

SEPTEMBER DAYS SENIOR CENTER

Van Buren Township
46425 Tyler Road
Van Buren Township
MI 48111
(734) 699-8918

Township Board

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Senior Specialist
Dezmun Boone

Senior Specialist
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Dear Friends,

Welcome fall! I hope this finds each of you well and able to adapt to the changes 2020 sprung on us early in the year. The Center is still here to assist you with as noted below.

- The Center will offer a **Flu Clinic**, Monday, October 19th. I have been in contact with CVS Pharmacy and they have assured me that they can safely operate a Flu Clinic at our Center as they have done in past years. CVS has provided me with their safety guidelines and I feel confident that we can coordinate with them and accommodate their needs for success. If you would like to sign-up please call the Center for an appointment. For your convenience included in this newsletter is the vaccine information sheet as well as the CVS Vaccine Consent form so you can complete ahead of time and bring with you the day of your scheduled appointment.
- **Medicare Open Enrollment** will run from October 15, 2020 to December 7, 2020, for coverage effective in 2021. If you need assistance with the open enrollment call the Center office.
- One of the 8th grade teachers at Keystone Academy in Belleville would like to set up a **Pen Pal Writing Group** between Seniors and the 8th graders in her class. Her goal is to keep the students writing, in a real-world sense, and keep them connected to their community. If you are interested or would like more information call the Center office for more details.

As with many canceled events around the world this year the Center is unable to host our Veterans Luncheon as we so love to do, but this year we will honor and celebrate in spirit. **Thank you to each of you for the freedom we have today!**

The New Year is around the corner and will be here before we know it. I welcome 2021, but prior to that I want to express my heartfelt wishes for each of you to be able to enjoy the Christmas Season filled with love and hope. Merry Christmas to all!!

Best wishes to all, be safe, stay healthy, and ever positive.

Lynette

Meals on Wheels dedicated volunteers!

Office Volunteers couldn't do without them!



WELCOME

Mission Statement

The mission of September Days Senior Center is to provide the availability of quality service, social interaction, and intellectual needs for maturing adults. Socialization, education, health and opportunities for community services will be made available through nutritious meals, planned recreational programs, an informative newsletter, speakers, classes, trips, health screenings, information and referral, and advocacy.

Membership

A year goes by quickly, check your renewal membership date. Please stop by and get your picture taken and help us keep our files up to date by informing us of any phone number or address change. Thank you in advance for your support.

Membership Fees

- Van Buren Township Resident - \$20.00 yearly
- Non-Resident - \$25.00 yearly

Sign-In / Scan Card

The Center issues each member a scan tag. Please stop at the Center's main office to pick up your tag. Be sure you have your scan tag with you when coming to the Center. The scanner is at the front door office. We keep track of attendance to serve you better. Attendance supports future programming. Thank you for your cooperation.

Suggestion Box

We welcome any suggestions!

The suggestion box is located in the main hallway next to the class rack. Anonymous or signed!

Center Hours



Dates to Remember

October 12th - Columbus Day

October 31st - Halloween

November 1st - Daylight Savings Time ends

Fall back your clocks!

November 3rd - Election Day

November 11th - Veterans Day

November 26th - Thanksgiving

December 7th - Pearl Harbor Remembrance Day

December 21st - Winter begins

December 24th - Christmas Eve

December 25th - Christmas

December 31st - New Year's Eve

January 1st - New Years Day

HAPPY NEW YEAR!

Thank You!

OFFICE ASSISTANTS

Jo Andes, Marvell Brown, Conrad Christner, Lee Farmer, Bonnie Hamill, Lee Herrmann, Dee Hogan, Vera Ireland, Pam Kaatz, Doris Marttila, Carol McClune, Shirley Nowicki, Elena O'Connor, Carol O'Keefe, Wanda Ritchey, Barbara Serri, Pat Sobecki, & Pat Tumas

HIDDEN TREASURES GIFT SHOP

Manager: Frances Hutchison

Dorothy Bailey, Diane Ferguson, Bulah Hughes, Renee Hughes, Clare King, Wanda Ritchey, Joan Shellito

