

# Portage Senior Center Newsletter

## Holiday Lunch

*Tuesday, December 13 and Thursday, December 15  
11:45 AM, \$1 registration fee*

Come over the river and through the woods to the PSC to celebrate the Holidays. We will once again offer two separate lunches. The entertainment for the Tuesday, December 13th lunch will be the PSC Choir and the "Good Vibrations" from Gagie School will be on Thursday, December 15th. What a great way to celebrate the season with lunch, entertainment, and lovely door prizes. A \$3.00 donation is suggested for the lunch. Come into the PSC to sign up for this event.



### Contents...

AARP Tax.....	3
Travel.....	4
Health Resources .....	9
Activities .....	15
Volunteer Vibration..	16
Classes .....	17 & 19
Friends of the PSC ..	18

## Portage Senior Center Annual Fund Drive

By now you have probably received an appeal letter from the Portage Senior Center for our 2011-2012 Annual Fund Drive. The PSC must raise over \$200,000 annually to maintain the existing facility and support the 100+ programs and services offered.

Grants, facility rental fees, trips, special events, and corporate sponsorships are examples of different sources of fund raising revenue the PSC relies on to meet this objective.

Member support of the Annual Fund Drive is also critical. Last year's goal of \$20,000 was exceeded with the help of matching funds from the Kalamazoo Community Foundation. This large donation along with over 300 PSC members and stakeholders made contributions totaling over \$30,000 to the PSC or Friends of the PSC. Every penny of every gift goes directly towards the support of older adult programs and services.

Once again our goal for this year's drive is **\$20,000**. Your gift is an investment in the Portage Senior Center and the community as a whole. Please help make a positive impact on the lives of older adults by making a gift to the 2011-2012 Fund Drive.

Thank you in advance for your consideration.

Portage Senior Center Staff

## The Portage Senior Center Annual Report

for Fiscal Year July 1, 2010 – June 30, 2011

### Key Financial Statistics:

**Funds Raised: \$216,489**

Donations to Annual Fund Drive = \$17,624

Support from the Friends of the PSC = \$11,540

Membership Fees = \$37,973

Grants = \$20,740

Donations to the Friends Endowment Fund = \$16,415

Other\* = \$112,197

**Operational Expenses: \$330,869**

**COP General Fund Subsidy: \$114,380**

\*Travel revenue, transfers from the PSC Trust Fund, activity and facility rental revenue, ad revenue, etc.

### Other Statistics of Note:

Members and visitors came to the PSC, participated in programs and activities, requested information and referral services, or went on trips a total of 83,792 times.

Volunteers contributed a total of 32,248 hours.

Over 200 senior citizens had their income taxes prepared at no charge as a result of the partnership between the AARP and the PSC.

Nearly 200 people donated to the PSC General Fund.

Almost 100 people donated to the Friends Endowment.

Over 1,100 individuals aged 50+ joined the PSC in FY 2010/2011.

### Partnering Agencies:

Area Agency on Aging Region IIIA

Senior Services, Inc.

Portage District Library

Portage Public Schools

Ministry with Community

Others

## A Message To Our Stakeholders

*It has been a very busy year and as we move forward into 2012, it is important to reflect upon the accomplishments at the Portage Senior Center and maintain the energy and momentum that makes our Center a focal point for older active adults from the community and beyond.*

*During the past year, we continued to recognize our vast number of volunteers with an appreciation lunch. The golf outing was a huge fund-raising success, and a good time for all. Celery City Showcase VI, provided an outstanding array of local talent, from all ages! The Portage Senior Center received national accreditation for a third consecutive time, proving that our Center is a leader in the field of older adult services and programs. A new and improved lunch program was initiated and the Holiday Bazaar and Bake Sale kicked off the holiday season. Of course we were sad to see Jason Horan leave to pursue a new professional direction. However, we have been privileged to locate a new Center manager, Jill Hess, with the leadership skills and talents necessary to ensure that the Center maintains the forward-thinking approach to meeting participant needs.*

*As stakeholders, volunteers, and supporters of the Portage Senior Center, I am sure that you take great pride and satisfaction in the role you have played in making the Center what it is today. We value and look forward to your continued support with providing the personal and monetary resources that are essential to keep the Center vibrant and welcoming to all.*

*The Portage Senior Center offers a wide array of programs and services that are accessed by thousands of older adults every year. I always enjoy my visits to the Center to watch the many daily events – exercise, knitting, cards, chair volleyball, wood-carvers and Wii sports – to name just a few. The lounge is always a place for casual interaction and conversation. Each season I am amazed at the number of outstanding trips, both short and long, offered to Center participants. And each of you makes these opportunities possible.*

*The Portage Senior Center continues to deal with the changing environment in a positive and proactive manner. As we move forward, I invite our stakeholders to celebrate our successes and continue to provide the support necessary in order to enhance the quality of life for older adults in our community for the decades to come.*

*William Deming  
Director, Parks, Recreation & Property Management*

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### The Giving Tree

As the holiday season approaches, we invite you once again to help us to provide Christmas cheer to a family that we will be adopting through the Portage Community Center. We have a young mother with a six-year-old boy requesting basic items and a few modest wishes. Please come in after December 1st and take a tag from the Christmas tree in the lounge and purchase a gift or give a donation. We ask that all gifts be wrapped and to the center by December 12th to insure that they will be delivered in time for Christmas.

### AARP Tax Assistance

Beginning Tuesday, January 31, AARP Tax-Aide Volunteers will provide free tax preparation assistance every Tuesday through April 10 from 9 AM to 3 PM by appointment only. Assistance is available to individuals or couples 50 years and older with an annual income below \$45,000 or to those who are handicapped. Complicated returns cannot be done at the PSC (please request list of "out of scope" type returns upon registration to confirm your return is eligible). **Registration begins on Tuesday, January 3.** A checklist of everything needed for the appointment is available at the Reception Desk. Call the PSC at 329-4555 to schedule an appointment.

**\*SAVE THE DATE\***

### Valentines Dance and Sing-a-Long

**Tuesday, February 14**

Everybody had so much fun at last year's event we are going to try it again in 2012! Once again the PSC Band and PSC Choir will be teaming up to offer you an afternoon of singing, dancing and general merry-making. Keep an eye out for more information in the February/March newsletter.

### PSC Volunteers to Host Gift Wrapping Fundraisers at Crossroads Mall

**Sunday, December 4 and 11, 12 PM-6 PM**

Once again this year a group of friendly and skilled gift wrappers will offer their expert wrapping services at the Crossroads Mall. While there is no charge to have gifts wrapped, donations to the Portage Senior Center will be accepted. Please consider stopping by to take advantage of this unique opportunity to save yourself some time during the busy holiday season while supporting a great cause. The more the merrier, so spread the word to your friends, family, and neighbors!



The PSC would like to thank **Crossroads Mall** for providing us with this opportunity.

### Grocery Bingo

**Brought to you by Bickford Assisted Living & Memory Care**

**Monday, January 16, 1:30 PM**

**Free to members (\$5 non-members)**

Back by popular demand! Bring your lucky rabbit's foot, 4-leaf clover, or whatever it takes to just win! Hosted by everybody's favorite caller, Karen Chaffee, with Bickford Assisted Living & Memory Care, you will enjoy a variety of games, grocery prizes, and witty commentary! For the grand grocery bingo finale, we will do a cover all and the winner gets the bag.

