

Portage Senior Center Newsletter

Valentine's Lunch

Tuesday, February 7
11:45 AM
\$1 registration fee



"Valentine hearts beat more passionately than everyday hearts."

~Anonymous

Come join us for lunch and enjoy the beautiful renditions of Frank Sinatra by Brent Larson who will entertain us. Brent was 1st Place in our 2009 Celery City Showcase Talent Show. After the entertainment, we will enjoy a meal prepared by Senior Services (\$3.00 lunch donation). Reservations must be made at PSC before noon on Monday, February 6.

The PSC would like to thank Becky Bigelow of **Absolute Home Care and Medical Staffing** for sponsoring this event.

St. Patrick's Day Lunch

Tuesday, March 13
11:45 AM
\$1 registration fee



*"For each petal on the shamrock
This brings a wish your way -
Good health, good luck, and happiness
For today and every day."*

~Author Unknown

Join us for lunch and special entertainment. We will enjoy lunch prepared by Senior Services (\$3 lunch donation). Make your reservations by noon on Monday, March 12.

The PSC would like to thank Karen Chaffee of **Bickford Assisted Living & Memory Care** for sponsoring this event.

Valentine's Love Song Celebration

Tuesday, February 14
2:30 PM



Come to a Valentine love song sing along on Tuesday, February 14th at 2:30 PM. It will be cabaret style with the PSC Choir on vocals and the PSC Band providing that big band sound. There will be refreshments and words to songs will be provided for audience participation!

Valentine's Love Song Celebration continued on page 3

Contents...

Golf Scramble	3
Classes	5
Activities	6
Travel	7
Volunteers	10
Wellness	11
Friends of the PSC . . .	16
Sheriff	19



A Message from the new Deputy Director

Greetings Boomers and Bloomers!

I am thrilled to be able to introduce myself as your new Deputy Director of Parks, Recreation & Property Management, with a large part of this position focused upon leadership of the Portage Senior Center. With that said, I am proud to be part of this “special place” and I am excited about our potential for the future.

My background has its roots in medical social work and gerontology and my leadership and program development experience spans more than 20 years. I live in Portage with my husband, David, and we have two adult children, Sarah (28) and Brian (22). Both Sarah and Brian attend Western Michigan University where David and I graduated. David and I are looking forward to being first time grandparents in May—Sarah is expecting! I am looking for sage advice from my fellow PSC “grand members” because the spoiling has already begun.

I come to PSC during a time of exciting transition as we bring the Senior Center back to its’ original home under the Department of Parks and Recreation. As combined divisions of the City of Portage we are better able to allocate staff resources, especially in today’s challenging fiscal climate. Lucky for me, I am surrounded by talented staff, members and volunteers to help me. We also benefit greatly from the consultative talents of the Portage Senior Citizen Advisory Board and generous fundraising support from the *Friends of the Portage Senior Center*. Both of these dedicated groups are working cooperatively to investigate new ideas for increasing PSC membership and finding sources for additional revenue.

All of this great momentum is preparing us for the future. As a baby boomer myself I believe that Bob Dylan’s song from the sixties, “The Times They Are a-Changin’” echoes what senior centers across our nation are running to catch up to—meeting the needs and interests of a broad spectrum of aging adults, from those who are entering retirement to those who will soon join an elite club of Centurions (people who will live to be one hundred or older). Young old, middle old and oldest old, you can plan on all of us traveling, exercising and, not surprisingly, playing pool together!

I recently read an article that said the typical baby boomer believes that old age doesn’t begin until age 72. In fact, research indicates that the typical boomer feels nine years younger than his or her chronological age. Well, I have a challenge for my boomer friends. Forget the Botox! Come and see what PSC is all about. I am surrounded by those who can best be described as a generation of “bloomers.” People who have found the secret to aging well and who wisely realize this trip is not a solo



New Deputy Director, Jill Hess, takes her “que” from a pro, member Mel Buchholz.

journey. So join us. Be part of a “special place” for active seniors who are not content to rest on their laurels in retirement. While my generation extolled the virtue of “do your own thing.” The bloomers at PSC are doing just that and more.

Yours in the journey,

Jill Hess

Save this date!

Friday, March 30th
9 AM to 1 PM

2012 Plainwell Senior Expo

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It's Not Too Early! Mark Your Calendars! 2012 Friends Golf Scramble

The 2012 Friends Golf Scramble will once again be held at Eastern Hills Golf course. The date is Monday, May 14, 2012 and the start time will be at 10 AM. Both 9 hole and 18 hole participants are welcome. Skill prizes will include long putts, closest to the hole and long drives. A chance to win big prizes for making a hole-in-one are also likely to be in the mix. So, save the date and talk to your friends and family about getting together for one of the area's most affordable and fun golf outings. Lunch and door prizes are included in your entry fees. If you don't have a foursome, we'll be glad to pair you with other golfers. More details will follow in 2012!



Workshops to Stay Mentally Fit!

Studies show that two of the most common New Year's Resolutions are losing weight and exercising more. But a healthy mind also contributes to a healthy body. Improve your recall skills in 2012 by taking **Memory Matters** taught once again this year by skilled instructor Suzanne Gernaat. Suzanne is an experienced teacher with over 35 years of experience and has been actively involved in the areas of memory, dementia and Alzheimer's for the past 12 years. 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? Answers to these questions and opportunity for fun hands-on activities in this class will help you understand the world of memory and how it works. So get ready to spice up your workout from the neck up and learn how to experience memory renewal through a series of exercises, new information and winning strategies.

Fee: \$5 member / \$8 non-member
Session A: Thursday, February 23, 1-3 PM
Session B: Thursday, March 22, 1-3 PM

Valentine's Love Song Celebration cont. from front pg.

Songs will be varied and will tug your heart strings. Songs like, "Have I Told You Lately That I Love You", "I'll Be Around", "Moon River", "Always", "Seems Like Old Times", "That Old Black Magic". If there are favorites you would like to sing, please call PSC and we will pass along your requests.

This event is free, but participants must pre-register by Friday, Feb. 10.

The PSC would like to thank **Wyndham Apartments** for sponsoring the refreshments for this event.

I Want a Happy and Healthy Memory Club

Memory Club meets 2nd Thursday of the month from 1:00-2:30 PM to stay current on the latest brain/memory research. Members participate in memory games and exercises to keep memory abilities sharp. You will enjoy this interactive group and gain valuable information, including the latest online resources. Next meeting: Thursday, February 9, and March 8. Come join us!

\$5 member / \$8 non-member



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Joignez-vous a' nous!

Join Us! New PSC French Club to Begin

Whether you are French, a French speaker, or simply a lover of French culture, all are welcome to attend an exploratory meeting about the possibility of starting a PSC French Club. The meeting will be held on Tuesday, March 13 from 11-12 noon. PSC member Sylvia Blum and her friend Pamela Pender have graciously offered to lead the Club and to share some wonderful ideas they have to make member's time both informative and fun. Sylvia is hoping that someday a trip to France might be in the Club's future. "I hope those who have no background in French consider attending," says Sylvia. With so many special things about the French culture, Sylvia is confident the Club it will be enjoyable for everyone.

