October News: Happy Halloween!

Thank you to the volunteers on the Senior Advisory Board!
Dennis Andrew, Linda Coleman, Dorothy Comorski, Karen Gardner, Teri Hall, Emmaline Moore, Helen Newboles, Ron Piestrak, Helen St. Louis, Helen Slubowski, Donna Tillman and Ethel Varga

The monthly Senior calendar lists all of the activities that we have going on here in Brownstown and the Community Center...

Each month we have our Senior Club: Brownstown Pleasure Seekers - have monthly meetings on the 1st & 3rd Thursday of the month at 1pm, anyone over 55 years old can join the club and everyone is welcome!

Our Senior Travel Club meets on the first Monday of the month at 11 am with updates on upcoming trips, NO meeting in October, but new trip flyers will be available. Our Quilters meet on Wednesdays from 9am to 12 noon and are always taking donations! The Red Hat group meets on the first Monday of this month and have planned activities through the month, coordinated by the Queen.

Breakfast BINGO is a lot of fun on the 3rd Monday of the month at 9am, the Brownstown Firemen serve hot, fresh pancakes and yummy sausage with coffee and friends! Bring some money for playing and winning at Bingo. Then there is the Evening Pot Luck at 5pm on the last Monday of the month, the Recreation Department provides the main Meat Dish. Bring your own dish to pass (that feeds up to 8 people) and pay just $1 or join us or pay $5 for your meal (without a dish to pass). We finish the evening with BINGO.

Looking for some exercise, then join the workout gang on Tuesday, Wednesday and Friday at 10am for a workout by video (drop in) or for the Chair Exercise on Thursdays at 10am. Tai Chi class is on Fridays at 9am. Daily lunch is served at 12 noon (if you call 24 hrs. ahead) and there are always friendly faces to join you.

Amy Thomas, your Assistant Director of Recreation
**Recipe of the Month**

**Chicken Alfredo (with Broccoli)**

6 chicken tenderloins  
1 lb. Rotini Pasta, cooked  
1 small sweet onion, diced  
1 tablespoon Olive Oil  
1/2 teaspoon Garlic powder  
1 jar Alfredo Sauce with garlic  
1 jar Alfredo Sauce with 4 cheese  
Salt & Pepper to taste.  
*Sprinkle of ground rosemary is optional*  

Broccoli Florets—steamed

Heat oil in large pan on med-hi heat and add onions and sauté for 5 minutes, sprinkle with salt. Chop chicken into 1 in pieces and put in with cooked onions. Add garlic powder, salt & pepper and cook until chicken is done, about 12-15 minutes.  
At the same time cook pasta in med-large pot by box directions, drain and then add both sauces (desired amount) to pot - mix well.  
Add chicken and onion mix to pasta and stir to mix. Add rosemary if desired. Serve with side of steamed broccoli.

Serves 6

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**Early Memories**

Memories of our youth   
March through our minds   
Pictures that come and then go   
Climbing a tree   
Riding a bike   
Days in the sun moving slow   
Laughing with good friends   
Sharing your dreams   
Rocking on that old   
Front porch swing   
What fun we all had   
And time quickly flew   
And we were always   
Ready to sing   
But, we knew, it can't last   
And that’s ok too   
For just up ahead   
Were days thrilling and new

Poem by Ellie Starkey

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**Dance Schedule**

Brownstown Senior 2017 Dinner Dance info...

