

Eastside Senior Campus News

Age Confidently...Age Comfortably...Age Creatively...

Volume 1 Issue 4

January 2010

Eastside Senior Citizens Center

3065 N. Genesee Road

Flint, MI 48506

Phone: (810) 250-5000

Fax: (810) 250-9033

Web address: www.eastsideseniorcenter.com

Executive Director-Debra Gilbert

Administrative Director-Lynn Zwierzynski

Intern-Christian Schuhmann

Kearsley Daly Villa & Eastside Village

3085 N. Genesee Road

Flint, MI 48506

Phone: (810) 250-1000

Manager-Chad Gaines

Leasing Agent-Brenda Fulton

Maintenance-Anthony Slayton

Eastside Senior Center Welcomes You

If you stopped in and visited with us last month, we would just like to take this opportunity to say thank you and invite you to participate in our programs, activities and services. If you have any questions, please feel free to contact us during business hours (Monday through Friday 9:00AM to 4:00PM) either by telephone (810) 250-5000 or by stopping in. We are excited you were here, and extend a sincere invitation for you to come back! You are also invited to visit our website at: www.eastsideseniorcenter.com for additional information.

Funding Sources

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 and many individual donations. Senior Center fund raisers are also held throughout the year. As always, we appreciate all who have made a difference!

This newsletter is fully funded by Genesee County Senior Millage Funds. Your tax dollars at work!

Upcoming Events

2010 Annual Senior Winter Games

Registration December 8 —January 15
\$12.00 per person and includes: Opening Ceremony Registration in as many events as you wish, Senior Winter Games T-shirt and a Closing Ceremony Banquet.

Opening Ceremony is February 1, 2010

1:00 pm at Pierce Park Senior Center

Closing Ceremony & Banquet

February 17, 2010 at Davison Knights of Columbus Hall

Events

February 1st—17th 2010

2010 Senior Winter Games Sponsors

Citizens Bank, HealthPlus Senior of Michigan, UAW Cap Council Flint Region 1C and Valley Area Agency on Aging. Marge Scott, Senior Winter Games Director and Finance Coordinator said, *"It is amazing that so many organizations continue to contribute in these hard economic times. This support shows the value these organizations place on the seniors, and I for one am grateful."*

Dentists host discussion at Center

On Friday January 22 at 11:00am, Dr. Bill McLaren a local dentist, will discuss access to dental care with payment options outside of traditional dental insurance. Their goal is to help maintain optimal dental health in one's lifetime while keeping the costs down to a reasonable and more affordable level.

Income Tax

You will be able to call for an income tax appointment starting January 6th. Appointments will once again be on Tuesdays starting February 2nd. Remember, you do not have to wait for all of your documents before making your appointment. Please call as soon as possible to make sure to secure your place.

Items needed for filing of your 2009 Income Taxes

- Photo ID/Driver's License
- Social Security Card
- Your 2008 Income Tax Return
- All 2009 W-2 Forms
- All 2009 1099 Forms
- All Property taxes on your home-
stead for 2009
- Consumers Energy bills for Dec
2009, Jan 2010 & Feb 2010
- Bank/CD Interest for 2009
- If you sold stocks in 2009, bring
form 1099B including the buy and
sell costs
- Social Security statement for 2009
- Your rent paid in 2009
- Extra Medical Insurance Premiums
in 2009

Travel Show

Join KAK Travel for information on our travel plans for 2010 on January 21st at 10:00 am.

MEDICARE Open Enrollment

In October, Medicare Prescription Drug Plans began notifying their enrollees of any changes to their plans. Medicare beneficiaries should review their current plan and any upcoming changes in their plan to determine if they should switch plans.

Medicare Open Enrollment begins November 15, 2009 through December 31, 2009 for Medicare beneficiaries who change to another Medicare Prescription Drug plan or enroll in a plan for the first time. Beneficiaries who are satisfied with their current Medicare Prescription Drug Plan do not have to re-enroll in their plan.