Sisterhood

February 10

Time: 1:00 PM - 2:30 PM

Event: Valentine Lunch

Site: Main Street Pub

7509 South

Westnedge

Host: Barb Lewis

March 9

Time: 1:00 PM - 2:30 PM

Event: Fun, Games and
Friendship!

Site: Portage Senior
Center

Host: Sonia Howard

Out to Eat Dining Club

February

Dinner

Monday, February 6,

5:00 PM

Gallaghers

4210 Stadium Drive

Breakfast

Tuesday, February 14

8:30 AM

East Egg

6007 Sears Drive

Lunch

Thursday, February 16

11:30 AM

Theo and Stacy's

5225 Portage Road

March

Dinner

Monday, March 5

5:00 PM

Texas Roadhouse

7039 South Westnedge

Breakfast

Tuesday, March 13

8:30 AM

Antique Kitchen

6215 South Westnedge

Lunch

Thursday, March 15

11:30 AM

Callahan's

5200 Portage Road

"I am grateful for what Borgess gave to my dad."



Sidney Bryant enjoyed what life had to offer in his final months—despite his limited sight and speech. With the help of a certified art therapist, he found comfort conveying his thoughts and feelings in watercolors. "Painting was a way for him to express himself," says Sidney's daughter, Beverly.

Borgess Hospice can help those facing a terminal illness. Our team offers knowledge and experience managing not only the physical aspects of illness, but also empowering individuals and their families to live life to the fullest—creatively, emotionally and spiritually.

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Upcoming Classes and Miscellaneous Activities

Bridge Basics

Fee: \$10/\$15 (8 weeks)
Apr. 6 - May 25
Fri, 8:15 AM - 10 AM
Instructor: Mike Gay
Bridge is a trick-taking card game using a standard 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 (given out at class) and strategies of Bridge as taught by veteran player and PSC member, Mike Gay.



COMPUTER CLASSES

Computer Fundamentals

Fee: \$20 (members only)
4 weeks
Instructor: Gordon Heikkila
Mon. 10 AM - 12 Noon
Feb 6 - Feb 27
Mar 5 - Mar 26

Intro to Office

Fee: \$20 (members only)
7 weeks
Instructor: Royce Bland
Wed 10 AM - 12 Noon
Mar 7 - Apr 18

FITNESS

Body Rebound

Fee: \$30/\$40
8 weeks
Instructor: Helene Thompson
M-W-F 10:30 AM - 11:30 AM
Jan 9 - Feb 27
Apr 9 - Jun 1

Enhance Fitness

Fee: \$32/\$42
8 weeks
Instructor: Deb Snell
M-W-F 8:35 AM - 9:35 AM
Jan 16 - Mar 5
Mar 12 - May 5

QiGong

Fee: \$38/\$48
7 weeks
Instructor: Ed Kehoe
Wed 7 PM - 8 PM
Jan 25 - Mar 14 (no class Mar 7)
Mar 21 - May 2

SilverSplash

Fee: \$60 for PSC members (20% off YMCA standard non-member rate)
7 weeks
Tue & Thurs 11 AM - 12 noon
Feb 28 - Apr 12
Location: Portage YMCA

Strength Training

Fee: \$38/\$48
7 weeks
Instructor: Susan Iervolina
Mon & Wed 11:30 AM - 12:30 PM
Feb 8 - Mar 21
Mar 26 - May 7
Location: St Catherine's of Siena - Stanley Center

T'ai Ji

Fee: \$38/\$48
7 weeks
Instructor: Ed Kehoe
Tues 8:30 AM - 9:30 AM
Jan 10 - Feb 21
Feb 28 - Apr 17

Yoga

Fee \$60/\$70
8 weeks
Instructor: Colleen Potter
Tues 1:15 PM - 2:45 PM
Jan 10 to Feb 28
Mar 6 - Apr 24
Location: St. Catherine's of Siena - Stanley Center

Line Dancing

Fee: \$22/\$27
6 weeks
Instructor: Deb Snell
Thurs 1:15 - 2:15 PM
Beginner Plus
2:30 - 3:30 PM
Beginner
Jan 19 - Feb 23
Mar 8 - Apr 12

ART

Acrylics

Feb 28 - Mar 28
(no class Feb 15 or Mar 22)



Glass Art Candy Dish or Rectangle Tray

Feb 3

WRITING

PSC Writers

Fee: \$30/\$40
7 weeks
Instructor: Wilma Kahn
Wed 10:30 AM - 12 noon
Jan 11 - Feb 22
Mar 7 to Apr 18

OTHER

AARP Driver Safety
Feb 23 9-4

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"Our Family Taking Care of Yours"

Schram's Garden Talk Series

Tues 6:30 - 8:30 PM

Schram's and the PSC are excited to again present a series of speakers to educate us in different aspects of preparing for, growing, and caring for the variety of plant life that give us pleasure and nourishment. The series of events are scheduled on **Tuesdays, March 13, 20, 27, April 10 and 17 at PSC from 6:30-8:30 PM.** Stop in to the Center and pick up a copy of the schedule. This program is offered free to the public by Schram's Greenhouse.

Dome Golf Swings

Thursday, 11 - 11:30 AM

March 1 - April 26

Year Round Golf

12733 N US 131

Schoolcraft

Take advantage of this opportunity to knock the rust off of your clubs and get ready for the 2011 golf season. This group will meet at "Year Round Golf" in Schoolcraft (right off of US 131) every Thursday morning beginning on March 1. Fees include \$9 for 30 minutes at a 2-person station (\$4.50 each). Please register in advance by calling 329-4555.

2012 Super Books on Sale Now!

\$39 each

Packed with hundreds of coupons and pages, the Super Book is a locally published coupon book (not a pamphlet) that is a priceless local guide to local restaurants, golf courses, auto repair/maintenance garages, dry cleaners, and much more! For the last 29 years Super Book has been publishing this local coupon book and providing Southwest Michigan residents with thousands of dollars in savings. There are over 900 coupons packed in the book with over 300 pages. A person can easily make their \$39 back just by using 3-5 of those 900 coupons.

In addition to the wonderful savings offered, if you purchase your Super Book at the Portage Senior Center, the Center gets a commission on every book sold. Last year we raised over \$800 to go toward the support of programs and services at the PSC.

Don't wait, stop by the front desk and get yours today.

Scrabble Players

Our Scrabble players seem divided into two parties, the Prime Time Players who have extensive experience, and the Relaxed Players who are there to enjoy the company while engaging in a smooth board game. Join us for Scrabble on the 1st and 3rd Wednesday of every month, no matter what your level of play.