NUTRITION

MEALS ON WHEELS VOLUNTEERS

Wafa Baleja, Linda Disney, Gwen Bowman Else, Fran Farkas, Jim Foley, Joyce Forest, Dave Harvieux, Charles Hutchison, Gary Marshall, Diane Pilisko, Ron Poniatowski, Deborah Richards, Harry Roesch, Alvesta Smith, Del St.Antoine, Marlene Thomas, Dawn Thompson, Ron Tubbs, Denise Tubbs Vogan, Bryan Walters, Kevin Walters & John Wasilenski



*It's Birthday Time! *Temporarily canceled**

DATE TO BE DETERMINED

Join us for our quarterly Birthday Celebration. Lunch is served at 11:30am along with birthday cake, ice cream and please join us for bingo afterwards. Come celebrate! All are welcome! Cost is \$3.00.



Thinking Of You

All your friends at the Center are sending get well wishes to those who are under the weather or recuperating from surgery. Please give us a call and let us know how you are doing.

Pauline Armatis, Jim Baleja, Marvell Brown,
Doris & Wesley Crocker & Robert Hampton

The Newsletter

The Newsletter is brought to you by the following friendly folks:

Roger & Diane Ferguson, Eleanore Hendrickson,
Lee Herrmann, Clare King, Janna Loechli,
Doris Marttila, Don & Betty Pare, John Plona,
Diane Sanders, Carol Shell, Joan Shellito,
Pat Sobecki, Hubert & Sharon Stubbs,
Richard & Lila Timm,
Shirley Truxal & Glenda Wright

Sympathy

Our hearts reach out to you and your families on any members who have lost a loved one in the last few months.

Medical Equipment Loan Closet

The Senior Center keeps a few items to loan out: walkers, canes, shower seats and wheelchairs. Please consider donating medical equipment no longer needed to keep the loan closet in stock.

Gift Certificates

You can purchase gift certificates in any amount for Center memberships, special events, activities, and travel. Your gift will last all year long!

Restaurant Club

Formal to informal dining! The Restaurant Club meets once a month unless otherwise specified. **Bus will depart the Center at 1:00pm.** Your guest check may vary according to your food choices and travel cost may vary due to location of restaurant. If you know in advance you cannot attend, the seat may be filled by someone on the waiting list.

Temporarily Suspended

Thank you to all for the wonderful restaurant suggestions, "Keep them coming!"



Answers to Trivia: 1) Graceland 2) Amelia Earhart 3) Leave it to Beaver 4) Yellow 5) Larry, Moe and Curly 6) Hamburger 7) LEGO 8) Antarctica

Services Available

MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)

Counselors can meet with you and help you:

- ◆ Understand doctor bills, hospital bills, and Medicare Summary Notices.
- ◆ Understand Medicare/Medicaid eligibility, enrollment, coverage, claims, and appeals.
- ◆ Review your Medicare supplemental insurance needs, compare policies and pursue claims and refunds.
- ◆ Identify resources for prescription drug assistance.
- ◆ Explore long term care financing options, including long term care insurance.
- ◆ Identify and report Medicare/Medicaid fraud and abuse.
- ◆ **To speak with a MMAP Counselor**
- ◆ **Contact: The Senior Alliance (734) 722-2830**

THE TRANSPORTATION PROGRAM

Assists Van Buren Township Seniors in getting to their doctor's appointments as well as local errands. Transportation is available Monday through Friday. Appointments must be scheduled between 10:00am and 2:00pm. The last pickup is 2:00pm. Reservations must be made 48 hours in advance by calling (734)699-8945.

Rides will be scheduled. When making a reservation, please include your phone number. Reservations take priority over transportation.

Rides to Van Buren/Belleville \$2.00 each way. Rides to destinations out of the area, but within a 20-mile radius is \$7.00 each way.

Lunch pick-ups \$2.00

Thursday local shopping trips \$3.00.