Valley Area Agency on Aging and the Michigan Medicare Medicaid Assistance Program encourage all Medicare beneficiaries to compare their current Medicare Prescription Drug coverage to ensure it continues to be the best coverage at the best price. Brenda Evans, MMAP Coordinator from Valley Area Agency on Aging indicated several dedicated volunteers have been training for the past several months preparing for the Medicare Part D and Open Enrollment.

To assist beneficiaries with enrollment and benefit questions Annual Open Enrollment events are scheduled throughout the community. Trained MMAP volunteer counselors will be available at Eastside on Thursday, December 3rd from 9 a.m. to 4 p.m.

To speak to a counselor, contact the MMAP hotline at 1-800-803-7174 extension 247.

Nutrition

MiCAFE Program

MiCAFE is intended to serve at-risk seniors for nutrition education, food assistance and income support. The Program is based on income, as are most government subsidized programs. In most every community there are older people who do not have enough money to buy food or medicine and pay rent or utilities bills. Federal programs are available, yet less than half of those who could get help are doing so. The MiCAFE counselor is available on Monday by appointments. Please call 250-5000.

Commodity Supplement Food Program and TeFAP Program

Eastside Senior Center is a commodity distribution/TeFAP pick-up site. Distribution occurs on the second Monday of each month from 1pm-3pm. Income Requirements and Pre-registration processing are required.

Commodity Supplemental Food Program
Income eligibility guidelines are:

Family of 1....\$1,127/monthly or less

Family of 2....\$1,517/monthly or less

TeFAP Commodity Foods (quarterly distribution)

Income eligibility guidelines are:

Family of 1...1,444/monthly or less

Family of 2...1,517/monthly or less

Contact Betty at 250-5000 on Thursdays for more information.

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Upcoming Events</u> 2010 Annual Senior Winter Games registration ends January 15th</p>	<p><i>Call to schedule your Income Tax Appointments starting on January 6th</i></p>	<p>Healthy Tip from Dr. McClane—Want to add years to your life? Walk 20 minutes per day!</p> <p>Did you know the center has tread mills? This is a great way to get in shape during the winter months!</p>	<p><u>Sundays</u> 1:00 Double Deck Pinochle</p> <p><u>Dr. Neirink</u>— Saturday Feb 13th and 20th</p>	<p>1</p> <p><i>Happy New Year's Day</i> Center Closed</p>
<p>4</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 MiCAFE 10:00 Pool 12:00 Chicken Cordon Bleu 12:45 Bowling 1:00 Shuffleboard</p>	<p>5</p> <p>9:30 Advanced Paint Class 10:00 MMAP Counseling 10:00 Armchair Exercise 10:00 Pool 12:00 Homemade Meatloaf w/ Gravy 1:00 Bingo 5:00 Wii Bowling 5:30 Advanced Paint Class</p>	<p>6</p> <p>9:30 Pinochle 10:00 Dr McClane 10:00 Armchair Exercise 10:00 Computer-Beg 12:00 Scrambled Eggs 12:45 Meeting & Presentation 1:00 CC: Ebay—Buy 1:00 Bingo 3:00 Council Meeting 3:00 Clogging-Beginning 3:30 Clogging-Beginning Plus 6:00 Euchre</p>	<p>7</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 Pool 10:30 Blood Pressure Clinic 12:00 Baked Ham 12:30 Bridge 1:00 Euchre 4:00 Line Dancing</p>	<p>8</p> <p>10:00 Armchair Exercise 10:00 Computer Class-Beg 10:00 Pool 12:00 Baked Fish 12:30 Shuffleboard 1:00 CC: Ebay—Sell 1:00 Brid Euchre 6:00 Evening Dance</p>

