

# Eastside Senior Campus News

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

Volume 1 Issue 5

March 2010

## Eastside Senior Citizens Center

3065 N. Genesee Road

Flint, MI 48506

Phone: (810) 250-5000

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Web address: [www.eastsideseniorcenter.com](http://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](http://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!*

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## Events

### Matter of Balance

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

### The program emphasizes practical strategies to manage falls.

#### You will learn to:

- \*view falls as controllable
- \*set goals for increasing activity
- \*make changes to reduce fall risks at home
- \*exercise to increase strength and balance

#### Who Should Attend?

- \*anyone concerned about falls
- \*anyone interested in improving balance, flexibility and strength
- \*anyone who has fallen in the past
- \*anyone who has restricted activities because of falling concerns

#### Class Date and Time

Wednesdays & Fridays  
April 7th, 9th, 14th, 16th, 21st, 23rd, 28th,  
and 30th. From 9:30 a.m. to 11:30 a.m.

#### For More Information

Please Call Eastside Senior Center at 810-250-5000. A workbook will be provided.

*This is a free Program sponsored by the Valley Area Agency on Aging.*

### Eastside is a 2010 United States Census Be Counted Site

The Center will be a Census Assistance Center every Thursday from March 18th thru April 15th from 10am to 2pm. Please be sure to participate!

#### Income Tax

You still have time to call for an income tax appointment. Appointments every Tuesday until April 6, 2010. 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 homestead 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

#### Volunteer Appreciation

*Special thanks once again to thank our income tax preparers, Bob Burns, Joan Woolley, Faye Rogers, Pat Molter, Bob Myers, Ed Ross, and Annamae.*

## ***What is MMAP?***

### **A Local MMAP Counselor can help you:**

- \*Understand doctor bills, hospital bills and Medicare Summary Notices
- \*Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals
- \*Identify resources for prescription drug assistance and help you join a Medicare Prescription Drug Coverage plan (Part D) or enroll in a Medicare Savings Program
- \*Review your Medicare supplemental insurance needs, compare policies, and pursue claims and refunds
- \*Understand health care options under managed care and Medicare Advantage plans
- \*Explore long term care financing options, including long term care insurance
- \*Identify and report scams, identify theft, and Medicare or Medicaid fraud and abuse.

### **New Medicare Beneficiaries**

MMAP counselors can assist New Medicare beneficiaries in determining which Medicare options are best for them. There are different levels of coverage that can be purchased to cover the 20% gap that remains after Medicare pays its portion. There is a “window” of opportunity to enroll in these plans and some of the plans are optional.

### **Medicare Prescription Program**

There are different State and/or Federally funded programs to help Medicare Beneficiaries with the costs of Medicare Part D. The State programs administered through Department of Human Services and the Federal programs rely on low income and low assets to determine eligibility. Your MMAP counselor can evaluate your situation and resources, then assist you with applications to the program.

*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.

# March 2010

## Monday Tuesday Wednesday Thursday Friday

1

9:00 Line Dancing-Beg  
 10:00 Line Dancing-Adv  
**10:00 MiCAFE**  
 10:00 Pool  
 12:00 Meatloaf w/ Gravy  
 12:45 Bowling  
 1:00 Shuffleboard

2

9:00-3:00pm Income Tax  
 9:30 Advanced Paint Class  
**10:00 MMAP Counseling**  
 10:00 Armchair Exercise  
 10:00 Pool  
 12:00 Chicken & Dumplings  
 1:00 Bingo  
**1:00 Cribbage**  
 5:00 Wii Bowling  
 5:30 Advanced Paint Class

3

9:30 Pinochle  
**10:00 Dr McClane**  
 10:00 Armchair Exercise  
 12:00 Goulash w/ Ground Beef  
 12:45 Meeting & Presentation  
 1:00 CC: Ebay—Buy I  
 1:00 Bingo/Safety  
 3:00 Council Meeting  
 3:00 Clogging-Beginning  
 3:30 Clogging-Beginning Plus  
 6:00 Euchre

4

9:00 Line Dancing  
 10:00 Line Dancing Adv  
 10:00 Pool  
 10:30 Blood Pressure Clinic  
 12:00 Swiss Chicken  
 12:30 Bridge  
 1:00 Euchre  
 4:00 Line Dancing

5

10:00 Armchair Exercise  
 10:00 Pool  
 12:00 Steffed Green Peppers  
 12:30 Shuffleboard  
 1:00 CC: Ebay—Buy II  
 1:00 Bid Euchre  
 6:00 Evening Dance

8

9:00 Line Dancing-Beg  
 10:00 Line Dancing-Adv  
**10:00 MiCAFE**  
 10:00 Pool  
 12:00 Baked Turkey Ham  
 12:45 Bowling  
 1:00 Shuffleboard

9

9:00-3:00pm Income Tax  
 9:30 Advanced Paint Class  
**10:00 MMAP Counseling**  
 10:00 Armchair Exercise  
 10:00 Pool  
 12:00 Chili w/ Ground Beef  
**1:00 Landscape Painting**  
 1:00 Bingo  
 5:00 Wii Bowling  
 5:30 Advanced Paint Class

10

9:30 Pinochle  
 10:00 Armchair Exercise  
 12:00 Salisbury Steak w/  
 Mushroom  
 12:45 Meeting & Presentation  
 1:00 CC: Ebay—Buy I  
 1:00 Bingo/Nutrition  
 3:00 Council Meeting  
 3:00 Clogging-Beginning  
 3:30 Clogging-Beginning Plus  
 6:00 Euchre

