



Senior News

February 2021

The Senior Center will be available for in-person meetings only through scheduled appointments. We will continue to be in close communication with the Washtenaw County Health Department, which is working closely with state and federal health officials, in order to appropriately monitor and address the township's response as it relates to our reopening. Please call the office to schedule an appointment.

Washtenaw County COVID-19 Vaccine Information

Vaccine supplies are currently limited. Individuals are encouraged to check with their primary physician first for vaccine availability.

MDHHS: COVID-19 Vaccine updates will be posted as they become available in each county:
<https://www.michigan.gov/coronavirus>

Health Department: Now scheduling appointments for individuals age 65 or older. Visit <https://www.washtenaw.org/3269/COVID-19-Vaccination> to schedule an appointment. If an individual can not complete this link, please call 734-544-6700.

Meijer Pharmacy: To register to reserve a vaccine: fill out the form Meijer | Vaccine, text COVID to 75049, or call your local Meijer Pharmacy. When vaccines become available, individuals will be notified by phone or via text with an invite link showing available clinic dates and times.

St. Joseph Mercy Ann Arbor: If you are a patient with Saint Joseph Mercy Health, wait for our doctor to contact you. They will contact you when they have a vaccine appointment available.
COVID-19 Vaccine | Saint Joseph Mercy Health System (stjoeshealth.org)

Michigan Medicine: Will begin vaccinating Michigan Medicine patients age 65 and older beginning January 11. Must be under the care of a Michigan Medicine provider or had a visit within the last 2 years. Invitations to schedule an appointment will be sent out through MyUofMHealth - Login Page
COVID-19 Vaccine Information and Update | Michigan Medicine (uofmhealth.org)

IHA: Will notify patients once they have the vaccine. What you need to know about the COVID-19 vaccine at IHA (ihacares.com)

Vaccine supplies are limited everywhere right now.
Please be patient when waiting for an appointment.
It may be weeks away, depending on supplies

COVID-19 Coverage: Get the latest stories from the Michigan Health and the Michigan Health Lab on the coronavirus outbreak.

Pittsfield Twp. Community Center/Senior Center
701 W. Ellsworth Rd., Ann Arbor, MI 48108
734-822-2117 * www.pittsfield-mi.gov/senior

COOK WITH US - FIVE STAR MAC AND CHEESE

Have you ever wanted to be a chef?

Now is your chance StoryPoint will handle the shopping for you. We will provide all of the gourmet ingredients measured out to the right portion size for a meal for two. Included in our meal prep package will be the recipe card for future meal making, and a link to the cooking demo so you are able to go at your own pace.

Pick up your meal package at the Senior Center. This is a drive-thru, let us do the heaving lifting for you. Cost for this event is \$10. Please register at <https://recreation.pittsfield-mi.gov/> or call the office, 734-822-2117 by February 5.

Meals are limited so please reserve your spot today!

February 12, pick up your meal prep package from 2:00-3:00pm at the center.

Register by February 5 to let us know you're coming!

Pittsfield Puzzle of the Month

January; Word Search winner is Bonny Webber

February; Healthy Heart Bingo

FEBRUARY HEART HEALTHY BINGO

The Healthy Heart Bingo game card is attached to this email This game is a fun way to encourage ourselves in a healthier lifestyle.

The Rules of the Game

Once you've completed the daily activity, put a large 'X' on the circle with the activity you have completed. Complete activities in a connected line to get a heart bingo; down, diagonally, or across. When you get a bingo take a picture of your card and email to seniors@pittsfield-mi.org to be entered into the raffle one time. You get one entry for prizes for each BINGO you get and email to us before March 1. If you complete all the circles for a coverall, you will get 5 entries for prizes.

Wellness is important for everyone! Consider the prizes an added bonus! A random drawing will be held to select the winners from the eligible entries received by March 1.

SENIOR CAFÉ

In partnership with Washtenaw County Office of Community and Economic Development, we are offering brown bag fresh meals and frozen meals for pick-up on Mondays from 11:30am-12:30pm. When you come to pick up your meals please wear a mask and keep a safe distance from others. If you would like, you can call when you have arrived, and we can bring the food to your car. Participant must be over 60 years old, fill out a one time form and sign up a week in advance so a meal can be pre-ordered. There is a suggested donation of \$3 for each meal. Please call the center at 734-822-2117 for additional details and to reserve meals.

EDUCATIONAL OPPORTUNITIES

EDWARD JONES WEBINAR

Wednesday, February 10 at 2:30pm EST

Jerry Mangona would like to invite you to an Edward Jones webinar.

