

# Portage Senior Center Newsletter

## New Lunch Program Grand Opening!

**Monday, September 19**

**Noon - 1:30 PM**

The Portage Senior Center and Senior Services, Inc. have partnered to make your lunch experience more enjoyable! Join us on Monday, September 19th for a taste of the NEW AND IMPROVED Portage Senior Center lunch program. Starting with this grand opening event, lunch patrons at the PSC will enjoy some new special items that will be offered daily in addition to the customary meal offered by Senior Services. These items will be available for purchase a la' carte, to-go, as an alternative to that day's menu, etc. New items will include fresh fruit, sandwiches, a variety of soups, and more!

Further more, between now and then; we need your help in naming the new meal site! There will be a **Naming Contest** for PSC members to come up with a fresh and up-beat name. To enter your idea, just write down your name, phone number, and proposed new name for the meal site (ex. "The PSC Food Wagon"), and turn it in to the front desk at the PSC. Staff from Senior Services will select the name that best represents this new program and the winner will be announced and presented with a Gourmet Food Basket at the grand opening event.

Finally, as a special added bonus, a cameo performance has been scheduled by the Senior Division Champion of the 2011 Celery City Showcase! Mudslide the Bluesman will make a special appearance and demonstrate to all in attendance how he won out over a field of very talented competition.

NOTE: Pre-registration is **required!** You can reserve your meal by signing up at the front desk or calling 329-4555. The recommended donation of \$3 can be paid directly to Senior Services the day of the event.

### Contents...

Mini Bus Trips .....	7
Holiday Bazaar .....	7
Car Fit .....	8
Scholarship Sponsor ..	10
Travel.....	10-12
Health .....	17-19
Volunteer Info .....	20
Classes .....	21-23

### Art Encounters of a Worldly Kind

**Saturday, August 13**

**Noon - 4 PM**

**Age Group: ALL AGES**

**No registration necessary. Free.**

- Would you like to see some diverse, colorful, creative art?
- Do you like ice cream?
- Would you like to see belly dancers or modern dancers perform?
- Do you like to listen to live music?
- Would you like to try your hand collaborating in a community art project?
- Do you like to hear stories?

If you answered yes to even one of these questions, you need to save the date: Saturday, August 13 from noon until 4 PM. That's the day the *Portage Department of Parks and Recreation* and the *Portage District Library* are presenting an afternoon jam-packed with art encounters of all kinds at Celery Flats, the Bicentennial trail, and the library.

*Art in the Park continued on page 8*



## Over \$4,000 in Funds Raised at Celery City Showcase VI

Over \$4,000 in funds were raised at the Celery City Showcase VI to support older adult programs and services at the Portage Senior Center thanks to a strong audience turn out for the Finals (Friday) show and generous support from the Family of John Terry and UnitedHealthcare Great Lakes Health Plan.

The theme for this year's finalists seems to have been "VARIETY". In looking at the nine acts that placed in the top three of their respective divisions we had a bluesman, a recorder quartet, four vocalists (including a duet), a Pipa (pee-pah) player, two dancers, and a magician!

Not only did the show feature a wonderful variety of talent, but the quality was amazing as well. Over 40 different acts featuring close to 70 individual performers participated in the preliminary rounds. Of those only half made it to the finals, which is unfortunate because they were all a joy to watch sing, dance, and play.

Below is a list of all the 2011 winners, check out the PSC Facebook page at [www.facebook.com/portageseniorcenter](http://www.facebook.com/portageseniorcenter) to enjoy dozens of photos from this year's shows.

### Senior Division

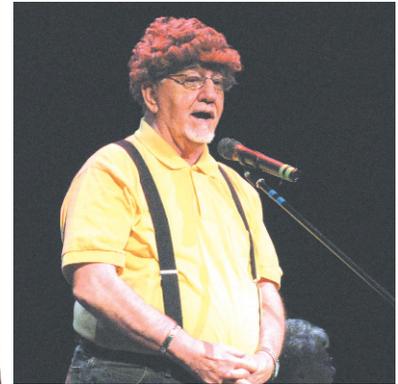
- 1st Place Mudslide the Bluesman (John Speeter)
- 2nd Place The Troubadours
- 3rd Place Gene Haulenbeek & Don Plane
- Honorable Mention Celery City Cloggers (Advanced)

### Adult Division

- 1st Place Natalie Dalm
- 2nd Place Yan Lei
- 3rd Place Zack Apman

### Youth Division

- 1st Place Hsin-Min Lee
- 2nd Place Chloe Heckamen
- 3rd Place Trino the Magician
- Honorable Mention Gabe Daudert



## Adult Day Services at Oakland Centre

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### Thank You to this Year's Celery City Showcase Sponsors:

**Principal Sponsor: The Family of John Terry**

John Terry first joined the Portage Senior Center back in the spring of 2006. He had an apartment at Hearthside and would ride his scooter back and forth to the Center come rain or shine. John was a regular participant at the Friendship Café lunch program and a member of the "Lunch Bunch" group. He had an infectious smile and a love of good companionship.

John also did his best to never miss a holiday celebration or special event program such as the annual Halloween Luncheon, Holiday Craft Bazaar, or St. Patrick's Day Party. After a while he became a regular at the Monday night Potlucks as well. It would be fair to say that in addition to his love of good company, he also had a sincere appreciation for a quality meal!

John passed away unexpectedly back in November of 2010. Everybody that knew him was impacted by the tragic nature of this loss but his legacy as a member of the Portage Senior Center and his love of the performing arts lives on through his family's generous support of the Celery City Showcase talent competition and in the memory's of all those whose lives he touched.

**Support Sponsor:**



*Celery City Showcase VI*



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Pageant

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## Everybody Say Cheese! PSC Photography Club

3rd Wednesday, 2 PM

Smile pretty the photography club has officially began! Come and join other members who love photography just as much as you do. Have you ever wanted to show off that special picture you took? Or get some pointers on how to take more great pictures? Here's your chance. This group will be meeting once a month and have decided to theme the meetings. Every month participants are encouraged to bring in 1 - 4 photos that somehow relate to that month's theme. It does not have to be recent, once a great picture always a great picture, so by all means share it. This will be a great way to gather inspiration from others and get ideas for your future photos. Photographers of all skill levels, from "point & shoot" to pro's who customize their aperture and f-stop settings, are welcome!

## Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month. Meeting agendas will be posted on the bulletin board at the PSC. For more info please call 329-4555.

### Meetings:

#### August 12

Time: 1 - 2:30 PM  
 Event: Picnic at Clara's near Schoolcraft. Bring a dish to pass.  
 Site: Home of Clara Schnyder  
 Host: Clara Schnyder

#### September 9

Time: 1 - 2:30 PM  
 Event: Show & Tell: Share something about yourself with the group; a favorite poem, hobby, whatever you'd like.  
 Site: PSC  
 Host: TBD

## Out to Eat Dining Club

An advance reservation with the reception desk by the previous business day is required for this activity.

### August

#### Dinner

Monday, August 1,  
 5 PM  
 Outback Steakhouse  
 4320 S. Westnedge  
 Leader: Hal and Shirley Ray

#### Lunch

Thursday, August 18,  
 11:30 AM  
 Hooters  
 5250 S. Westnedge  
 Leader: Hal and Shirley Ray

#### Breakfast

Tuesday, August 9,  
 8:30 AM  
 Bob Evan's  
 5641 S. Westnedge  
 Leader: Hal and Shirley Ray

### September

#### Dinner

Tuesday, September 6,  
 5 PM  
 (Note special date secondary to Labor Day)  
 University Roadhouse  
 1332 West Michigan  
 Leader: Hal and Shirley Ray

#### Breakfast

Tuesday, September 13,  
 8:30 AM  
 Nina's Café & Carousel  
 1710 W. Main  
 Leader: Hal and Shirley Ray

#### Lunch

Thursday, September 15,  
 11:30 AM  
 Robbys (First Anniversary!)  
 639 Romence  
 Leader: Hal and Shirley Ray

## The Impact of Membership Fees on the Portage Senior Center

Membership fees at the Portage Senior Center are \$25 annually for Portage residents Portage and \$35 for non-residents. The discount for Portage residents reflects the General Fund support the Center receives. Approximately \$120,000 in General Fund support is budgeted for FY 11-12 (July 1, 2011 - June 30, 2012). Those funds are provided through property taxes paid by Portage residents.

The question is frequently asked, "I only live in Michigan for x (usually 6-9) amount of months, why do I have to pay the full registration fee?"

Annual operational costs for the PSC is around \$370,000. Subtracting the \$120,000 subsidy, \$250,000 must be raised every year to maintain programs and services. Of that, \$40,000 is membership revenue. Membership fees are *critical to the financial viability of the PSC*. Pro-rating membership fees for members who winters in warmer climates would have a devastating impact on the center's budget. The PSC has around 1,500 members. About 25% of our members spend at least two months out of state each winter.