Big Screen Movies

Kramer vs. Kramer

Monday, February 13, 1:15 PM

You won't want to miss this winner of five Academy Awards (Best Picture, Best Actor, Best Supporting Actress, Best Director, Best Screenplay). Young husband and father Ted Kramer (Dustin Hoffman) loves his family - and his job, where he spends most of his time. When he returns home one evening his wife Joanna (Meryl Streep) confronts him and then leaves, forcing dad to become the sole caregiver to their 6-year-old son. Just when Ted is adapting to this balancing act Joanna returns for her son. A court battle ensues.

Rated PG. 105 minutes.

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

Driving Miss Daisy

Monday, March 12, 1:15 PM

An elderly Jewish widow living in Atlanta can no longer drive. Her son insists she hire a driver, which in the 1950s meant a black man. She resists and refuses to allow Hoke, the man hired by her son, to drive her anywhere. Hoke gradually wins her over with his patience and determination, and the two discover they have a lot in common. Their bumpy start leads to the friendship of a lifetime. Jessica Tandy and Morgan Freeman star.

Rated PG. 99 minutes.

View the movie for free; 50 cents for popcorn.

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Trip Report:

On Saturday, December 8, our group traveled to the gorgeous Fox Theatre to see Donny and Marie Osmond perform. The brother-and-sister duo launched an extravaganza, dancing and singing like the polished pros they are. To the delight of the audience, the pair made their way through the aisles, shaking hands and throwing out candy. And to the delight of Trudy Riker, Donny Osmond touched her hand! Remember this the next time you shake that very special hand of Trudy's. An amazing time was had by all. Missed this fun trip? Travel with us on July 21 to see The Osmond Brothers.

Fun 2012 Day-Trip Outings!

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.

NEW! CELEBRATE SPRING . . . Grand Rapids, Michigan
Saturday, March 17

As winter winds down, it's time to get out of the house and celebrate the upcoming arrival of spring! Start by enjoying a special "Art in Bloom" exhibit at the Grand Rapids Art Museum. See beautiful floral arrangements partnered with artwork used for inspiration. Travel next to the Grand Rapids Public Museum for a leisurely lunch on your own and time to view the wide range of items in their permanent collection. Finish the day with a visit to Voigt House Victorian Museum. This rare "time capsule" shows what life was like for a prominent local family over 100 years ago. Tour the mansion and also listen to a talk regarding fashion of the era while having tea. Reservations are limited for this trip, so sign up soon.

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!



Photo courtesy of Elkhart County, IN Convention & Visitors Bureau

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A QUAIN, 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 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 parlour.

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.



Photo courtesy of Gilmore Car Museum

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



Photo courtesy of Polish Art Center, Hamtramck, MI

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, pierogies, kapusta (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 world-wide 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 their close harmonies cannot be matched by any other group. 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.

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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!



Photo courtesy of Indianapolis Convention & Visitors Association, visitIndy.com.

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!"



Photo courtesy of James D. Coppinger

RICHARD G. SCHREUR Attorney at Law

Wills, Trust, Elder Law	Divorce, Family Law
Estates, Probate	Injuries, Accidents, Deaths
Real Estate, Deeds	Medical Malpractice
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Business, Contracts	Felonies, Misdemeanors

Senior Discounts

1611 W. Centre Ave., Suite 201, Portage, MI 49024 • 323-9486



Volunteer Spotlight

Margaret Weiss

Sometimes doing for your mother can lead to good things for you. Many years ago Margaret would bring her mother to the PSC for the foot clinic and for Reminiscence Writing class. In 1990 Margaret decided to become a member and she started right in singing with the choir. Many years later, while in the choir, Milo Weiss came into her life and they married and had 4 wonderful years together. Over the years Margaret's involvement at the PSC included becoming the pianist for the choir, Reminiscence Writing class, computer with Gordon and being in the first group of volunteers for the Pen Pal program.



Margaret Weiss

Margaret retired from the Portage Public Schools after teaching for 23 years. She taught music as well as 2nd, 3rd, and 4th grade classes throughout her career. Music has always been a part of her life. For 50 years she had been an organist for various churches. Margaret also has been an accompanist for participants in the Celery City Showcase. Margaret is such a caring and kind person and that shows in her willingness to take friends to doctor's appointments as well as grocery shopping.

Margaret, will be retiring from the PSC Choir as the pianist. We thank you for all that you have done in the past and continue to do. You will be missed but you promised to come into the PSC and visit us and we will look for you and your beautiful smile. -Terri Drafta

Volunteer Vibrations

Knitting & Crocheting Teachers

- Saturday, March 3, 2012, 9:30 AM. - 12:30 PM
- Teach Junior Girl Scouts how to knit or crochet.
- Lunch of pizza & salad will be provided by the Girl Scout Office.

"Senior Perks" Coffee Bar Host/Hostess

- 2nd & 4th Monday
- 9 - 11:00 AM
- 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 8:00-1:00 PM

Friendship Center Volunteers

These volunteer positions are available Monday, Tuesday, Thursday and Friday at the PSC.

Dining Room Helper: Daily set-up and clean up of meal site. Serve individual beverages such as milk, coffee, and juice. Assist meal site guests as needed.

Counter Server: Serve food onto individual plates to participants. Ensure food is portioned in accordance with portion guide. Take and record temperatures of all food items, and immediately inform Coordinator if temperature is not acceptable.

Kitchen Helper: Wash dining room tables, plates, pans, food storage containers, and serving utensils after meals. Wash, rinse and sanitize utensils used for portioning participant meals.

Paperwork Assistant: Register new participants and advise them on signing in and making reservations. Assist Coordinator in ensuring that monies, checks and food stamp receipts are handled in accordance with procedures, including preparation of accurate and timely deposits.

Reading Enhancement Mentor -

Portage North Middle School is seeking volunteers to pair with one 6th, 7th or 8th grade student for one hour weekly on Wednesdays. Mentors will build rapport, listen to a student read a book of their choice, and guide the student to write 3-5 sentences about what they read that day in a staff supervised classroom. One hour shifts are available starting at 8:47AM to 1:53PM. If interested, please contact Loren Osborne 323-5744 or losborne@portageps.org.

To volunteer for any of the above mentioned opportunities, contact Terri Drafta, Volunteer Coordinator, 329-0863.

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Valentine's Skate Date at the Ice Rink at Millennium Park

What could be more fun than gliding on the ice at Millennium Park to celebrate Valentine's Day? A Valentine's Skate Date evening of fun for couples and/or families will be held on Sunday, February 12 from 6:00 - 8:00 p.m. The \$10.00 per person fee includes skating, skate rental, a floral gift, a Barrett's Smokehouse dinner and sparkling grape juice to toast the occasion!

Pre-register and pay the fee by Friday, February 10 at the Ice Rink at Millennium Park. Come enjoy a memorable evening under the stars! For additional information please contact the Portage Parks and Recreation Department at (269) 329-4522, Monday through Friday from 8 AM to 5 PM.