<table>
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<tr>
<th>DATE</th>
<th>ENTERTAINMENT</th>
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<tr>
<td>Dec. 14</td>
<td>Christmas</td>
<td>The Varitones</td>
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This dance is starting at 1:30pm for the meal & dancing from 2:30-4:30pm
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<td>8 Red Hat show trip Depart at 10am</td>
<td>9 OFFICE CLOSED For Columbus Day HOLIDAY Traverse City trip depart</td>
<td>10 Exercise 10am</td>
<td>11 Quilting 9am Exercise 10am Game Day 12:30pm Kroger 11am</td>
<td>12 Chair Exercise 10a</td>
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<td>15</td>
<td>16 Breakfast BINGO 9am Brunch &amp; Concert trip, Depart 9am</td>
<td>17 Exercise 10am Meijer 11am Sandhill Cranes trip 8:00am</td>
<td>18 Quilting 9am Exercise 10am</td>
<td>19 Chair Exercise 10a Pleasure Seeker Club Pot Luck Mtg- 1pm</td>
<td>20 Tai Chi 9am Exercise 10am</td>
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<td>23 Evening Pot Luck &amp; BINGO 5pm</td>
<td>24 Exercise 10a Harvest Adventure Depart 7:45am</td>
<td>25 Quilting 9am Exercise 10am Kroger 11am “Love Never Dies” trip, 5pm</td>
<td>26 Chair Exercise 10a “Fairy Door” class - 11:30am (Design) Foot Doctor 1pm</td>
<td>27 Tai Chi 9am Exercise 10am</td>
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<td>29</td>
<td>Western Caribbean Cruise trip Depart</td>
<td>30 “Who Should you Trust” Legal Seminar 11am</td>
<td>31 Exercise 10am Aldi’s Shop 11am Meals on Wheels “Happy Halloween Lunch!”</td>
<td>Nov. 1 Quilting 9am Exercise 10am</td>
<td>Nov. 2 Chair Exercise 10a Adv. Bd. Mtg. 11a BP check 12 noon Pleasure Seeker Club Mtg. 1pm</td>
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## Wayne County Senior Citizen Nutrition Program
### OCTOBER 2017

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<td>Stewed Tomatoes</td>
<td>Crispy Cubed Potatoes</td>
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<td>Green Peas</td>
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<td>Wheat Bread</td>
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<td>Japanese Vegetable Blend</td>
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<td>White Chicken Chili</td>
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<td>PLEASE CALL 24 Hours in Advance to Cancel Meals</td>
<td><strong>Suggested Donation $3</strong></td>
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<td><strong>MENU SUBJECT TO CHANGE WITHOUT NOTICE</strong></td>
<td><strong>Visit Us at waynecounty.com</strong></td>
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New trips are announced and offered at the monthly Travel Club meeting. Brownstown residents can join the Travel Club for discounts on travel. The next Travel Club meetings will be Monday, **November 13 at 11:00am** and then on December 4, 2017.

**Any Senior may travel with us, you do not have to be a member!**
New members must be a resident and purchase a name tag for $3.

### Toledo Art Museum
Oct. 13 - Depart 11:30am - $62
Trip Includes:
- R/T Transportation by Sr. Bus
- Time in Museum with Scavenger Hunt
- Dinner at Zia’s at the Docks

### Redford Theatre (Trains Planes & Automobiles)
November 17, Depart 5:00pm - $34
Trip Includes:
- Transport by Sr. Bus, Admission to Movie
- Dinner at the All American Buffet

### Harvest Adventure
Oct. 24, Depart 8am - $69
Trip Includes:
- R/T via Motorcoach
- Tour, Meal and time to shop
- Autumn colors and lots of fun!

### “Meet me in St. Louis”
November 26, Depart 11am - $85
Trip Includes:
- R/T transportation by Motorcoach
- Lunch prior to show
- Admission to this Musical event.

### Parade Company Tour
November 8, Depart 11am - $67
Trip Includes:
- R/T Trans by Motorcoach
- Tour of Ford Field & Parade Company
- Meal and time for fun

### Soaring Eagle
December 18, Depart 7:30am $44
Trip Includes:
- R/T via Bianco Motorcoach
- Casino Incentives and Food Voucher
- Brenda Lee Concert!

You may register for any of our trips ON-LINE at [www.brownstownrec.org](http://www.brownstownrec.org)

Any questions, please call us at 734-675-0920.

**You DO NOT have to be a Club Member to Travel with us!**

**Club Members: once you renew, you commit to our club and must attend at least 5 meetings per year to utilize your discounts. You must also show your Travel Club Card to receive your discounts upon registration and you also must help the club with the annual Fundraisers.**

**Day trip discount is $5, the overnight (2-3 days) get $10 discount and extended trips (3 or more nights) get a $25 Discount.**
## More Trips...