The PSC offers more than 100 programs and services annually. Card clubs, arts and crafts, lifelong learning opportunities, billiards, ping-pong, performing arts clubs, fitness classes, and so much more. At \$35/year maximum, and just \$25/year for the majority of our members, it still a good deal even if a member uses the PSC even six months a year.



## Living Your Life at Home

~ SERVICES ~

*The following services that we are providing are:*

<ul style="list-style-type: none"> <li>• Private Duty Home Care - Medical and Non-Medical</li> <li>• Home Health Aides, Companions</li> <li>• Free In-Home Patient Assessment</li> <li>• Personal Care Bathing/Dressing</li> <li>• Meal Preparation</li> <li>• Housekeeping/Laundry</li> </ul>	<ul style="list-style-type: none"> <li>• Shopping/Errands</li> <li>• Transportation/Dr. Appointments</li> <li>• Relief Care for Family Members</li> <li>• Alzheimer's and Dementia Care</li> <li>• Medication Set Up/Monitoring</li> <li>• Injections</li> <li>• Personal Shopping</li> </ul>
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Services are available from 2 hours per visit to 24 hours per day. A licensed nurse is on-call and available 24 hours a day, 7 days a week.



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## Big Screen Movies

Movies are free to members of the PSC. Popcorn is available for \$.50/bag and proceeds from popcorn sales are used to rent movies.

### *Sliding Doors*

**Mon, August 8, 1:15 PM**

British actor Peter Howitt wrote and directed this British romantic comedy-drama. Howitt's storyline branches in two directions: Helen (Gwyneth Paltrow) loses her job at a classy London PR firm, has a run-in with a purse-snatcher, and just misses catching her boyfriend Gerry (John Lynch) in bed with his former girlfriend Lydia (Jeanne Tripplehorn). But what if it were one of those days when everything goes right? As the sliding doors close while she stands on a subway platform in the London underground, Helen ponders the events in her alternate reality. *Sliding Doors* was shown at the 1998 Sundance Film Festival. PG 13, 99 min

## Scrabble Club Proposed

Interested in meeting at the PSC on a regularly scheduled basis for a friendly game of Scrabble? Stop by the front desk and sign up on our interest sheet. If enough members respond we will contact everybody to discuss scheduling this potential new program.

## Lunch and A Movie

**Monday, September 26th**

Sponsored by Brookdale Senior Living & Tendercare Kalamazoo, Portage & Westwood

Join us for our FREE Lunch & A Movie event sponsored by Brookdale Senior Living, Wynwood and Clare Bridge of Portage and Tendercare Kalamazoo, Portage and Westwood.

11:45 AM

Enjoy your delicious and FREE meal from Senior Services! Meal donation will be covered by above sponsors. RSVP for your meal choice at Portage Senior Center.

1:15 PM

Showing of *The King's Speech*, winner of 4 Oscars. Starring Colin Firth & Helena Bonham Carter.

*Follow the story of King George VI as he reluctantly assumes the throne. Plagued by a dreaded stammer and considered unfit to be king, George engages the help of an unorthodox speech therapist named Lionel Logue. Through a set of unexpected techniques, and as a result of an unlikely friendship, George is able to find his voice and boldly lead the country through war.*

We hope you will join us for Lunch & A Movie!

## Now Accepting Medicare Part B for Diabetic Testing Supplies, Nebulizers, and Drugs

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## Check Out the Portage Senior Center on Facebook!

The PSC is now online at [www.facebook.com/PortageSeniorCenter](http://www.facebook.com/PortageSeniorCenter)

You can drop in from time to time to view photos, get info on upcoming programs and services, and more! If you decide to "Like" our page you can also receive email updates on upcoming events sent directly to your email.

There is no fee to become a Facebook member or to "Like" the PSC page. The PSC *does not* release contact info to outside sources.

Go to [www.facebook.com/PortageSeniorCenter](http://www.facebook.com/PortageSeniorCenter) and check us out!

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### PSC Members Excel at 2011 Senior Olympic Events

Carolyn Selby and Thelma Fallows had so much fun competing in the Michigan Senior Olympics (MSO) back in May, they traveled all the way to Houston in June to compete in the National Senior Games!

And who could blame them? At the MSO games hosted in Rochester, Carolyn won gold medals in the 1,500 meter and 5K Racewalk. Thelma also brought home medals with a bronze in those same two Racewalks, a silver in the discuss and shot put, and a gold medal in the javelin toss! With a total of seven medals between the two of them, the pair embarked for the great state of Texas and the challenge of national competition.

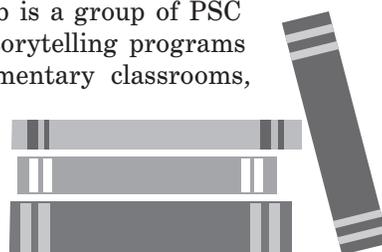
Undaunted by the national stage, they both brought their "A game" and the results speak for themselves. Thelma brought home a 6th place ribbon in the 5K Racewalk and discuss and a 7th place ribbon in the javelin throw. Carolyn won a silver medal in the 1,500 meter Racewalk and a *gold medal* in the 5K!

Congratulations to Carolyn Selby and Thelma Fallows for their hard work, dedication, and medal-winning performances!

### Readers Theatre

2nd and 4th Wednesday, 2 PM

The Readers Theatre club is a group of PSC members who present storytelling programs at local pre-schools, elementary classrooms, and other children's groups. They bring classic and contemporary children's books to life by combining performance with reading.



Members of the group take on the roles of the various characters in the book and take turns reading their lines while other members narrate. There is no memorization required as the group all read directly from a book.

Reader's Theatre meets at 2 PM the 2nd and 4th Wednesday of the month from September through May. Last season they presented programs at 6 pre-schools, including Head Start at the Portage Community Center, and at all eight Portage elementary schools for one or two grade levels each.

Membership fluctuates between 8 and 10 participants and they are always looking for more storytellers to chime in!

For more information on Readers Theatre contact the Portage Senior Center at 329-4555.



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## MINI-BUS TRIPS

Mini-bus driver and trip chaperone, Max Walter, invites you to join him once a month for an outing to a variety of fine dining establishments, hand picked by Max himself. Participants chip in for gas and pay for their own meals - Max will handle the rest. No need to worry about navigating traffic, directions, parking, making reservations, etc.

Please note: Advanced registration is required.

**Bay Pointe on Gun Lake**  
**Thursday, August 11, 4 PM**  
**\$8, dinner is self-pay**

Copied from the Bay Pointe Inn website:

“Bay Pointe Inn's Terrace Grille Restaurant provides extraordinary casual dining with an inviting wine list, refreshing cocktail menu and alfresco dining on our lake-front terrace. The menus change seasonally offering a variety of delectable dishes; specialties include Seafood, Steaks, Pasta and Daily Fresh Catch. Our culinary team pride themselves on cooking from scratch with fresh, local ingredients.”

**McGillan's Crossing**  
**Thursday, September 8, 4 PM**  
**\$8, dinner is self-pay**

Take advantage of this opportunity to visit the new 50 acre development in Mattawan and see what all the excitement is about. Enjoy a tasty dinner at the brand new McGillens Crossing, owned and operated by the same people who operate the Craftsman Chop House.

**Mini-bus Trip Policy:** No refunds will be allowed for cancellations for mini-bus trips the week of the scheduled trip. Last-minute cancellations can affect the trip for all registered as it could result in the trip being cancelled abruptly. Registered participants are welcome to sell their seat on the bus to somebody else but are responsible for making those arrangements.



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## Potlucks

Meet some new people and greet old friends at the Portage Senior Center Potlucks. Hosted by Volunteer Potluck Coordinator, Barb VandeWerken, the PSC Potlucks are a great opportunity to enjoy some delicious food and good fellowship. Participants need to bring their own table service and a dish to pass (enough for at least six people). \$1 fee covers beverages and paper products. Pre-registration required.

Please Note: If you are interested in volunteering to help Barb out, please leave your name and number on the “Potluck Volunteer” sign up sheet at the front desk.

### August Potluck

Monday, August 15, 5:30 PM

### September Potluck

Monday, September 19, 5:30 PM

## PSC Holiday Bazaar and Bake Sale

**Saturday, November 12**

**Vendor Registration begins Monday, August 15**

The PSC Holiday Bazaar and Bake Sale will have a little something for everybody. Interested PSC member crafters can get a table for only one donated craft item and two donated baked goods. The craft items will go into a door prize raffle, and the baked goods will be used for the bake sale. Non-member crafters can also reserve a table for the two craft items and one baked good, plus a \$15 fee.

All proceeds from the bake, lunch, and raffle ticket sales, as well as table rentals, go directly toward supporting older adult programs and services at the PSC.

