



willamston area Senior Center



“Add zest to your life . . . And pass the joy to others!”



June--July 2018

Activities & Events Guide

Summer is Coming!?

The grass is turning green, flowers are in bloom, the days are getting longer, and the temperature is warming (at least most days). All signs that summer is fast approaching. Summer provides opportunity for spending more time outdoors, enjoying activities with family and friends. It is also a great time to check out what is happening at the Williamston Area Senior Center. The WASC is open Tuesdays—Thursdays with a nutritious lunch and program geared for today's active seniors. In addition, several programs are planned each month to help seniors enjoy a more active lifestyle. Drop in and get acquainted. You will find a great group of seniors who will make you feel welcome and help you *add zest to your life as you pass the joy to others*. If you would like additional information regarding the WASC or any of its activities, please stop by the center or call JohnRoy Castillo, the director at (519) 655-5173.



Weekly Activities

The WASC offers the following activities each week:

- The WASC is open from 9:00 am — 2:00 pm each Tuesday, Wednesday, and Thursday.
- Lunch is provided by the Tri County Office on Aging and is served at 12:00 noon. The cost for lunch is \$3.00 for seniors. Reservations for lunch are recommended and can be made by calling the WASC at 517.655.5173.
- Many different programs and activities are planned in conjunction with the lunch program.
- Several seniors play Euchre on Wednesdays from 9:00 am — 11:30 am.
- A needle craft group meets each Wednesday from 1:00 — 3:00 pm.

Other activities are provided each month. Information regarding these activities is available in the calendar included in this newsletter and online.

WASC is online

Please check out WASC activities online at:



Web: www.williamstonseniorcenter.com

Facebook: *Williamston Area Senior Center*

WASC Mission

The WASC exists to bring together seniors in Ingham county and specifically from the greater Williamston area to enrich their quality of life and enhance their worth as individuals.

This mission is reflected in the motto:

Add zest to life and pass the joy to others.

WASC Purpose

The WASC provides educational, enrichment, health awareness and social programs while serving as a resource for individuals needing assistance with medical and social service networks. The center collaborates with other community agencies, local government and trained professionals to meet the needs of the senior population. The center also seeks to inform the community of the philosophy of the center and solicit financial support for its programs.

WASC Location

The WASC meets on the third floor of the Commons, 201 School Street in Williamston, Michigan. *Handicap access and elevators are available.*

From the Director's Corner . . .



Last year the Williamston Area Senior Center celebrated its 25th Anniversary, providing services to our local senior citizens.

WASC exists solely on donations. We are not fortunate like our local sister senior centers - the East Lansing Prime Time Senior Center, the Meridian Senior Center in Okemos, the Bath Township Senior Center, or the Holt Senior Center who receive a local operating millage. Our existence is dependent solely on donations from local municipalities, private individuals, businesses, organizations, memorials and honorariums.

Because of limited funding, we are only open from 9:00 am to 2:00 pm on Tuesdays, Wednesday and Thursday. Last year we provided over 5,000 hot meals to local seniors in addition to workshops and educational programs. In addition, through a grant from Meijer's and the Community Foundation, free coffee is provided for seniors and we purchased five computers for seniors to use when visiting the center. Most seniors were not raised with computers, notepads or iPhone. The WASC provided over 20 classes on computer 101 and an introductory instruction for using smart phones.

In an effort to increase participation by the local community last year, the WASC provided movies and free popcorn for grandparents to enjoy an afternoon of entertainment with their children or grandchildren. Once a month, we have a sing along with a local artist, and a potluck and a game night for the benefit of seniors. These activities are in addition to a number of senior field trips.

In spite of the many ways in which the WASC benefits the community, it still finds itself slowly losing ground, financially. We are seeking assistance, input,

and recommendations for help in resolving this financial insecurity and helping to provide for a more stable financial base for ongoing programs.