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**Fun Day-Trip Outings!**

**CHRISTMAS CHEER AT W.K. KELLOGG MANOR & CLARA’S . . .** Battle Creek & Hickory Corners

**Friday, December 2**

The holidays are a special time of year at the W.K. Kellogg Manor House! Each room of the Manor House is creatively decorated by area businesses, designers and staff. A tour of the house is included and not only provides the history of the house but also many ideas for your own holiday decorating. Hot spiced beverages and holiday treats in the Billiard Room are included! A lunch stop (self-pay) will be made at the historic Clara’s Restaurant on the River. Enjoy great food in beautiful surroundings reminiscent of a simpler time. Don’t miss out on this enjoyable and affordable day, as it will fill up quickly!

**SOUND OF MUSIC . . .** Drury Lane Theatre, Oakbrook, Illinois

**Thursday, December 8**

Added by popular demand is one of “our favorite things” . . . Rodgers and Hammerstein’s most cherished musical, “The Sound of Music”! When the postulant, Maria, proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain, and they marry. Taking place on the eve of World War II in Nazi-occupied Austria, the family’s narrow escape over the mountains to Switzerland provides one of the most thrilling and inspirational finales ever presented in the theatre! Also includes delicious Drury Lane luncheon.

*Continued on next pg.*

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**Fun Day-Trip Outings!** Cont. from previous pg.

\*\*\*\*\*2012\*\*\*\*\*

**MURDER AMERICAN STYLE . . .** Cornwell's Dinner Theater, Marshall, Michigan  
**Saturday, February 18**

What can be more American than grandma's homemade apple pie and baseball? A small town museum, home to many of our favorite American icons for the past 50 years, is the stage for some very strange happenings. The young curator is a descendent of Abe Lincoln himself, and the radio station announcer has heard noises and seen strange things. Join us for a crazy look at our beloved American Icons as you try to solve this mystery. Lunch included.

**GYPSY . . .** Drury Lane Theatre, Oakbrook, Illinois  
**Wednesday, March 28**

This musical is based on the memoirs of Gypsy Rose Lee. See what happens when an overbearing stage mother tries to push her daughters into the life she wishes she had. Delicious Drury Lane luncheon included.

**WHITE BUFFALO . . .** Purple Rose Theater, Chelsea, Michigan  
**Wednesday, April 11**

Chelsea and Jeff Daniel's Purple Rose Theatre is without doubt, one of the PSC's favorite destinations. Lunch will be included at the Common Grill, a favorite restaurant. Based on actual events, *WHITE BUFFALO* tells the story of the birth of a white buffalo calf on a small farm in southern Wisconsin. When Carol Gelling discovers the white calf, she thinks of it as a mere curiosity. Soon, however, she learns that this is the fulfillment of an ancient Sioux prophecy believed to bring peace on earth and unity to all mankind. The moral conflict that ensues is gripping drama. Between lunch and the play, there will be time to browse and shop in the small boutiques of downtown Chelsea.

**AN INSIDE LOOK AT AMISH LIFE . . .**

Shipshewana, Indiana  
**Tuesday, April 24**

How often have you visited Shipshewana and wondered about what everyday life is truly like for the Amish people? This trip offers a rare opportunity to look at and learn about authentic Amish life by visiting people and places inaccessible to the general public. With our Amish

step-on guides, Al & Verna Kuhns, we'll visit an Amish home and be treated to coffee. We will then tour Amish family businesses off the beaten path. Lunch will be provided at a 2nd Amish home. Seats are limited for this special trip so reserve early!

**A QUIANT, QUIZZICAL & QUIRKY JOURNEY . . .** US-12, Michigan

**Thursday, April 26**

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!

**JACKSON HISTORIC PRISON TOURS . . .**

Jackson, Michigan

**Wednesday, May 2**

Begin the tour at Michigan's first state prison (1838-1934) – now Armory Arts Village. Hear tales of prison life, punishments, and colorful inmates; see old solitary cells, meet artists in former cells turned into studios, and visit an apartment, once 36 cells. Eat an included catered lunch in the old prison café. Continue the tour at Seven-Block (1934-2007) on a closed portion of the functioning

*Continued on next pg.*



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**Fun Day-Trip Outings!** Cont. from previous pg.

Jackson State Correctional Facility. Experience the holding area, step inside a cell; hear of convicts, officers, wardens, riots, reforms, and a one-and-only helicopter escape. Even walk the five tiers of galleries. Before leaving Jackson, enjoy an ice cream treat at the renowned par lour.

**PLANES, BUSES AND AUTOMOBILES . . .** Richland & Battle Creek, Michigan

**Thursday, May 10**

Catch a ride to view more than 200 vehicles spanning over 100 years of automotive history while exploring the barns at the Gilmore Car Museum. Enjoy lunch on your own at the authentic Blue Moon Diner and for a treat, visit the Miniature's Museum. Next, land at the WMU College of Aviation in Battle Creek. Tour the facility including flight trainers, student Cirrus aircraft and the new Boeing 727. Learn more about the program that may have trained the pilots on your next flight.

**TREASURY OF POLISH HERITAGE . . .** Hamtramck, Michigan

**Tuesday, June 5**

Begin with a visit to the Polish Art Center in Hamtramck. See demonstrations of Polish arts and crafts in the only shop of its kind west of Warsaw and receive an imported ornament. Shop next door for some Polish sausage. Next, enjoy a Polish hot lunch buffet at Polonia Polish Restaurant. Sample fresh and smoked sausages, stuffed cabbage, pirogues, Kapitsa (kraut), and kopytka (potato noodles) accompanied by authentic Polish accordion music. After lunch, relax on the bus for a brief tour of Hamtramck and see Pope's and Veterans' Parks. The tour will conclude with historic St. Florian's Church. Before departing, stop at a Polish bakery for a treat to enjoy on the way home. Spend a day in Poland without leaving Michigan!

**JUST BECAUSE IT'S JUNE – A MYSTERY TRIP**

**Thursday, June 28**

Our destination must remain a secret, but that's just part of the fun! If you would like to look forward to a day away from your daily routine, then this trip is for you. We will provide a day filled with interesting destinations, good friends and an included lunch. Sign up early! Don't miss this one!

**THE OSMOND BROTHERS . . .** Bear Creek Farms, Bryant, Indiana

**Saturday, July 21**

The infamous Osmond Brothers have been performing worldwide for 50 years and have practically lived on a stage, thrilling millions of people! They perform all styles of music from barbershop, pop, rock, country, and jazz, and any other group cannot match their close harmonies. They've broken records for sell out performances once held by the Beatles and Elvis, and won numerous awards including the People's Choice Award, Best Vocal Group and Best Show in Branson, Missouri! Includes lunch.

**ON GOLDEN POND . . .** Purple Rose Theater, Chelsea, Michigan

**Wednesday, August 22**

This charming love story follows Ethel and Norman Thayer as they return to their summer home in Maine. Their respite is interrupted by the unexpected arrival of their estranged daughter, her fiancé, and his teenage son. Over the course of the summer, an unlikely friendship develops between Norman and the boy, which sparks a renewed zest for life in the Thayer family. In the twilight years of marriage, Ethel and Norman rediscover the joy and romance of everyday living. Lunch is included at the Common Grill, a favorite restaurant.