Interested vendors can pick up a registration form at the front desk, or call 329-4555 and have one mailed out. **BOOTH SPACE WILL BE LIMITED TO ONE TABLE PER VENDOR.**

General admission to the PSC Holiday Bazaar and Bake Sale is free to the public and does not require advance registration.



Four baby Robins took up temporary residence in the garden area back in May. When asked to show their membership cards they abruptly flew off in unison.

### Keep on Learning

Research shows that learning new things is essential to good brain health. One of the ways you can do this is to enroll in a class at WMU's new Lifelong Learning Academy this fall. Over 20 classes will take place from mid-September through mid-November. Topics range from a literature class on three local authors to a two session class on sculpture at WMU and at Meijer Gardens, from computers to bugs (the kind that make you sick). The modest class fees include parking. Pick up a brochure about fall class offerings at the PSC or check out the website at: [www.wmich.edu/offcampus/lifelong](http://www.wmich.edu/offcampus/lifelong)

#### Art in the Park continued from pg. 1

Your journey through the arts begins at noon with performances by Boheme Tribal Belly Dance and other performance artists, storytelling and origami crane folding with Sid Ellis. All this is topped off with an ice cream social sponsored by the **Portage Senior Center**.

Then, stroll down the trail to hear live acoustical music. From noon to 1:30 PM, guitarist and singer Dennis Kreps and the Matt Landon Jazz Trio perform; from 1:30 - 3 PM Ginny Parnaby and Jennie Miller play hammered dulcimer and Renaissance recorders while the Hired Hands (Dale Hein, Bill Hughes, Bob Allison and Tim Cooper) offer up an eclectic blend of blues folk and rock.

As you enjoy these sounds, contribute to our community art installations. Use chalk and your imagination to help decorate a gargantuan gazook, whose outline will be drawn on the trail; create rubbings for a larger-than-life nature book; decorate the trail in handmade friendship flags; and search for fairy houses.

But wait, there's more...

Your journey through the arts ends with the Dunuya Drum and Dance Ensemble, featuring African drumming (2 - 3 PM) and an art exhibit and reception (2 - 4 PM) for members of Artists and Illustrators, a diverse group of local artists who use different media and styles to showcase their talents and portray different world cultures. The exhibit will include paintings, drawings, fiber art, mixed media and jewelry.

A fun-tastic day that's fun and free for EVERYONE: August 13 is a definite must for your summer bucket list. **Please call the Portage Parks and Recreation Department at 329-4522 for more info.**

### Community Homeworks: Home Repair Services

Community Homeworks is a nonprofit group offering emergency home repair services for low-income homeowners in Kalamazoo County. The group also conducts free workshops on home maintenance and repairs.

#### Who can use the services

**Workshops:** Must be a Kalamazoo County resident with income at or below 80 percent of HUD area medium income (about \$48,800 per year for a family of four).

**Home repairs:** Must be Kalamazoo County homeowner, income qualified. Repair expense must be less than \$10,000; recipients must pay 10 percent of cost.

#### Contact Info

808 S. Westnedge Ave., Kalamazoo  
269-998-3275  
[info@communityhomeworks.org](mailto:info@communityhomeworks.org)

### AARP CAR FIT: Sponsored by LIFE CARE CENTER of PLAINWELL

August 11, 2011, 9 AM - 12 PM

Free, by appointment only

Come join us for fun and Driver Safety!



Car Fit is a community based educational program created by the American Society on aging in collaboration with AARP, American Automotive Association (AAA) and American Occupational Therapy Association (AOTA). Trained, experienced staff will put you through a 12-point checklist designed to help everyone find their best fit in their vehicle. Life Care Center's staff will teach you the minimum distance you should have between your chest and the steering wheel and help you adjust your mirrors to reduce blind spots and provide many more helpful safety tips. Each participant will receive a free large gift bag from Life Care Center of Plainwell. There will be a sign up sheet at the Portage Senior Center front desk. Please sign up early space is limited.



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### Buy Groceries, Support the Friends of the Portage Senior Center

Q: How can grocery shopping support the Friends of the PSC?

A: The Hardings Markets eScrip Community Card

Q: What's the Hardings Markets eSrip Community Card?

A: It is a free card that you can pick up for free at the Hardings Markets or the PSC (call 329-4555 to confirm availability at the PSC). Upon receiving your card, call this number: 1-800-931-6258 to register your card using the Friends group number of 500015007.

From that point forward, every time you shop at a Hardings and present your card, a contribution will be made to the Friends based on your purchases!

For more info about the Hardings eScrip card, call 329-4555.

### Kiwanis Travel Series Tickets on Sale at the PSC

When you're not off on some trip to an exotic location with the PSC Trip Department, you might as well spend your time enjoying virtual travel from the comforts Portage, USA.

The Kiwanis Travel Series includes two monthly travelogues from October 2011 - April, 2012. All presentations will be held at the Valley Family Community Center on Romence Rd. The Center features three large screens for easy viewing and is all one level, so no stairs or steep slopes.

Early Bird tickets are \$40/each if purchased before August 1. After that tickets are still very reasonable at \$45/each. If you purchase your tickets at the PSC, a portion of all sales will be donated back to the Center!

Stop by or call 329-4555 for more info.

### Tax Reform Package Will Eliminate Michigan Community Foundation Tax Credit

On May 12, the Michigan legislature passed Governor Rick Snyder's proposed tax reform package. The bill, which the governor has now signed into law, eliminates several charitable tax credits-including the Michigan Community Foundation Tax Credit.

*This change will not take effect until 2012, which means you may still take advantage of the Michigan Community Foundation Tax Credit through December 31, 2011.*

The Michigan Community Foundation Tax Credit permits taxpayers to reduce their Michigan Income Tax or Michigan Business Tax liability by a credit of 50 percent of the amount contributed to a community foundation endowment fund.

- If you contribute \$200 or more to the Friends of the Portage Senior Center endowment fund, your tax credit will be \$100 (maximum credit) for an individual filing singly.

- If you and your spouse contribute \$400 or more to the Friends of the PSC endowment fund, your tax credit will be \$200 (maximum credit) for a married couple filing jointly.

If you would like to make a gift to the Friends of the PSC endowment fund and take advantage of this generous tax credit, checks can be made out to:

"Kalamazoo Community Foundation" with "Friends of the Portage Senior Center" written in the memo line.

For more information please call the PSC at 329-4555.

*Abridged article reproduced with permission from the Kalamazoo Community Foundation*

### Friends of the Portage Senior Center Dining Out Fundraiser at Culver's on Westnedge

Monday, August 22

3:30 - 7:30 PM

Butter burgers, frozen custard, and frosty root beer, all in the name of a good cause! Stop by Culver's on Monday, August 22, enjoy a hot, tasty dinner followed by a deli-

cious frozen treat and 10% of your bill will be donated directly to the Friends of the PSC.

Volunteers Needed: To serve as "PSC Representatives". See the "Volunteer Vibrations" section of this newsletter for more info.

"Especially Designed with Seniors in Mind"



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Dorothy Endres

## UnitedHealthcare Great Lakes Health Plan Agrees to Sponsor Scholarships Beginning in August 2011

The Portage Senior Center is happy to report a new partnership with UnitedHealthcare developed to make programs and services at the PSC available to older adults regardless of income, and at the same time support fund raising efforts to maintain those same programs and services.

Scholarships for PSC memberships and classes have been available for several years and have traditionally been underwritten by the Friends of the Portage Senior Center, or absorbed by the Center.

Beginning in August of this year, all approved scholarships for memberships and classes will be 100% supported by UnitedHealthcare Great Lakes Health Plan!

"We are sincerely grateful to UnitedHealthcare for their ongoing support, first as a sponsor for the Celery City Showcase, and now as our exclusive Scholarship Sponsor. They've been great partners to work with and we look forward to future collaboration opportunities", Jason Horan, Manager.

For more information on available scholarships at the PSC and how to apply, please call 329-4555 or stop by the front desk.

### Annual Fund Donors

*The following donors made contributions prior to June 24, 2011*

Bart Pirrone  
Donna Smith  
James and Patricia Dolan  
Lydia Garcia

Helen Lovin  
Toma J. Hibler  
Roger Harris  
Foster & Carolyn Woodward

**Friends of the PSC Donors**  
Ella Marshall  
Trudy Riker  
Mary Prange

### Gift Certificates No Longer Available for Travel Programs

Please note: Effective immediately the Portage Senior Center Travel Department will discontinue sale of Gift Certificates. Patrons are still welcome to purchase a specific trip or trips as gifts for others on a *per trip* basis, but we will not be able to meet any future requests for the sale of Gift Certificates.

We apologize for any inconvenience this may cause our valued clientele. Please contact Jason Horan, Manager, at 329-4555 if you have any questions.

### Mini-Theater Getaways!

CHICAGO, Barn Theatre, Augusta  
*Saturday, July 23*

This triumphant hit musical is the recipient of six Tony, two Olivier, and a Grammy Award! A sensational tale of sin, corruption and all that jazz, this show has everything you could want: an edge-of-your seat story and one showstopper after another.