Like a jigsaw puzzle, economic conditions, corporate performance, the international backdrop and your investment decisions fit together to form a larger picture. But it can be hard to see a pattern among the various pieces of our investment outlook.

We'll look at these key questions facing investors today:

- When will the economy recover from the downturn caused by COVID-19?
- Will interest rates go lower or even negative?
- How will the economic downturn affect the equity market?
- Will global markets keep underperforming?
- What impact will politics have on the markets?
- What are the risks to our outlook?
- What common mistakes can I avoid?
- How can I put all the pieces together?



To register: https://edwardjones.zoom.us/webinar/register/WN_2Y78LdLOSi684zUR0fgllQ

After registering, you will receive an email containing information about joining the webinar.

We hope you can join us. You are welcome to share the registration link with others.

AVOIDING SCAMS: YOU CAN DO IT presented by Justine Bykowski, MA
MI Attorney General Consumer Protection

February 23 @ 1:30pm

<https://us02web.zoom.us/j/89544630440> Meeting ID: 895 4463 0440

Some common scams that involve identity theft and phone scams will be discussed. We will also talk about your power to influence others in avoiding scams.

Topics include:

- Low Tech and High-Tech Scams
- Steps to Avoid Scams
- Reporting Scams
- Recovering from a Scam
- Resources for Continued Learning

There will be time for discussion and a Q and A.

Justine Bykowski, MA, retired from Michigan Medicine with a specialty in adult education and gerontology. Her extensive experience in long-term care, senior housing and pre-retirement education has resulted in publications and the development of teaching materials for both the public and professionals.

LET'S MEET ON ZOOM

BINGO

Thursdays, 1:00pm

<https://us02web.zoom.us/j/87580114225?pwd=dmo4ZGY1SEwxVnYzdENpdncyUEtiUT09>

Meeting ID: 875 8011 4225 Password: 666880

Let's play bingo. Heartland donates prizes.

To create a BINGO card before joining go to <https://bingobaker.com/play/1228516>

Sponsored Heartland Health Care

BOOK CLUB

1st Wednesday of each month, 1:00pm

<https://us02web.zoom.us/j/87025504986>

Love to read? Join us on zoom to discuss the book of the month.

Call the office for book selection for the month.



CREATIVE WRITERS

Mondays, 10:00 am

<https://us02web.zoom.us/j/84861940000> Meeting ID: 848 6194 0000

With extra time at home maybe you want to focus on writing a short paper. Pick a topic of interest and come share your work while hearing other creative writings. Release your creativity!

HELP WITH TECHNOLOGY

There is FREE technology assistance, Daniel Cohen, University of Michigan sophomore, is offering to help people (free of charge) who are having trouble using technology (i.e: personal iPhones, MacBooks, iPads). He is available to FaceTime, Zoom or meet in person (physically distanced with a mask). Don't have iPhone? He can help with other technology devices as well!

Contact at 516.660.7663 or dcohen@umich.edu.

AARP DRIVER SAFETY - Ride@50+

Get where you need to go easily!

The AARP Ride@50+ Program, powered by Feonix—Mobility Rising, is a one-stop shop for your essential transportation needs. It can help you find and book transportation providers that will take you on your essential trips, like medical appointments and grocery stores—all without driving!

Book rides for yourself or someone you care for.

AARP membership not required.

aarp.org/ridewashtenaw

1-844-9004892

Download the Feonix App today!

EXERCISE ON ZOOM

AFS SENIOR STRONG

Fridays 12:00pm

<https://us02web.zoom.us/j/86769038794?pwd=WURjQ0FrUzBpcCtxTjVENmp6SWsxQT09>

Meeting ID: 867 6903 8794 Passcode: 241890

Join Katelyn, fitness practitioner BS CFP, with Applied Fitness Solutions every Friday. She has designed a workout with the specific functional needs of seniors in mind. Her goal is to help you assess your ability and modify exercises accordingly, essentially being there to coach you and help you stay on track! She will bring together the invigorating experience of a group exercise class with structure and support, like having your own personal trainer.

WCC SENIOR FOCUS WEBINAR CLASSES

Washtenaw Community College Senior Focus Classes will be virtual using Zoom. To register or for more information, please visit wccnet.edu/start-now/enrich-your-life/seniors

ZOOM GROUPS TO JOIN

Area Agency on Aging 1-B

AAA 1-B has several programs for you to participate in and helpful information.