We feel the Senior Center is an integral part of the community and we feel you believe that way as well. The WASC is a non-profit charitable 501 (c) (3) organization. Any donation to the center is tax deductible. This coming year, as you contemplate and consider supporting charitable organizations, we would appreciate it if you would also consider the Williamston Area Senior Center. Another way you can support the center is through a legacy bequest when you prepare your estate planning. Thanks in advance for considering ways in which you can become an integral part in making the WASC a stable and vibrant organization serving the needs of seniors in our community for many years to come.

John Roy Castillo, director

Romance?

Jim and Sally were lying in bed one night. As he was falling asleep, she attempted to light some romantic sparks. "You used to hold my hand when we were courting."

Wearily Jim reached across, held her hand for a second, and rolled over.

A few moments later Sally said, "You also used to give me a gentle kiss."

Mildly irritated, he leaned across, gave her a peck on the cheek and settled back under the covers.

Sally persisted, "You used to nibble my ears."

Frustrated, Jim threw back the covers with a loud, "humph" and got out of bed.

"Where are you going?" she asked.

"To the bathroom to get my teeth."

(adapted from <http://www.swapmeetdave.com/Humor/Seniors.htm>)



WASC Board of Directors

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Tina Maurer (2018)
Phone: 517.655.6313
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Beverly Zetterholm (2017)
Phone: 517.655.3964

WASC Wish List

The WASC does not receive any millage funding to meet its operational budget. It depends solely upon the donations of individuals, organizations, businesses, and government bodies to provide the funds for its programs and activities. One of the ways in which you can help the WASC is through providing a donation in kind. Here is a list of some of the things that the WASC currently needs and uses on a regular basis.

- Bunn coffee filters
- Tall Kitchen trash bags
- Facial tissue
- Germ X hand sanitizer
- Dawn dish soap
- Paper placemats
- 8.5 X 11 20# copier paper
- No. 10 white envelopes
- Printer cartridges (HP 410A both black and colors)
- 8 oz coffee cups
- 12 oz drink cups
- Quart & Gallon Storage bags
- Wax paper
- Paper towels
- First class stamps
- Card table
- New faces (bring a friend)

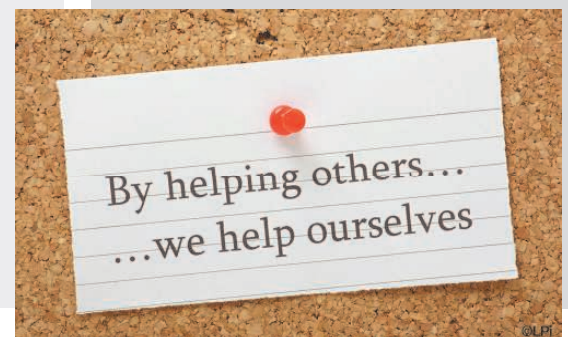
Please contact the WASC if you can help.

Volunteers are what keeps the WASC going

Thanks to the faithful volunteers who not only serve as officers and board members for the WASC, but also serve in many different ways in setting up and serving meals, cleaning up, delivering bread, volunteering for activities and fundraisers and the list could go on.

With the Red Cedar Jubilee coming up in June the WASC is looking for volunteers to sell ice cream and frozen treats during the Demolition Derby and the Parades. In addition we are looking for volunteers to help with the booth in the Farmers Market during the summer months. If you would like to help out with these projects, please call the WASC or sign up at the center. We would love to have you join our group of faithful volunteers.

Volunteers are the heart of what makes the WASC a great organization for seniors in our community. Come and join the fun!



Meet Your Board Members

Ron Harris

Ron has lived in Williamston since 1989. He and his wife Dawn have been married for 31 years. They have 4 children: Stacey, Todd (Amber), Alexandria, and Tara, along with 5 grandchildren: Aubrey, Ava, Kaleb, Kason and Alexa. Ron and Dawn's children and daughter-in-law are all Williamston graduates.



