

Wednesdays at 9 am

Teacher — Pat Shanaver

BOWLING

Fridays at 1:00pm

At Flat Rock Lanes

BLOOD PRESSURE CHECKS

First Thursday of the month from 12 to 1pm.

Provided by Henry Ford Wyandotte Hospital nurses

BINGO BREAKFAST

Monday, October 20, 2008 — 9:00 am

Pancakes, sausage, fruit, juice, coffee, and bingo. \$2.50 donation if not playing bingo. Please register in advance at the Recreation Desk.

POTLUCK & GAME NIGHT

Monday, October 27, 2008 — 5:00 pm

Bring a dish to pass and a 50¢ donation. The Center provides a meat dish and beverages. \$3 donation if you do not bring a dish to pass. Please sign up in advance at the Recreation Desk.

SHOPPING

For all shopping trips, you must reserve a seat on the bus **at least 24 hours in advance** by calling (734) 675-0920, or in person at the Center. Cost = \$1

- Meijer 10/7, 10/22, 11/4 — 11:00 am
- Kroger 10/15, 10/29 — 11:00 am
- Wal-Mart & Dollar Store (Local) 10/9 — 10:00 am
- Target 11/25 — 11:00 am

Brownstown Feisty Red Hatters

If you enjoy having a good time with your friends....then the Brownstown Red Hat Club is for you! There is no cost to join the Brownstown Chapter. *Members and guests must dress in full regalia (red hat and purple outfit for women over 50, or pink hat and lavender outfit for women under 50) when coming to Red Hat events and meetings.*

UPCOMING RED HAT EVENTS:

NEXT EVENT: AFTERNOON AT THE MOVIES

TUESDAY, OCTOBER 21ST

\$19 PER PERSON

REGISTER AT THE FRONT DESK

NEXT EVENT: THANKSGIVING LUNCH –12PM TO SET UP

TUESDAY, NOVEMBER 18TH

YOU MUST BRING A DISH TO PASS

SEE MAXINE TO REGISTER

NEXT EVENT: BAVARIAN INN - "A TRIBUTE TO DEAN MARTIN"

WEDNESDAY, DECEMBER 3RD

\$40 PER PERSON

REGISTER AT THE FRONT DESK

SIGN UP FOR THESE EVENTS AT THE FRONT DESK – (734) 675-0920.



HALLOWEEN DINNER DANCE

Brownstown Community Center
Thursday, October 30, 2008

Doors Open: 4:00 pm
Dinner: 5:00 pm
Dancing: 6:00 – 8:30 pm
Tickets: \$10

Entertainment by The International's
Catering by Veronica's



Brownstown Recreation is hosting a senior Dinner Dance on October 30th. This is the annual Halloween Dinner Dance. Enjoy an evening out with great food, great entertainment, and great friends. Catering will be by Veronica's. Live band entertainment will be provided by The Internationals. Beverages, including beer and wine, will be served. Evening activities also include a 50/50 raffle and door prize giveaway. Tickets are only available until October 23rd, so purchase your tickets before they're gone!

Arthritis Foundation Exercise Program

Maintain fitness forever! Enjoy a slower pace that focuses on specific exercises for arthritis, range of motion, flexibility, endurance, strength, balance, and relaxation. Adapt exercise variations to your own individual level of fitness while listening to music from the past!

Advanced Level Class is a 60-minute workout and includes non impact floor exercise and deep breathing/relaxation exercises. Wear comfortable clothes. Bring bottled water and a floor mat to class. Light dumbbells are optional for the class.

Class	Days	Start Date	Cost	Time	Instructor
Advanced	Mon. and Thurs.	Jan. 12th	\$20R/25NR	9-10:00am	Maxine

* NO DROP - INS PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER—(734) 675-0920.