**REMEMBER TO . . .** Sign up for trips early to avoid your favorites from being cancelled!

### Message from the Trip Committee

Much to the regret of the Trip Committee members, Jack and Pat Toole have retired from the Committee. We would like to thank and praise them for their long and valuable participation in the Senior Center Trip Program. They were escorts for the Mackinac Island trip more than once, but will be most remembered for the many trips they escorted to Bear Creek. Perhaps you will remember Jack having led the band at Bear Creek one year! Many of you may also have fond memories of the jokes he would tell, how he kept everyone laughing and did the horse racing game on the bus. Pat provided many beautiful stamped cards as door prizes, but most importantly she helped keep Jack organized. Again, we thank you both for your many years of dedicated service and wish you all the best!

### Special Trip Preview

Love to river cruise? Join us Wednesday, August 31 at 2 PM for a special preview of The Legendary Danube River Cruise being offered in 2012. As Europe's second-longest river and a vital means of transportation for 2,000 years, the Danube is the only major European river to flow from west to east. Highlights include Prague, Czech Republic; Nuremberg and Regensburg, Germany; Passau, Linz, Melk and Vienna, Austria and Budapest, Hungary!

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## Extended Trip Get-Aways!

### MRPA SENIOR TRIP TO THE GRAND HOTEL, Mackinac Island

**September 27 - 30**

Places on this popular trip are filling up quickly! Sign up today to join hundreds of other seniors for the Michigan Recreation and Parks Association Senior Trip to the elegant Grand Hotel. Rooms are beautifully and uniquely decorated, and every meal is truly special, thanks to exceptional food, service and ambiance. Choose from a variety of planned activities, or enjoy the priceless view from the rocking chairs on the world-famous front porch.

### COMING IN 2012! SPAIN'S COSTA DEL SOL & THE PORTUGUESE RIVIERA

**March 15 - 27, 2012**

Travel with us to Spain and Portugal, overwhelmingly rich in history, art and culture. The wonderful diversity of landscape, historic cities, quaint villages and its people will amaze and delight! Highlights in Spain include Madrid, high speed train to Moorish city of Cordoba, Granada, Costa del Sol, Cadiz, Seville and more. In Portugal visit Lisbon and more! Experience the thrill of visiting Unesco World Heritage sites—Columbus' tomb, Prado Museum, Alhambra, and Fatima, and more. Marvel at the beautiful landscape dotted with olive groves, vineyards, country estates, cascading bright flowers, white-washed buildings and quaint, winding streets. Stroll the sun-bleached beaches and promenades!



### ARTPRIZE, Grand Rapids

**Thursday, September 22**

Many PSC members asked to have this event included in the travel offerings for 2011, and here it is! ArtPrize is a very different kind of art competition. Part festival, part competition, part social experiment—the winners of this international art contest are decided solely by the vote of the viewing public. Taking place in venues throughout downtown Grand Rapids, artists from all over the world display their work. The 2010 ArtPrize boasted the works of 1,713 artists from 44 states and 21 countries, in over 190 venues, with almost half a million dollars in top prizes awarded to artists that the general public, by their votes, determined to be the best of the show. The 2011 ArtView will probably exceed those remarkable figures! Don't miss out on ArtPrize, one of the most exciting art events in the world!

### THE HENRY FORD MUSEUM & GREENFIELD VILLAGE, Dearborn

**Thursday, October 6**

Take a trip back in history to one of the world's premier history destinations. Your admission includes both the Henry Ford Museum and Greenfield Village, so there's no

*Travel continued on page 15*



Branson entertainer Jeremy Rabe made Shirley Ray's day at a Bear Creek Farm performance by focusing on her in the audience—including sitting in her lap!

## Fun Day-Trip Outings!

**OUT OF ORDER**, Tibbits Theater, Coldwater.

**Wednesday, July 27**

Enjoy a fun outing to Tibbits Theater. See a 1991 English farce, which had a long run at London's Shaftesbury Theatre and was written by playwright Ray Cooney. The play features a junior UK minister who has to lie his way out of an embarrassing situation with the help of an innocent side-kick. Be prepared for lots of laughs as the side-kick gets more and more embroiled in the increasingly tangled tale improvised by the minister!

**A CULINARY EXPERIENCE & FISH BOIL**, Shelby & New Era

**Thursday, August 4**

Enjoy a culinary presentation at the Cherry Point Market & Farm. Observe the fish boil process and ultimately consume the results! Take a relaxing stroll amongst the vegetable and herb gardens or explore the market with its vast selection of delectable pastries, jams and other goodies. To top off this delicious day, stop to tour Country Dairy's bottling plant, ice cream and butter area, and the cheese-aging room. Complete fish boil dinner and fresh, homemade ice cream are included!

**RUTHMERE MANSION AND ST. JOE RIVER**

**CRUISE**, Elkhart, Indiana

**Wednesday, August 17**

Come and relax with us as we travel to Elkhart to tour the Ruthmere Mansion. Built in 1908, you will find a collection of fine art inside, including Tiffany leaded glass, Rodin sculptures and much more. After an included lunch at the mansion, we will enjoy a 2-hour cruise on the St. Joe River aboard the Elkhart River Queen.

**MILLION DOLLAR QUARTET**, Chicago, Illinois

**September 14**

Tony-nominated musical inspired by the famed 1956 recording session that brought together legendary rock 'n' roll icons Johnny Cash, Jerry Lewis, Carl Perkins and Elvis Presley. Powerhouse performances; jaw-dropping; hugely enjoyable!

## Who's Thinking About Sports?

**NEW!!!** Mini-bus trip (maximum 14 passengers) to White Caps baseball game, Grand Rapids - Tuesday, August 9

Detroit Tigers vs. Chicago White Sox - Sunday, September 4

*Travel continued from page 11*

need to worry about the weather . . . spend the day inside, outside or both. The collections are unparalleled, the visitor experiences are unique and immersive, and the historical expertise is unmatched. Lunch will be on your own so that you can choose for yourself from among nearly a dozen options ranging from inexpensive lunch stands to buffets to fine dining. An IMAX film will complete the day. Wear comfortable shoes!

**OCTOBER IN THE GREAT OUTDOORS – A MYSTERY TRIP**

**Wednesday, October 12**

October is a beautiful time of year to travel, so come along on this “mini-vacation” with Joyce Branch and enjoy this special spot. A small breakfast and a light lunch are included, but the ice cream will be on your own!

**NEW! A QUIANT, QUIZZICAL & QUIRKY JOURNEY**

**Thursday, October 27**

Journey down the Sauk Trail, now known as US-12 Heritage Trail guided by a quaint, quizzical and quirky professor emeritus from Western Michigan University, Dr. John S. Geisler. Visit museums, libraries, inns, a vintage meat market, theaters, selected rocks, land offices, grave sites, railroad stations, a camelback bridge, a featherbone factory a 1911 highway and other roads between New Buffalo and White Pigeon!

**HULL HOUSE AND DRIEHAUS MUSEUM,**

Chicago, Illinois

**Wednesday, November 2**

Learn how people in two different social strata experienced life in Chicago during the late 19th and early 20th centuries. Begin with a tour of Jane Addam’s Hull-House Museum. Jane was the social conscience of Chicago, who set the standard for just treatment of the poor, the uneducated and the immigrant. Later visit the Driehaus Museum, the sumptuous home of banker Samuel Nickerson. This recently restored home was one of the grandest residential buildings of 19th century Chicago. There will be some time for lunch (on your own) and/or shopping at Water Tower Place.

**CHRISTMAS IN JULY**

**NEW! GRANDMA GOT RUN OVER BY A . . .WHAT!?!?**, Cornwell’s Turkeyville  
**November 19**

Here’s another chance for you to go to Turkeyville. Be sure to sign up early as we will be using the mini-bus in case we don’t fill a larger bus. This is the classic story of Grandma and the holidays with a brand new twist. Everyone is at Grandma Thompsons this year to celebrate in a fine old fashioned style. But what happens when the family get together turns out to be quite different than what Grandma planned. Picture 32 hooves thrown into the regular holiday mix. Come see the show to find out how this plays out. Christmas favorites will be sung including “Rockin’ Around The Christmas Tree”, “White Christmas”, “Winter Wonderland”, “I’ll Be Home For Christmas”, and of course, “Grandma Got Run Over by a What?” as we tell of Grandma, 8 reindeer, and that most decidedly different Christmas day. Join us for this hilarious entertainment and delicious Cornwell’s turkey dinner.

**NEW! DONNY & MARIE CHRISTMAS IN DETROIT,** Fox Theatre

**December 3**

America’s favorite sibling entertainers for the first time ever at the beautiful Fox Theater! We’ve reserved great seats for this event. This 1928 movie palace and performing arts center is ornate and majestic, with beautifully carved wood, dazzling color, and a kaleidoscope of sculpture. The show features jingle bell-laden Christmas production numbers, hilarious holiday comedy antics, and the irresistible chemistry that made Donnie & Marie international stars. They will be accompanied by eight dancers and a nine-piece band.