3rd Annual Mascot Madness Night

Come to Millennium Park Ice Rink for an evening of zany on-ice fun and games with many area mascots on Thursday, February 23 from 7:00 - 9:00 p.m. There will be great prizes such as K-Wings tickets and two hours of fun on the ice. Come hang out with Slappy, Mr. Crispy and other local mascots as they compete in wacky activities. No registration is required and the event is free for non-skaters. Discount skating and skate rental package at \$5 per person will be available for skaters during this special event. Come, enjoy and bring a friend or two to join in these activities. For additional information please contact the Parks and Recreation Department at (269) 329-4522, Monday through Friday from 8 AM to 5 PM.

This is an interesting article adapted from the National Council on Aging.

<http://www.ncoa.org/content.cfm?sectionID=339&detail=2155>

Sensitive Topics: Why Your Doctor Needs to Know

Many of us feel awkward discussing personal matters with our doctor, but it's important for healthcare professionals to know about sensitive issues like sexual problems or memory loss. These problems are a concern for many older adults, but they're not a normal part of aging. If you tell your doctor what you're experiencing, he or she can help.



Here are some topics that NIHSeniorHealth.gov recommends discussing with your doctor:

- **Alcohol.** Anyone can develop a drinking problem, and as the body ages, alcohol can have a greater effect. Also, people should not drink when taking certain medications.
- **Falling or fear of falling.** It's normal to fear falling, but you don't want to let your fear affect your daily activities. Your doctor can suggest ways to reduce your chances of falling, such as exercises to improve balance and strength.
- **Driving.** Tell your doctor if you or people close to you are worried about your driving and why. There may be health problems that are affecting your driving, and your doctor can refer you to a driver's education refresher class.
- **Grief, mourning, and depression.** As people grow older, they may lose friends and family to death or illness or find they can no longer do some of their favorite activities. Your doctor may be able to suggest ways to help you cope with these losses.
- **Sexuality.** If you're not happy with your sex life, don't just assume it's due to your age. Sometimes a health problem, medication, or surgery may change your sexual function. Also, as seniors become widows/widowers and enter back into the world of dating, it's important to know about the vast variety of sexually transmitted diseases out there and to protect yourself from contracting them. Ask about this. Your doctor also needs to know about any unusual symptoms you may experience in your genital area such as burning, sores, discharges, tingling, etc.
- **Incontinence.** Problems controlling your bladder or bowel are called incontinence, and it often can be treated. Your doctor may suggest exercises, ways to change your bathroom habits, medications, or surgery.

Sensitive Topics continued on page 19

Portage Senior Center as a Wellness Center

Jo Arnold, Special Guest Contributor and PSC Member

Staff at the PSC have been discussing the whole issue of "Wellness." What is it? What are its components? How do we achieve it? Arizona State University offers this definition: "Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Wellness involves choices about our lives and our priorities that determine our lifestyles." What appears to be inferred from this somewhat nebulous definition is that we control the state of our overall health - which involves not only physical, but also intellectual, emotional, and interpersonal wellness. Then the question becomes: How does the PSC promote this total wellness/healthy lifestyle to its members?

When we looked at all of our various programs, we realized that we are addressing many different avenues and opportunities for living a healthy lifestyle. Of course, members make the choice of whether or not to engage in what is offered.

For example, did you know that singing is good for your health? Studies have shown that singing relieves stress, decreases blood pressure, lowers the heart rate, lessens pain, and elevates the immune system. It actually does some of the same things that exercise does for us. So PSC choir members and those who are involved in one or more of our ten physical fitness activities must be feeling some of the same benefits!

Using your talents and past experience to benefit others also has health benefits. Other studies indicate that volunteers are happier, more optimistic, and more satisfied with their lives than those who do not volunteer. Think of the opportunities at the PSC! You can improve the quality of a child's life by being a pen-pal to a 3rd grader or a partner to a 4th grader. You can perform in the community with Reader's Theatre, the PSC Choir or the Band. You can maintain or develop leadership skills by serving on the Advisory Board or the Trip Committee or by taking charge of one of the interest groups or activities. Most activities at the PSC such as chair volleyball, all card games, the Red Hatters, the TOPs Club and so many more are run by members.

In the last 20 years, we have learned a great deal about what constitutes a healthy brain and what we can do to maintain brain health. In short, what we have learned is that if it is good for your heart (low fat foods, lots of fruit and vegetables, regular exercise, less stress...), it is good for your brain. Now that scientists are able to see into the brain with the help of MRIs, they have made significant strides in understanding how the brain works. We have thousands of brain cells and at any one time are using only a portion of them. One of the most interesting findings of the past decade is that when we are in the act of learning something new, a different part of our brain goes to work - it actually lights up! Our brains like to be stimulated by new information, activities, or expe-

riences. So attending lifelong learning classes, learning a new skill (dancing, cooking, playing pickleball, a musical instrument), traveling, reading (especially in areas not familiar to us) contribute to maintaining a healthy brain. We should all be looking for ways to engage in what is unfamiliar to us. One researcher (Gene Cohen) says, we need to "sweat mentally."

Being with other people, socializing, talking, sharing ideas and information is also stimulating and encourages a feeling of well-being, i.e. emotional wellness. There is ample opportunity at the PSC for socialization beginning with coffee in the lounge, kibitzing in the pool room, talking over card games, dining at noon at the PSC, or dining out with friends, going on trips, participating in just about any PSC activity.

The moral of the story then is that PSC members have unique opportunities for optimizing physical, emotional, social, intellectual, and mental health. Welcome to your "Wellness Center!"

Our best wishes to Bobbe Taber (former PSC Wellness Coordinator) who is moving to sunny Arizona to accept the position of Coordinator with the Arizona Living Well Institute (<http://azlwi.org>) located in Apache Junction. Bobbe will be coordinating the Institute's Chronic Disease Self Management program throughout Arizona. Enjoy the sunshine Bobbe!



Lifelong Learning Academy Begins Second Year

In its first year of operation (2011) almost 600 adults enrolled in 45 courses over three sessions in WMU's new Lifelong Learning Academy. Enrollment and enthusiasm for the classes exceeded expectations for the new program. Students took classes in Beekeeping, Spanish, Edward Albee and many others and were enthusiastic about instructors and topics.

The Lifelong Learning Academy was developed under the auspices of Extended University Programs to provide low-cost, short-term intellectual and cultural learning experiences for adults in an informal and stimulating environment. There are no exams and no grades. Classes take place on campus and at various off campus locations.

The 21 classes for the Spring term (March 5-May 9, 2012) range from Genealogy and Egypt to Poetry and the Women Workers of World War II. In addition, one day trips to the Purple Rose Theater in Chelsea and to Detroit along with an overnight trip to Columbus and Indianapolis, IN are offered. Special programs will take place in collaboration with The Gilmore International Keyboard Festival. Classes will take place on the WMU campus, at Wyndham and at Friendship Village. Free parking on campus is included in the registration fee. The complete brochure is available at www.wmich.edu/offcampus/lifelong or by calling the Extended University Programs office at (269)387-4174.