*Happy Holidays!*

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## Extended Trip Get-Aways!

**INDY NOW!** . . . Carmel and Indianapolis, Indiana

**May 16 - 18**

Come and learn how Indianapolis has transformed itself from a stodgy midwestern town to a bustling, major league city! We begin with lunch (make sure to try an apple dumpling) at Conner Prairie Living History Park followed by a visit to its new Civil War Experience about how a small town coped with Morgan's Raid in 1863. Conner Prairie was begun in the 1930's by Eli Lilly to preserve and present to the public Indiana history in a dynamic way. The museum has grown into one of Indiana's top attractions. While in Indianapolis we'll also get to see the Eli Lilly estate. The trip also includes two nights lodging, the musical, "I Love You, You're Perfect, Now Change", at the Performing Arts Center in Carmel; a landmarks city tour; a visit to White River State Park home to one of the ten best zoos in the U.S. and a wonderful botanic garden; two breakfasts and a dinner at a Carnegie Library turned restaurant, and more. All this and only a four-hour drive from home!

**MAINE-MOUNTAINS TO THE SEA** . . . Maine and much more!

**June 9 - 18**

Motor (coach) to Maine, with its spectacular scenic byways, epic coastal vistas, mountain overlooks, island-dotted bays, harbors filled with tall ships, photogenic lighthouses, old forts, covered bridges, jaw-dropping sunsets and National Historic Landmarks! Trip highlights include a Moose Safari in Grafton Notch State Park, Conway Scenic Railroad, a gem and mineral excursion, Timber Tina's Maine Lumberjack show, Arcadia National Park tour with step-on guide, lobster cruise in Bar Harbor with lobster bake, whale watch in Boothbay Harbor, Maine Maritime Museum and Bath Iron Works tour and city tours of Portland, Boston and much more! Sponsored by Ed & Ted's Excellent Adventures.

**WESTERN NATIONAL PARKS** . . . "Wonders of the World"

**August 5 - 15**

Experience the wonders of the West through its best-known national parks. Interested in seeing stunning scenery and

amazing wildlife? This tour, featuring diverse landscapes from painted canyons to awe-inspiring national parks, is for you! Enjoy a relaxing stay at Red Cliffs Lodge in Moab, which offers a ranch-like experience and luxurious Western charm with spectacular scenery. Other highlights include Arches National Park, Canyonlands National Park, Grand Teton National Park and Yellowstone National Park including Grand Canyon of Yellowstone; Colorado National Monument, Crazy Horse Memorial and Mount Rushmore National Memorial; Salt Lake City (Utah), Jackson Hole (Wyoming), and much more! Special activities include boat cruise in Grand Teton National Park and cowboy grill BBQ. Sponsored by Shoreline Tours.

**THE LEGENDARY DANUBE RIVER CRUISE**

**September 19-30**

Immerse yourself in the wonders of a relaxing 11-day river cruise adventure without the hassle of checking in and out of hotels! At every turn, enjoy amazing sights of medieval castles, quaint villages and epic scenery so close you'll feel you can touch it. Highlights include Prague (Czech Republic) a 1,000-year old city preserved in time with its domes, cupolas, spires and pinnacles; Nuremberg (Germany) with its fabulous gothic churches and elegant patrician houses; Regensburg (Germany), one of Germany's best preserved medieval cities; Passau, Linz, Melk, and Vienna (Austria) and Budapest (Hungary), Eastern Europe's liveliest and most cosmopolitan metropolis. Sponsored by Avalon Waterways.

**NEW YORK, NEW YORK!**

**September 26 - October 1**

Start spreadin' the news! The PSC is "Broadway Bound" in 2012! We're leavin' on September 26 for six fantastic days in the greatest city on earth—New York City! Your travel escorts Raymond Harvey (KSO) and Art Nemitz (PSC), will be there to provide guidance and tips for making the most of your time in this wonderful city. Accommodations will be in a fine hotel near Times Square, within walking distance of great Broadway District theatres and restaurants. Besides seeing three exciting Broadway shows, "On-and-Off" bus passes are included (on those famous big red, double-decker buses). You will have much time on your own to visit the talked-about sites of NYC, its world-renowned museums and art galleries, shopping, etc. etc. Don't miss this opportunity to experience the exciting ambience of the "City That Never Sleeps!"

The Portage Senior Center mini-bus provides transportation to and from the theater. Prior to the performance, the bus will stop for lunch (self-pay). The mini bus is limited to 14 passengers. Sign up early to ensure a seat.

Trips are Walking Level 1 and escorted by Mary Winkler. This season's events include:

### ***Thoroughly Modern Millie***

Saturday, November 20, 2011 - Portage Northern High School, \$30

***The Nutcracker***; performed by Kalamazoo Symphony  
Sunday, December 11, 2011 - Chenery Auditorium, \$30

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## Goodbye PSC, Hello World....

*"Don't cry because you are leaving, smile because you were there."*

Anonymous.

It's Friday, October 21, 2011 and time to quit putting off my goodbye letter. Although you *may* see me in December, it's a sure thing that as of January, I'll no longer be the Portage Senior Center Wellness Coordinator. It has truly been a pleasure knowing everyone, serving older adults in Kalamazoo County, working with a great group of wellness program volunteers, enjoying lasting community partnerships and working with a fantastic staff. I'll miss you all as I enjoy new adventures in the world of wellness, wherever those may take me.

My co-workers and the PSC members have taught me so many things. First, you've taught me that age is a state of mind, and as one stays active, connects with others and finds meaning in life, life is good. Sometimes meaning is to bake cookies or knit mittens, other times it is to sing, teach a PATH class or start exercising. Yet when one strings enough meaningful moments together, life can be full of wonder and joy. I have learned about aging with grace, and that no matter what occurrence happens in life, we can adjust our lives, move on, connect with friends and enjoy the grace of group activities. I've learned that love wins in all things, and the kindness of those around us can overcome any adversity in life.

And I've learned about a whole plethora of diseases, medications, injuries and conditions, enough to fill a book. Some can be healed, others that cannot, but I know all feel very real when they happen to you. Yet after five years, I've seen that taking action to do *something* about our health usually beats ignoring it in the long run.

Perseverance is another lesson that plays true still today along with the knowledge that one doesn't have to make big changes in life, only focus on small goals, and they add up to better health. You've taught me about self-respect at any age, with any condition, and how to make the best of what one can, while still holding out for hope in the future. I've learned patience with others and myself. Working with everyone here has also reinforced that change doesn't happen overnight. If we focus on the goal, not the obstacle, it all comes together. Most of all, you've taught me to love life, believe in myself and believe in others, too.

I've learned about love from my PSC members, the love of many people with many stories, all kinds of backgrounds and varied interest, and how, as a group, you've fed one another in a place full of love and will keep that going, no matter what.

I'll miss you, of course, but take with me the deep and profound effect you've had on my life for the last five years, and the hope that my being here has affected your life in a positive way as well. In leaving, a quote comes to mind:

*"All changes are more or less tinged with melancholy, for what we are leaving behind is part of ourselves."* - Amelia Barr

Yet what I am taking with me, is infinitely more important, which is the lessons learned from serving you for the past five years and the many personal transformations that have occurred, in your lives, and in mine. For this, I am ever thankful, and I wish you wellness, now and forevermore.