### Alaska - 2018
- **May 7-May 19**, air Included - $4767 (pp/dbl)
- **Trip Includes:**
  - R/T all transportation
  - Sightseeing, Food, Fun
  - Accommodations, Entertainment, Beauty!
  - **Need Passport**

### New Year's Eve... 2018
- **Dec. 31**, Depart 1:00pm - $99
- **Trip Includes:**
  - R/T transportation by Motorcoach
  - Meal prior to show at Courthouse Grille
  - Entertainment by Honky Tonk Angels

### Chicago Style Christmas
- **Dec. 2-3**, Depart TBD - $329 (pp/dbl)
- **Trip Includes:**
  - R/T Motorcoach and Hotel Accommodations
  - Time to shop on Michigan Mile
  - Food & time for fun

### Turkeyville - Holiday show
- **Dec. 6 - Dec. 9**, Depart 9:10am - $69
- **Trip Includes:**
  - R/T transportation Sr. Bus
  - Meal, Entertainment and time to shop
  - Show: Rockin' Around the X-Mas Tree

### Greek Isles
- **Nov. 3-11, 2018**, Air Included - $3054 (pp/dbl)
- **Trip Includes:**
  - R/T Air & Cruise
  - Transfers and all meals
  - Fun, time to sightsee, shop and enjoy
  - **Need Passport**

### Celtic Angels Christmas (at RRCPA)
- **Dec. 8**, Depart 5:00pm, $62
- **Trip Includes:**
  - R/T transportation by Sr. Bus
  - Dinner in Monroe prior to show.
  - Admission to this wonderful live show

### Holly Dickens Festival
- **Dec. 9**, Depart 9am - $89
- **Trip Includes:**
  - R/T trans Motorcoach
  - Time at Festival with Holiday Theme
  - Food, Time to Shop & More!

### Mardi Gras at Caesars - 2018
- **Feb. 13, 2018**, Depart 8:30am - $28
- **Trip Includes:**
  - R/T transp. Motorcoach
  - Casino Incentives
  - Mardi Gras themed snacks (fat Tuesday)

### Redford Theatre movie "Psycho"
- **October 28**, Depart 11:20am - $34
- **Trip Includes:**
  - R/T trans via Sr. Bus
  - Lunch prior to show at All American Buffet
  - Admission to this Classic Thriller!

### "A Christmas Story" at Redford Theatre
- **Dec. 2**, Depart 5:00pm - $34
- **Trip Includes:**
  - R/T trans. via Sr. Bus
  - Dinner Prior to movie: All American Buffet
  - Admission to Movie
BROWNSTOWN PLEASURE SEEKER OFFICERS

President: Karen Gardner
Vice President: Donna Tillman
Treasurer: Ethel Varga
Secretary: Helen St. Louis
Social Secretary: Irene DaDeppo
Co-Social Secretary: Dianne DaDeppo
Photographer: Ron Piestrak

Brownstown Pleasure Seekers meet the 1st and 3rd Thursday of this month from 1pm to 3pm. Membership is $10 per year, plus a one-time $2 charge for a name tag. The Pleasure Seekers sponsor two (2) 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 you’re interested in joining this senior club, see (Treasurer) Ethel Varga at one of the meetings for a membership form.

MEETINGS

BROWNSTOWN SR ADVISORY BOARD
Meeting: Thursday, Oct. 5 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB
Monday, November 13th at 11:00 am

BROWNSTOWN PLEASURE SEEKERS
1st & 3rd Thursdays at 1:00pm
Oct 5th: Business Meeting (Birthdays) and Bingo
October 19th - Pot Luck

DINNER DANCE
December 14 - Christmas Party!
Meal served at 1:30pm, catering by Deb’s, and music & Dancing from 2:30-4:30pm, entertainment by the Varitones

PROGRAMS and ACTIVITIES

EXERCISE
Tuesdays, Wednesdays, & Fridays at 10 am
25¢ donation for each class. Prime Time Senior Fitness Video.

QUILTING
Every Wednesday at 9 am with the gang! Donations accepted of all/any materials.

BLOOD PRESSURE CHECKS
1st Thursday of the month from 12 to 1pm, by Henry Ford Wyandotte Hospital nurses.