Ron grew up in Swartz Creek. He is a graduate of Michigan State University with a BS in Psychology and Eastern Michigan University with a Master's degree in Guidance and Counseling. He worked 41 years for the State of Michigan (7 years at Clinton Valley Center in Pontiac working with emotionally impaired adolescents and 34 years as a Disability Examiner on Social Security claims). He retired in November, 2014.

He is a diehard SPARTAN and a basketball season ticket holder for 41 years (GO GREEN). He also roots for the Williamston Hornets and attends most of the Basketball games as well as some of the other high school sporting events (GO HORNETS).

Since retirement, Ron challenged himself to get more physically fit by walking at least an hour a day at the WHS tracks. He completed 1,201 days (over 3 years) of walking at least an hour a day when an injury sidelined him for about two weeks. He also volunteers with the Williamston Food Bank and films the Williamston High School varsity football games.

Ron became involved with the Williamston Senior Center after his father-in-law Joe Spano moved to Williamston. He and his wife were very impressed at how welcoming the Senior Center was when his father-in-law started attending center lunches and events. His father-in-law very quickly made friends and became part of the group. Ron states, "The center is a wonderful asset to our seniors and our community!"

The WASC is delighted to welcome Ron as the newly elected president of the Board of Directors. We look forward to his leadership in the coming year.

Beverly

Joblonowski

Beverly was born and raised in New Kensington, Pennsylvania. "New Ken" as the locals call it is about 20 miles north of Pittsburgh. She lived in



western PA until 3 years ago when she moved to be with her daughter. Beverly notes, "It gets lonely when you move so far away from where you grew up, raised a family and worked for 60 plus years." She read about the WASC having craft classes. Wanting to meet local people she went to the classes and ended up joining the WASC. When asked if she would like to volunteer in the kitchen she readily agreed. Later, she became a member of the board of directors. Beverly also manages the WASC's Facebook page as well as providing pictures for the newsletter. "I have met and become friends with so many wonderful people" she states since becoming a part of the WASC.

Beverly has two wonderful daughters. Sherry with whom she lives in Webberville and Michelle lives in western PA with her husband Dave and her grandson John (14). Beverly is a licensed hairdresser and worked in a hair salon until she had children. When both children were in school she worked in her local elementary school as a paraprofessional, mostly with autistic children. After that she worked for the University of Pittsburgh in their library resource center until she retired.

Beverly is an active person. She is an ordained Deacon of the Presbyterian church where she served as the wedding coordinator, sang in the church choir, and taught Sunday school classes. She has also participated in mission trips with her church group to Mexico and West Virginia. Beverly volunteered in teaching an adult literacy class, at the local food bank, and as a girl scout leader. She and her family were also Civil War reenactors for many years. She loves reading, gardening, traveling and spending time with her family.

The WASC is privileged to have Beverly as a member of the Board of Directors and an active volunteer.

From Outgoing President Susan Cockerill



I have enjoyed the opportunity to serve as President of the WASC Board of Director's since August of 2015. As with every responsibility, there are good days and challenging days. The positives by far overshadowed the difficult decisions. The best part by far, has been the wonderful relationships made with so many terrific people. With each life experience one learns a lot, some call that getting wiser. It is time for someone new to take over leading the Board in making WASC the best it can be. I am by no means leaving and never coming back. I will continue making time for WASC. I need to be around people and you all are the people I choose to spend time with.

As president I learned what a senior center is. For example (statistics taken from the National Council on Aging) approximately 70% of senior center participants are woman, half of them live alone. Also compared with their peers, senior center participants have higher levels of health, social interaction, life satisfaction, and lower levels of income. The average age of participants is 75. Most of these national statistics fit WASC.

By comparison WASC is small though mighty. Nationally, senior centers offer a wide variety of programs:

- *Meal and nutrition programs
- *Information and assistance
- *Health, fitness and wellness programs
- *Transportation service
- *Public benefits counseling
- *Volunteer and civic engagement opportunities
- *Social and recreational activities
- *Educational and arts programs
- *Intergenerational programs

When you read this list WASC can be very proud of what we are able to offer with our limited funding.