Bobbe Taber

## Resources for Health, Wellness and Older Adult Services

Some of our best resources for wellness are here at the Portage Senior Center - Join one of our many exercise classes! Additionally, listed below are other resources that I've used most often. Please clip this and save it for further use, and most importantly, use it when needed! - Bobbe Taber, MA

**Area Agency on Aging IIIA - Serves primarily Kalamazoo County and is designated by the Michigan Office of Services to the Aging to provide leadership and advocacy on aging issues in addition to identifying the greatest needs of older persons and coordinating services to meet those needs. Their main goal is to provide quality services that enable older persons to live independently with dignity, in their own homes or chosen places of residence.**

*Continued on next pg.*

### Independent Senior Living at its Best

*"The Affordable Alternative for Active Seniors 55+"*

<ul style="list-style-type: none"> <li>• 1 and 2 Bedroom Apartments</li> <li>• Screened Patios</li> <li>• Activities</li> </ul>	<ul style="list-style-type: none"> <li>• One Story Maintenance Free Apartments</li> </ul>	<ul style="list-style-type: none"> <li>• 24-Hr On-Site Facility Management</li> </ul>	<ul style="list-style-type: none"> <li>• Scheduled Transportation</li> <li>• FREE Laundry, Cable, Water, Sewer and Trash Removal</li> </ul>
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## Resources for Health, Wellness and Older Adult Services

*Continued from previous pg.*

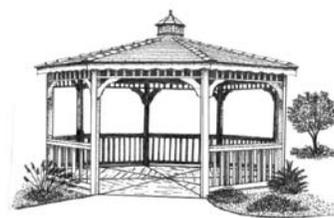
Alzheimer's Association	Provides information, education and support for persons with cognitive concerns and their loved ones.	342-1482 Or <a href="http://www.alz.org/mglc/">http://www.alz.org/mglc/</a>
Borgess Diabetes Centers	Provides clinical diabetes education and services	226-8321
Bronson Diabetes Centers	Provides clinical diabetes education and services	341-8585
Disability Resource Center	Provides education, advocacy, support and assistance to persons with disabilities	345-1516
Family Health Center	Provides Medical and Dental services for uninsured persons as well as those with Medicare/Medicaid.	349-2641
Kalamazoo County Area Agency on Aging, Region IIIA	Provides information and referral for older adults and their loved ones Choices for Independence Programs--designed to keep people independent in their homes; Ombudsman--Long-Term Care; Caregiver Support, etc.	373-5147
Kalamazoo County Veteran's Services	Provides services for Veteran's	(269) 373-5304
Kalamazoo Loaves & Fishes	Provides Emergency Groceries	488-2617
Michigan Commission for the Blind	Provides Services and Referrals for persons with vision impairment	337-3875
MMAP Michigan Medicare Medicaid Assistance Program	Provides information on choosing and using insurance programs	800-803-7174
Personal Action Toward Health Workshops, PATH, Diabetes PATH and Matter of Balance Workshops	Contact the Area Agency on Aging, IIIA as they will keep a listing of these in the County	373-5147
Portage Community Center	Social Services including a one-stop location that can assist in applying for State and Federal Benefits; Family Health Center on site	323-1942
Senior Services	Provides various services for seniors, including meals-on-wheels; services for frail elderly including MI Choice Services; information and assistance; Behavioral Health Case Management and more.	382-0515

**Information & Assistance Service 373-5173** - Serves Kalamazoo County as the unbiased comprehensive source to locate community resources for older adults. Certified Information & Assistance Specialists, who are all licensed social workers, help callers understand their options in order to make informed decisions, such as potential eligibility for state and federal programs and guidance on choosing a home care agency or senior residence. They also help individuals who have concerns about friends and neighbors know whom to contact.

Information & Assistance also is the gateway to the **AAAIIA's Choices for Independence Programs**, which assist people 60+ to stay at home. Guided by person centered-planning, a nurse/social worker team meets with individuals and/or their caregivers to determine need for supportive services such as homemaking, adult day services, medication set-up, personal care, meals, transportation, etc. After the initial visit, the case consultant reviews the plan of care every 3 to 6 months along with the client and their designated supports. The client **chooses** the services and service providers to best fit their needs. Contact the Information & Assistance Service at 373-5173 for more information.

**Long-Term Care Ombudsman Program, 373-5161 or 1-866-485-9393** - This program covers licensed long-term care facilities in Barry, Branch, Calhoun, Kalamazoo, and St. Joseph counties. It was created to address the quality of life experienced by residents of nursing homes, homes for the aged and adult foster care facilities. Contact the ombudsman program when there are questions or concerns about care or if there are concerns about resident rights.

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*Dorothy Endres*

*This page is intended to give a brief look at all classes and activities occurring at the Portage Senior Center on a given day of the week this month. Classes are in bold print; all other items listed are activities. Please check the calendar page for the start date of classes and fees. Activities and classes are open to all members. Please check with the receptionist for further information.*

### Monday

8:35 **Enhance Fitness**  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Trip Committee (3rd)  
 10:00 **Computer Fundamentals**  
 10:00 Free Legal Services (2nd)  
 10:30 **Body Rebound**  
 11:30 **Strength Training**  
 11:45 Lunch  
 1:00 Art Club  
 1:15 Big Screen Movie (see calendar)  
 1:30 Cribbage  
 1:30 Canasta  
 3:30-4:45 Ping-pong  
 3:30-4:45 Chair Massage (2nd)  
 5:00 Out to Dinner (1st)  
 6:30 Pinochle/Cards

### Tuesday

8:30 Out to Breakfast (2nd)  
 8:30-9:30 **Tai Ji**  
 8:30-4:30 Billiards  
 8:45 Computer Club (1st & 3rd)  
 9:00 Mini Bus Shopping  
 9:30-2:30 Trip Office Open for business  
 10:00 Wii Bowling  
 10:00 Walkers w/Walkers (Bicentennial Trail)  
 10:30-12N Recycled Cards (1st, 3rd, 4th)  
 11:00 **Silver Splash**  
 11:45 Lunch  
 12:30 Bridge - Gallery  
 1:00 Mah-Jongg  
 1:15 Yoga  
 1-3:00 Woodcarving \*\*  
 1:00 Chair Volleyball  
 3-4:30 Band Practice  
 3:30 Hand Chimers  
 6:30 Bid Euchre & Other Cards  
 6:30 Just for Fun Poker Night (2nd)  
 8-8:30 Alzheimer's Association Support Group (3rd)

\*\* Woodcarving - PSC members Free/Non-Members \$3 per week

### Wednesday

8:35 **Enhance Fitness**  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 **Intro to Office**  
 10:30 PSC Writers Group  
 10:30 **Body Rebound**  
 11:30 **Strength Training**  
 12N Portage Rotary, no lunch today  
 12:30 - 4:30 Billiards  
 1:45-4:45 Euchre  
 2:00 Photography Club (3rd)  
 2:00 Readers Theatre (2nd & 4th)  
 2-4:00 Computer Lab Open  
 7:00 **QiGong**