**A CAPITOL CHRISTMAS,** Washington, D.C.

**December 8 – 13**

Celebrate this next Holiday Season with a motor coach tour to Washington, D.C. Experience the Nation’s Capital at a truly spectacular time of year! Highlights include illuminated city tour, visits to iconic monuments and memorials, Arlington National Cemetery, Smithsonian Museum, Mount Vernon, Washington National Cathedral, and possible visits to The White House and Capitol Hill. Tour Mount Vernon by candlelight; view the National Christmas tree; enjoy a holiday concert.



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### The Virus

I caught a virus today  
 and where I went  
 I gave it away  
 Before I knew it many were down  
 cause the ones who caught it  
 passed it around  
 I didn't have the sniffles or sneezes  
 it wasn't a cold, the flu  
 or the wheezes  
 It wasn't from eating off dirty dishes  
 from shaking of hands  
 coughing or kisses  
 Very quickly, it easily spread  
 from a frown, a gesture  
 or angry word said  
 So if this virus comes your way  
 just give it a smile  
 and keep your good day  
 If you catch it, it's sure to spread  
 from person to person  
 and head to head

Composed and submitted by Ione Lake, PSC Writing Group Member



Smiling Garden Club volunteers hard at work in the PSC Garden. Make sure to check out the Plant Swap and Sale hosted by the club on Saturday, Sept. 10.

### PSC Garden Club to host Plant Swap and Sale Saturday, September 10, 9 AM - Noon

Gardeners will be happy to learn that the PSC Plant Swap is back. All types of perennials are welcome. Plants may be potted or in paper, but all should be clearly labeled. For every plant you bring, one may be taken home. Some plants will be for sale for those who have none to spare, but need to fill in those empty garden spots. A complete list of guidelines for the swap is available at the PSC reception desk.

September is a great time to get your garden ready for next spring. Perennials planted in the early fall will have ample time to root and get accustomed to their new homes before winter. By spring they will be ready to grow and bloom.

### New Member Orientation

Thursday, September 22, 10:30 AM

The NMO is a great way for new members to learn more about the services available at the PSC, as well as to meet new people. Coffee and light snacks provided. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation.

### Welcome New Members

- |                  |                 |                   |
|------------------|-----------------|-------------------|
| Marilyn Kirby    | Liberta Rogers  | Monifa Jumanne    |
| Richard VanDyke  | Joe Foster      | Kathy Egeler      |
| Edward Stob      | Susan Lavender  | Beverly Finnerty  |
| Daniel French    | Patricia Cookis | Tom & Lois        |
| Aileen Greanya   | Maria Cassell   | Beaudrie          |
| Randolph & Carol | Ann James       | Carol Lacey       |
| McCarthy         | Barb Mauer      | Marge Bullock     |
| Olive Hamilton   | Anita Lawson    | Sue Thielman      |
| Roger Latvala    | Marcia Jock     | Peter Jones       |
| Linda Kubinski   | Chuck & Peggy   | Donna Waits       |
| Joan Ophoff      | Kuiper          | Betty Spangenburg |
| John Meister     | Larry Grant     | Anna Chapman      |
| Reno & Betty     | Elaine Sievers  | Sue Freemire      |
| Santori          | Diane Gallagher | Gerald Mack       |
| Pat Bradstreet   | Judy Chase      | Phillip Mange     |
| Bill Kaminga     | Norma Andrews   |                   |
| Ronald & Mary    |                 |                   |
| Lowe             |                 |                   |

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• Training Program Endorsed By Alzheimer Associations

## Nurse's Corner

By Sue Creager

### The Silent Fear

There is a common worry thread within the older community that rarely is a topic for conversation over coffee or tea. I thought I could address it in the Nurses Corner in a series of three segments do to its complexity. For the past twenty years my specialty in nursing has been urinary incontinence seeing hundreds of men and women that had various types of incontinence. I diagnosed treated patients of all ages from teens to a woman 104 years old. I was associated with HealthCare Midwest Urology and initiated the Continence Center.

The prevalence or risk for urinary incontinence goes up with age but not everyone experiences it. In a 2005 study by the American Urological Association demonstrated that in women between the ages of 60 and 64 the incidence is 12.2% but goes to 21% after age 85. In men from 19 to 97 the incidence is 9.6% much lower in men and it occurs at a later age than in women.

The best way to understand incontinence is to know how the normal urinary system works. There are two components the structure and the physiology (or how it works). The components I'm going to discuss consist of the kidney and ureters, bladder, sphincter muscle, pelvic floor, prostate in men and hormonal influences in woman.

### Anatomy and Physiology

The kidney is a bean shaped organ that sits in the back just above the waist. This organ is the chemist of your body and keeps your chemicals in check releasing salts and waste that are not needed and saving or releasing of water based on the body's need for it. There are two tubes that go from the kidney to the bladder and deliver urine to the bladder at the rate of 3 to 4 ounces an hour. You know you have them if you've ever had a kidney stone pass through them it is very painful. The bladder is a muscular bag that expands to hold urine as it drips in from the ureters. A small circular muscle called the sphincter holds tension on another tube called the urethra that comes from the bladder until it is time to urinate. A network of pelvic floor muscles in both men and women provide a hammock for the bladder to rest on and to help the sphincter hold tension. There are nerve fibers in the bladder wall that stretch with the expansion of the bladder. There is changing tension in the urethra (the tube that exits the body) that sends a message to the brain via the spinal cord (think of it as a electrical junction box running from the brain down to the bladder and back again) to let you know when it is time to empty.

The physiology is coordination of structures and nerves that makes things work. It goes like this. The bladder will remained relaxed while the kidneys fill it to between 8 oz. to 16 oz. or more. The sphincter muscle remains contracted or tight while filling is occurring and you are unaware of this as you go through daily activities. When the stretch receptor (nerves in your bladder) reach their

sensitive capacity a signal is sent to the brain (your computer system) giving it the message that you should look for a bathroom to empty to relieve the pressure. After sitting on or standing at the toilet the brain gives a permission signal to the urethra to relax or let go of the tension on the urethra and the pelvic floor muscles to relax and at that moment the bladder begins to contract and wring out the urine from your bladder. After emptying, the sphincter contracts against the urethra the pelvic floor tighten to normal tension, your bladder relaxes again and you resume your daily activities until the next time you have the feeling that you need to empty.

### Age Related Changes

There are some normal changes that occur with getting older that can increase our risk for incontinence. Kidneys decline to 50 percent of normal function by age 75 and have less capacity to concentrate salts and water resulting in more nighttime trips to the bathroom. It is not uncommon to get up once or twice at night to empty the bladder. The bladder becomes less compliant or holds less urine before needing to be emptied and the nerves that trigger the need to go can become more sensitive. As you age the body lets go of more urine at night than day time. This can interrupt sleep.

In women there are changes that occur in the pelvic floor muscles, urethral lining, and the lining of the bladder related to a decrease in estrogen production after menopause. This change causes vaginal dryness and sometimes more frequency and urge to urinate.

In men the prostate gland can enlarge with aging and cause increasing pressure on the urethra that runs through it. The prostate will enlarge and cause so much pressure on the urethra that the bladder can't completely empty and frequency occurs especially at night. The men will use more abdominal force to empty their bladders.

The next column will discuss these types of incontinence the reasons why they occur and the symptoms. In the final column I will discuss the available treatment options for each type.

## Falls Prevention Day is September 23, 2011

Falls are the number one reason for trauma-related emergency room visits for adults over 65 throughout the United States. At Bronson Hospital alone, over the past 5 years, over 80% of trauma-related emergency room admissions for persons 65 year old + were fall-related.

### What can you do to reduce your risk of falls?

- Remove those throw rugs
- Take time getting out of bed in the morning. Did you know that if you sit at the edge of your bed and pump your ankles by pointing the toes up, then pointing them forward several times, the blood flows more quickly up to your brain and you may not feel as dizzy? Also, sit for a while as you shift positions, get balanced, then move.

*Falls continued on page 18*

**Falls continued from page 17**

- Ask a friend for help if walking over uneven ground or up stairs feels scary. They WANT to help.
- Feeling dizzy? Check with your pharmacist or health-care provider to see if medications may be an issue, and if there is another way to take them.
- Remove your reading glasses before walking across the room.
- Start an exercise program that includes exercises to benefit balance. Body Rebound is great.
- There's lots more to learn, and more ways to get the body in shape to protect you from falls. Make a commitment to start learning more today. Sure beats falling!

**Join the Matter of Balance: Managing Concerns about Falls Workshop**

**September 19 to November 7**

**9:30 to 11:30 AM,**

**Bronson Gilmore Center for Health Education  
7 Healthcare Plaza Kalamazoo, MI 49007**

They are accepting people from all over the area.