Again nationally most senior centers must leverage resources from a variety of sources. These include federal, state, and local governments, special events, public and private grants, businesses, bequests, personal contributions, in-kind donations, and volunteer hours. Most centers rely on 3 to 8 funding sources. WASC is a true example of several funding resources.

At this time WASC receives funding from government agencies through the Tri-County Office on Aging. Not directly of course, but through their services; such as meal preparation three days a week. Here are many other services available from the Tri-County Office:

- *Developing care plan for an individual who needs more care
- *Nursing facility transition service
- *Housing assistance
- *Care coordination
- *Caregiver support
- *Creating confident caregivers
- *Information and assistance in Medicare/Medicaid programs
- *Crisis services for the elderly
- *Senior fitness (Enhance Fitness offered at WCS fitness center)
- *Classes for learning personal action toward health
- *Meals on Wheels

WASC and the board will continue to face financial challenges in the future and to work to develop financial stability. It is the responsibility of all of us to help in any way we can to make certain WASC is here forever. Personally I will strive to contribute time and energy to reach this goal. I hope WASC can count on you to work by my side.

Thanks Susan for doing such an outstanding job as the WASC President for the past three years!

The Intern

Wednesday, June 6th, the WASC will show the movie, *The Intern*, with Ann Hathaway, Rene Russo and Robert De Niro. The movie begins at 12:30 pm and is open to all seniors.

Clowning Around Welcome

The Culpepper & Merriweather Circus advance clown will be at the WASC on Friday, June 8th from 10 am — noon. There will be a presentation and skits about the history of the circus and what life on the road is like. Free coffee, donuts, and popcorn for those in attendance. All ages welcome.

Senior Health Presentations

Thursday, June 7th, Willows of Okemos will provide free blood pressure checks.

The program on Wednesday June 20th, will feature a representative from the Capital Area Community Services speaking on Michigan Medicare.

Prescription Cost Savings will be the topic of the program on Tuesday June 26th.

Mind Games

The Williamston Library will present a program, *Mind Games for Seniors* on Wednesday, June 13th.

Other Programs

The AARP will provide the speaker for a presentation on services provided by the AARP on Wednesday, June 27th.

Senator Curtis Hertel will provide a legislative update on Thursday, June 28th as the program for that day.

Additional information regarding future programs and program changes is provided at the WASC and on the WASC Facebook page. Stop by the WASC during regular hours of operation and pick up a current calendar of activities and lunch menus.

Jubilee week (June 18th-24th)

The lunch will be provided by the Jubilee Committee on Tuesday June 19th and the Annual Alumni Luncheon for WASC members will take place on Thursday, June 21st.

The WASC is looking for volunteers to help with the ice cream and cold treats sales for the parades and the Demolition Derby. As well, if you would be interested in being a part of the Jubilee parade on behalf of WASC please speak with JohnRoy Castillo or Ron Harris.

Virginia Tashner is also selling Duck Race tickets on behalf of the Rotary Club. Sales of Duck Race tickets purchased through Virginia result in a donation to the WASC. Please contact Virginia or the WASC office for more information.



Enhance Fitness Class

Enhance Fitness is an evidence-based fitness program designed to improve endurance, flexibility, strength, and balance. The class involves aerobic exercises, strength exercises using ankle weights, and flexibility and balance exercises. Classes meet on Tuesday, Thursday and Friday from 10 am — 11 am at the Williamston High School. Cost of the class is \$2 per session if paid in advance or \$3 per session for drop ins. Registration is required. To register, please contact the Williamston Community Programming office at 517-655-7510 or stop by at 3939 Vanneter Road in Williamston. Participating in the class not only benefits seniors in helping them to attain a more active lifestyle, but a portion of the proceeds from WASC members who participate in the class are donated to WASC.

Computers are Available

A reminder that the computers at the WASC are available for seniors in the area to use during the WASC hours. In addition the internet connection has recently been upgraded to provide fast internet connections via the center's computers and wi-fi.