### Thursday

9-11:00 Blood Pressure Clinic (2nd)  
 9-12N PSC Needlers  
 9:30 Choir Practice  
 10:00 Garden Club (2nd)  
 10:00 Mini Bus Shopping  
 10:00 Walkers w/Walkers (Bicentennial Trail)  
 10-2 Hand & Foot (1st Thu)\*  
 11:00 **Silver Splash**  
 11:30 Out to Lunch (3rd)  
 11:45 Lunch  
 12:30 - 4:30 Billiards  
 12:15 - 4:00 Foot Clinic by appointment  
 1:15 **Line Dance - Beginner +**  
 2:30 **Line Dance - Beginner**  
 3:15 TOPS Club  
 3:30-4:45 Ping Pong

\*Not meeting in Jan, Feb. & Mar

### Friday

8:35 **Enhance Fitness**  
 10-12:00 **Computer Tutoring w/Gordon Heikkila**  
 9:30-2:30 Trip Office open for business  
 10:30 **Body Rebound**  
 11:45 Lunch  
 12:30-4:30 Billiards  
 1:00 Sisterhood (2nd)  
 1:00 Project Enhance: Diabetes Education (1st)  
 1:00 Bridge  
 1:00 Dominoes (2nd & 4th)  
 1-4:00 Computer Lab Open  
 1-4:00 Quilting (open play)

### Saturday

2:00 Three C's: Coffee, Cards & Conversation (1st & 3rd)

Daily Walk: 8:30 AM at Crossroads Mall, Food Court entrance

Portage Senior Center is open Monday through Friday, 8 AM to 5 PM, evenings as scheduled for PSC events.

Special thanks to **Heirloom Rose, Flowers for All Occasions**, for providing centerpieces to the PSC for their Travel Preview Event!

Free Hearing Screenings will now be offered on a quarterly basis. The next screening is scheduled for January 18, 9-11:00 AM, call for an appointment.

## Project Enhance Program Summary

Since the start of Project Enhance, we've held over 550 group sessions related to wellness and provided an average of 916 encounters per year serving an average of 400 people per year. We also made statistically significant improvements in exercise habits and depression, and improvements in nutrition for the 164 individuals who took advantage of our six-month, one-to-one Enhance Wellness Program. Finally, as we transitioned to more Evidence Based Disease Prevention Programs (EBDPP's):

1. Enhance Fitness exercise classes
2. A Matter of Balance workshops: Managing Concerns about Falls
3. Personal Action Toward Health workshops (PATH)
4. Diabetes PATH workshops

Since 2007, a grand total of 46 workshops were held throughout Kalamazoo County. All together, 490 people attended a PATH, Diabetes PATH or Matter of Balance Workshop. Of those, 353 graduated, or 72%. 51 program leaders were trained throughout Southwest Michigan with 27 serving Kalamazoo County. These workshops have yielded many testimonials by those whose lives were changed as a result of attending these workshops. Yet most of all, we have the benefit of seeing the results - members who have engaged in healthy behaviors and improved their health, members who feel confident that they can prevent falls so they become more

active, and members who have enjoyed hours and hours of volunteering to teach programs that keep them healthy as well, too. Thus, we are proud of what everyone together has accomplished.

## Notice to former Project Enhance Wellness Participants

All records associated with Project Enhance Wellness one-to-one wellness services will be stored in a confidential, secure electronic database with Project Enhance/Senior Services of Seattle, 2208 2nd Avenue, Seattle, WA 98121. All other personal health information stored at the Portage Senior Center will be destroyed. Should you require access to your records, please inquire at Portage Senior Center, 329-4555.

All information for the Personal Action Toward Health (PATH), Diabetes PATH and Matter of Balance Workshop information will be stored in a secure, locked cabinet with the Kalamazoo County Area Agency on Aging for seven years. Please contact Judy Sivak at 373-5147 or more information.

## A heart-felt thanks goes out to the following "first responders" for our 2011-2012 Annual Fund Drive!

Annual Fund Drive from August 25 to Oct 24

Dora Mann	Dan Ward
Russell & Virginia Lauer	Jeannette Carney
Joyce Rogers	Dolores Paul, in memory of
Ken & Jan Allen (Goertz)	Mauverine Redmond
Robert & Sandra Erikson	Marilyn Waggoner
Alice Carpentier, in memory of	Virginia Graham
L. Edna & Adrian Zuidweg	Katherine Egeler
Helen Warren, in memory of	Bill & Kay Hanson
G. Robert Warren	Margaret Oudsema, in memory
Bruce Stein	of Richard Tanner
Elizabeth Wesloski	Trudy Bengsch
Myrtice DeRuyscher	Isabel Kramb
Janet Schma, in memory of	Barbara Sheffler
David White	Maria Zuniga
Ted Tompkins, in memory of	Margaret Weiss, in memory of
Sharon Tompkins	Milo Weiss
Shirley Jean Means	Elizabeth Congdon
Eleanor Sheeler	Barbara Roty, in memory of
Janice Herrick	August Roty, Jr.
Thelma Burrell	Marilyn Milko
Robert & Carla Hannemann	Joyce VanBrook, in memory of
Tomas & Nancy Stryd	Barbara Kersten
Leon & Carol Donnelly	Marian Swearingen
Joann Haggard, in memory of	Dennis Angel
Robert Poolman	Heike O'Boyle
Phil & Dorothy Edie	Mary Lou Petrulio
Freeman Russell	Marilyn Fuller
Dot Blessing	Michael & Wendy Asmus, in
Lorraine Mosier	memory of Milly Lambe
Wes Merriman, in memory of	William & Evelyn Schultz
Alta Merriman	James & Kay Ishmael
Janice Major	Martha Austin
Josephine Elliott, in memory of	Betty Simonds
George & Elizabeth Woog	Dorothy Graham, in memory of
Ruth Michelhaugh	Nick Graham
Art & Linda Nemitz	Edwin & Alois Ritter

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

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### It's Tea Time at Stuart Manor

Are you looking for a unique event to celebrate this upcoming holiday season? Then please consider joining the fun loving group as we celebrate the holidays with several special events. Tea guests enjoy a specially designed menu to correspond with each of the teas special programming making it a truly unique experience. To place your reservation, visit the City of Portage web site [www.portagemi.gov](http://www.portagemi.gov) Parks Department, Tea at Stuart Manor. Please call the Portage Parks & Recreation Department at 329-4522 if you have any questions.



Holiday teas are \$20 for adults and \$15 for youth 5-12 unless otherwise noted.

### Holiday Tea Schedule

#### Be of Good Cheer

**Saturday, December 3, 5:00 pm**

Tis the season for lovely tea parties and we're kicking off the season with our popular Be of Good Cheer Tea. This tea is in conjunction with the City of Portage annual *Traditional Holiday* celebration. An unlimited pot of tea is served alongside a four-course tea with a special appearance by Santa and Mrs. Claus. Guests are encouraged to bring warm winter wear if attending Traditional Holiday activities beginning at 7:00 pm in Celery Flats.

#### Songs of the Season

**Wednesday, December 7, 12:00 pm**

Take in the sights and sounds of the season as we pull out all the stops and create a festive atmosphere featuring beautiful holiday décor and songs of the season presented by the Portage Northern Choir Vocalist.

#### Tea & Holiday Lights Ride

**Saturday, December 10, 6:00 pm**

**All Tickets \$25**

Just hear those sleigh bells ringling, ring ting, tingling

too. Come on and enjoy a luscious tea and festive trolley ride pulled by Belgian Horses. Along the way, enjoy caroling and the beautiful holiday displays. Guests are encouraged to bring warm winter wear for the ride.

