



Portage Senior Center Newsletter

Friends of the Portage Senior Center Brings Holiday Sparkle to Seasonal Events

Annual Holiday Bake Sale & Bazaar, Featuring Friends Soup Café
Saturday, November 2
9 AM-3 PM

Warm and woolly hand-crafted mittens, wonderful seasonal crafts, scrumptious bake goods and the inviting aroma homemade soups will delight members and guests who attend this fun seasonal event.

Interested members who are crafters can purchase a table for only two donated homemade baked goods and one craft items. Non-member crafters can reserve a table for two

baked goods, a craft item, and a \$15 donation to the *Friends*. Booth space can be reserved by contacting the Portage Senior Center at 269-329-4555, or seeing the receptionist. *Booth space is limited to one table per vendor.* All proceeds from the event support the Portage Senior Center programs and services. General admission is free and does not require advance registration.

Buy a “Fur”—A Fir Tree, That Is! Friends Joins Beacon Club’s Festival of Trees Charity Event

Portage Senior Center members and community supporters will have a unique opportunity be the first contributors toward a collective bid on a beautifully decorated tree to be placed in our newly decorated lobby. The Friends of the Portage Senior Center joins eight other non-profits this year in having a decorated Christmas tree at the Second Annual Beacon Club Festival of Trees to be held Saturday, November 30, from 5-8 PM. The *Friends* is honored to join Big Brothers Big Sisters, Binder Park Zoo, Comstock Community Learning Center, Fresh Fire AME Church Youth Group, Kalamazoo Gospel Mission, Southern Shore Field Service Council, Boy Scouts of



America and West Michigan Glass Art Center for this festive event.

If the luxurious feel of an authentic fur is out of your realm of ethics – or price range, we invite you to take an active part in keeping our *fir* tree on site for all members to enjoy! By donating toward the purchase of our tree, you are expressing your holiday spirit while directly benefitting the services and programs at the PSC. The tree will be on display in the front lobby in early November. Win or lose, your gift counts!

Contents...

Deputy Director	2
Groups, Activities	3
Classes	7
Health	13
Volunteer.....	14
Travel.....	17

Message From the Deputy Director

Dear Members,

A membership and operation the size of the PSC would not be possible without the generous donation of helping hands and hearts—our member volunteers. From those who formally have signed up to serve on specific boards and programs, to those who have led informal groups and activities over the years. All of you deserve our appreciation and equally important, additional resources and support to accomplish your important work.

On Thursday, October 24, 2013, 1:30-3:30 PM, we extend an invitation to all new PSC volunteers and seasoned veterans to attend a volunteer orientation that will continue on a quarterly basis. We hope this will launch a formal opportunity for ongoing volunteer training and accomplish the following:

Imparting knowledge. New volunteers will have the opportunity to learn more about the PSC and its mission and goals, and seasoned volunteers would always be welcome to receive new information, meet new volunteers or receive training on specific topics. Also, by explaining important information from the start, we hope to avoid the potential for any misconceptions or misunderstandings.

Increasing confidence. An orientation program invites new and future volun-

teers to feel more comfortable and confident in their work, to better understand what the PSC is all about and the value he or she provides to the organization. Ongoing training will provide specific tools for volunteers who are engaged with special projects or group leadership roles.

Increasing enthusiasm! Having a well planned and meaningful volunteer orientation and training program is an important part of recognizing new volunteers as VIP's and sustaining the momentum and enthusiasm of current volunteers who donate their precious time and talents.

And finally, whether you are a potential, new, or experienced volunteer, your input and feedback are vital to make the endeavor successful. We look forward to seeing you there!

Of course, there will be food. Did I mention that important item?

All the best to you,



Jill Hess
Deputy Director of Recreation
and Senior Citizen Services

Get Your Portage Historic Commission 50th Trading cards at PSC!

The Portage Historic District Commission (PHDC) has launched its foremost activity to commemorate the city's 50th anniversary. The PHDC Trading Cards are a series of nine hand-held cards, each highlighting a select property from the 40 existing historic sites in Portage. Springing from the National Trust for Historic Preservation's 2013 theme "See! Save! Celebrate!" the goal is to shine a spotlight on Portage's distinct historic

places through encouraging visitors and residents to see these places, work to save them for future generations, and celebrate their vital role in the community. The cards are available at Portage City hall, **Portage Senior Center**, TMP Architecture offices at 470 W. Centre Avenue, and the offices of local architect Nelson Nave at 100 Edwards Street in downtown Kalamazoo. Cards can be purchased at the PSC receptionist desk.

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.

Advisory Board

- Larry M. Smith, Chair
- Ruth Michelhaugh
Vice Chair
- Mary Maisto, Secretary
- Patricia Berninger
- James Hoppe
- Monifa Jumanne
- Ruth Ann Meyer
- Ann Perkins
- Mary Lou Petrulio
- Trudy Riker
- Arthur Roberts
- Kyle Huitt
Youth Participant

Center Staff

Director of Parks & Recreation
William Deming, MS

Deputy Director
Jill Hess, LCSW, ACSW

Administrative Asst.
Janet Gates

Program Coordinator
Denita Demler

Trip Coordinator
Johanna Thompson

Receptionists
Megan Donahue
Allison Alexander

WMU Intern
Ashley Machacek

Welcome Allison Alexander!

PSC Has a New Afternoon Receptionist

It's true that opportunity often sneaks in a door you didn't think was open. With the recent closing of the City of Portage Cultural Program, the PSC is lucky to have former Cultural Coordinator, Allison Alexander, accept a new afternoon receptionist position. Allison comes to the PSC with over eight years of experience in coordinating cultural programming with the City and brings a strong background in customer relations and the arts. A perfect combination for everything we have going on at the senior center. The next time you come into the PSC, please introduce yourself to Allison.



PSC Minibus will retire on October 1, its replacement will hit the road. See page 16 for details.

Final Resting Places of the Presidents

Monday, October 28, 1:30 PM

Fee: Free

Enjoy this unique tour of America and learn the intriguing, often untold stories behind our presidents' final days and resting places. Refreshments provided by Langeland Family Funeral Homes. Registration deadline is Friday, October 25.