Meals

Meals on Wheels Program
(734)326-5202

Liquid Nutrition
(734)326-4444

THE EMERGENCY FOOD ASSISTANCE PROGRAM: TEFAP

(Any age)

Income eligibility guidelines as follows:

1 person - \$2,082 per month

2 persons - \$2,818 per month

3 persons - \$3,555 per month

Add \$736 per month for each additional family member.

Focus: HOPE

Food for Van Buren Township Seniors is available through Van Buren Senior Center.

To register call: (734) 699-8918

Pick-up is the 3rd Thursday of each month 12:00pm to 3:00pm.

Income guidelines are as follows:

Must be 60 years of age or older

Income eligibility guidelines as follows:

1 person - \$1,354 per month

2 persons - \$1,832 per month

3 persons - \$2,311 per month



SOCIAL SECURITY

To sign up for Social Security or for other info, i.e. change of address, direct deposit, etc.
Call 1-800-772-1213

Temporarily Suspended

Weekly Schedule

SUNDAY

Sunday Music (band) 2:00 - 5:00pm

MONDAY

Arthritis Foundation Exercise 9:30am
 Blood Pressure 10:00am-noon
 Zumba Gold 10:30am
 Cardio Drumming 12:30pm

Ceramics
 Cards
 Birthday Celebration (2nd Mo
 Foot Doctor (call for monthl

TUESDAY

Balance & Exercise
 Yoga (call for session dates)
 Bible Study (2nd & 4th Tues) 9:30am
 Tai Chi (call for session dates) 10:45am
 Trivia 12:00pm
 Crochet / Knitting 1:00pm
 Restaurant Club (3rd Tuesday) 1:00pm
 S.D.S.C. Quilting 3:00pm

WEDNESDAY

Arthritis Foundation Exercise 9:30am
 Mat & Frame (1st & 3rd Wed) 10:00am
 Glass Fusing (2nd & 4th Wed) 10:00am
 Zumba Gold 10:30am
 Red Hat Meeting (call for dates) 1:00pm
 We Care Quilt Group (2nd & 4th Wed) 2:00pm

HIDDEN TREASURES GIFT SHOP "OUR CENTER'S OWN LITTLE JEWEL"

Beautiful handmade gifts for all occasions at very reasonable prices. Gift Shop hours:
Monday thru Friday 10am-2pm

THURSDAY

Line Dancing 9:30am
 Photography Workshop (1st & 3rd Thurs) 10:00am
 Beading Class 12:00pm
 Focus Hope/Commodities (3rd Thur) 12:00-3pm
 Herb Class (last Thurs of month) 2:00pm
 Norwegian Massage (call for appt.) 1:00-5:00pm
 Shopping Call for dates

FRIDAY

Exercise (May-Dec) 9:30am
 10:30am
 12:30pm
 es) 12:30pm

SATURDAY

it Guild (2nd Sat) 9:00am
 9:30am



Class / Program Date Changes. Occasionally the Center may need to reschedule a class or change the room location to accommodate classes / programming and presentations at the Center. We will do our best to accommodate all.

HEALTH & FITNESS

The Center Fitness room is equipped with machines used for physical therapy, rehab and personal use.

Treadmills, weights, bikes, and other exercise equipment is available for Senior Member use.

Two pool tables are ready for a Fun Game of Pool!

Monday - Thursday 7:30am - 8:30pm

Friday 7:30am - 6:30pm

Saturday 9:00am - 3:00pm

Sunday 9:00am - 6:00pm

FRIENDLY REMINDER.....Food is not allowed in the fitness room. Please be mindful there are people with food allergies.

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages for some vaccine regions.

Plus de renseignements sur les vaccins sont disponibles en espagnol y en autres langues dans les zones statistiques régionales.

1 Why get vaccinated?

Influenza vaccine can prevent influenza (flu).