BINGO BREAKFAST
Oct 16 - 9:00 am. Pancakes, sausage, fruit, juice, coffee & bingo. There is a $2.50 donation if not playing bingo. Pay just .50¢ for 4 cards, per game... Please register at the Recreation Desk.

CHAIR EXERCISE & TAI CHI - No classes in April
Thursday at 10:00 am  Friday at 9am (Tai Chi)
25¢ donation for each class. Amy teaches these Arthritis Foundation based exercise class. Comfy clothes and shoes. No equipment needed.

POTLUCK & GAME NIGHT
Oct. 23, bring a dish to pass and a $1 donation, $5 donation if you don’t bring a dish to pass. The Center provides a meat dish and beverages. Please sign up in advance at the Recreation Desk. BINGO games follow the meal.

GAME DAY: Oct. 11, 12:30-3:00 pm
Play any games you want with us; Euchre, Pinochle, Hand & Foot, Dominos or even your favorite board game - it’s your choice. It's Free. Bring your own snacks ....

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 signing up in person at the Center. Cost = $1

- Meijer 10/3, 10/17 - 11:00 am
- Aldi’s (local) 10/31 - 11:00 am
- Kroger 10/11, 10/25 - 11:00 am
- Wal-Mart (Local) 10/13 - 11:00 am

BOWLING
League at Flat Rock Lanes at 1pm every Friday.
FAIRY DOOR CLASS

Lets get together in a classroom setting for some tiny fun! We will take a few sessions to design, build, paint (or color) and accessorize your own personal Fairy Doors.

Your door can be placed somewhere in your home, flat against a wall, shelf or window (anywhere you want) and it will be exactly what you think a fairy door should look like.

Design class is free, all other material costs will be $12. Ask Amy…

OCTOBER 26 - 11:30am

CONGREGATE LUNCH

Enjoy lunch while making new friends!
Lunch served daily at 12:00 noon, year-round in the Community Center. Menus are available in the monthly Senior Newsletter. Call by 12 pm, the day prior; call (734) 675-0920. The suggested donation is $3.00. Get your friends to call and meet them for lunch!

Brownstown Transportation Program

Would you like to visit the Brownstown Community Center for our wonderful programs, but don’t drive? We can provide the transportation to the Center for activities for a small fee.

The Brownstown Transportation Service is provided by Brownstown Township for seniors & individuals with disabilities.
Call (734) 675-0920 for an application or for more information.

Many Thanks go out for the month of September for theDonations to the Brownstown Community Center!

We had donations of Coffee & Senior meeting items. Please take the time to let the ones in your Senior Clubs know that it is important that they participate and help out. Thank you for your June donations:

George and Bea Price (PS supplies)
**Feisty Red Hatters upcoming events...**

- **October 2** - Monthly Meeting at 11:00am
- **October 4** - Lunch and Bunco at Applewood
- **October 8** - Show trip to Farmington Players, Depart 12:45pm
- **November 20** - Thanksgiving Feast at 12:30pm

Upcoming events with the Feisty Red Hat gang will be announced at the meeting.

*Welcome new 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 years of age, or pink hat and lavender outfit for women under 50 years old) when coming to Red Hat events and meetings.*

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**- SEMINAR OF THE MONTH -**

**THE STATE BOARD OF MICHIGAN WILL BE IN THE BUILDING ON OCTOBER 30th FOR A SHORT TALK ON THE IMPORTANCE OF LIVING TRUST PLANNING. AND AVOIDING ESTATE PLANNING MISTAKES!**

**THERE WILL BE ABOUT 60 MINUTES OF INFORMATION THEN WE WILL HAVE TIME FOR QUESTIONS & ANSWERS.**

**THERE WILL BE REFRESHMENTS AVAILABLE AND LUNCH “SNACKS”**.

**PLEASE REGISTER AT THE OFFICE, JUST FOR A HEAD COUNT—THERE IS NO COST FOR THIS SEMINAR!**

**MONDAY, OCTOBER 30 AT 11AM**

For more information contact Any Emmons, State Bar of Michigan Professional Standards Division at 517-346-6343 or e-mail her at aemmons@mail.michbar.org.