[Area Agency on Aging 1-B | Senior Support Resources | AAA 1-B](#)

GETSETUP

<https://www.getsetup.io/partner/michigan>

The Michigan Department of Health and Human Services has partnered with GetSetUp to provide FREE live virtual classes. All of our classes are taught live by adults who are retired educators and professionals. This means they are taught by people who understand them best - other older adults. Visit the following landing page to book FREE classes:

ALL SEASONS

<https://seasonedtimes.com/>

Seasoned Times is a vibrant and enthusiastic site that offers online games, printable puzzles, coloring projects, fun gifts, nostalgia, favorite quotes and more! FREE.

COVID NETWORKS

covidnetworks.org.

At COVID Networks, our mission is to connect young individuals with seniors, easing the loneliness that many individuals feel whilst under quarantine. If you are interested in our service, we will be happy to hold a zoom call session with interested seniors going over how our site and the whole process works.

MICHIGAN MEDICINE MICHIGAN HEALTH AND MICHIGAN HEALTH LAB BLOGS

This is a pivotal moment in the pandemic. The first COVID-19 vaccines have arrived, and older adults have top priority to get them.

Top tips to follow through this winter:

1. Get the vaccine as soon as you can.

It's safe and will help keep you from getting a bad case of COVID-19 if you do get exposed. Look for updates on how and when to schedule your appointment from your state, county or city health department, and/or the health system, doctor's office or pharmacy where you get your care and medications. In most cases, you'll need to make an appointment. If your doctor's office or hospital has a "patient portal" system, set up an account on it now so you'll get notified through it. Also, make sure you're scheduling the appointment through an official source – don't be taken in by scam sites that have fooled some older adults.

2. Once you're vaccinated, don't act as if you have superpowers.

First of all, it takes up to two weeks for the first dose to teach your immune system about the coronavirus. And it takes two doses of the vaccine, several weeks apart, to get full protection. You can still get seriously ill with COVID-19 in those first weeks if you were exposed to coronavirus just before or just after getting vaccinated. Even after your second dose, you can still get infected, though you probably won't get nearly as sick as you would have. You may still be able to infect others, though researchers are working to see how likely this really is. That makes this next step important too.

3. Whether you've gotten the vaccine yet or not, keep wearing masks, avoiding gatherings and non-essential trips, and relying on takeout, curbside and delivery services.

The virus is still widespread across most of the United States, so even as more people get vaccinated and their vaccine takes effect, it could take months for the spread to slow. It's still important to do all the things we've been doing (or should have been doing) since spring to reduce the chance of getting or spreading the virus.

4. Get outside – and make a plan to meet a friend outside, with masks on and staying apart, if you're feeling well.

The weather may be cold in many areas of the country, but if you dress appropriately (including footwear with appropriate grip) you should be able to walk, hike, explore a park, have a chat or do other activities.

5. Don't put off regular medical and dental appointments, or delay emergency care.

Health professionals have learned how to protect themselves, and you, from spreading or catching

6. Move every day.

Even if you can't go outside, or don't want to brave a cold, snowy or rainy day, just walking around, climbing stairs, stretching, or tuning in to an exercise class online or on television can help you keep your mood up and your muscles working.

7. Connect.

Even if you're not comfortable getting together with people outside, or going into stores for essential trips, you should make a special effort to connect with others virtually during the winter months

9. Help others.

The pandemic, and its economic effects, have hit some people much harder than others.

If you have the ability to give time, money or expertise to a cause or organization you believe in, or to help neighbors with simple tasks such as snow shoveling, pet walking or outdoor chores, this is a good time to do so.





Pittsfield Twp. Park & Recreation

FEBRUARY HEART HEALTHY BINGO

Mark X on each activity you complete for a day.
When you have five Xs in a row, you have Heart Bingo!
Take a picture of your card, email to
seniors@pittsfield-mi.org to be entered in the drawing

H

Put down
the
salt shaker

5000
steps

Get up and
move every
hour

Drink 48oz
Water

Avoid
snacking
after dinner

E

Meatless
Monday

List 3 things
you are
grateful for

Take a
20 minute
walk

Call a
friend

Use olive oil
to cook

A

Exercise at
least for 30
minutes

Eat one piece
of chocolate

Free
Space
you pick a
healthy
activity

Eat a fruit
with your
breakfast

Track your
foods

R

Eat fruit
for
dessert

Sub honey
for
sweetener

Eat a
low-sodium
snack

Add a
slice of fruit
to water

Skip the
sweets

T

Meditate
for
15 minutes

Try a new
vegetable/
fruit

Eat a
Low-sodium
snack

No sugary
beverages
(juice, soda)

Use
measuring
cups to check
portions

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF CHEMISTRY

LABORATORY OF ORGANIC CHEMISTRY

CHICAGO, ILLINOIS

1954