<p>11</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 Pool 10:00 MiCAFE 12:00 Goulash w/ Ground Beef 12:45 Bowling 1:00 Commodities 1:00 Shuffleboard 5:30 Paint Class TRIP: Soaring Eagle Casino & Resort</p>	<p>12</p> <p>9:30 Advanced Paint Class 10:00 Armchair Exercise 10:00 Pool 10:00 MMAP Counseling 12:00 Honey BBQ Chicken Breast 1:00 Bingo 1:00 Landscape Painting 1:00 Cribbage 5:00 Wii Bowling 5:30 Advanced Paint Class</p>	<p>13</p> <p>9:30 Pinochle 10:00 Armchair Exercise 10:00 Computer Class-Beg 12:00 Salisbury Steak w/ Mushroom 12:45 Meeting & Presentation 1:00 CC: Word/OO Writer 1:00 Bingo 3:00 Clogging-Beginning 3:30 Clogging Beginning Plus 6:00 Euchre</p>	<p>14</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 Pool 10:30 Blood Pressure Clinic 11:00 Newcomers Support Group 12:00 Beef Barley Soup w/ Diced Beef and Vegetables 12:30 Bridge 1:00 Euchre 4:00 Line Dancing 7:00 Bunco@KDV</p>	<p>15</p> <p>10:00 Armchair Exercise 10:00 Computer Class-Beg 10:00 Pool 12:00 Pizza (Sign up and pay day before) 12:30 Shuffleboard 1:00 CC: Powepoint/OO Impress 1:00 Bid Euchre 6:00 Evening Dance</p>
<p>18</p> <p><i>Martin Luther King Holiday Center Closed</i></p>	<p>19</p> <p>9:30 Advanced Paint Class 10:00 Armchair Exercise 10:00 Pool 10:00 MMAP Counseling 10:30 Eye Glass Clinic 12:00 Chicken Lasagna 1:00 Bingo 5:00 Wii Bowling 5:30 Advanced Paint Class</p>	<p>20</p> <p>9:30 Pinochle 10:00 Armchair Exercise 10:00 Computer Class-Beg 12:00 BBQ Pork Sandwich 12:45 Meeting & Presentation 1:00 CC: Troubleshooting 1:00 Bingo 3:00 Clogging-Beginning 3:30 Clogging-Beginning Plus 6:00 Euchre</p>	<p>21</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 Pool 10:00 KAK Travel Show 10:30 Blood Pressure Clinic 12:00 Swiss Chicken w/ Mushroom 12:30 Bridge 1:00 Euchre 4:00 Line Dancing</p>	<p>22</p> <p>10:00 Armchair Exercise 10:00 Computer Class-Beg 10:00 Pool 11:00 Dental Care Info 12:00 Turkey Vegetable Soup 12:30 Shuffleboard 1:00 CC: PC Buy Advisory 1:00 Bid Euchre 6:00 Evening Dance TRIP: Plymouth Ice Spectacular</p>
<p>25</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 MiCAFE 10:00 Pool 11:00 Board Meeting 12:00 Chicken & Dumpling w/ Pulled Chicken and Stewed Vegetables 12:45 Bowling 1:00 Shuffleboard</p>	<p>26</p> <p>9:30 Advanced Paint Class 10:00 Armchair Exercise 10:00 Pool 10:00 MMAP Counseling 12:00 Beef Stroganoff w/Diced Beef 1:00 Bingo 1:00 Cribbage 5:00 Wii Bowling 5:30 Advanced Paint Class</p>	<p>27</p> <p>9:30 Pinochle 10:00 Armchair Exercise 10:00 Computer Class-Beg 12:00 Baked Pork Chop w/ Gravy 12:45 Meeting & Presentation 1:00 CC: Computer Security 1:00 Bingo 3:00 Clogging-Beginning 3:30 Clogging-Beginning Plus 6:00 Euchre</p>	<p>28</p> <p>9:00 Line Dancing-Beg 10:00 Line Dancing-Adv 10:00 Pool 10:30 Blood Pressure Clinic 12:00 Chicken Gumbo w/ Sausage and Vegetables 12:30 Bridge 1:00 Euchre 4:00 Line Dancing 7:00 Bunco@KDV</p>	<p>29</p> <p>10:00 Armchair Exercise 10:00 Computer Class-Beg 10:00 Pool 12:00 Macaroni and Cheese 12:30 Shuffleboard 1:00 CC: Q&A 1:00 Bid Euchre 6:00 Evening Dance</p>

Housing Opportunities

Kearsley Daly Villa

Kearsley Daly Villa 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 Chad or our leasing specialist 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 has 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 additional leasing opportunity, information about Eastside Village is available through Chad or 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, house-keeping services, and laundry services. This property features a movie-theatre, fitness center, card and game gallery, chapel, beauty salon, library, and much, much more. Call Cheri @733-8900.