Friends OF THE PORTAGE SENIOR CENTER

Who the *Friends* Are

Incorporated in 1991, The **Friends of the Portage Senior Center** is a 501(c) (3) non-profit organization, totally dedicated to ensuring both short and long-term funding for the programs and services provide by the Portage Senior Center.

The **Friends** is a volunteer membership organization made up of retired and working citizens who are interested in the wellbeing of older adults in our community. The **Friends** believe that older adults should have access to critical programs and services that promote independence and quality of life.

PSC must raise 63% of its annual budget this year to sustain over 100-plus programs now offered at the senior center. With a decrease in funding available at state, local and private levels gifts that support the **Friends** is more important than ever.

The **Friends** wish to take this opportunity to thank everyone who has generously given to the *Friends of the PSC Endowment Fund* or the *Annual Membership Drive* which began in November 2011. If you have not had the opportunity to make a gift to the Friends, it is not too late!

You may send your contribution to the **Friends of the Portage Senior Center**, 320 Library Lane, Portage, MI 49002. There are a variety of options for giving. If your gift is an asset other than cash, please contact the Portage Senior Center directly at (269) 329-4555.

Next time you visit the center, please look for information about *the Friends* currently housed in the yellow brochure rack.

Friends 2011-2012 Board of Directors

Kimberly Middleton, Chair
William McCarty, Vice Chair
Alex Lueth, Treasurer
Tom Vance, Secretary
Mary Ellen Agar
Rob Boven
James Coppinger
Greg Miller
Ede Moody

What is a Charitable Gift Annuity?

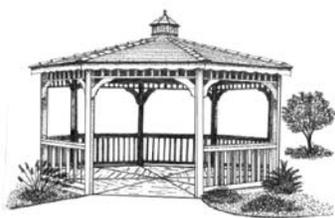
A charitable gift annuity provides income to the giver for as long as he or she lives. It is a combination of a gift to charity and a lifetime fixed income agreement. The Kalamazoo Community Foundation establishes charitable gift annuities with a minimum of \$5,000 for the benefit of individuals 50 years of age or older. Upon death, what is left in the annuity is gifted to the named charity. The interest paid to the donor varies according to his or her age and is normally paid out semi-annually. The older the donor, the larger the amount paid out.

Do You Qualify for a Property Tax Poverty Exemption?

The City of Portage Board of Review together with the City Assessor can approve a one-year exemption from property taxes due to a resident's poverty income level. This annual property tax exemption requires the applicant to be currently receiving the Principal Residence Exemption (formerly the Homestead Exemption) and meet the federal household poverty exemption guidelines for the previous calendar year (shown below). The guidelines determine the eligibility of the applicant and must be supported with proper income documentation (i.e., federal and state income tax returns for all persons residing in the principal residence, including any property tax credit returns). Household assets (\$25,000 limit) are also considered and must be recorded with the application.

Do You Qualify *continued on page 17*

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Do You Qualify *continued from page 16*

The following are the Federal Poverty Guidelines as of 12-31-11 for use in setting poverty exemption guidelines for 2012 assessments.

Household Size*	Maximum Income
1 person	\$10,900
2 persons	\$14,700
3 persons	\$18,500
4 persons	\$22,400
5 persons	\$26,200
6 persons	\$30,000
7 persons	\$33,800
8 persons	\$37,600

* For households with more than 8 persons, Add \$3,800 for each additional person.

The application form is available at the Office of the City Assessor or online at www.portagemi.gov. The approval process requires an-in person appointment before the Board of Review. Generally, the Board reviews the application in relation to the federal household income standards after the City Assessor determines that the application is properly completed. The board of Review members, together with the City Assessor, determine by a simple majority vote whether or not an exemption will be granted. If you would like more information regarding the property tax poverty exemption, please contact the Office of the City Assessor at 269-329-4433.

In order to be considered for this exemption, completed applications must be submitted to the City Assessors Office 10 days prior to the July, December or March Board of Review.

Note: Exemptions granted to residents due to poverty income levels are subject to audit by the Michigan Department of Treasury.

Welcome New Members who joined between October 17 and December 27, 2011

Nelly Kurzmann
 Tom Hibbard
 Jack & Rose Jones
 Sally Morris
 Will Goggin
 Shirley Myers
 Jean Bourner
 Sandra Pyne
 Irene Noteboom
 John O'Leary
 Patsy Burnet
 Patricia Downs
 Pauline Owens
 Carole Ann Sparks
 Barbara Bregenzer
 Karen Kott
 Carol Merrill
 Robert Ferguson
 Joyce Buxton-Tuinier
 Dom & Donna Corea

Elizabeth Boyer
 Norbert Cramer
 Susan Smith
 Charon Carver
 Lucile Viles
 Michael & Jean King
 Norman Barry
 Fern Hagehoeck
 Phyllis Orton
 Mary Easter
 Diane Downing
 Robert & Ione Higa
 James & Cynthia Glidewell
 Henry Vogtman
 William Brady
 Chery Craig
 Wesley Martin
 Ellen Neal



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Did You Sign In?

Knowing who is in the Senior Center is important for many reasons. Having an accurate count of who is here is important for safety and emergency purposes, to schedule rooms and classes for future programming, and for use when applying for additional funding from the state. To help yourself, and help us to serve you better, please remember to sign in.



Our sincere thanks to the following members who have donated between the dates of November 11 and December 27.

Endowment

Jo & Chet Arnold
Robert & Joyce Bear
Glen & Bonnie Skippers
Barbara Lewis
Lydia Garcia
Lyla Waanders
Mary Lou Sanderson
James Hoppe
Joyce Zastrow
Ruth Ann Meyer
Margaret Eiszner
Gary & Jeanne Leadley
Jeanne Kennedy
Hugh & Sherry Johnson
Phyllis Barents
Mary Nespodzany
Vera Ostlund
Foster & Carolyn Woodward

Dorothy Endres
David & Victoria Clapp
Mary Lou Horensky
Carolyn Selby
Ruth Ann Meyer
Catherine Stevens
Joyce Zastrow
Cameron Lambe, in memory of Mildred Lambe
Lois Bates
Wilma Kahn
Helen Nicola, Portage Garden Club
Betty Wells
Onalee Anderson
Betty Anderton
Howard & Georgia Potrude
Gerold & Verlus Burnette
Sandra Monks
Vivian Harasim, in memory of Chester Harasim
Mary Bunce, in memory of Richard Bunce
Carolyn Hornev
Bert & Barb Murphy
Iola Weaver
Foster & Carolyn Woodward
James & Loretta Atkinson
Ada Follis
Evelyn Brooks, in memory of Edward H. Brooks
John & Pat Berninger
Mr & Mrs Jack Stryd