Cooking Demonstration Healthy Fall Soups

Monday, October 7, 1:30 - 3:30 PM

Fee: \$1 Members, \$5 non-members

Sponsor: TenderCare Portage

Come and join Head Chef Roger from TenderCare Portage for an afternoon cooking demonstration of healthy fall soups, including recipe sharing and taste testing. Registration deadline is Thursday, October 3, and is limited to the first 25 paid registrants.

Big Screen Movies

Monday, October 14, 1:15 PM

"Where There's a Will"

Failed con man Richie Greene's luck is about to run out when he can't repay loan shark Paulie. But Richie stands to inherit a small fortune from his estranged grandmother, Clyde, if he travels to Harmony, Texas, to live with her. It sounds too good to be true: He'll have a hideout from Paulie, a decent scam, and a nice inheritance. What Richie finds instead is a soft spot in his heart for the little town and unconditional love from his only living relative. Frank Whaley plays Richie, Marion Ross is Grandma, and Dan Riordan is the ill-tempered Paulie. Keith Carradine is the small-town sheriff who keeps tabs on Richie while protecting Grandma. Not rated. Not closed-captioned. 84 minutes. View the movie for free; 50 cents for popcorn.



**HERITAGE
COMMUNITY**
OF KALAMAZOO

Celebrate Life & Honor the Soul!

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

Independent Living

Wyndham Apartments
Heritage Hills Apartments

Assisted Living

Wyndham West
Directors Hall

Residential Memory Care

Amber Way
Amber Place

Skilled Nursing and Rehabilitation Services

Harold & Grace Upjohn
Community Care Center

Choice One In-Home Care

Helping Seniors Remain
Independent in Their Homes

Gift
Certificates
Available

Services offered, Companion Care, Mobility Assistance, Transportation & Errands, Bathing & Grooming, Housekeeping & Home Maintenance, Meals & Nutrition, Medication Reminders,
but not limited to: Laundry & Linens, Lawn Care, and Alzheimer's & Dementia Care.



Choice One In-Home Care
"Caring for seniors and families"

Serving Kalamazoo, Calhoun, Van Buren, & Allegan Counties

(269)327-4663 or (269)327-HOME

www.ChoiceOneInHomeCare.com

Big Screen Movies

Monday, November 11, 1:15 PM
"Autumn Across America"

Witness the beauty of autumn as seen through the lens of professional photographers Don and Fran Van Polen. The stunning landscapes and vibrant scenic views tell the stories of what life is like during this beautiful changing of seasons throughout the country. From the comfort of our seats, we'll travel to New England, Wisconsin, Kansas, Colorado, Iowa, and of course, Michigan, the Van Polens' home state. The tour is set to the music of classic songs such as "Seeing Nellie Home" and "Suppertime." Narration will include poetry you may have memorized when you were a child! Don't miss this one; it's spectacular. Not rated. Partially closed-captioned. 70 minutes. View the movie for free; 50 cents for popcorn.

Book Club

2nd Monday, 10 AM

The Book Club meets on the 2nd Monday of the month from 10:00 AM - 11:00 AM. Are you searching for the next best book to read and discuss? The book to read for September is: A Week in Winter by Maeve Binchy and October's book is: Aviator's Wife by Melanie Benjamin. Check the PSC bulletin board for information on the book of the month to read and discuss at the next meeting. Leader is Ann Perkins.

Art Club

Monday, 1 - 3 PM

The PSC Art Club offers budding and accomplished artists of all mediums the chance to get together once a week and share their creativity with like minded individuals. There is no fee to participate. All you need to qualify for this club is a desire to create art and a valid PSC membership!

Choir

Lookin' for Singers

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. We meet Thursday mornings from 9:30-11:30 at the Senior Center. We don't have auditions and you don't need to have a great voice. Here's what you do need: a love of singing and a smile (the latter is a requirement). We perform at retirement communities, PSC events and other community locations. Please come and join the fun!

French Club

2nd Tuesday, 11 - 12 noon

Come join us! Whether you are French, a French speaker, or simply a lover of French culture, all are welcome to attend our monthly meetings. PSC member Sylvia Blum and her friend, Pamela Pender, are leading the Club.

Non-medical In-home Services for Seniors by Seniors

We provide dependable, friendly services to help with services like:

- Transportation
- Personal Care
- Companionship
- Housekeeping
- Laundry
- Meal Preparation
- Overnight
- 24/7 Care
- Respite Care



"Thanks Sharon. Kathy is energetic, enthusiastic and will do anything I ask of her. She is a joy to have helping me!"

Ruth

"Like getting a little help from a friend!"

SENIORS Helping SENIORS®
...a way to give and to receive®

668-2355

www.seniorshelpseniors.com



LOVE WHERE YOU LIVE

Kalamazoo community foundation

Love where you live and support the causes that are important to you with a gift to our Spirit of Community Fund.

LEARN MORE AT WWW.KALFOUND.ORG

Dining Out Club

An advance reservation with the reception desk by noon on the previous business day is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

October

Dinner

Monday, October 7
5:00 PM
The Crew (formerly Perkins)
3810 E. Cork St.
Kalamazoo

Breakfast

Tuesday, October 8
8:30 AM
Kaps Kitchen
10412 Portage Road

Lunch

Thursday, October 17
11:00 AM
Yogi's
2070 East VW Vicksburg
(200 yds East of Ford Dealership)

November

Dinner

Monday, November 4
5:00 PM
Martell's (formerly Black Swan)
3501 Greenleaf Blvd.
Kalamazoo

Breakfast

Tuesday, November 12
8:30 AM
Mar-Jo's West
325 N. Grand St., Schoolcraft

Lunch

Thursday, November 21
11:00 AM
Mangia Pizza & Pasta Company
3112 So. 9th St., Kalamazoo
(formerly Mi Ranchito)

Loaves and Fishes - PSC Bag Recycling Program

We collect paper and plastic grocery bags **only** the first Wednesday and Thursday of each month. The bags are used for the Grocery Pantry Program at Kalamazoo Loaves & Fishes. Help is needed in sorting of bags on the 1st Friday of the month.