For more information contact Matter of Balance: Volunteer Coach Jennifer Lechota, RN, BSN, the Trauma PI and Injury Prevention Coordinator at Bronson. Her office number is 341-8587 or e-mail [Lechotaj@bronsonhg.org](mailto:Lechotaj@bronsonhg.org)

**PATH is a roaring success**

It's been a very successful year with over 165 people graduating from over 21 PATH Workshops since April, 2010. Come see why people enjoy PATH so much.

**Join us on the PATH to Better Health: For Six Weeks to Better Health**

**At Spring Manor Apartments**

Sept 12 to Oct. 17 from 1:30 to 4 PM

Register at 329-4555. Free.

**During PATH you will learn:**

- How to Reduce Symptoms of health problems like arthritis, diabetes, heart disease, COPD, high blood pressure, depression, obesity and many other ongoing health concerns.
- Relaxation and Stress Management
- Ways to deal with Pain, Depression and Difficult Emotions
- Effective ways to Cope with Life's Challenges
- Positive Thinking
- Simple Ideas for Exercise and Better Nutrition
- Techniques to Better Manage your Medications
- Tips to Improve Communication with your Health Care Providers
- Many of the tools learned have also helped people lose weight & keep it off

Action plans every week keep you motivated & accountable. Problem solving & friendly feedback from the group increase your confidence so you can reach your goals.

**What have the June 2011 graduates of PATH said**

**about their experience?**

*Our problems and concerns are more easily understood by our contemporaries. I have learned to be more accepting of my limitations but don't "give up." Time management is also an important lesson. We set goals and made a real effort to reach the goals. I am exercising more but it is a big challenge. The buddy system lends support. The help is very beneficial. Thank you... to staff from PATH and (for) the support of Portage Senior Center. – Elsie*

*This is a wonderful opportunity for people who are dealing with chronic diseases. Although our group had diseases of all types, we had so many problems in common. Fatigue, stress and pain. We were each able to add to a brainstorming list and gain additional options. Setting goals and assigning a confidence level allowed me to set realistic goals – Kari*

*I am so glad that I was recommended to take the PATH class. I have learned so much that I am going to still be absorbing and using the information long after the 6 week class. Now I have a little more confidence to tackle some goals and not get stuck on the big picture, and get intimidated by it. I also know now that I am not alone, which is very helpful. I don't quite feel so isolated, and if I get thrown off course on what I want to do toward a goal, I can see a different one and not feel like a failure. I think this is a very worthwhile class and I highly recommend this for everyone. I don't know where I'd be without it, and I don't want to know. –Kelly*

**NEW!!** Diabetes PATH Workshops, combining the success of the Personal Action Toward Health Workshop with the benefits of more information about staying healthy for people diagnosed with diabetes or pre-diabetes or their caregivers.

Build confidence and motivation to make and maintain the lifestyle solutions so central to managing your blood sugars and staying healthy.

**Diabetes PATH at Portage Senior Center**

**Sept 23 to Oct. 28, from 9 to 11:30 AM**

The Diabetes-PATH workshop is a six week workshop designed to provide the skills and tools needed by people living with type 2 diabetes to improve their health and manage their symptoms. As a result, participants are better equipped to face the daily challenge of living with diabetes. Two trained leaders conduct the workshop (one or both of whom are peer leaders with diabetes themselves or who are caretakers for someone with diabetes).

**Subjects covered include:**

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration;
- Appropriate exercise for maintaining and improving strength and endurance;

**PATH continued on page 19**

*PATH continued from page 18*

- Healthy eating and meal planning;
- Appropriate use of medication;
- Monitoring blood glucose;
- Working more effectively with health care providers.
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Register at 329-4555. Free, plus we provide healthy snacks.

**PATH Volunteers join forces with new Diabetes PATH leaders at Volunteer Luncheon.**

For the last year, our volunteer PATH leaders have enjoyed leading over 12 PATH workshops in the Kalamazoo County area, and three other organizations have led another 9 workshops resulting in 21 workshops serving over 240 people, and 165 people who have graduated from PATH.

We really appreciated all the hard work our volunteers put in. Thank you to all our current PATH volunteers including Norma Bour, Rob Boven, Dinah Eisenberg, Bonnie Kniss, Karen McDonald, Les Roberts, Sue Ryan, Wes Merriman and welcome to our new Diabetes PATH leaders Joyce Bragg, Bob Erikson, Karol Ford, Kathryn Haley, Pam Pearson, Tony Smith, Helen Truss. We also thank the great leadership that made this happen through City of Portage Parks and Recreation Director Bill Deming, PSC Manager Jason Horan, Kalamazoo County Area Agency on Aging, Region IIIA Director Judy Sivak and Kalamazoo County Health Equity Coordinator Karika Phillips. We could not have done this without your support and belief in all we do.

**Diabetes Education and Support Group**

*August 5 at 1 PM*

*Arun Tandon of Advanced Health Care Pharmacy Stop Diabetes in its Tracks!*

Join two of our favorite pharmacists, Dr. Tandon and Diabetes Education and Support Group volunteer leader, Bob Erickson as they provide you with, simple & practical steps to stop the ravages of diabetes. Learn the use of common herbs from the nature's pharmacy to sensible economical medication therapy. Empower yourself with what works. Register at 329-4555. Free

*September 2 at 1 PM*

*Planning to eat healthy, day to day, week to week & even on the run with Wellness Coordinator Bobbe Taber, MA, LPC, HHC.*

A key to keeping blood sugars in check is a healthy diet. Often we know what to eat, but keeping it up over time can present to be a challenge. Processed foods may be faster, but how do you plan, shop, and cook healthy with so much going on in life, and so little time. Join us and find out. Register at 329-4555. Free.

**Volunteers Wanted**

**Co-teach PATH Workshops in Kalamazoo County Trainers Bobbe Taber and Julie Schwarz will lead a PATH leader training on Sept. 26, 27 and Oct. 3 and 4 from 10 to 5 PM in St. Joseph, MI.**

- Do you enjoy working with people, teaching and/or public speaking?
- Are you interested in healthy lifestyles, and helping people to improve their health?
- Do you have a chronic health condition, or do you live with or help care for someone who does? (Note, this is not required)
- Can you volunteer a few hours a week, for 12 weeks over the next year?
- If so, the Kalamazoo County AAA, Region IIIA – an agency that works to improve the health of older adults in our community – has a great opportunity for you! We are looking for volunteers to co-teach/colead the Personal Action Toward Health (PATH) Workshop, our Chronic Disease Self-Management Workshop.

**What is PATH?**

A 6-week program developed at Stanford University for people who have, or care for someone who has, an ongoing health condition, such as diabetes, heart failure, obesity, arthritis, fibromyalgia, kidney disease, or any other health condition that isn't curable, but can be managed.

The workshops meet once a week for 2 1/2 hours, and are offered FREE to the community at locations including libraries, community centers, etc. Subjects covered in the workshops include: techniques to manage pain, stress and fatigue; healthy eating; appropriate exercise for those with chronic conditions; communicating effectively; and appropriate medication use. Research has found that participants who completed the workshops reported increased mobility and activity, and improved ability to deal with their health conditions.

**Who are we looking for?**

We are looking for individuals who can complete a 4-day training and who can commit to co-teaching at least two 6-week workshops over the following year. Workshops are scheduled at various days and times, including mornings and afternoons.

Our volunteers report that when they teach PATH, their own health improves, plus they get the satisfaction of knowing that they are making a difference in people's lives. Come join us and find out why volunteer PATH leaders love their jobs.

## Volunteer Information

**Ice Cream Social** August 13, Saturday, 12 Noon - 4 PM,  
Celery Flats

Portage Parks & Recreation and the Portage District Library are presenting Art Encounters of a Worldly Kind. The Ice Cream Social is a part of this event. 2 hour shifts available for: Ticket Takers, Table Attendants, Clean-up crew, Servers & Greeters

**Culver's Fund Raiser** August 22, Monday, 3 - 7 PM  
1 hour and 2 hour shifts available.

Volunteers needed to Hostess, deliver food as needed, and clean up tables.

**Pfizer Open House** September 10, 11:30 - 1:30 PM  
Two Volunteers needed to man the table for the PSC. Event will be held at the Kalamazoo Fairgrounds in the Hazel Gray Building.

**Church Promotion Contact List Volunteer**  
Volunteer needed to establish list by contacting churches and getting the name of an established contact person as well as e-mail address. This information will be used to set up a distribution list to promote events at the PSC. Must feel comfortable making phone calls, have good organizational skills & know how to create & save a list in Word or Excel. May set own schedule.