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**DOWNRIVER SENIOR OLYMPICS**

**THE SENIOR OLIMPIANS THAT REPRESENTED BROWNSTOWN TOWNSHIP ARE INVITED TO BE HONORED AT THE TOWNSHIP MEETING ON**

**OCTOBER 16th AT 7PM**

(Our Township won 142 medals this year! The host city Trenton only won 87)
**Announcement: Brownstown Permanent Absent Voter List**

As the Clerk in Brownstown Township, I am both pleased and excited to announce the development of the Permanent Absentee Voter List program. This program will allow registered voters in Brownstown Township the opportunity to automatically receive an absent voter application prior to each election. There are no requirements to be placed on the permanent absentee list. You simply complete the Permanent Absentee Voter List Request form. However, in accordance with Michigan election laws, you must qualify by selecting one of the appropriate options provided on the application to receive an absentee ballot. Simply return the completed application and you will automatically receive an absentee ballot in the mail as soon as the ballots are available. If this program interests you, simply visit our website to complete the Permanent Absentee Voter List Request form: [www.brownstown-mi.org](http://www.brownstown-mi.org) or call the Clerk’ Department at 734-675-0910.

**Brian C. Peters**

Brownstown Township Clerk

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**BREAKFAST BINGO**

We have modified the BINGO games that follow the wonderful breakfast cooked and served by the Brownstown Fire Department, by lowering the cost of each game. You can get 4 cards for just .50 cents. You will pay that amount for each game and the winnings will be a little less until our participation numbers increase, but it will be a savings to the cost of this event. Each additional card more that 4 will cost .25c each, just as it was before.

There is no cost to the breakfast if you play BINGO. If you just come to eat it will cost you only $2.50.

Come for the fun, win some money and enjoy the food.

Pancakes, sausage, fruit, juice and coffee are available each month, on the 3rd Monday at 9:00am

Please join us!

Amy Thomas, your Assistant Director of Recreation
The Brownstown Senior Center is funded through the Charter Township of Brownstown, The Older Americans Act, The Senior Alliance & The Older Michiganders Act.

### Senior Resources

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<thead>
<tr>
<th>Service</th>
<th>Phone number</th>
<th>Website/Email</th>
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</thead>
<tbody>
<tr>
<td>The Senior Alliance</td>
<td>1-800-815-1112</td>
<td><a href="http://www.aaa1c.org">www.aaa1c.org</a></td>
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<td><a href="mailto:info@tsalink.org">info@tsalink.org</a></td>
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<td>Information &amp; Assistance for:</td>
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<td>Caregiver support</td>
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<td>Prescription Assistance Programs</td>
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<td>Legal Assistance</td>
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<td>Senior Housing</td>
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<td>Adult Day Services</td>
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<td>Home Delivered &amp; Congregate Meals</td>
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<td>Long Term Care Options</td>
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<td>Medicare/Medicaid Assistance Program</td>
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<td>Senior Refugee Support Program</td>
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<td>Legal Assistance</td>
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<tr>
<td>LADA</td>
<td>1-877-964-5310</td>
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<tr>
<td>WCNLS Elder Law Center</td>
<td>(313) 937-8291</td>
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<tr>
<td>Senior Employment</td>
<td>(734) 281-2470</td>
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<td>Family Independence Agency</td>
<td>(313)375-2500</td>
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<td>Medicaid</td>
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<td>Food Stamps</td>
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<td>Emergency Assistance</td>
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<tr>
<td>Michigan Office of Services to the Aging</td>
<td><a href="http://www.miseniors.net">www.miseniors.net</a></td>
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<tr>
<td>Wayne County Prescription Discount Card</td>
<td>1-866-896-3450</td>
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<td>Medicare</td>
<td>1-800-633-4227</td>
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<td>Focus Hope</td>
<td>(734) 246-6053</td>
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<td>Faith Lutheran Church</td>
<td>(734) 782-9468</td>
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<td>Adult Protective Services</td>
<td>877-963-6006</td>
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<td>Do Not Call List</td>
<td>1-888-382-1222</td>
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<td>Social Security</td>
<td>1-800-772-1213</td>
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<tr>
<td>The Information Center</td>
<td>(734) 282-7171</td>
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