Annual Fund

Harold & Shirley Ray
Clara Schnyders
Robert Duncan
Peter & Susan Abraham
Shirlee Wilson
Nourma Oswald
Shirley Hamilton
Robert & Lois Ostrowski
Hank & Trudi Girr
Bill & Andrea Deming
Joyce Wheeler
Patricia Brown
Onnalee Winn
Raynold Barber
Ted Vliek, Sr
James & Patricia Cook
Ruth Veldt
Beverly Niewoonder
Larry & Babbette Smith
Daisy Metzelaars
Larry & Joanne Watson
Marshall & Joyce Draper
Helen Hathaway
Thomas Hudson
Karin Forsblad
Lois Field
Sylvia Asher
H.M. Cain
Lewis Bigler
Pauline Trembley
Janet Kerber-Lindstrom

Memorials

In memory of Harry Maxwell, Thelma Fallows
In memory of John Trimner, Ruth Veldt, John Trimner Bruce & Cheryl Craig, Heike O'Boyle
In memory of David Berninger, Mary Lou Petrulio, Ruth Ann Meyer, Larry & Babbette Smith



PSC Needlers sorting out a pre-Christmas delivery, 2011.

PSC Needlers Donate 3,000 Items to Supply Community Needs

Dedicated to fulfilling the needs of our local community, the PSC Needlers work diligently to supply lap robes, hats, mittens, shawls, caps, and caring to Bronson and Borgess Hospitals, VA Hospitals, Portage Community Outreach, Salvation Army, Kalamazoo Gospel Mission and more. Over 3,000 items were donated by this wonderful group throughout the 2011 year.

Think Positive About Aging and Live Longer

Research shows that how you perceive aging affects how long you live. Recently, a study was conducted on 660 individuals taking into account factors such as gender, income, loneliness, and health status. The results of this study confirmed that those with an overall positive attitude about the process of aging lived an average of 7.5 years longer! Numerous studies demonstrate that having an overall positive attitude not only helps us cope better, but keeps us healthier, longer! Although no one knows why a positive attitude influences our health and longevity, the medical proof is overwhelming.

Do you shop at Hardings?

If you shop at Hardings Marketplace, you can help financially support the PSC without donating a dime! All you have to do is stop by the front desk and pick up your Hardings e-scrip card, call the toll free, 1-800 number on the card and tell the friendly person who answers the phone that you want to support the Portage Senior Center through the Friends of the PSC. The code number is also on the e-scrip card for your convenience. The entire process takes less than five minutes. Whenever you shop at Hardings, hand the cashier your card, which is scanned along with your groceries. Without any further effort on your part, a small percentile of what you spent on groceries is donated to the Friends of the PSC!

It's too easy to ignore – stop by the front desk soon!

Portage Senior Center Code of Conduct

In order to maintain an atmosphere that is pleasant, welcoming and respectful of each person involved in Center activities including trips, it is important that members, volunteers and guests avoid behavior which infringes on the rights, welfare or enjoyment of other members, volunteers, guests or travelers. The PSC reserves the right to revoke membership or to deny participation in any PSC activity to any person who does not observe this Code of Conduct. Behavior to be avoided includes, but is not limited to:

- Physical assault or insulting behavior directed to another, including participants, staff or volunteers
- Harassment, sexual or otherwise of another including participants, staff, or volunteers
- Smoking or using alcohol or controlled substances on the premises or during any Senior Center activity
- Intoxication
Use of controlled substances
- Theft of any kind
- Aggressive or disruptive behavior

PSC Hosts Alzheimer's Association Workshop Know the 10 Signs: Early Detection Matters

The most effective step in Alzheimer's treatment is early detection. This workshop will discuss the 10 warning signs of Alzheimer's disease, with information about the difference between signs of Alzheimer's and normal aging. A basic overview of Alzheimer's disease will be presented, along with information about disease risk factors, what is involved in getting a diagnosis, accessing available treatment and planning for the future. According to workshop leader Barbara Betts Swartz, Program Director at the Alzheimer's Association, Michigan Great Lakes Chapter, "Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible." Reservations are highly encouraged to accommodate seating. Please contact the PSC receptionist at 329-4229.

Coffee with the Sheriff

Monday, March 5

1:30 PM

Join us for coffee with Kalamazoo County Sheriff Richard Fuller. The Sheriff will touch on a range of issues that include crime prevention, scams, and helpful tips for seniors in preventing crimes. Question and answer session to follow. Reservations are highly encouraged to accommodate seating. Please contact the PSC receptionist at 329-4229.



Kalamazoo County Sheriff
Richard Fuller

Sensitive Topics *continued from page 11*

- **Memory problems.** Let your doctor know if you've been confused or have problems remembering recent events. Be specific about the changes you've noticed, so your doctor can find the cause of these problems.
- **Problems with family.** It can be painful to talk about family problems, but if your doctor knows about them, he or she may be able to help. It's especially important to tell your doctor if you're being mistreated by a family member or caregiver.

To learn more about how your doctor can help, visit the "Talking with Your Doctor" section of www.NIHSeniorHealth.gov, a Web site for older adults developed by the National Institute on Aging and National Library of Medicine. NIHSeniorHealth.gov features aging-related health information in large print, plus a special "talking" feature that can read the text aloud.

Nurse's Corner

By: Sue Creager

The Silent Fear Conclusion

A hand out of Sue Creager's full article is available at the PSC Reception Desk.

Susan Creager, MSN, continues with part II of her series on incontinence, a specialty area for her nursing career. As a recent retiree from HealthCare Midwest Urology and the creator of the Continence Center, she has treated many patients of all ages from teens to a woman 104 years old helping them to better manage or treat incontinence.

Overall, there are four main types of urinary incontinence: Urge, Stress, Overflow, and Functional Incontinence. Part II will focus on the first two types, Urge and Stress Incontinence.

Urge incontinence or the more popular term, "over active bladder" (OAB) is a sudden urge to urinate with the sensation that you may not make it to the toilet. Some medical conditions also cause urge frequency to occur. The most common for women is a urinary tract infection commonly referred to as a bladder infection.

The diagnosis of urge incontinence: Once you tell your healthcare provider about your concern, he/she can interview you to narrow down the causes. Next, the healthcare provider will observe your mobility noting how easily you get around and if you use a wheel chair, cane or walker and whether if you live alone or with someone. A healthcare provider also needs to know if you are experiencing any memory problems. Finally, the provider will perform a limited physical examination that entails examination of the genitalia (for men and for women) to determine if there are physical changes that may contribute to the urgency you feel to urinate.

Treatment will depend on the outcome of the evaluation. If you have a bladder infection, medication will be ordered to fight the infection. Often someone may be drinking a lot of caffeine and little water, so recommendations are made to cut caffeine or significantly reduce caffeine intake to diminish leakage and frequency. If the person is limiting fluids, due to the urge incontinence, treatment may include encouragement to drink 6 to 8 eight oz. glasses of non-caffeinated fluids a day. This is done by drinking 3 to 4 oz. each hour in the hours between 6 AM to 6 PM. If frequency of urination (more than 6 to 8 voids in 24 hrs.) is occurring then your provider may request you try and hold urine about 15 to 20 minutes longer before each void to increase the capacity of the bladder over time to hold urine more urine comfortably. It is surprising how well this program works for people who follow it.