**Partners Program** - Program begins in October  
Must be able to commit to the following:

- Must be able to attend monthly meeting.
- Must be able to attend field trip in April & Celebration in May.
- The ability to hear your partner is very critical. Lots of noise in a small classroom.
- Walking required - parking lot to the classroom, field trip will require walking (depending on the trip).

Meeting date will be known after school begins. It has been the 2nd Tuesday of the month.

There are no guaranteed openings at this time. All placement of volunteers depends on the number of those continuing in the program as well as the number of children that are in the classroom.

**Pen Pal Program** - Program begins in October  
You will receive a schedule of when letters are due & when you may pick up letters from your pen pal. All letters will be delivered by Terri Drafta.

Must be able to commit to the following:

- Have your letter written & to the PSC by the date listed for the month.
- Stop in on or shortly after the date given to pick up letter from your pen pal.
- **Mandatory** that you be able to attend the "Meet Your Pen Pal Party" in May.
- Please print or you can type your letter on a computer.

There are no guaranteed openings at this time. All placement of volunteers depends on the number of those continuing in the program as well as the number of children that are in the classroom.

**The Planning Committee Needs You!**



## Volunteer Spotlight

Laura, Paul (sister & brother) along with Mom Marian Zingg enjoy coming to Body Rebound class on Monday, Wednesday and Friday at the PSC. Every Wednesday they finish the class and then start right in helping the staff to set up for the Portage Rotary meeting in the MPR. Paul starts with helping set up the tables and then the chairs. Laura starts with the place mats and then the napkins. Marian continues to help with the chairs even as we try to get her to stop. She then moves on to helping with the silverware. After Paul is done with the chairs he then places all of the salt & pepper shakers on the tables and acts as the technical assistant making sure that the microphone and projector are in place. Because of their help we are able to get the Rotary set-up done in about 15 minutes max. All through this operation we are talking and laughing and trying not to run into each other. When they are not there they are missed and the staff struggles with getting it done as quickly. Laura and Paul enjoy participating in Special Olympics softball and golf and they are members of the Beacons of Faith group at St. Thomas More. Marian's number one priority is her family but when she does have some time she enjoys reading as well as painting with acrylics. Thank you for being a part of the Portage Senior Center and volunteering. Your smiles and participation liven up the Center. -Terri Drafta, Volunteer Coordinator

The Planning Committee is gearing up for another year of Special Lunches and we could use your help. Who is the Planning Committee? We meet one time per month and plan the decorations and the entertainment for the Special Lunches that are held at the PSC. Do you feel that you have some great ideas for entertainment or table decorations or maybe you just want to volunteer during the events? Your commitment level can be at your choosing. Contact Terri Drafta for more information.

Contact Terri Drafta, Volunteer Coordinator, 329-0863 or 329-4555 if you are interested in volunteering at the Portage Senior Center.

Classes running August - October

\*All registration deadlines are one week prior to date of first class session, unless otherwise noted.

\*\* All fees listed as member/non-member, unless otherwise noted.

**COMPUTER**

**Fundamentals**

Fee: \$20 (members only)

4 weeks

Mon, 10 - 12 noon

Session A: Sept 12 - Oct 3

Session B: Oct 17 - Nov 7

Instructor: Gordon Heikkila

This introductory class forms the base for learning to use the computer efficiently. Participants receive a helpful handout for future reference.

**Intro to Office**

Fee: \$20 (members only)

6 weeks

Wed, 10 - 12 noon

Session A: Aug 31 - Oct 5

Session B: Oct 19 - Nov 23

Instructor: Royce Bland

Intro to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing.

Please note: Students will

need to bring a one Gigabyte Flash drive to each class including the first class. Flash Drives will be used to save lesson plans and homework.

**Using Your Digital Camera**

Fee: \$5 per 30 minute tutorial (members only)

Session A: Tue, Aug. 23

1 - 3:30 PM

Instructor: Kevin Wixson

Students will sign up for a 30 minute, 1:1 tutorial with Kevin, who will consult with them on the best general case settings and configuration for their specific camera. Time allowing, other basic, optional configurations will be presented. Students will need to have their camera and owner's manual with them.

**Digital Picture Processing**

Fee: \$20 (members only)

3 meetings

Tue and Thu, 1 - 3:30 PM

Aug. 25 - Sept. 1

Instructor: Kevin Wixson

After completing this course, students will be able to store pictures from their digital camera to their computer, organize and archive them, preview and browse them, share pictures over the internet, and make prints. Students will learn best practices for safe data storage and image processing. Basic photo editing skills will be

taught using Picasa, a free image editing program from the Google company.

Prerequisites:

- Successful completion of "Using Your Digital Camera" (or functional knowledge of your digital camera)
- Installation of Picasa (a free program from Google). If you are not sure how to do this we recommend scheduling an appointment with a PSC tutor.

**Computer Tutoring**

Individual computer tutoring by an experienced volunteer is available Tue-Fri for a \$5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd like to cover.

Tue, 1-3 PM - Jim Hopper  
F, 10 AM - 12 PM - Gordon Heikkila

**FITNESS**

**Body Rebound**

Fee: \$30/\$40 (8 wks)

Aug 3 - Sept 28

No class 10/21 & 11/25

M/W/F, 10:30-11:30 AM

Instructor: Helene Thompson

This class is non-aerobic and designed for those who may be just getting started with exercise. Get fit at a pace that is comfortable and safe.

**Enhance Fitness**

Fee: \$32/\$42 (8 wks)

Aug 26 - Oct 24

No class 10/21

M/W/F, 8:30 -9:30 AM

Instructor: Deb Snell

Evidenced based, nationally recognized older adult fitness program that promotes increased endurance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

**SilverSplash**

Fee: TBD, please contact the YMCA at 324-9622 for more info

Session I Dates: TBD

Session II Dates: TBD

Days: TBD

Times: TBD

Location: Portage YMCA- 2900 W. Centre

SilverSplash is an aquatics based exercise program designed to help build strength and increase range of movement. A kickboard (provided) is used for balance support and to provide moderate resistance challenges. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class made possible as a result of a special partnership between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer upon registration.

**Strength Training**

Fee: \$38/\$48 (7 weeks)

Session I: Aug 17 - Sept 28

Session II: Oct 5 - Nov 16

*Classes cont. on pg. 22*

**Your Company**

How would you like to print 2,500 business cards and have them delivered to the homes of 2,500 active seniors with discretionary income and time for less than 3¢ each?

To learn more about placing your advertising message in the Portage Senior Center's newsletter, call Jim Coppinger today at 345-3718. Space is limited.

**Goldentree is an adult community for those 55 years and older.**  
Here your neighbors might be your next best friend!

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Ground-level with Private Entrance • 24-Hour Maintenance

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**Goldentree**  
*Apartments*  
**327-4739**

**HOURS:**  
Mon-Fri  
9 am-5 pm  
Sat 10 am-3 pm

**Classes cont. from pg. 21**

Mon/Wed, 11:30 AM-12:30 PM  
 Instructor: Susan Iervolina  
 Location: St. Catherine of Siena - Stanley Center  
 Enjoy an exercise program that is designed to increase strength, boost energy levels, and enhance muscle tone.

**T'ai Ji**

Fee: \$38/\$48 (7 weeks)  
 Session A: Aug 2 - Sept 13  
 Session B: Sept 20 -Nov 1  
 Tue, 8:30-9:30 AM  
 Instructor: Ed Kehoe  
 The graceful movements of the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.

**Yoga**

Fee: \$55/\$65 (8 weeks)  
 Session A: Aug 9 - Sept 13  
 Session B: TBD  
 Tue, 1:15-2:45 PM  
 Overflow: 3:15 - 4:15 PM  
 Instructor: Colleen Potter  
 Location: St. Catherine of Siena-Stanley Center  
 Benefits of Yoga include: flexibility, strength, muscle tone, stress reduction, mental calmness, and more!

**ENRICHMENT**



**Bridge Basics**

Fee: \$10/\$15  
 Sept. 2 - Oct. 21  
 Fri, 8:15 - 10 AM  
 Instructor: Mike Gay  
 Bridge is a trick-taking card game using a stan-

dard deck of 52 playing cards played by four players in two competing partnerships with partners sitting opposite each other around a small table. Learn the basic rules and strategies of Bridge as taught by veteran player and PSC member, Mike Gay.

**Comparative Religion**

Fee: \$5/\$10  
 Aug. 9 - Sept. 27  
 Tue, 10 - 11:30 AM  
 Instructor: Glenn Cronin  
 We understand religion as being that exercise of mankind whereby he, through dogma and ritual, seeks to please or appease the power(s) that control the universe. Everyone known people group has within its culture some form of religious expression. In this class, we will discuss the difference between revealed religion and contrived religion. We will study the major religions of the world: Judaism, Christianity, Islam and Eastern Religions. There will also be discussions dealing with cults and the occult. There will be ample opportunity for the asking of questions and non-confrontational discussions. Expand your horizons, while at the same time, anchoring yourself in a comfort zone of conviction!