Needlers

Thursdays, 9 AM - 12 Noon

The PSC Needlers are knitting, crocheting and donating completed projects to various community agencies all through the year. One project begun at a hospital's request, is creating *Bosom Buddies*, which are knitted or crocheted prosthetic breasts for mastectomy patients. When placed in a bra, the Bosom Buddy takes the shape and feel of a real breast. It is lighter, more comfortable and less expensive than a silicone prosthetic breast. You are welcome to join the Needlers every Thursday to take part in a feeling of accomplishment and camaraderie.

Reader's Theatre

Wednesdays, 2 PM (2nd & 4th)

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings and presents them to area schools and churches. Participants read their parts so memorizing isn't required. Babs Smith leads the group which meets twice monthly on the second and fourth Wednesdays. If interested, come join them to learn more!

Partners and Pen Pals Program Underway

Important Dates to Remember

Partners Program - This program creates friendships and strengthens intergenerational connections between senior volunteers and fourth grade students from the classroom of Sheila Clothier at Portage Central Elementary School. To accomplish this, seniors and their partners will complete activities in the classroom once a month. Senior Partners are to arrive at Portage Central Elementary School at 2 PM on October 8th, November 12th, December 10, January 7, February 11, and March 11. We will also be having a field trip on April 15 and the Celebration Potluck at Portage Senior Center on May 8th from 6:00-8:00pm.

Pen Pals Program - This program will also create opportunities for building student's writing skills, while creating meaningful connections between senior volunteers and the third grade students from the classroom of Rhonda VanderVeen at Angling Road Elementary. To accomplish this, students and seniors will exchange letters one time per month. Letters are due to Portage Senior Center by noon on October 17th, November 14th, December 19, January 30th, February 27th, March 27th, and May 1st. There is also a "Meet Your Pen Pal" Party at Portage Senior Center on May 20th, from 2:30-3:30 PM.

S M P C
SOUTHERN MICHIGAN PAIN CONSULTANTS

Our main focus is to get you back to living an active life. This is a team effort and we are certain we can provide the best possible care. There **is** life beyond pain and Southern Michigan Pain Consultants is happy to offer relief from the barriers that may seem impossible to overcome.

**Marshall
Portage
St. Joseph**

TollFree: 877.377.6227
www.southernmichiganpain.com

PSC Bike Club

Wednesdays, 8:30 AM

The PSC Bike Club's annual picnic was held at Gourdneck Lake on September 12. The final scheduled rides are: October 2nd - Open for Destination; and October 9th - PSC to Vicksburg and back: 21 miles. If you are around later this fall and weather cooperates, show up at the Center Wednesdays at 8:30 AM and organize your own ride from your PSC Bike Club's contact list. Thanks to the fine examples of safe and courteous bike riding of our Leader Bob and participants throughout this season. Much appreciation goes to Bob Strader, our group coordinator, who brought us all to "another level" with many memorable biking experiences this year.

PSC Golf League Finishes Up with Fun and Laughter

Over 25 PSC members participated in the 2013 Social Golf League held at States Golf Course in Vicksburg. We ended the season with a scramble and lunch at the course. We would like to thank Nancy Jean and Trudy Harper for being the go between in taking the golf information to the course and returning the scores from the course to the Center. We are still looking for a league coordinator for the 2014 season. If interested, please contact the Program Coordinator at the Center.

Recycled Cards

Tuesdays, 10:30 AM

The Recycled Cards group meets every Tuesday. They accept whole greeting cards with the verses intact and do not accept or use Christmas cards. The cards are then cut apart and re-designed to create a "new" card. The cards are for sale in the lobby.

New Member Orientation (NMO)

Thursday, November 14, 10:30 AM

The NMO is a great way for new members to learn more about the services available at the PSC, as well as meet new people. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation. Pre-register at 329-4555.



Life more fulfilling.
Post-surgical rehab and skilled nursing

Life Care Center
of Plainwell
Joint Commission accredited

269.685.9805 | www.LCCA.com
320 Brigham St. | Plainwell, MI 49080

Red Hat Society

The Red Hat Kazoos of the Portage Senior Center is having another fun event. We will all meet for lunch at the Old Country Buffet on October 16 for lunch. Our theme is Celebrating Everyone's Birthday. We will have games and White Elephant Birthday prizes as we play Bingo and other fun activities. Of course, we will have a wonderful lunch, too. No one will want to miss this event. If you are not a Red Hatter yet, call Marie Tucker at 269-375-2104 or email her at tucker6159@sbcglobal.net. Get connected with a fun group. Other events are on the calendar.

Potlucks!

The final PSC Potluck for the year will be held on Monday, October 21 at 5:30 PM. It is hosted by Potluck Coordinator, Barb VandeWerken. Participants are asked to bring their own table service and a dish to pass (enough for at least six people). Pre-registration of \$1 fee covers beverages and paper products. Registration deadline is the Friday before event.

Super Books – Fundraiser!

We have just completed the Super Book Fundraiser and we are excited to announce that our profit from the sale was \$800. This money goes towards operational funds for programs and events here at the Senior Center. Thank you to everyone who supported this fundraiser. The 2014 Super Books will be available after December 1.



Here to help

We offer a welcoming environment and enriching activities for your loved one, while giving you the necessary time to care for yourself and to meet the demands of family, home, and work.

Professional care and loving companionship for older adults who need assistance or supervision during the day.

ADULT DAY SERVICES

at
OAKLAND CENTRE
Here for Life



Scan the QR code above
and learn how we can help you care
for your parent or loved one.

2255 West Centre Avenue at Oakland Drive, Portage
(269)373-3200 | www.oaklandcentre.org

All registration deadlines are one week prior to date of first class session, unless otherwise noted. All class schedules are subject to change. All fees are listed as member/non-member, unless otherwise noted.

Computer Classes

iPad Demonstration

Tuesday, November 12
10:00 AM

Presenter: Larry Smith

PSC Member

Fee: Free

Having trouble with your new iPad? Thinking of getting an iPad? We are here to help! This will be an introduction to iPad navigation and general use. Main iPad applications and tools will be covered. Our presenter will provide several demonstrations and guidance. The Center has an iPad that can be checked out for use at PSC. Registration deadline is Friday, November 8.