#### Who Stole the Joy From Christmas Mystery Tea

**Wednesday, December 14, 12:00 pm**

Set aside the hectic frenzy of preparing for Christmas and join us for a fun time as we poke fun at the trappings of the Holidays. This is a perfect tea for your friends, family and business associates.

#### Auld Lang Sine/Tea Cup Exchange

**Wednesday, December 28, 12:00 pm**

Ring out the old and bring in the new, celebrate the upcoming New Year with friends and family by joining us for a nice, relaxing tea at Stuart Manor. Each guest is asked to bring a wrapped teacup to include in a form of a white-elephant game. Many tasty treats and surprises are in store for all.

#### American Girl 2012 New Year Tea

**Tuesday, January 3, Wednesday, January 4, 12:00 pm**

Bring your favorite American Girl and start a new holiday tradition! Guests will have a delightful time together enjoying a tasty tea and creating holiday memories with each other.

#### Extreme Couponing

**Saturday, January 21, 2012, 1:00-4:00 pm**

Now that the holidays are over and the cold is here to stay, join us for a nice warm cup of tea and learn how to save money at the grocery store. Join Sarah Jehnzen, a part-time working mother of two and successful blogger, as she shares her money-saving coupon tips. Sarah will present simple, practical tools on how you can cut your grocery bill in half. This extended tea will take the "bite" out of your budget.

### Thank You!

Portage Senior Center would like to thank Bea Butler for her generous donation of funds to provide new carpet for the Gallery and new blinds for the Billiard Room, Craft Room and Gallery. It takes a community effort to keep the Portage Senior a pleasant and enjoyable place for our active older adult participants. Gifts such as those provided by Bea are welcome additions during these times of reduce city resource. Thanks Bea!

**Living Your Life at Home**  
~ SERVICES ~  
The following services that we are providing are:

- Private Duty Home Care - Medical and Non-Medical
- Home Health Aides, Companions
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- Personal Care Bathing/Dressing
- Meal Preparation
- Housekeeping/Laundry
- Shopping/Errands
- Transportation/Dr. Appointments
- Relief Care for Family Members
- Alzheimer's and Dementia Care
- Medication Set Up/Monitoring
- Injections
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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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## 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 information, please call 329-4555.

### Meetings:

#### December 9

Time: 11:30 AM  
 Event: Holiday Lunch  
 Site: Fieldstone Grill,  
 3970 West Centre  
 St  
 Host: Sylvia Blum

#### January 13

Time: 1:00 - 2:30 PM  
 Event: Socialize and  
 Finalize 2012  
 Events List  
 Site: PSC  
 Host: Barb Lewis

## Out to Eat Dining Club

An advance reservation with the reception desk (329-4555) by the previous business day is required for this activity. All meals are self-pay.

### December

#### **Dinner**

Monday, December 5,  
 5 PM  
 Olive Garden  
 6700 S. Westnedge

#### **Breakfast**

Tuesday, December 13,  
 8:30 AM  
 Poor Richard's Café  
 1105 E Crosstown Parkway

#### **Lunch**

Thursday, December 15  
 11:30 AM  
 Kelly's Café  
 7630 S. Westnedge

### January

#### **Dinner**

Monday, January 2,  
 5 PM  
 Chili's Grill  
 6195 S Westnedge

#### **Breakfast**

Tuesday, January 10  
 8:30 AM  
 Full City Café  
 7878 Oakland Drive

#### **Lunch**

Thursday, January 19  
 11:30 AM  
 McGinnis Landing  
 5031 West Main

## PSC Garden Club

The Portage Senior Center Garden Club had a very active 2011. We are taking a break for the winter but are making plans for next spring and summer. Please consider joining us in 2012.

The club was started in 2009 and has had an average membership of 20 novice and seasoned gardeners. We meet once a month from April through October. Please watch further publications for our upcoming calendar of events.

Past events have included tours of local gardens, presentations topics have been naturalization gardening, dried flower pictures, feeding our backyard birds and so much more. The Club sponsored a successful plant swap this year with all monies earned being donated to the Senior Center. Our membership also tends the Senior Center garden in the back patio.

Garden Club participants must be members of PSC. Dues for the Garden Club are \$5.00 per year. The PSC offers scholarships for anyone in need. For more information, please contact Linda at 327-5477.

## Big Screen Movies

### *Christmas Child*

**Mon, December 12, 1:15 PM**

As Christmas draws near, Jack finds himself disconnecting from the holidays, his job, and ultimately his wife. His latest assignment as a journalist takes him to Dallas, but a mysterious photograph draws him to the town of Clearwater, Texas. It is here he discovers the town's life-sized, intricately carved nativity scene. As Jack delves into the mysteries surrounding the nativity and its creator, he uncovers secrets from his past, reunites with the family he never knew, and returns to the love that never left him. Starring are William R. Moses, Megan Follows, Muse Watson and Steven Curtis Chapman. Family-friendly, not rated. 96 minutes.

View the movie for free; popcorn is only 50 cents.

### *Julie & Julia*

**Mon, January 9, 1:15 PM**

Beat the January blahs with this delightful feel-good movie. Meryl Streep plays Julia Child and Amy Adams is Julie Powell. Stanley Tucci ("The Devil Wears Prada") co-stars in director Nora Ephron's delicious comedy about joy, obsession and butter. Bon appétit! Rated PG-13. 123 minutes.

View the movie for free; 50 cents for popcorn.

## Gift Wrappers

We are once again providing gift wrapping at Crossroads Mall during the Holiday season. If you are interested, please call to see if there are any shifts available. We will be at Crossroads on Sunday, December 4 & 11, 12 noon - 6 PM. Please contact Terri Drafta if you feel like being an Elf. It really is a fun time.

### **"Senior Perks" Coffee Bar Host/Hostess**

- 2nd & 4th Monday
- 9:00 - 11:00 a.m.
- Prepare coffee, provide and serve snack, and collect donations.
- Clean up area at end of shift.
- A friendly smile and cheerful attitude are required.

### **Substitute Bus Drivers -**

We are once again in need of substitute drivers. No chauffeur's license is needed. Training is provided. Candidate must have excellent driving record, vision, hearing and physical health. Ability to lift 25 lbs. The bus runs Monday - Friday between 8:00 a.m. to 1:00 p.m.

### **Table Decorations Volunteers Needed**

- Create table centerpieces for no more than 12 tables for special holiday lunches.
- Sign up for specific holiday lunch to provide centerpieces.
- May use items from your home or those of your family and friends as well as any that we have at the PSC.

### Volunteer Spotlight

On any given day, as the clock strikes 12:30 PM, the afternoon volunteer receptionists come into the PSC to relieve Denita of her duties and begin their shift. They are ready with their smiles to welcome new members, sign members up for classes, direct members to the room that their activity or class is being held and even making a pot of coffee.



**Betty Simonds** - Betty has been a member of the PSC since 1998 and for the past five years she has been volunteering as a receptionist. She is one of the two Thursday afternoon receptionists. She is very active with volunteering at the Borgess Gift Shop, Bronson Park Art Fair, playing tennis and volunteering at the Tennis

Tournament, and playing bridge. She enjoys going to the Symphony, is active in here church, and especially enjoys going to athletic events for her grandchildren.