**\*NEW PROGRAM OFFERING\***

**Facebook for Grandparents**

Fee: \$5 PSC members only  
 Tue, Oct 11  
 10:30 - 11:30 AM  
 Instructor: Kathy Kirk  
 Want to keep in touch with your kids and grandkids? Want to reconnect with friends from your past? Then come to the Portage Senior Center Gallery to

learn about the newfangled social network Facebook.

Watch a demonstration of Facebook with instructions on how you can connect with Facebook pages for the PSC and AARP. Learn about Facebook basics, reasons to use Facebook and how to find people on Facebook. You'll also learn about privacy issues associated with Facebook.

If you like what you see at the introductory session, you'll have an opportunity to sign up for a session where you'll have one-on-one help to create your own Facebook profile and become "friends" with your family and friends.

Kathy Kirk is a retired Computer Programmer/Analyst from Kalamazoo College who's been playing with Facebook for 1 1/2 years.



**Line Dance Classes**

Fee: \$22/\$27 (6 weeks)  
 Session A: Sept 1 - Oct 6  
 Session B: Oct 13 - Dec 1  
 No class 11/24  
 Thursdays  
 Times:  
 Beginner: 2:30 - 3:30 PM  
 Beginner Plus: 1:15 - 2:15 PM  
 Instructor: Deb Snell  
 Have fun, get fit, and learn the latest Line Dances while you're at it! Line Dancing is a great way to meet new friends, tone up your muscles, and improve your coordination. The Beginning class will start with the basics and progress on to simple rou-

tines. In the Beginners Plus class, the instructor will gradually build in a few more steps to the routines learned in the Beginning class. You'll be kicking up your heels and boot-scooting with the best of them in no time!

**\*NEW PROGRAM OFFERING\***

**Memory Matters -**

**Improve Your Recall Skills**

Fee: \$5/\$8  
 Session A: Wednesday, Aug 24, 1 - 3 PM  
 Session B: Thursday, Sept. 29, 1 - 3 PM  
 Instructor: Suzanne Gernaat  
 What is memory? What is a normal "senior moment" and when should I be concerned? What can I do to improve my memory recall and keep my brain healthy and active? Get the answers to these questions and much more when you attend this workshop. You will obtain valuable information about memory and your brain. Topics include what is memory, the aging brain, our receptive senses, the memory function, attention and concentration and memory myths and facts. There will be many fun hands-on activities to help you understand the world of memory and how it works. You can experience memory renewal through a series of exercises, new information and winning strategies.

Suzanne Gernaat is a skilled teacher with over 35 years experience. Suzanne taught computer classes here at the Portage Senior Center in the past. She has

**Classes cont. on back pg.**

## Manager's Message

### Renovations Help Keep Our PSC Clean, Inviting, and Safe!

Over the spring and summer of 2011 several major projects were completed at the Portage Senior Center. New countertops were installed in the kitchen, both restrooms, Craft Room, and Computer Lab. A company was hired to apply a patented, industrial strength cleaning process to the tile floors in both restrooms, resulting in floors so clean and shiny it literally made those bathrooms appear significantly more brighter! A fresh coat of paint (or two or three) was applied to every programming and office area inside the building. The parking lot received some much needed TLC in July when a company came in and filled all the cracks and potholes and resealed it.

Last but certainly not least, a brand new, state of art, addressable fire alarm system was installed. The new system is in full compliance with all codes and regulations and will provide for increased safety of PSC patrons through faster communication with the City of Portage Fire Department and thus quicker response times.

In total the above projects equaled over \$25,000 in labor costs and supplies, including approximately \$12,000 for the new fire alarm system alone. Funding for all projects was included in the 2010-2011 Capital Improvement Program. The City Administration annually develops a 10-Year Capital Improvement Program to identify and schedule essential capital projects for the community consistent with the adopted City Council Mission Statement and Goals and Objectives.

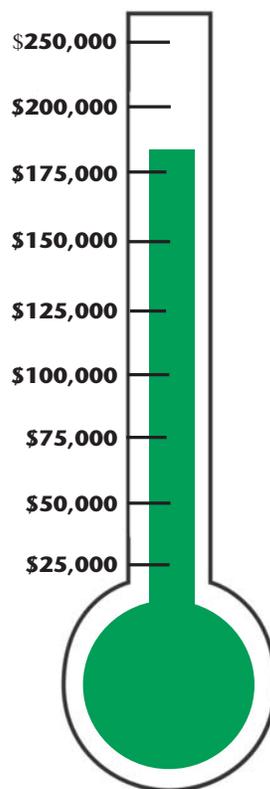
Everybody that has ever had any major home renovation work done knows that home improvements look great when they are finished but can be a challenge to live through. The same can certainly be said of the work that was performed over 3-4 months at the PSC. But as a whole, members of the PSC were very tolerant and understanding throughout the process, and I am grateful for your patience. Hopefully you will all agree with me that the resulting improvements in safety and aesthetics were worth the hassle!

**The Portage Senior Center is open  
Monday thru Friday, 8 AM to 5 PM to serve you!**

*The Portage Senior Center is Michigan's first nationally accredited senior center.*



## Revenue Thermometer



July 1, 2010 - June 30, 2011

Local Contributions	\$21,089
Area Agency on Aging	9,718
Friends of the PSC	11,540
PSC Room Rentals	9,378
Transfer from Trust	9,500
Mini-Bus Donations	3,370
Fund Raising	17,624
Newsletter Ads	21,194
Memberships	37,973
Net from Sr. Trips	30,000*
AAA (Health Promo)	11,022
Part. Contributions (Health)	918

Total 11 - 12 Fiscal Year..\$183,326

\*Projected net from Senior Trips. Actual figures typically are not available until September.

## Advisory Board

Ruth Ann Meyer, Chair  
Gordon Heikkila, Secretary  
James Hoppe  
Ann Perkins  
Larry Smith  
Arthur Roberts  
Patricia Berninger  
Trudy Riker  
Nicoara Oprescu  
Ruth Michelhaugh  
Mary Lou Petrulio  
Fatima Mirza, Student Liaison

## Center Staff

**Director of Parks & Recreation**  
William Deming, MS

**Deputy Director of Parks & Recreation**  
Jason Horan, BS, CPRP

**Administrative Asst.**  
Janet Gates

**Receptionist**  
Denita Demler

**Volunteer Coordinator**  
Terri Drafta, BSW

**Trip Coordinator**  
Johanna Thompson

**Nutrition Site Manager (Senior Services, Inc.)**  
Vince Wheat

**Wellness Project Staff**  
Bobbe Taber, MA

## Portage Senior Center

The PSC is supported by the City of Portage, contributions, memberships and grants. Some funding is also received from the State of Michigan through the Area Agency on Aging. The PSC offers services and activities to persons over 50 years of age. Annual membership fees are \$25 for Portage residents and \$35 for all others. No one will be denied membership due to an inability to pay. The PSC Newsletter is mailed bi-monthly to members.

City of Portage  
Senior Citizens Services  
7900 South Westnedge  
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*The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.*

**Classes cont. from pg. 22**

been involved with memory, dementia and Alzheimer's for the past 11 years. Her experience and insights can benefit your memory skills.

**\*NEW PROGRAM OFFERING\***

**I Want A Happy And Healthy Memory!**

Fee: \$5/\$8

2nd Thursday of every month beginning in September  
1 - 2:30 PM

Instructor: Suzanne Gernaat  
A discussion/activity group, that meets once a month, to hear about the latest brain/memory research, do memory games and exercises and learn about online resources and things you can do to keep your memory working.

You will enjoy many hands-on activities and receive printed materials and resources you can use at home. Put down that TV remote and do yourself a favor, exercise your memory. A good memory can help you keep your independence.

Every month you will gain valuable information and

have fun learning about the exciting ways to keep your memory healthy and happy!

**PSC Writing Group**

Fee: \$30/\$40 (7 weeks)

Session A: Sept 7 - Oct 19

Session B: Nov 2 - Dec 14

Wed, 10:30 AM -12 noon

Instructor: Wilma Kahn

Write and share essays or poems. Participants choose their own topics, such as family history, autobiography, travels, nature, war time experiences, responses to contemporary life, exercises in wit, etc. Teacher gives written response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

**ART**

**Painting with Acrylics**

Fee: \$55/\$65 (6 weeks)

Sept 14 - Oct 19

Wed, 1 - 3 PM

Instructor: Rae Sills

This class is open to beginners as well as advanced students. The emphasis in the class will not only be learning color, design and texture, but, also, how to use the mediums in manipulation of quick dry paint.

The student will work from photographs of their own choosing. The instructor will begin the class by demonstrating and will continue to demonstrate several times throughout the six weeks. Questions are encouraged during

demonstrations. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils please.)

Please request supply list upon registration.

**SMPC**

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**Portage Senior Center is open Monday thru Friday from 8 am to 5 pm**