Stress Incontinence is loss of urine with coughing, laughing, lifting, running or any activity that causes a

sudden impact with a downward pressure on the bladder. It can start out as an infrequent event with a very small leak and can progress to much larger leaks and can be accompanied with urgency and leakage on the way to the toilet. Stress incontinence is seen in men most often after prostatectomy and it is usually short run and should not last more than six months to a year.

Diagnosis of Stress Incontinence is made by evaluating the combination of self report, examination, and demonstration of the leakage.

Treatment options include pelvic floor muscle exercises and e-stim.

Overflow incontinence is the loss of urine in a continual drip and can become a gush with abdominal pressure from getting up out of a chair, bed, or walking down stairs. It is caused by the bladder not emptying. This is due to the bladder wall muscles not contracting or a kink or occlusion of the urethra. Symptoms of stress and urge incontinence can also be present.

Treatment options should be discussed with your primary care physician.

Functional incontinence is leakage of urine related to mobility issues such as stroke, arthritis, Parkinson's disease and other related neurological diseases. The ability to dress and undress, get to the toilet with cane, walker or wheelchair can determine whether a person can stay dry or not.

Evaluation of activities of daily living is made and then modifications are made for ease of toileting.

Treatment options are to decrease caffeine. Decrease liquids taken after 6 PM. Elevate your legs higher than the level of the heart for an hour one or two hours before bedtime. Consider knee high compression stockings if there is swelling of the ankles. If on a diuretic (water pill) try taking it from noon to 2 PM to increase emptying before bedtime. These efforts can get you a longer run of uninterrupted sleep.

Diabetes Support Group

Our speaker for the Friday, February 3, meeting at 1 PM is Dr. Joseph Doe, who will discuss the effects of diabetes on the health of our eyes and our vision.

The support group will meet again on March 2, at 1 PM, speaker TBA.

If you have a special interest in a discussion topic, please let me know and I will try to find some one to speak to us about it.

Hope to see you all there--

Bob Erikson,
Volunteer Diabetes Education Coordinator

Ping Pong Passion

New Members are Welcome!

Table tennis, otherwise known as ping-pong is growing in popularity at PSC and the throughout the nation! Did you know that the general concept of table tennis originated in the United Kingdom? During the 1880's, Victorians lined up books as a net on a table and used cigar box lids to hit a ball of string back and forth to mimic the game of tennis. In 1901, a company by the name of J. Jacques and Son, LTD trademarked a version of the game and called it "Ping-Pong." (Source: eHOW.com).

Bring your paddle and come and join the fun on Monday and Thursday afternoons from 3:30-4:45 PM.



PSC Advisory Board

"Who Are They?"

The Senior Citizens Advisory Board consists of nine or more members who are 50 years of age or better. This board advises the City Council regarding the establishment and provision of services to aging persons in the city, and the board encourages, promotes, assists and safeguards the rights and abilities of older people to maintain maximum health, well-being and independence. This board recommends programs, activities and policies for the operation of the Portage Senior Center and meets at the Senior Center on the third Wednesday of each month at 2:30 PM.



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
- Free In-Home Patient Assessment
- 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
- Personal Shopping

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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February 2012

Cultural Events at Portage District Library

Meet the Chef: Traditional Breads for Saint Patrick's Day

Thursday, February 9th

2:00 PM & repeated 5:00 PM

Age Group: Adults

Come and experience the charm of Victorian Bakery with chef Maria Brennan and learn how to prepare traditional wheat and fruit soda bread just in time for St. Patrick's Day. The breads can be sampled at the end of the demo along with some homemade jam and tea. We will also visit Confection with Conviction home of delicious and unique chocolates which is right next door. Register by calling 269-329-4542 ext 600 starting Thursday, January 12th at 9:00 AM. There is a \$5.00 fee at the door.

Location: Victorian Bakery 116 W Crosstown Pkwy on the corner of Crosstown Pkwy and Burdick Street. Cosponsored with Fair Food Matters.

Registration required.

Introduction to Amateur Astronomy: Binoculars Basics

Saturday, February 11th

1:00 PM

Age Group: Adult & Teen

Every amateur astronomer, novice or advanced, should own at least one good pair of binoculars. They make an ideal first "telescope" because of their wide field of view, ease of use, portability, versatility, and low cost. Several types of binoculars are available, but which ones are best for astronomy? You'll be amazed at what you can see! Registration is required by calling 269-329-4542.

Read All About It: A Discussion of the Great Michigan Read, *Arc of Justice* by Kevin Boyle

Sunday, February 12th

2:00-4:00pm

This interactive discussion will feature a panel focused on the Great Michigan Read selection: *Arc of Justice*; A Saga of Race, Civil Rights and Murder in the Jazz Age by Kevin Boyle. The panel will explore the story of the novel and the historical events that surround it and examine related local events. An open discussion will follow. We are especially inviting book groups to discuss and share their top picks of the year. The owners of Kazoo Books and Lowry's Books and More will also giving their top picks of related titles. Cosponsored by West Michigan Black Heritage Society.

No registration is required.

2012 Reading Together Event

U.S. Latino Literature and Culture by Dr. Patricia M. Montilla

Thursday, March 1st

6:30PM

Age Group: Adults

This lecture, presented by Dr. Patricia Montilla, will examine the origins and development of the main Hispanic population groups in the United States including Mexican American, Puerto Rican, Cuban American, and Dominican American. We will explore how Hispanic groups view themselves and are viewed within the United States society and to what degree these ethnic groups are self-absorbed or nationalistic. The presentation will close with a discussion of recurring themes in U.S. Latino literature. Dr. Montilla is an associate professor and director of graduate studies in the Spanish Department at Western Michigan University.

Art Reception for Cats Art Exhibit

Sunday, March 11th

2:00-3:30pm.

Age Group: All Ages

While meeting the artists and viewing a variety of art focusing on cats, tap your toes to the eclectic blends of blues, folk, and rock of the Hired Hands. Various cat rescue organizations will be represented as well as a small number of cats and kittens available for adoption.

Sundays Live/ Hired Hands

Sunday, March 11

2:00-3:30pm

Age Group: All Ages

Come listen to the eclectic blends of blues, folk, and rock of the Hired Hands, a group of veteran musicians including Dale Hein, Bill Hughes, Bob Allison and Tim Cooper. This event is free.