Laptop Introduction to Office

Wednesday, 10:00 AM - 12:00 Noon

August 21 - October 2

October 16 - December 4,
No class November 27

Fee: \$20 (Members only)
7 weeks

Instructor: Royce Bland
Laptop Introduction to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Internet Explorer, Word, Excel, Access, PowerPoint, and Photo Editing. **Please note:** Students will need to bring a laptop computer and 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 with or without laptop computer by an experienced volunteer is available Mon - Wed - Fri for a \$5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd like to cover.

PSC Members only. Come in to register at the Center.

Day/Time	Instructor
Monday 10:00 AM - 12:00 Noon	Gordon
Monday 12:00 Noon - 1:00 PM	Paul
Wednesday 12:00 Noon - 1:00 PM	Paul
Friday 10:00 AM - 12:00 PM	Gordon

Art Classes

Painting with Acrylics

Wednesday, 1 PM - 3 PM

September 18 - October 23
Fee: \$55/\$65 (6 wks)

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 use of the mediums in manipulation of quick dry paint. Students will work from photographs of their own choosing. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils, please.) The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, September 11.

Introduction to Portraiture

Wednesday, 1 PM - 3 PM

November 6, 13, 20, 27
Fee: \$40/50 (4 wks)

Instructor: Rae Sills
This class teaches the correct approach to accurate drawing. Therefore, it is the perfect class for the beginner and a good refresher for the more experienced student. Students will start with a simple framework and be given tools that will ease them into the process. Rae will provide the photograph for the first two weeks, and then students can use their choice of photographs. The medium is pencil. The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, October 30.

Exercise and Other Classes

AARP Driver Safety Class

Thursday, November 7
9 AM - 4 PM

Fee: \$12 AARP Members
\$14 Non-AARP Members
Instructor: Richard Baker
Update your driving skills
Classes continued on page 8



Jody Bernhardt
Mrs. Michigan America 2006

A Beautiful Smile Can Change Your Life.



Cosmetic, Implant,
Comprehensive Dentistry

2914 S. Burdick, Kalamazoo

269.344.4004

sharpsmilecenter.com



Michael P. Sharp, DDS
Official Cosmetic Dentist
Mrs. Michigan America
Pageant

ACCREDITED BY THE AMERICAN ACADEMY OF COSMETIC DENTISTRY

Classes, from page 7

by learning how driving responses change as we age and how to respond to these changes. Note that Hartford, Auto Owner's, and Farmer's insurance companies give discounts to those who take this class. Check with your auto insurer for specifics. Register at the PSC and make checks payable to AARP Driver Safety Class. Class is limited to 12.

Body Rebound

Monday/Wednesday/Friday, 10:30 AM - 11:30 AM

August 21 - October 18
October 23 - December 11
No class September 2 and 27

Fee: \$30/\$40 (8 wks)
Instructor: Helene Thompson
This class is non-aerobic and designed for those who may be just getting started with exercise. Get fit at a pace that is comfortable and safe.

Enhance Fitness

Monday/Wednesday/Friday, 8:30 AM - 9:30 AM

August 23 - October 21
No class September 2 and 27
October 28 - December 20
Fee: \$32/\$42 (8 wks)

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

ance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

Reminiscence Writing

Wednesday, 10:30 AM - 12 PM

Fall Session 1 - September 4, 11, 18, 25; October 2, 9, 16
Fall Session 2 - October 30, November 6, 13, 20, 27, December 4 and 11

Fee: \$30/\$40 (7 wks)
Instructor: Wilma Kahn
The instructor has an MFA in creative writing and a FA in English. She gives written responses to class member's work. Write about reminiscences old and new. Topics include ancestors, childhood, school-days, adulthood, military service, career, children, grandchildren, pet peeves, travels, and current events - whatever we want to write about. This class offers a great opportunity to make new friends, share your writing, and learn from others.

QiGong

Wednesday, 7 PM - 8 PM

August 28 - October 9
October 16 - November 27
Fee: \$38/\$48 (7 wks)

Instructor: Ed Kehoe
In this class you will learn Ancient Five Element QiGong routines that have been a part of Traditional Chinese Medicine for thou-

sands of years. These routines are designed to build and strengthen your internal health, creating harmony within yourself and with your environment.

SilverSneakers Splash

Tuesday & Thursday 11 AM - 12 PM

September 10 - October 22
October 29 - December 17
Fee: \$60 PSC members (7 wks)
Location: Portage YMCA - 2900 W. Centre Ave.

This is an aquatics based exercise program designed to help build strength and increase range of movement. Since all exercises take place in the pool, the wear and tear on your joints is minimal. This class is the result of a special partnership between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer or your My-

SeniorCenter™ card upon registration.

Strength & Stretch

Monday/Wednesday 9:30 AM - 10:30 AM

August 12 to October 2
October 7 to November 20
Fee: \$38/\$48 (7 wks)
Instructor: Joy Morris

This class is designed to help build strength and flexibility back into the body. The class will begin with strength building exercises using weights, followed with gentle stretches to open the body so you will leave class feeling stronger and more relaxed. Participants are asked to bring weights.

Tai Ji

Tuesday, 8:30 AM - 9:30 AM

September 10 - October 22
October 29 - December 10
Fee: \$38/\$48 (7 wks)
Instructor: Ed Kehoe

The graceful movements of

Classes cont. on page 9

YOUR HOME IS WHERE WE CARE!

- Personal Care
- Respite Care
- Homemaking
- Companionship
- Med Management
- Emergency Alert

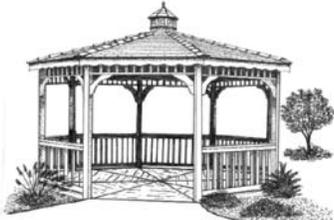
877-743-4434
www.careNassist.com

Care N Assist
In Home Care - Emergency Alert



Park Place

Assisted Living Since 1987



As a *resident-centered home*, Park Place makes everyday life more enjoyable with our pets, gardens, child visitors and staff that feel more like family than caregivers. We offer an engaging activity program so our residents can have an active social lifestyle filled with friends. Our delicious meals and personalized assistance make **Park Place** a great place to call home.

4222 South Westnedge Avenue • Kalamazoo

388-7303 ext 1

Classes, from page 8

the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.