2008 SPRING/ SUMMER ENRICHMENT CLASS SCHEDULE



COMPUTER CLASSES

Computers: Back to the Basics

Are you new to using personal computers? Familiarize yourself with the basic functions and uses of the personal computer in a relaxed, non-threatening environment. Learn the very basics about the hardware. Explore the software that is most commonly found on basic IBM-compatible computers. Use the Windows operating system, and see how word processing and spreadsheet software can be applied to fit your individual needs. Discuss how your information is stored, data security, and computer viruses; and learn how to determine which computer would best fit your needs when purchasing. (3-week session)

Word 1: An Introduction to Word-processing

Learn the basic features of Microsoft Word in the easy to use Windows environment. This hands-on class will cover such topics as creating documents, editing text, formatting documents using special font effects and paragraph alignment, creating bulleted and numbered lists, applying borders and shading, and inserting document headers and footers. Prerequisite: Basic computers or equivalent knowledge. (3 week session)

Internet Basics

Find out how easy it is to: send electronic mail to your children, grandchildren, friends and relatives; check on your investments; make travel arrangements; shop; and maybe even instantly locate people you lost touch with years ago. Come explore the World Wide Web as you learn basic skills to "surf the Internet" on your own. See what all the talk is about! Some computer experience and familiarity is required.* (3 week session)

Class	Days	Start Date	Cost	Time	Instructor
Back to Basics	Tues. & Thurs.	TBA	\$40PP	1-3:00 pm	Kevin
Back to Basics	Tues. & Thurs.	TBA	\$40PP	4-6:00 pm	Kevin
Word 1	Mon. & Wed.	Nov. 3rd	\$40PP	1-3:15 pm	Kevin
Intermediate	Mon. & Wed.	Nov. 3rd	\$40PP	3:30-5:45 pm	Kevin

- NO DROP IN'S PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER—(734) 675-0920.**



Christmas Tree Decorating

Mon., November 24, 2008
4:00 pm

Join us in decorating the
Christmas Tree
before Potluck

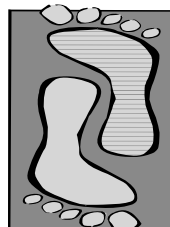


FOOT DOCTOR

Brownstown Community Center
Friday, October 10, 2008
Appointments begin at 9:15am

Call Brownstown Recreation at
(734) 675-0920 for your appointment time.

Dr. Wilbur, P.C. will be at the Center every other month to provide our seniors with the foot care they need in the convenience of the Community Center location.



There is no charge to you. Your Medicare and/or insurance will be billed. Dr. Wilbur can provide treatment of corns, calluses, arthritis, fungus, ingrown nails, diabetic feet, chronic wounds, infections, and more. Dr. Wilbur also does in-home foot care for seniors.



HEARING CHECK-UPS

Brownstown Community Center
Wednesday, October 8, 2008
Appointments begin at 10 am



Call the Brownstown Community Center at (734) 675-0920 for your appointment time. Mr. Wizgird, BC-HIS, will be at the Center every other month to provide our seniors with hearing check-ups they need in the convenience of the Community Center location. There is no charge to you. Mr. Wizgird can do hearing evaluations and hearing aid cleanings. If you are having trouble with your ears or just need maintenance on your current equipment, give us a call to make an appointment with Mr. Wizgird.

DIABETES DAY-FREE SEMINAR OCTOBER 22ND

Please join us for the Diabetic Footwear Health Day on Wednesday, October 22nd from 10 am until 1 pm . Every diabetic attendee will receive information on how they can get the products they need at no cost! Stop in on Wednesday, October 22nd from 10 am until 1 pm to be fit for custom diabetic shoes.

What to Expect:

- Meal Planning and Portion Size
- Exercise
- Blood Glucose Testing and New Technology Updates
- Diabetes Foot care
- Diabetic Neuropathy
- Therapeutic Footwear

- Every Attendee will receive a free pair of diabetic socks!

Call Great Lakes Medical Supply to register - 1-888-745-4101.



SENIOR CHORE PROGRAM

The purpose of the Senior Chore Program is to assist low to moderate-income senior citizens with chores around the house and minor, routine home maintenance projects, in order to help seniors maintain their independence and continue to live in their own home. Funding for 2008 projects will not be available until after July 1, 2008.

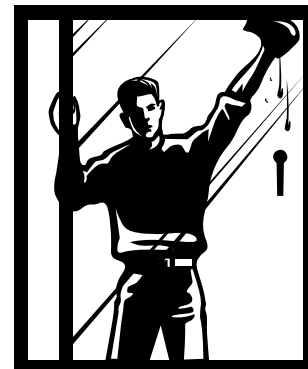
Eligibility:

- Must be age 62 or above
- Must be a Brownstown resident who has owned and lived in your home at least 12 months.
- Must have an income at or below \$24,450 for 1 person, or \$27,450 for 2 people in the household.