Eastside Launches Fundraiser!

We are pleased to announce the Scrip Card Program is now available at the center. Eastside is selling \$10.00 Scrip Cards for the Bob Evans Restaurant.

The process is simple:

- *Purchase a Bob Evans Card for \$10.00 at the senior center office.
- *Take your card to Bob Evans and redeem \$10.00 towards the price of your meal.

OR

You can purchase the card for someone else as a gift card. Each time you purchase a card, the center receives 8% of the \$10.00.

As always, we thank you in advance for your continued support of the program.

Newsletter Forms Available

If you would like to receive the monthly newsletter, please stop in the office and we will add you to our mailing list.

Lunch Menu

The GCCARD lunch menu is available at the reception desk.

Inclement Weather

The policy of the Eastside Senior Citizens Association is to close for inclement weather conditions when Kearsley Community Schools close. This information is available on Channels 12 & 25 as well. If you are uncertain, please call the center and we will try and have a recorded message available to you.

(Should you have a scheduled appointment for MMAP, Mi-CAFE or Income Tax, we will contact you and reschedule on our next open business day.) Remember, closing the center is for your safety!

More Nutrition...

Daily Congregate Hot Meal Program

The Genesee County Community Action Resource Department (GCCARD) - Senior Nutrition Program provides hot meals to senior citizens age 60 and older and their spouses (of any age) at the center, Monday through Friday. Lunch is served at noon daily. Please contact the center at 250-5000, the day before by 1:00 if you plan to join us for lunch. The suggested donation is \$2.00 for seniors 60 and over. Please check the calendar for the entrée. There is no reason to eat alone - come and spend time with friends while enjoying lunch!

Home Delivered Meals

A hot meal and cold snack are delivered five days a week to persons who meet the following eligibility requirements.

- 60 years of age or older or the spouse of someone 60 years or older.
- Unable to cook and have no one to prepare meals.
- Homebound - confined to their home or unable to leave their home under normal circumstances.

This program is available on a temporary or ongoing basis. Donations are accepted to help contribute to the financial needs of the service.

Transportation Services

Catch a Ride with Caring Hands

MTA now offers Door-through-Door services for seniors. This program is for Seniors Age 60 and older. Under this program, qualified care attendants with specialized training now Provides Door-Through Door services. The

MTA, in partnership with senior centers and non-profit agencies, offers this extra level of service.

Eastside Senior Center Transportation

The senior center has transportation available for those 60 years and older with a few restrictions relative to age and geographical location. The hours of operation are Monday, Tuesday, Thursday & Friday from 8am to 4pm for door-to-door services, schedule permitting. Reservations need to be made at least one day in advance by calling 250-5000. There is a minimal charge for this service. For further information or to schedule transportation, contact the Kearsley Daly Villa office at 250-1000.

Contributions & Donations

Spartan Stores Receipt Program

Please save all of your Spartan store receipts and turn them into the office. This is an easy way to fund raise. Why not ask your friends, families and neighbors?

Memorial Contributions

All memorial contributions received have always been used to enrich the programs and activities at Eastside and are greatly appreciated. If you wish to make a memorial donation, the funeral home will provide envelopes. Eastside Senior Citizens Center is a 501c3 therefore, all donations are tax deductible. Many contributions were made in memory of Florence Fishell this past month. Thank you for your kindness!

Special Needs at Eastside

The senior center needs decaffeinated coffee. Anyone wishing to donate, please drop donations at the office. We wish to thank those who have so generously donated--**you are appreciated!**

*Eastside Senior Citizens Center
3065 North Genesee Road
Flint, MI 48506*



Eastside Senior Campus News

JANUARY 2010

2010 Senior Winter Games of Genesee County
Registration-Now thru January 15th
Opening Ceremony-February 1st @ Pierce Park
Closing Banquet-February 17th at Davison K of C
Events-February 1st thru February 17th
Register at local senior centers!

Center Closing: January 18th in observance of Martin Luther King Day