Yoga

Tuesday, 1 PM - 2:30 PM

September 3 - October 22

October 29 - December 17

Fee: \$60/\$70 (8 wks)

Instructor: Christine Peckels

Location: St Catherine's of Siena - Stanley Center

This yoga class offers gentle yet powerful insight into

the infinite nuances of the body, mind and breath with opportunities to explore and link these qualities within. Participants are asked to bring an exercise mat.

Zumba Gold

Monday, 5 PM - 6 PM

August 26 - October 21

October 28 - December 16

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

Instructor: Gretchen Pouliot

Zumba Fitness is a great way to get in shape, connect with friends, and

relieve stress. It combines energizing music and choreography for a total body workout. The goal is to provide a safe and effective workout, and to celebrate the joy of dance with others.

Partnership with WMU Lifelong Learning Academy Less Lawn

Friday, 9 AM - 11 AM

October 11 and 18

Instructor: Christiene Bartley

Location: Portage Senior Center

Registration: 387-4200

WMU Lifelong Learning Academy

Fees: \$20 Lifelong Learning Members/
\$30 Non-members

Why and how to make your yard more ecologically responsible is our topic. The first session will be at the PSC and the second will be a field trip. You will find ground covers beyond turf grass, creeping myrtle and plastic pachysandra. Can you do without fertilizers, pesticides, watering and lawnmowers? Native plants offer you beautiful opportunities to promote biodiversity.

Partnership with WMU Lifelong Learning Academy

Searching for Napoleon in American Popular Culture
Friday, 11 AM - 1 PM

November 8 and 15

Instructor: Tom Vance
Location: Portage Senior Center

Registration: 387-4200
WMU Lifelong Learning Academy

Fees: \$20 Lifelong Learning Members/
\$30 Non-members

These sessions will begin with an overview of the life of Napoleon Bonaparte and his relevance to the United States, followed by a search for his impact and presence in this country. This review will even include his presence in Kalamazoo and Michigan.

Halloween Lunch

Tuesday, October 29
11:45 AM

\$1 registration fee

When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween. ~ Author Unknown. Come on in to the PSC to celebrate Halloween with your friends and make new friends. You may wear a costume if you wish to bring out your inner child. We will have prizes for the best costume! This event and entertainment are sponsored by Bickford Cottage. The meal is provided through Senior Services with a \$3 donation at the event. Registration deadline is Friday, October 25.

Turning 65?

We can help you find a health and dental plan that's right for you.

For more information, call:

(269) 342-0212

KALAMAZOO COUNTY FARM BUREAU

5950 Portage Rd., Ste. A, Portage, MI 49002



The Difference Between Counting the Years, and Living Them.

Home Instead
SENIOR CARE
To us, it's personal.

Meal Preparation
Medication Reminders
Housekeeping/Laundry
Shopping & Errands
Personal Care
And So Much More

For a free, no-obligation
consultation, call us:
269.553.7773

Each Home Instead Senior Care franchise is individually owned and operated. Homeinstead.com

Diabetes Support Group

Quarterly (January, April, July, October)

Friday, October 4, 1:00 PM

Topic: Changes to Medicare and Part D Insurance for 2014

Leader: Bob Erikson, Diabetes Education Coordinator
Please note the new format for meetings of the Diabetes Support Group. This group will no longer meet the first Friday of each month, but will meet approximately once each quarter and/or in conjunction with other activities/training sessions, and wellness programs sponsored by the Senior Center. We will continue to call each member prior to each meeting. If you are not on our list but would like to be, please give us a call and we will add you to our call-in list. Pre-register at 329-4555.

Stay Independent -- Prevent Memory Loss

2nd Thursday of every month

1:00 PM - 2:30 PM

Session 1: October 10

Session 2: November 14

Fee: \$5/\$8/Non-members/session

Instructor: Suzanne Gernaat

A strong prevention program can delay the onset of Alzheimer's for your lifetime. With just a few simple lifestyle changes, you can lower your risk of memory loss by up to 70%! Don't let your memory just slip away. Please register at 329-4555.

Chronic Pain PATH

Friday, October 4 - November 8

6 weeks

9:30 AM - 11:30 AM

Fee: Free, but donations are appreciated

Chronic Pain PATH is a workshop given two and a half hours, once a week, for six weeks, just as in regular PATH. Workshops are facilitated by two trained leaders.

What will I learn?

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Gentle exercise for strength, flexibility, and endurance
- Use of medications
- Nutrition
- Pacing activity and rest
- Evaluating new treatments

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Please register at 329-4555 by Friday, September 27.

Hearing Screenings

3rd Tuesday - Quarterly (January, April, July, October)

Tuesday, October 15

9:00 AM - 11:00 AM

A certified audiologist from the Hearing Center will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, earmold re-tubing, and earmold impressions. Please call 329-4555 to schedule an appointment (required).

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.

October 11, Friday

Time: 1:00

Event: Halloween Show & Share

Site: Portage Senior Center

Hostess: Ruthie Tiesma

November 8, Friday

Time: 1:00

Event: Fun & Games

Site: Portage Senior Center

Hostess: Sonia Howard



new friends A Vibrant Memory Care & Assisted Living Community
managed with care by Vibrant Life Communities

A new approach to caring.

New Friends, A Vibrant Life Community, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

(269) 372-6100

Now Offering Respite Care!
Call for details.

3700 W. Michigan Avenue in Kalamazoo
www.NewFriendsMemoryCare.com



Stay where life is like a spring day every day!...

Spring Manor

An apartment community

610 Mall Drive in Portage
324-2700

"In the heart of Portage"

Where the people are warm year-round!

Equal Housing Opportunity • Equal Opportunity Employer

Volunteer Help Wanted

“Adopt a Family” Assistant

This position will help coordinate the “Adopt a Family” program. Every year we adopt a family from the Portage Community Center (PCC) and our members purchase gifts or gift cards for the adoption. This position requires about one month turn-around time.

Thanksgiving Basket Coordinator

Once a year we collect food items for the PCC Thanksgiving Baskets for their clients. This position will organize, check expiration dates on food items and deliver the finished baskets to the PCC. This position would require you to commit to the month of November.