Services available include grass trimming, weed trimming, snow removal, gutter clearing, and other home maintenance projects. The following documentation is needed in order to apply for the program.

- Proof of residency: Valid drivers license or State ID showing current address.
- Proof of homeownership: Copy of deed or most recent tax bill.
- Proof of income tax or tax credit statement; if no taxes filed, then income or W-2s as applies to you.

Please contact the Brownstown Recreation Department at (734) 675-0920 for more information or to obtain an application.



DOWNRIVER COMMUNITY CONFERENCE ENERGY ASSISTANCE PROGRAM

The Downriver Community Conference is pleased to announce receiving a grant to assist qualified households on their heat bill. They will begin taking applications Thursday, January 3, 2008. All clients have to be income eligible. The clients will receive **up to \$500**, based on the amount owed on their utility bill.

Two of the following pieces of information is needed to apply: Proof of household income for the last 12 months, current utility bills, picture identification, social security number and birth dates of each person in the home. For more information or to apply, please call the Downriver Community Conference Weatherization at (734) 362-3473 or 3475.

**Downriver Community Conference
Weatherization
15100 Northline**



FOOD REPORT BY HELEN FRYER

Hey ,Seniors, what's cookin? I hope you had a good month. School has started, and summer has officially ended. Another season of life has begun. If we are older and honest, those seasons are passing like days. Life goes on, doesn't it?

September 4th— Senior Advisory Board met with questions and discussions. No cookies, just coffee. Pleasure Seekers Meeting was also held, and after each officer gave a report we had the 50/50 drawing and celebrated birthdays with ice cream and desserts followed by Bingo. The Pleasure Seekers swore in the new officers.

September 8th — Senior Travel Club met Maxine discussed the trips. We had coffee and cookies. Also the Red Hatters met to discuss upcoming events .

September 15th - We had Bingo Breakfast The Brownstown Firemen came to help us. We had pancakes, sausage, fruit, and juice to eat. Afterwards,we played bingo.

September 18th -We had the Senior Luau Dinner Dance. We had chicken, pork, salad green beans, mashed potatoes, jello, a pasta dish, and a variety of desserts. The Catering was by Veronica's and the entertainment was by Mike Wolverton.

September 22nd- We had Potluck and Game night. The main dish was chicken breast pieces. Various dishes were brought in to pass, and then we played bingo.

Here's a nice statement I thought was so true: Tact is the knack of winning a point without making an enemy.

Till next time—Bon Appetit!

Helen

Travel Club Breakfast and Travel Show

On December 8, 2008, all Travel Club Members are invited to come and enjoy a free breakfast. Breakfast is open to Travel Club members only ,and you must RSVP by November 26th. RSVP at the Front Desk. After breakfast, we will be having a travel show. You **MUST** be a current (2008) Travel Club member to attend the breakfast.

Travel Club Breakfast & Travel Show

December 8 2008

9am -11am

Sign -up by November 26th at the Front Desk.

SENIOR NEWS & TIDBITS

Medicare Offering a Helping Hand Online for Family Caregivers of Aging Americans

SeniorNews.com

Ask Medicare to provide a one-stop shop for caregivers to find information

Sept. 22, 2008 – Millions of baby boomers find it necessary to become the caregivers – or at least the advisors – for aging parents. It is a time consuming challenge but help has arrived in the form of a new online initiative by the Centers for Medicare & Medicaid Services to provide easy access to information about Medicare and other essential resources to help with caregiving.

The new initiative provides a one-stop Web page for caregivers (www.medicare.gov/caregivers).

“Caregivers are often overwhelmed and as part of this new education effort called *Ask Medicare* will be a single, go-to place for help and information,” said Kerry Weems, CMS acting administrator.

“There is a genuine need for credible and easy to use information that provides answers to a wide range of questions toward helping beneficiaries make better use of Medicare. The *Ask Medicare* Web site was designed with family caregivers in mind.”

The CMS, part of the U.S. Department of Health and Human Services (HHS), launched the new caregiver initiative through a live Webcast hosted by Acting Administra-

tor Weems. During the live online forum, national partner organizations, including HHS’ Administration on Aging, AARP, and the National Alliance for Caregiving, joined CMS in answering questions from caregivers.