**Lynn Lonze** - Lynn has been a member of the PSC since 2006 and for the past five years she has been volunteering as a receptionist. She is one of the two Thursday afternoon receptionists. She enjoys reading, gardening, and cooking as well as making cards and bookmarks. Lynn also is a volunteer on the Membership Committee.



**Maxine Robb** - Maxine has been a member of the PSC since 2005 and for the past four years she has been volunteering as a receptionist. She is the Wednesday afternoon receptionist. Maxine enjoys gardening, reading, playing with her dog Sassy, going out to lunch with her friends and exercising using weights at West Hills.



**Mickie Gaskell** - Mickie has been a member of the PSC since 2003 and for the past eight years she has been volunteering as a receptionist. She is the Monday afternoon receptionist. Mickie enjoys traveling, reading, being a PSC Partner and just being with family.



**Rita Janovits** - Rita has been a member of the PSC for just over one year but for the past six years she has been volunteering as a receptionist. She is the Tuesday afternoon receptionist. Rita enjoys gardening, crafting, working with flowers and knitting and taking care of her husband Gus.

Rita stated that this is the place that she enjoys the most. It is the highlight of her week and a blessing to be at the PSC.

**Marilyn Waggoner** - Marilyn has been a member of the PSC for seventeen years and she thinks that she has been volunteering for over eight years. She is the Friday afternoon receptionist. Marilyn enjoys getting together with her seven kids and their families, working in the yard, knitting, and traveling on PSC trips. Throw in being an election worker, playing chair volleyball and being the 3 C's coordinator at the PSC.



A big thank you to all of the receptionists for all that they do at the PSC. - Terri Drafta

### Adult Day Services at Oakland Centre

When you need help caring for a loved one, turn to the compassionate experts at Oakland Centre.



(269) 373-3200  
www.oaklandcentre.org

### 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.

\*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.

### COMPUTERS

#### Computer Fundamentals

Fee: \$20 (members only)

4 weeks

Instructor: Gordon Heikkila  
Mon, 10 AM - 12 Noon

Jan 9 - 30,

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

Instructor: Royce Bland

Wed, Jan 4 - Feb 8,

10 AM - 12 Noon

This class is 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 of this class 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.

#### Computer Tutoring

Individual Computer Tutoring by an experienced volunteer is available Friday for a \$5 an hour fee. Your appointment time focuses on whatever aspect of computer use you'd like to cover. **Members only.** Call 269-329-4555 for information on open times.

### FITNESS

#### Body Rebound

Fee: \$30/\$40

8 wks

Instructor: Helene Thompson

Wed, Jan 4 - Feb 22, 10:30-11:30 AM

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 weeks

Instructor: Deb Snell

Mon, Jan 16 - Mar 5, 8:35-9:35 AM

#### Silver Splash

Fee: \$60 for PSC members (20% off YMCA standard non-member rate)

7 weeks

Location: YMCA Portage

Tues, Jan 10 - Feb 23,

11 AM-12 Noon

Silver Splash is an aquatics based exercise program designed to help build strength and increase range of motion. 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 joints. This class is 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 PSC member badge upon registration.

#### Strength Training

Fee: \$38/\$48

7 weeks

Instructor: Susan Iervolina

Location: St Catherine of

Siena, Stanley Center

Wed, Dec 14 - Feb 6,

12:30 PM

Enjoy an exercise program that is designed to increase

strength, boost energy levels and enhance muscle tone.

#### QiGong

Fee: \$38/\$48

7 weeks

Instructor: Ed Kehoe

Wed, Dec 7 - Jan 18, 7 - 8 PM

In this class you will learn Ancient Five Element Qigong routines that have been a part of Traditional Chinese Medicine for thousands of years. These routines are designed to build and strengthen your internal health creating harmony within yourself and with your environment. Qigong exercise has improved the functioning of the immune system, circulation and central nervous system for millions of people all over the world. The class will be taught by Ed Kehoe, who has been teaching Tai Chi and Qigong full time for over six years and has been studying these methods for over 20 years.

#### T'ai Ji

Fee: \$38/\$48

7 weeks

Instructor: Ed Kehoe

Wed, Dec 7 - Jan 18 and

Wed, Jan 25 - Mar 7, 8:30-9:30 AM

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: \$60/\$70

8 weeks

Instructor: Colleen Potter

Location: St Catherine's of

Sienna

Tues, Jan 10 - Feb 28, 1:15-2:45 PM

Improve fitness and inner calm through focused, slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.

### ENRICHMENT

#### Line Dance Classes

Fee: \$22/\$27

6 weeks

Instructor: Deb Snell

Thurs, Jan 19 - Feb 23 and

March 8 - April 12,

2:30 - 3:30 PM

#### Line Dance, Beginner +

Fee: \$22/\$27

6 weeks

Instructor: Deb Snell

Thurs, Jan 19 - Feb 23 and

March 8 - April 12, 1:15 -

2:15 PM

Have fun, get fit, and learn the latest Line Dance steps 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 routines. 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!

#### PSC Writers

Fee: \$30/\$40

7 weeks

Instructor: Wilma Kahn

Wed, Jan 11 - Feb 22 and

Wed, March 7 - April 18,

10:30 AM-12 Noon

Write and share essays or poems. Participants

choose their own topics, such as family history, autobiography, travels, nature, wartime experiences, etc. Teacher gives written response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

*Continued on pg. 19*



## Friends of the Portage Senior Center Update

**Dining to Donate:** Thanks to all who helped support the Friends at our most recent Dining to Donate event during August at Culver's! With your support, we were able to raise \$264, which will go toward support of the PSC. We are in the midst of other Dining to Donate events – keep an eye out for announcements in upcoming newsletters with dates, times, and locations of these very important events.

**Welcome New Members!** Over the past couple of months, we have welcomed three new members to the Friends of the Portage Senior Center Board. Here is a little about each:

**Alexandria Lueth:** Alex is a new addition to the Friends of the PSC Board as of August. Alex earned her accounting degree from Hope College and is currently a CPA for Plante & Moran. She is an auditor and consultant, and serves senior care and hospital clients. Her accounting skills will be used by the Friends as she takes over the Treasurer duties. Alex moved to the Kalamazoo/Portage area in 2005 and resides with her husband, Brian, and dog, Riley. She enjoys playing softball and soccer, watching sports, running, and biking.

**Greg Miller:** Greg is a new addition to the Friends of the PSC Board as of May 2011. Greg has been working in the Healthcare field in the Portage/Kalamazoo area for the past 10 years. His knowledge of the marketplace and community contacts will help the Friends as they continue to enhance their efforts in assisting the Portage Senior Center. Greg resides in Vicksburg with his wife, Melissa, and their 2 daughters.

**Rob Boven:** Rob is a lifelong resident of the South West Michigan area. As a graduate of Western Michigan University, Rob started his career as a CPA and took those talents to become a Controller at a mid-size manufacturer. Rob made the decision to follow his passion and opened Right at Home in 2006 where today he continues to be the Administrator. Rob and his wife Deb have four children, triplets age 10 and a 7 year old son. They attend Westminster Presbyterian Church in Portage. Rob volunteers for the Portage Senior Center and enjoys his role as a lay leader for the PATH program.