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2 Influenza vaccine

CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age may need 2 doses** during a single flu season. **Everyone else needs only 1 dose** each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any severe, **life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

4 Risks of a vaccine reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- There may be a very small increased risk of Guillain-Barre Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13), and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call 1-800-822-7967. VAERS is only for reporting reactions, and VAERS staff do not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call 1-800-338-2382 to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's www.cdc.gov/flu

Vaccine Information Statement (Interim)
**Inactivated Influenza
Vaccine**



8/15/2019 | 42 U.S.C. § 300aa-26



Store # _____ Address _____

RX # _____ City, State, Zip _____ Telephone _____

Inactive Vaccine Consent and Administration Record

Patient Information:

Last Name _____ First Name _____ Date of Birth _____
 Address _____ City, State, Zip _____ Phone _____
 Primary Care Provider (PCP) Name _____ PCP Phone # _____
 PCP Address _____ City, State, Zip _____ PCP Fax # _____

Screening Questions:

	YES	NO	DON'T KNOW
1. Are you sick today? (For example: a cold, fever or acute illness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have allergies or reactions to any foods, medications, vaccines or latex? (For example: eggs, gelatin, neomycin, thimerosal, etc.) List _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you take anticoagulation medication? (For example: warfarin, Coumadin or other blood thinner)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have a long-term health problem with heart disease, lung disease, asthma, kidney disease, metabolic disease (e.g. diabetes), anemia or other blood disorder?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. For women: Are you pregnant or nursing? Could you become pregnant during the next month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. For Shingrix Only: Do you have a weakened immune system or in past 3 months, taken medications that weaken it such as cortisone, prednisone, other steroids, anticancer drugs, or radiation treatments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CONSENT FOR SERVICES: I have been provided with the Vaccine Information Sheet(s) corresponding to the vaccine(s) that I am receiving. I have read or have had explained to me the information provided about the vaccine I am to receive. I have had the chance to ask questions that were answered to my satisfaction. I understand the benefits and risks of vaccination and I voluntarily assume full responsibility for any reactions that may result. I request that the vaccine be given to me or to the person named above for whom I am authorized to make this request.

AUTHORIZATION TO REQUEST PAYMENT: I do hereby authorize CVS Pharmacy® ("CVS") to release information and request payment. I certify that the information given by me in applying for payment Under Medicare or Medicaid is correct. I authorize release of all records to act on this request. I request that payment of authorized benefits be made on my behalf.

DISCLOSURE OF RECORDS: I understand that CVS® may be required to or may voluntarily disclose my health information to the physician responsible for this protocol of specific health information of people vaccinated at CVS (if applicable), my Primary Care Physician (if I have one), my insurance plan, health systems and hospitals, and/or state or federal registries, for purposes of treatment, payment or other health care operations (such as administration or quality assurance). I also understand that CVS will use and disclose my health information as set forth in the CVS Notice of Privacy Practices (copy is available in-store, online or by requesting a paper copy from the pharmacy).

X _____ Date: _____
Signature of patient to receive vaccine or person authorized to make the request (parent/guardian)

Vaccine Administration Information:

Administration Date _____ Vaccine _____ Manufacturer _____
 Lot # _____ Exp. Date _____ Route _____ Site _____
 Volume (mL) _____ VIS Version Date _____ Date VIS Given to Pt _____

 Administering Immunizer Name & Title _____ Administering Immunizer Signature _____

A friendly reminder...

Coronavirus Disease(Covid-19) Steps to Prevent Illness from the CDC Center for Disease Control and Prevention. There is currently no vaccine to prevent COVID-19.

The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person to person within 6 feet of one another. Also through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself:

Clean your hands often with soap and water for at least 20 seconds.

If soap and water is not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid close contact.

Take steps to protect others:

Stay home if you are sick.

Cover Coughs and sneezes.

Wear a facemask if you are sick.

Clean and disinfect:

To disinfect, most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface. Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

Diluting your household bleach:

To make a bleach solution mix: 5 tablespoons or 1/3rd cup bleach per gallon of water.
or 4 teaspoons bleach per quart of water.

Alcohol Solutions:

Ensure solution has at least 70% alcohol.