Information to Help You Care for Others

Most caregivers do not think of or identify themselves as caregivers; yet, so many of the resources available to them use that term. “If a person helping someone on Medicare does not relate to the term ‘caregiver,’ they may miss a lot of resources,” said Weems.

Many family caregivers see their roles of providing help or service to someone they care about as simply “the right thing to do” because the person is a family member or a friend. Family caregivers provide help that includes:

- buying groceries;
- picking up prescriptions;
- taking someone to the doctor;
- helping an elderly parent navigate benefits and plan for the future;
- looking after someone with a disease or disability; or
- caring for a parent in their home.

The *Ask Medicare* Web site will provide links to key partner organizations that assist caregivers and beneficiaries, and present personal stories from caregivers in the community.

Support information and tools to help caregivers address common problems will also be available. As part of the initiative, CMS will launch an e-newsletter for caregivers that will deliver information into subscribers' email boxes.

"Through *Ask Medicare* and the new e-newsletter, CMS will help provide more information to caregivers, helping to streamline caring for Medicare beneficiaries and ultimately improve their quality of life and that of their loved ones," said Weems.

For more information about Medicare's new caregiver initiative, visit: www.medicare.gov/caregivers.

TRAVEL

New trips are announced and offered at the monthly Travel Club Meeting which is held the second Monday of each month. Brownstown residents can join the Travel Club for discounts on travel. Membership is \$10 per year. The next Travel Club meeting will be Monday, October, 6, 2008 at 11:00am. Join us to learn about our new trips. Any senior may travel with us, you do not have to be a member.

A TRIBUTE TO DEAN MARTIN AT THE BAVARIAN INN

December 3, 2008

\$40

Trip Includes:

- Round trip transp. via the senior bus
- Time to shop in the gift shops
- A chicken dinner with all the Trimmings
- *A Tribute to Dean Martin* (Red Hat Holiday Show)

NUTCRACKER BALLET DETROIT OPERA HOUSE

December 5, 2008

\$55

Trip Includes:

- Round trip transp. via the senior bus
- Lunch at the Union Street Restaurant
- *The Nutcracker Ballet* at the Detroit Opera House

WHITE CHRISTMAS

December 10, 2008

\$70

Trip Includes:

- Round trip transp. via the senior bus
- Lunch at Karl's Cabin
- *White Christmas* at the Fox Theater (main floor seating).

POLO FIELDS GOLF & COUNTRY CLUB

December 17, 2008

\$25

Trip Includes:

- Round trip transp. via the senior bus
- Buffet lunch and non-alcoholic Beverages at the Country Club
- NO CASUAL DRESS (Jeans, T-shirts, or Gym Shoes).

DETROIT SYMPHONY ORCHESTRA

November 13, 2008

\$50

Trip Includes:

- Round trip transp. via the senior bus
- Lite breakfast before the show
- Admission to *Classic Broadway* at the Detroit Symphony Orchestra
- Lunch at Karl's Cabin

THE FULL MONTY

October 22-23, 2008

\$199

Trip Includes:

- Round trip transp. via motor coach
- The Full Monty at La Comedia Dinner Theater
- Lodging
- Continental breakfast and lunch at Schmidt Haus
- Stop at the U.S. Air Force Museum, Wright Cycle Company, and Historic German Village

DETROIT SYMPHONY ORCHESTRA

December 18, 2008

\$55

Trip Includes:

- Round trip transp. via the senior bus
- Lite breakfast before the show
- Admission to *Home for the Holiday's* at the Detroit Symphony Orchestra
- Lunch at Century Grille

THE RAT PACK IS BACK- GEM THEATER

November 20, 2008

\$60

Trip Includes:

- Round trip transp. via the senior bus
- The *Rat Pack is Back* at the Gen Theater
- Lunch at the Century Grille

HEAVEN & HELL

October 24, 2008

\$59

Trip Includes:

- Round trip transp. via motor coach
- Heavenly Scent Herb Farm
- Lunch at Zurkey Lake Tavern
- Tour of Hell, Michigan
- A stop at Screams Ice Cream

A CORNWELL CHRISTMAS VISIONS

December 2, 2008

\$35

Trip Includes:

- Round trip transp. via the senior bus
- Time to shop in the gift shops
- Turkey dinner with all the trimmings
- *A Cornwell Christmas Visions*

SOARING EAGLE

November 2, 2008

\$34

Trip Includes:

- Round trip transp. via motor coach
- Gambling at Soaring Eagle Casino
- Casino package
- Shipshewana on the Road

October 2008

MON	TUE	WED	THU	FRI	S	S
		1 9am Quilters 10am Exercise	2 11am Sr. Advisory Board Meeting 12-1pm BP Checks 1-3pm Pleasure Seekers Meeting	3 10am Exercise 1pm Bowling	4	5
6 11am Travel Club 1pm Funlovers	7 10am Exercise 11am Meijer 12:30pm Euchre	8 9am Quilters 10am Exercise 10am Hearing Exams 11am Kroger	9 10am Wal-Mart (Local)	10 9:15am Foot Doctor 10am Exercise 1pm Bowling	11 12	13 14
13 BUILDING CLOSED	14 10am Exercise 12:30pm Euchre 1:30 pm Pleasure Seekers Lunch at Fire Mountain in Taylor	15 9am Quilters 10am Exercise 11am Kroger	16 9:30am SHABOOM Heartland Sen. Center 1-3pm Pleasure Seekers Meeting Potluck Meeting	17 10am Exercise 1pm Bowling	18 19	20 21
20 9am Bingo Breakfast 1 pm Funlovers	21 10am Exercise 12:30pm Euchre 10:30am Afternoon at the Movies	22 8:15am Blake's Orchard 9am Quilters 10am Exercise 10am-4pm Diabetes Day 11 am Meijer	23	24 10am Exercise 1pm Bowling	25 26	27 28
27 5pm Potluck & Game Night	28 10am Exercise 12:30pm Euchre	29 9am Quilters 10am Exercise 11am Kroger	30 9:30am Dance Set-up 4pm-8:30pm Halloween Dinner Dance	31 9am-2pm Flu Shots 10am Exercise 1pm Bowling	1	2



Charter Twp. of Brownstown
Community Center
21311 Telegraph Rd.
Brownstown, MI 48183

www.brownstown-mi.org

Phone: 734-675-0920
Fax: 734-675-2692

THANK YOU

Thank you for supporting our Center with your many donations. When you drop off a donation, please sign your name and what you donated on the sheet on the Senior Coordinator's office window.

Irene Czajkowski — Paper Plates and Coffee

Dan and Virginia Welker — Coffee

George and Bea Price - Basket and Plastic Cups

Jack Dennis — Coffee

Pearl Kamin — Coffee and Basket Items

Rita Carey — Baskets

Ronald Loomis — Plastic Knives and Forks

*The Brownstown Senior Center is funded through the Charter Township of Brownstown,
The Older Americans Act, The Older Michigianians Act, and The Senior Alliance.*

SENIOR RESOURCES

The Senior Alliance

1-800-815-1112

www.aaa1c.org

info@tsalink.org

Information & Assistance for:

- Caregiver support
- Prescription Assistance Programs
- Legal Assistance
- Senior Housing
- Adult Day Services
- Home Delivered & Congregate Meals
- Homemaking & Personal Care
- Respite Care
- Long Term Care Options
- Medicare/Medicaid Assistance Program
- Senior Refugee Support Program

Legal Assistance

LADA

1-877-964-5310

WCNLS Elder Law Center

(313) 937-8291

Senior Employment

AARP Senior Employment (734) 281-2470

Family Independence Agency (734)281-8204

Taylor office — 22050 Pennsylvania

- Medicaid
- Food Stamps
- Emergency Assistance

Wayne County Nutrition Program

Home Delivered Meals / Liquid Nutrition

1-800-851-1454

Do Not Call List

1-888-382-1222

Wayne County Prescription

Discount Card

1-866-896-3450

Medicare

1-800-633-4227

Focus Hope

(734) 246-6053

- ◆ Monthly food distribution

Adult Protective Services

1-877-963-6006

- ◆ To report abuse, neglect, or exploitation of individuals age 18 or older

We're on the web!

www.metrodetroitseiors.com

Click on "senior events"

then click on Brownstown

The Senior Alliance

www.aaa1c.org

Michigan Office of
Services to the Aging
www.miseniors.net