Program/Special Project Assistant On-Call

Greet guests, answer phone, and assist with MySeniorCenter™ Kiosk, accept member fees, record class registrations, assist with community information and referral.

Volunteer Van Driver

Drivers needed for transporting patrons in van on a planned route to and from various center activities and grocery shopping trips within the City of Portage. Various days and hours would be 8:30 AM - 1:30 PM.

Garden Pals Volunteers

Have you noticed how beautiful the gardens at the Portage Senior Center look? Our newest volunteer group is comprised of Joyce Tuinier (group leader), Lynn Searles, Diane Reece, Trudy Girr, Cyndi Brown, Georgann Oldenburg and Karen Wyatt. They have been meeting and volunteering to enhance the exterior landscaping of the PSC. This summer they received donations from Schram’s and Wenke Greenhouses and donations from the homes of volunteers and friends of the same.



Volunteer Members

Hal and Shirley Ray, group leaders for the Dining Out Club, are also very active Elder Hostel hosts. They are going to Lake Geneva for their 100th Elder Hostel and have been going to these Elder Hostels since 1990. Because they attended so many of the hostels they were asked to be hosts for them. They went to several in Florida because their son lived there and that prompted them to attend more hostels in Florida. They have been to Bermuda, Hawaii and Alaska to name a few. Disney is one of their favorite works. At Disney they also work at “Make a Wish Foundation.” They have been married for sixty-one years this past June and they have been in charge of our “Dining Out Club” for several years. Let’s give a big congratulation to Hal and Shirley for all their volunteering.

Welcome New Members

Michael Asmus
Jan Hambright
Mary Cowden
Pam & John Knowlton
Alvin Odom
Lynda Raney
Jim Snook
Theresa Noppen
Leslie Dodson
Nisam Ansari
Linda Rowley
Fontayne Bovee-Simpson
June DeLuca
Cheryl Hayden
Betty Knudson
Sharol Ross
Shirley Johnson
Jacque & Kay Brand
Barbara Blumka

Nancy Konas
Leonard DeGoede
Toni Dibble
Lydia Karpenko
Katherine Patnode
Lea Stearns
Bonnie Polizzi
Anita Olsen
Jeanne & Robert Shewchuk
Robert & Jeanne Fakler
Nancy Scapardine
Joyce Grant
Ellie Beck
Albert Abram
C. T. Vanderveen
Sharon Green
Theresa Hammel
Kathleen Allen
Polly Youngs

Autumn is here!

- 1 & 2 BR single story apts.
- 24 hr. staffing
- Free cable, water & sewer
- Emergency Response System
- Free laundry facility
- Hair salon • Village store
- Fitness room
- Screened patios
- Scheduled transportat



The affordable alternative for active seniors!



6600 Constitution Blvd.
Portage 327-2100

Come in for a
FREE TOUR

Many Thanks to the Following Donors between June 25 and August 26, 2013

Onnalee Winn in memory of Virginia Clancy and Tom Hudson

Jon, Kelly, Casey & Kerri Hogarth, Joseph & Theresa Gordon, Donald & Louise Anderson, Merrill High, Field's Fire Protection, Dwight & Barbara King, Douglas & Mary Redick, Gordon & Penny Hudson, Alfred Heilman: In memory of Tom Hudson

Donors to the Annual Fund

Joyce Zastrow
Elaine Brown
Bob Ferguson
Frederick Arbuthnot
Joyce Steeby
Jo Longnecker
Diane Schaeberle
Dale and Kathy Peerbolte

Thanksgiving Lunch

Tuesday, November 19, 11:45 AM

\$1 registration fee

Small cheer and great welcome makes a merry feast!
~William Shakespeare. Come and give thanks as we celebrate with our annual Thanksgiving Lunch. This event and entertainment sponsored by Absolute Home Care. The meal is provided through Senior Services with a \$3 donation at the event. Registration deadline is Friday, November 15.

Thanksgiving Baskets

The PSC will be collecting food items for the Thanksgiving Day Baskets prepared for clients of the Portage Community Center. Some examples of items are: canned vegetables, fruit and soup, boxes of gelatin and boxed potatoes. You may bring your canned and boxed foods to the Center beginning Friday, November 1. Just a friendly reminder, please make sure that the items have not passed the expiration date.

It's in the Bag!

Or, the *card*, better said. There truly is "power in numbers." Every time you come into the PSC, it is crucial that you use your membership card at the scan-in kiosk. No matter how quick your visit, your presence counts! When 200 people drop in over the course of a week simply to get information - our kiosk system captures those numbers in report form, offering statistics that support space use, staff positions, and funding requests. When you visit, no matter the reason, no matter the time of day, please use your membership card and be a part of the PSC power.

Fundraising Goal



Proudly helping people remain in their homes with dignity and respect

- Free in-home consultation to determine your needs.
- Two to 24-hour care seven days a week.
- RNs, CENA's, Home Health Aides, and Homemakers
- Respite Care

ADL+ SERVICE GUARANTEED

HOME CARE, INC.
Locally owned, providing service for 17 years in Kalamazoo & Battle Creek

Kalamazoo 373-5444 www.ADLhomecareinc.com

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



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

FREE Heat • Social Activities • City Bus Service •
Ground-level with Private Entrance • 24-Hour Maintenance

Goldentree Apartments

4795 E. Milham South of I-94 off Sprinkle  **327-4739**

HOURS:
Mon-Fri
9 am-5 pm

Your Company

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

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.

PSC Band

Have you heard? The PSC Band has never been better – check them out yourself at the following locations through October and November.