The 2012 Reading Together selection

Open for Discussion: a Drop-In Book Discussion Into the Beautiful North by Luis Alberto Urrea

Tuesday, March 20th

10:30 AM & repeated 7:00PM

Nineteen year old Nayeli works at a taco shop in her Mexican village and dreams about her father, who journeyed to the US to find work. Recently, it has dawned on her that he isn't the only man who has left town. They have all gone north. After watching *Magnificent Seven*, Nayeli decides to go north herself and recruit seven men to repopulate her hometown and protect it from the banditos who plan on taking over.

Movie tie-in: *Magnificent Seven*

Meet the Chef(s): Taste of Mexican Hospitality

Wednesday, March 28, 2012

6:00PM

Age Group: All Ages

Step into the culture of Mexico through food. Enjoy and evening with local cooks from the community in savoring traditional Mexican dishes. Come join us and feel free to bring the family. This program is free. To register, please call 329-4542 ext. 600.

Location: First Baptist Church 315 W. Michigan Ave

Registration is required.

Think Party!

Whether your family has out grown mother's homestead or the thoughts of cleaning house for a gathering while cooking the traditional family favorites is becoming too much to handle, The PSC's Multi Purpose Room (MPR) is your answer to a more enjoyable event. Renting the MPR for your party is not as difficult or expensive as you think! Unlike most of our competitors, the PSC does not lock you into a day long fee, nor require that you pay for catering. When you rent the MPR, you have the safety net of an on-site building supervisor, who can assist with finding equipment and adjusting the temperature as well as taking the responsibility of opening up and securing the facility after your event. Centrally located, easy to find, the MPR Rentals offer you full use of the licensed kitchen and a view of the Rose Garden patio area. For information on rental fees and dates available, please ask for Janet when you call 269-329-4555.

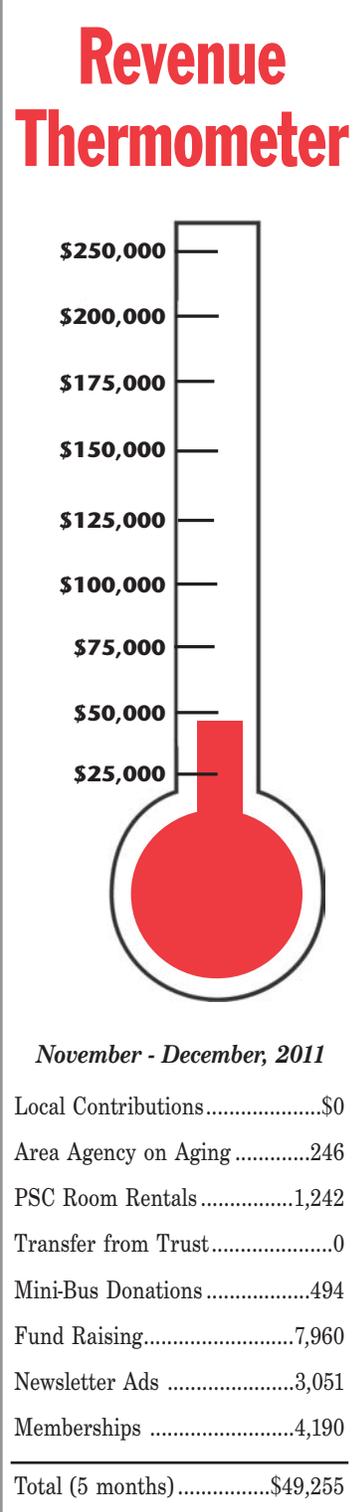
Let Your Spirit Fly and Have Fun with Exercise!

3 sessions
 Tuesdays, April 3, 10 and 17
 2-4 PM (interspersed with instruction)
 At Wyndham!

An old saying is, "Variety is the Spice of Life." Exercise requires variety to keep it fun and to keep you doing it. Engage your spirit with three innovative and fun exercise programs that will create a new energy in you and help you become fit at the same time. All three are national programs that have proven research on their benefits for older adults and all three focus on mind and body. We will experience moving together; making rhythms together; thinking together, and most important, having fun together. Come let your spirit fly in Drums Alive (Golden Beats), Enhance Fitness, and Laughter Yoga. Students will be required to sign a waiver on the first day of class.

About the Instructor:

Barbara Fish graduated from Penn State University with a BS in Therapeutic Recreation. For the last seven years, she has been the Director of Senior Wellness and Volunteer Management at Heritage Community. Prior to working at Heritage Community, she was employed as a Corporate Fitness Director. Barb is also an ACE Certified Personal Trainer, and is a Master Trainer for Enhance Fitness, an evidenced based senior exercise program. She is certified with the Drums Alive (Golden Beats) program and Certified Instructor for Laughter Yoga. Truly a senior energizer and advocate for wellness, Barb is passionate about keeping people moving and believes that exercise does stimulate the mind and keeps people engaged.



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 Opreacu
 - Ruth Michelhaugh
 - Mary Lou Petrulio
 - Mary Maisto
 - Kitu Komya, Student Liaison

- ### Center Staff
- Director of Parks & Recreation**
William Deming, MS
 - Deputy Director**
Jill Hess
 - Administrative Asst.**
Janet Gates
 - Receptionist**
Denita Demler
 - Volunteer Coordinator**
Terri Drafta, BSW
 - Trip Coordinator**
Johanna Thompson
 - Nutrition Site Manager (Senior Services, Inc.)**
Vince Wheat

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.

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



City of Portage
Senior Citizens Services
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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.

Become a PSC Special Events Lunch Sponsor

For many years now, the Portage Senior Center (PSC) has enjoyed an important partnership with Senior Services, Inc. of Kalamazoo, as a designated Friendship Center. Seniors coming to the Friendship Center can count on a delicious lunch and opportunities for friendship, while enjoying special entertainment or an activity. Our PSC volunteers did such a wonderful job last year of putting the "special" into nine special event luncheons together, we are now expanding the opportunity for additional community groups and area businesses to become 2012 Special Events Lunch Sponsors.

Luncheon sponsors are introduced at the start of the luncheon and can say a few words on their group or company's behalf. Sponsors are responsible for decorating the tables, helping to plan entertainment or leading a special activity. Businesses may bring door prizes or distribute brochures, but we ask that advertising be kept to a minimum and prohibit any direct sales at the event. If your group or business would like to participate, please contact Terri Drafta, Senior Volunteer Coordinator at 329-4555.

Friendship Center 2012 Special Events Lunch Schedule

February 7th Valentines Day Lunch
March 13th St. Patrick's Day Lunch
April 3rd Easter Lunch
May 8th Mother's Day Lunch
June 12th Father's Day Lunch
July 3rd Independence Day Lunch
October 30th Halloween Lunch
November 13th Thanksgiving Lunch
December 18th Holiday Lunch

Look for your renewal date on the address label.

Generations is Available on Line!

Generations will no longer be published in the Kalamazoo Gazette effective immediately. It is now available on line at Mlive.com with that current month's schedule information. All you have to do is go to Mlive and type in Portage Senior Center, and the schedule will appear. There is a copy at the front desk if you would like to review the schedule the old fashioned way.

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