**What have we been doing?** The Friends is committed to the support of the PSC. Recently, we have provided t-shirts and refreshments for the accreditation celebration and helped fund the new blinds in the craft room and gallery. In addition, we have been working on improving our website and Facebook page in order to stay more connected to the community. Please “like” our Facebook

page – this will keep you updated on what is happening with the Friends.

**Annual fundraising campaign:** During November, you will see a letter from the Friends for our annual fundraising campaign. Your donations go through the Kalamazoo County Foundation, which means they are eligible for Michigan tax credits. However, recent tax reforms have eliminated the tax credits, which means they are only available through December 31, 2011. Make sure you get your donation in soon and receive the benefits of the tax credit!

## The Michigan Community Foundation Tax Credit

The Michigan Community Foundation Tax Credit allows 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, subject to a maximum credit of:

- \$100 for an individual filing singly (for a \$200 donation).
- \$200 for a married couple filing jointly (for a \$400 donation).
- \$5,000 or five percent of tax liability before claiming any credits, whichever is less, for taxpayers filing a Michigan Business Tax Return (for a \$10,000 gift).

This information is intended for explanation purposes only. Actual tax-related savings may vary depending upon your income level and tax bracket.

*Special thanks to Friends Member, Georganne Oldenburg, who has devoted many hours to the Friends of the PSC website.*

## Welcome New Members

*between August 24 and October 14*

Bill Merritt  
Cyndi Brown  
Maianne Dutton  
Judy Rome  
Alice Asmus  
Linda Vogler  
Frances Jess  
Christy Taplin  
Patricia Cook  
Corky O'Rourke-Thomas  
Kay Marshall  
Charles & Dolores Nidiffer  
Laura Shockley  
Patricia Sonnevile  
Mary Ann Doyle  
Marilyn Highland  
Ellsworth Rea  
Jim & Vickie Wedel  
Pat Stevenson  
Pauline Wolff  
Ann Bartholomew  
Elizabeth Lacey

Charles & Marianne Dahlinger  
Caroline Murphy  
Barbara Rosair  
Janet Kerber-Lindstrom  
Albert Johnston  
Alfred Johnson  
Barb Court  
Nancy Hoard  
Dee Schimmel  
Howard VindeDahl  
Jeanne Martin  
Robert Blubaugh  
Annabelle Runsat  
Deborah Engelmann  
Joyce Carson  
Carolyn Somsel  
Pat Beck  
James Brouwer  
Gary & Deborah Sparbel  
Wilma Johnson  
Kathleen McCarthy  
Carol McClure

## Endowment Fund

from Sept. 9 to Oct. 24

Bea Butler	Ruth Tydeman
Mary Ann Wannamaker	Henrietta Everts
Babbette Smith	Edwin & Rose Ann Jacox
Freeman Russell	Bob & Lois Ostrowski
Betty Anne Geib	

## Memorial Donations

In memory of Wallace Fillingham, Ken and Janet Horton

In memory of Dr. William Bateman,

Lyle and Darlene Schenck

In memory of Bob Overlander; The PSC Needlers

## Seeking Friendly Office Volunteer

Warm and inviting individuals needed for a warm and inviting environment! Bickford Cottage is looking for a few individuals to help answer the phone and greet visitors. Call Karen at 269-372-2100 if interested.

Continued from pg. 17

### AARP Driver Safety

Richard Baker

Feb 23

9 AM - 4 PM

AARP Driver Safety Program

Update your driving skills by learning how driving responses change as we age and how to respond to these changes. Call 269-329-4555 for pricing and



more information.

### ART

Glass Art Candy Dish or Rectangle Tray

Fee: 5" x 5" Candy Dish and a Small Pendant - \$20/30 non-members

5" x 10" Rectangle Tray and a Small Pendant - \$30/40 non-members

Friday, February 3, 10-12 noon  
Site: PSC

Instructor: WM Glass Art Instructor

This February workshop

offers two options for interested crafters to choose from. This is a Glass on the Go project. Participants can register for either project.

### Painting with Acrylics

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

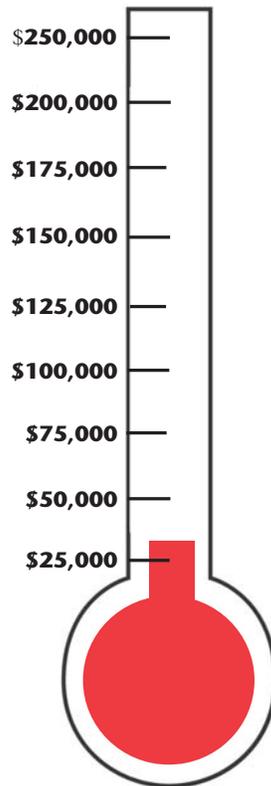
Date: Feb 8 - Mar 28

(No class Feb 15 and Mar 21  
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 request supply

## Revenue Thermometer



July 1 - October 25, 2011

Local Contributions .....	\$315
Area Agency on Aging .....	723
Friends of the PSC.....	1,838
PSC Room Rentals .....	2,893
Transfer from Trust.....	0
Mini-Bus Donations .....	1,257
Fund Raising .....	2,295
Newsletter Ads .....	5,598
Memberships .....	15,295
Net from Sr. Trips.....	0
AAA (Health Promo).....	1,838
Part. Contributions (Health).....	20
<b>Total (3 months) .....</b>	<b>\$32,072</b>

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

## 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  
Mary Maisto  
Kitu Komya, Student Liaison

## Center Staff

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

**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  
Portage, MI 49002

CITY OF  
**PORTAGE**  
*A Place for Opportunities to Grow*

PRSR STD  
U.S. POSTAGE  
**PAID**  
KALAMAZOO, MI  
PERMIT NO. 58

*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.*

## **PSC Social Golf League Finishes Up with Fun and Laughter**

Over 25 PSC members participated in the 2011 Social Golf League held at the States Golf Course in Vicksburg. The league runs every year from mid-May through late-September. Once again this year the league concluded with a scramble and banquet. A delicious lunch was served up by the staff at States Golf Course. We would like to thank Nancy Jean (PSC member) for being the go between in taking the golf information to the course and returning the scores from the course back to the Center. We are looking for a member to take over as the "League Coordinator" for this league as the previous League Coordinator moved out of state. Stop in to the Center and let us know if you can help.

## **2011 SuperBooks Available Beginning in December**

Packed with hundreds of coupons and pages, the SuperBook is a locally published coupon book (not a pamphlet) that is a priceless local guide to restaurants, golf courses, auto repair/maintenance garages, dry cleaners, and much more! For the last 28 years, SuperBook has been publishing this resource and providing Southwest Michigan residents with thousands of dollars in savings. There are over 900 coupons packed in the book with over 300 pages.

In addition to the wonderful savings offered, if you purchase your SuperBook at the Portage Senior Center, the Center gets a commission on every book sold. Last year we raised over \$800!

With the holiday season coming up, don't forget that SuperBooks make great gift ideas too!

## **New Member Orientation**

*Thursday, January 12, 11:00 AM*

The NMO is a great way for new members to learn more about the services and programs 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 lunch immediately following the presentation. Register at 329-4555.

# SMPC

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[www.southernmichiganpain.com](http://www.southernmichiganpain.com)

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