Date	Day	Time	Location	Address
October 1	Tuesday	3:00 PM	PSC-Rehearsal	320 Library Lane Portage
October 8	Tuesday	2:30 PM	Dillon Hall	3301 Gull Road Kalamazoo
October 15	Tuesday	2:30 PM	The Fountains @ Bronson Place	1700 Bronson Way Oshtemo
October 29	Tuesday	2:30 PM	Park Village Pines	2929 Crystal Lane Oshtemo
November 5	Tuesday	3:00 PM	Rehearsal - TBA	TBA
November 12	Tuesday	1:30 PM	Covenant Senior Day Program @ St. Michael Lutheran	7211 Oakland Dr. Portage
November 19	Tuesday	2:30 PM	Borgess Gardens	3057 Gull Road Kalamazoo
November 26	Tuesday	3:00 PM	PSC-Rehearsal	320 Library Lane Portage

PSC Minibus will be Retired
Replacement Vehicle Hits the Road

The Portage Senior Center Minibus has reached the end of its service life and will be retired on October 1. Hundreds of miles and smiles have been logged in service to members of the PSC. The City of Portage prepared ahead for a viable vehicle replacement. Our new vehicle will be a 7-passenger van made available to PSC through a partnership between the City of Portage and Kalamazoo County Metro-Transit Community Service Van Program. Suggested donation of \$3.50 round trip for transportation services will continue to be welcomed to help subsidize program operations. While we have been fortunate to accommodate a variety of services stops for groceries, hairdresser appointments, banking, etc., in the past, the community service van program will not be able to accommodate these excursions. *Please note* that the new van route will only provide transportation to and from the Senior Center, with a planned grocery-shopping day to Meijer Shaver Road store on Wednesdays and Thursdays for 1-1/2 hours maximum. Plans are currently underway to schedule a special shopping excursion near the holiday season. Please watch for details in the December/January newsletter.

*Our Family Serving Yours for
Over 30 Years!*



8822 Portage Rd.
Portage, MI
269.327.4118
westlakedrug.com

Your **Local** Connection to
Vera Bradley, Kameleon Jewelry, Yankee
and Woodwick Candles, and
so much more!

YANKEE CANDLE
America's Best Loved Candle™



THYMES

KAMELEON™
Change is Natural.



**Patrick J. Quinn, R.Ph. &
Derek J. Quinn, Pharm.D., R.Ph.**
Your Pharmacists

Fall Trip Preview: Monday, October 28 at 1:30 PM at PSC

What's the Buzz? Join us for our Fall Trip Preview to find out about new, unique and exciting tours! Bring your cash and checkbooks to sign up. Travel bucks will again be valid for the entire preview week and expire Friday, November 1. Call 329-4555 to save your seat.

Special Trip Preview: Discover Poland. Thursday, November 14 at 10:30 AM. Call 329-4555 to reserve your seat.

Fun Day-Trip Outings!

"NUNSENSATIONS!" Cornwell's Dinner Theater, Marshall

Tuesday, October 8

The Little Sisters of Hoboken travel to Las Vegas and stage a fundraiser! Will they remain unscathed by their brush with Sin City, or will what happens in Vegas have to stay in Vegas? Lunch included.

IT'S A MYSTERY

Thursday, October 10

The PSC will provide the surprises and the suspense of not knowing where you are going. All you have to do is enjoy the adventure! Lunch is included. HINT: Learn firsthand how some of your favorite accessories and patterns are made, followed by an opportunity to purchase at highly discounted prices!

AN INSIDE LOOK AT AMISH LIFE II . . . Nappanee, Indiana

Thursday, October 17

Once again we will have Amish escorts to travel with us - this time to Nappanee. We will visit an Amish bakery, a buggy shop, an Amish school (in session), a cider press and an Amish General Store. Includes lunch in an Amish home. Please join us for this fun, informative, and unique experience not available to the general public.

"HELLO DOLLY!," Drury Lane Theatre, Oakbrook Terrace, Illinois

Thursday, October 31

This show has become one of the most enduring musical theater hits, enjoying three Broadway revivals and international success that includes being made into the film that was nominated for seven Academy Awards. "Hello Dolly!" is a magical piece of musical theater filled with memorable songs. Lunch included.

TREASURY OF POLISH HERITAGE III . . .

Hamtramck

Tuesday, November 12

Spend a day in Poland without leaving Michigan! Visit the Polish Art Center with Polish arts and crafts demonstrated (gift included); Polish meat shop; Polish bakery; brief tour of city and historic church. Enjoy Polish hot lunch (included) at Polonia Restaurant and accompaniment by authentic Polish accordion music!

FUN IN SHIPSHEWANA, Blue Gate Theater, Shippshewana, Indiana

Friday, November 15

Adapted from the novel *The Confession* by Beverly Lewis, this is a captivating, faith-based story of a young Amish woman who is caught in the middle of secrets and scandal, love lost and love found, and personal heartache and healing. She has given us a rich plot, with a compelling character who courageously confronts her past, future, and her faith. Audiences will enjoy a roller coaster of highs and lows mixed with soaring melodies, inspiring lyrics and glorious orchestrations. Show and lunch included at the Blue Gate Theater.

Tendercare Portage

Health and Rehab Center is pleased to announce

Azra Jabeen, M.D.

Medical Director



Tendercare Portage is pleased to announce that Azra Jabeen, M.D. has assumed the role of Medical Director. Dr. Jabeen is a physician with Borgess Inpatient Services and Borgess Extended Care. Dr. Jabeen is an experienced hospitalist specializing in hospice and palliative medicine. A native of Pakistan, she earned her medical degree from Dow Medical College and completed her residency training at Illinois

Masonic Medical Center in Chicago. She began her medical practice in internal medicine in Kalamazoo in 1998.

With this exciting new addition, Tendercare Portage renews its commitment to offering the finest in skilled nursing and rehabilitation services.

Tendercare Portage

HEALTH AND REHAB CENTER

7855 Currier Drive • Portage, MI 49002
269.323.7748 • www.tendercareportage.com

Accredited by the Commission on Accreditation of Ambulance Services



AMBULANCE

"Skill and Compassion When You Need It Most"

343-5433



CPR / First Aid Classes
Mobility (Wheelchair)
Transportation

Personal Response
Systems &
Ambulance Memberships

Administrative Office: 349-4411 • Billing Inquiries: 349-8777 • 517 E. North St., Kalamazoo, MI 49007

Extended Trips – 2013 Distinctive PSC Get-Aways!

A SMOKY MOUNTAIN CHRISTMAS

December 2 – 6

A five-time award winner of America's Best Christmas Event, Dollywood's Smoky Mountain Christmas Festival features four million holiday lights. George Vanderbilt introduced his new home to family and friends on Christmas Eve 1895 with a wonderful celebration that we continue today. *Christmas at Biltmore* presents America's largest home decorated with dozens of Christmas trees, hundreds of wreaths, bows, poinsettias, miles of evergreen garland, and thousands of ornaments. Sponsored by Ed & Ted's Excellent Adventures.