Let's Play Some Trivia

- 1 What was the name of Elvis Presley's infamous estate located in Memphis, TN?
- 2 Who was the first woman to make a solo flight across the Atlantic Ocean?
- 3 Ward and June were two main characters from what famous TV show of the late 50s and early 60s?
- 4 What color is the M in McDonalds?
- 5 What are the names of the Three Stooges?
- 6 What is the National Dish of America?
- 7 What company produces the most tires in the world?
- 8 Where is the world's largest desert? Answers are on page 5

True freedom is understanding that we have a choice in who and what we allow to have power over us. A quote by Meryl Streep

WORD SEARCH

HOQNT PUMPKINS CIDFHANSXQS IENEGR
ZESHIIBZFMFTYZZCXCEGNEFCCKPYCUG
KVWWXASJJBV DVCIOXYCOOKIESXAGVD
GOOMZYGLWJAP EESJR NKWCMCGUTBYF
INZIDTURKEYLSJETUFKNEKOAHCEUGX
NLIVCZHRWSSVCWYUHHFYEHVNC OONUT
GSI SFGRUMCANDYEMGNCOI I IDXYSBWH
ECCKXWJJHVRI RKKERRROAOUELWMPWIF
RAATHANKSGIVINGSUFLRMTSEBIXHNO
BRZPRHQNSMGZAZTPKADENFBSCJNYDL
RYCOUIGSNYZKRBQRDLCSODMARGDTYP
EEXNUYLBXPYARSPSELKAPKPHLLFQEN
ATEVQDMHOB OESVKQKEWQKOWQZLBOFR
DHALLOWEENYPLEAVES SQOBKVPFFXKT
JOJTMCRDGDQTMQCHOCOLATETBPBAUG

- | | | | |
|--------------|-------------|-----------|-----------|
| Thanksgiving | Gingerbread | Halloween | Chocolate |
| Costumes | Pumpkins | Football | Cookies |
| Candles | Turkey | Movies | Leaves |
| Winter | Trees | Candy | Windy |
| Fall | Scary | Snow | Cold |



Spotlight Page



MMAP: Medicare's Annual Enrollment Period begins October 15th and runs through December 7th. During this period you will be able to review your Part D Plans (Prescription Drugs) or Part C Medicare Advantage Plans and make any needed changes for the 2021 calendar year.

As in years past, MMAP (Medicare Medicaid Assistance Program) will offer volunteer counseling through the Senior Center for those who would like to review or change their plans. This year all counseling will be done via phone. To set up pre-screening and phone counseling appointments contact the Senior Center at 734-699-8918. Appointments will be available on a first come first serve basis and may be limited. We recommend you call us by October 30th for appointments through December 4th.

Flu Shots: The Senior Center and CVS are offering a Flu Clinic Monday October 19th. If you would like to sign up please call the Center. CVS has assured the Center they can safely operate a Flu Clinic at our Center. If you would like to sign up please call the Center to make an appointment. Bring your Medicare/Medicaid and/or health insurance cards with you to the appointment.

Pen Pal Writing: Would you like to have a pen pal? Keystone Academy in Belleville would like to keep their 8th graders writing and keep them connected to the community. If you are interested please call the Center for more information.

Travel, Red Hat & Sunday Music Temporarily Suspended

September Days Senior Center offers travel packages to near and far destinations. Just in case you need an excuse to travel, you should know what we offer. For more information about future trips stop by the Center and pick up flyers from our travel board!

Red Hat Newsletter

We are a group of Sassy ladies over 50 who just want to have fun.

TA TA Carol Shell (Queen Mum)



SUNDAY MUSIC

Norwegian Massage



Benefits of Massage

Improves circulation, balance, flexibility, posture, joint mobility. Reduces pain, stress, & tension.

Benefits of Lymphatic Drainage Massage

Referred to as a "Detox Massage" supporting your body's internal filtration system to help keep your immune system in check.

Until the Senior Center reopens, Sissel will be doing massages from home, (Ypsilanti)

30 minutes - \$24 60 minutes - \$48

For an appointment, call Sissel (734) 340-3766 (no texting)

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October, November & December 2020

Charter Township of Van Buren
Van Buren Senior Center
46425 Tyler Road
Van Buren Township, Michigan 48111

US Postage
Belleville MI 48111
Permit No. 18
Presorted Standard



**September Days Senior Center
October, November & December
2020**