11

9:00 Line D,Sudoku  
 10:00 Line L...ug ,adv  
 10:00 PoolID10:30 Blood  
 Pressure Clinic  
 12:00 Liver and Onion w/  
 Gravy  
 12:30 Bridge  
 1:00 Euchre  
 4:00 Line Dancing  
 7:00 Bunco

12

10:00 Armchair Exercise  
 10:00 Pool  
 12:00 Pizza and Salad-\$5.00  
 12:30 Shuffleboard  
 1:00 CC: Ebay—Buy II  
 1:00 Bid Euchre  
 6:00 Evening Dance  
**\*Sign-up and pay for Pizza  
 by March 5th**

<p><b>15</b></p> <p>9:00 Line Dancing-Beg          10:00 Line Dancing-Adv          10:00 Pool  <b>10:00 MiCAFE</b>          12:00 Oven Fried Chicken          12:45 Bowling          1:00 Commodities          1:30 Shuffleboard          1:30 Dominoes          5:30 Paint Class</p>	<p><b>16</b></p> <p>9:00-3:00pm Income Tax          9:30 Advanced Paint Class          10:00 Armchair Exercise          10:00 Pool  <b>10:00 MIMAP Counseling</b>          12:00 BBQ Pork Sandwich          1:00 Bingo  <b>1:00 Cribbage</b>          5:00 Wii Bowling          5:30 Advanced Paint Class</p>	<p><b>17</b></p> <p>9:30 Pinochle          10:00 Armchair Exercise  <b>12:00 Beef Stroganoff</b>          12:45 Meeting &amp; Presentation          1:00 CC: Paypal          1:00 Bingo/Heart Healthy          3:00 Clogging-Beginning          3:30 Clogging Beginning Plus          6:00 Euchre</p>	<p><b>18</b></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  <b>12:00 Bean Soup w/ Ham</b>          12:30 Bridge          1:00 Euchre          4:00 Line Dancing</p>	<p><b>19</b></p> <p>10:00 Armchair Exercise          10:00 Pool  <b>12:00 Macaroni &amp; Cheese</b>          12:30 Shuffleboard          1:00 CC: Ebay—Buy II          1:00 Bid Euchre          6:00 Evening Dance</p>
<p><b>22</b></p> <p>9:00 Line Dancing-Beg          10:00 Line Dancing-Adv  <b>10:00 MiCAFE</b>          10:00 Pool          12:00 Honey BBQ Chicken Breast          12:45 Bowling          1:00 Shuffleboard</p>	<p><b>23</b></p> <p>9:00-3:00pm Income Tax          9:30 Advanced Paint Class          10:00 Armchair Exercise          10:00 Pool  <b>10:00 MIMAP Counseling</b>          12:00 Beef Barley Soup          1:00 Bingo          5:00 Wii Bowling          5:30 Advanced Paint Class</p>	<p><b>24</b></p> <p>9:30 Pinochle          10:00 Armchair Exercise  <b>12:00 Baked Pork Loin (GCCARD Easter Lunch)</b>          12:45 Meeting &amp; Presentation          1:00 CC: Ebay—Sell          1:00 Bingo/Blood Pressure          3:00 Clogging-Beginning          3:30 Clogging-Beginning Plus          6:00 Euchre</p>	<p><b>25</b></p> <p>9:00 Line Dancing-Beg          10:00 Line Dancing-Adv          10:00 Pool          10:30 Blood Pressure Clinic  <b>12:00 Luncheon Steak w/ Mushroom</b>          12:30 Bridge          1:00 Euchre          4:00 Line Dancing          7:00pm Bunco</p>	<p><b>26</b></p> <p>10:00 Armchair Exercise          10:00 Pool  <b>12:00 Baked Fish</b>          12:30 Shuffleboard          1:00 CC: Online shopping          1:00 Bid Euchre          6:00 Evening Dance</p>
<p><b>29</b></p> <p>9:00 Line Dancing-Beg          10:00 Line Dancing-Adv  <b>10:00 MiCAFE</b>          10:00 Pool          11:00 Board Meeting  <b>12:00 Roasted Chicken</b>          12:45 Bowling          1:00 Shuffleboard</p>	<p><b>30</b></p> <p>9:00-3:00pm Income Tax          9:30 Advanced Paint Class          10:00 Armchair Exercise          10:00 Pool  <b>10:00 MIMAP Counseling</b>  <b>12:00 Beef Stew</b>          1:00 Bingo          5:00 Wii Bowling          5:30 Advanced Paint Class</p>	<p><b>31</b></p> <p>9:30 Pinochle          10:00 Armchair Exercise  <b>12:00 Chicken Lasagna</b>          12:45 Meeting &amp; Presentation          1:00 CC: Pictures          1:00 Bingo          3:00 Clogging-Beginning          3:30 Clogging-Beginning Plus          6:00 Euchre</p>	<p><b>Sundays</b>  <b>1:00 Double Deck Pinochle</b></p>	<p><b>GCCARD Easter Lunch</b>  <b>Wednesday March 24th</b>  <b>Sign up by March 10th</b></p> <p><b>Sing A-long with Don and Friends on Saturday-March 6th at 6pm. Everyone Welcome!</b></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's 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.

***Special Needs at Eastside***

The senior center needs decaf coffee and paper towels. 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*

PRESORTED  
STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 694  
FLINT, MI

# **Eastside Senior Campus News**

## **March 2010**

### **Income Tax**

*Tuesdays - 9am to 4pm (by appointment only)*

### **GCCARD Easter Lunch**

*March 24th—sign-up by March 10th*

### **Pizza and Salad Lunch**

*March 12th—sign-up by March 5th*

### **Sing-A-Long with Don and Friends**

*Saturday March 6th from 6pm –8pm*

*Everyone Welcome*

### **Census Assistance Center**

*Every Thursday from 10am to 2pm starting March 18th*