If you would be interested in participating in a class to increase your computer skills, please contact the WASC at 517-655-5173. If there is sufficient interest, a Computer 101 Training class will be offered during a weekday and on a Saturday in July. Please contact the WASC for more up to date information.

JUNE 2018

Activities

Monday	Tuesday	Wednesday	Thursday	Friday
#4 Pot Luck 5:00 pm	#5 Bingo	#6 Senior Movie <i>The Intern</i>	#7 Willows of Okemos provides free Blood Pressure check	#8 Circus Advance Clown
#11	#12 Birthday Bash Sing Along	#13 Book Chat Mind Games	#14 Board of Directors Meeting	#15
#18 Sing Along with Dewey 5:30 pm	#19 Jubilee Luncheon	#20 MI Medicare Jewel Snipes, CACS	#21 Alumni Luncheon	#22-23 (Fri & Sat) Ice Cream sales at Demolition Derby on Friday and after Parade on Saturday Duck Race on Sat.
#25	#26 Prescription Cost Savings Heather RN	#27 AARP Karen Kafantaris	#28 Senator Hertel	#29

WASC Open Tuesday—Thursday, 9:00 am — 2:00 pm

Lunch is available at 12:00 noon

Activities begin at 12:30 pm unless otherwise noted

Euchre on Wednesdays 9:30 — 11:30 am

Needle Point Group on Wednesdays 1:00 — 3:00 pm

WASC Potluck

Senior Center members and guests are welcome to participate in the potluck on Monday, June 4th, from 5:00 — 7:00 pm. Please bring a dish or desert to pass and a nonperishable donation to the food bank. If you forget to bring a dish to share, no problem—just bring an additional donation to the Food-bank.



Sing Along with Dewey

Enjoy the magical music of Dewey Longuski at the monthly sing along on Monday, April 16, from 5:30—6:30 pm. There is no charge for WASC members or guests.

Please call ahead for lunch reservations: (517) 655-5173 | 8

In Honor Or Memory Of . . .

Memorials

Patricia Graham

Delores Fate

Violet Lentz

General Donations

Douglas & Ingrid Risdon

Violet Lentz

Martha Crosswell

Williamston Sunrise Rotary

A huge thank you to the many donors to the WASC!

Without your generous contributions the many programs and activities the WASC provides would not be possible.

Coming in July. . .

WASC Closed on July 4th

The WASC will be closed on Wednesday, July 4th to celebrate the holiday. No lunches will be available that day. Programs will resume on Thursday, July 5th. The game night will be changed to Monday, July 9th at 5:00 pm as a result of the July 4th weekend.

Senior Mind Games

The Williamston Library will present Senior Mind Games for the program on Wednesday, July 11th.

Home Care

Forster Woods will provide a workshop on Home Care for the July 18th program.

Hearing Health

Hearing health will be the topic presented in the program on July 24th sponsored by Beltone.

60s Music

The program on July 31st will feature the music of Gemin.

Board of Directors Meeting on July 12th.

Follow the Rules

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

(<http://www.everyday-wisdom.com/senior-humor.html>)

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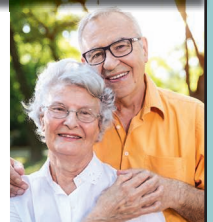
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Williamston Area Senior Center

John Roy Castillo, Director

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WASC Information:

Phone: 517.655.5173

Days: Tuesday—Thursday

Hours: 9 am—2 pm

Lunch: 12:00 noon

Please call ahead for reservations.

"Membership"

The WASC is on the outlook for new members and would like to update information of current membership. The cost of membership is \$10 per year. Please complete the information below and drop off at the WASC along with your membership payment.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell phone: _____

E-mail address: _____

Emergency contact name: _____

Emergency contact phone: _____

Would you prefer WASC information via ____ USPS or ____ E-mail

Are you a ____ New member? Or ____ Renewing member?

Birthdate (optional): _____

WASC use: Paid: _____ Received by: _____ Entered: _____