SANFILIPPO CHRISTMAS . . . Illinois

December 10 - 11

We have been invited to the Sanfilippo Estate to enjoy an elegant Christmas luncheon followed by an organ concert on the world's largest restored theatre pipe organ (8000 pipes). Trip includes a tour of a beautiful 1914 mansion with an exquisite collection of fine art and furnishings set in a beautiful 100-acre estate! A stop at the Christkindlmarket, a traditional German American Holiday market in Chicago, will also be made. Trip includes one overnight and most meals.



ITALY & GREECE

April 27 – May 9, 2014

Tossing a coin into the Trevi Fountain, according to legend, will guarantee a return trip to Rome. Help make this legend come true, and sign up for this trip today! Discover two vibrant Mediterranean countries on one exciting vacation! Ancient history, art, fashion, cuisine, age-old castles, medieval villages and artisan shops await. Begin in Rome with guided sightseeing visits to the mighty Colosseum, Roman Forum and Vatican Museum with Sistine Chapel. Follow the coastline of the Tyrrhenian Sea to marvel at Pisa's Leaning Tower. Travel through Tuscany to Florence,

Italy & Greece continued on page 19

Extended Trips – 2014 Exceptional Get-Aways!

A FLORIDA GULF COAST VACATION

St. Pete's Beach, Florida

February 20 - March 6

Escape the Michigan snow, soak up the Florida sunshine and experience Florida's natural beauty at the St. Pete Beach area! Do as much or as little as your heart desires – swim in the pool, stroll along the beach and venture into St. Pete's to visit the Salvadore Dali Museum. You can even watch the Tigers play in spring training, visit the Hard Rock Casino, and go to Fort DeSoto for a picnic. Enjoy all of this and more when you stay at the Dolphin Beach Resort, located directly on the Gulf Coast! Sponsored by Ed & Ted's Excellent Adventures.

TEXAS: SAN ANTONIO & GALVESTON

February 12 - 19

Enjoy three nights in oceanfront rooms with private balconies in Galveston and three nights in beautiful River Walk property in San Antonio. Included is roundtrip air transportation, Houston Space Center, the Alamo & San Jose Mission, Institute of Texas Cultures, San Antonio River Cruise, tour of LBJ Ranch, Library and Museum plus much more! Sponsored by Shoreline Tours.

THE RIGHT INVESTMENTS IN YOUR IRA CAN MAKE ALL THE DIFFERENCE.

Tom Schripsema
Financial Advisor

3798 W Centre Ave
Portage, MI 49024
269-321-0588

To learn about the benefits of an Edward Jones IRA, call or visit today.

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Free Estate Planning Workshop

Learn how to:

- Protect you assets for your spouse and kids
- Access the care you need
- Avoid nursing home poverty
- Pass assets to your kids and protect them from creditors, lawsuits and divorce.

Reserve your spot at the next free, no-obligation workshop in Portage

324-8385
www.wieringlaw.com

Bill Wieringa, JD
1416 W. Millham Ave.
Portage
bill@wieringlaw.com

William R. Wieringa, P.C.

Italy & Greece, from page 18

the “Cradle of the Renaissance.” In Verona, see Juliet’s famous balcony; in Venice, enjoy a canal boat ride to St. Mark’s Square and marvel at the elaborate architecture. In Ancona, board an overnight ferry to Greece. Visit Patras, Olympia, Tolon, the impressive Mycenae archaeological site, and Corinth Canal and Athens! Optional 3-day Aegean cruise extension available. *Ask about early booking discount.*

DISCOVERING POLAND

September 4 – 15, 2014

Embark on an all-encompassing excursion around Poland. Tour the thriving capital city of Warsaw. Reborn after World War II, it is again one of Europe’s great cultural centers. Walk the meandering lanes of historical Krakow, where you will visit Wawel Castle, once home to the kings of Imperial Poland. The somber history and tragic reality of Auschwitz is unveiled during a moving visit. Behold the Black Madonna on a tour of Jasna Gora Monastery. Stand on the dock where union workers formed the Solidarity Anti-Communist Movement in 1989 Gdansk. Explore the ancient city squares and UNESCO World Heritage sights of Torun, Wroclaw, Warsaw, Gdansk, and Krakow. This nation, with its rich past and thriving economy, is ready to be discovered as the old “east” transforms itself into the new heart of Europe.

Student Intern, Ashley

Hello! I’m Ashley Machacek, and I am pleased to be the new intern at the Portage Senior Center! Although I grew up in Saint Joseph, I now live in Kalamazoo while attending school. I have two wonderful parents, an older brother and a puppy named Fluffy! I have just begun my senior year at Western Michigan University, where I am double majoring in family studies and psychology. I also work at the University Roadhouse, and recently helped restart the Family Studies Student Organization on campus. In my free time, I enjoy being with friends and family, baking and dancing. While with the PSC, I want to work with the Partners and Pen Pals programs, helping to coordinate events, learning about intergenerational programming and examining how people learn throughout their lives. After graduation, I am fortunate to be able to travel to Europe with my mother.



I am looking forward to meeting and working with you all!

**Local bank.
Local board.
Local decisions.**

Come home to a community bank.

Westnedge

6405 S. Westnedge Ave.
Portage, MI 49002
269 321-9100

Woodbridge

3910 W. Centre Ave.
Portage, MI 49024
269 323-9100



keystonebank.com



DOROTHY ENDRES INSURANCE AGENCY	
Medicare Supplement	Medicare Advantage Plans
Medicare Part D	Long-Term Care
<i>Personalized service for your insurance needs</i>	
Please call me, Dorothy Endres, Insurance specialist at 323-7888	

Living Your Life at Home

~ SERVICES ~

The following services that we are providing are:

- Private Duty Home Care - Medical and Non-Medical
- Shopping/Errands
- Home Health Aides, Companions
- Transportation/Dr. Appointments
- Free In-Home Patient Assessment
- Relief Care for Family Members
- Personal Care Bathing/Dressing
- Alzheimer's and Dementia Care
- Meal Preparation
- Medication Set Up/Monitoring
- Housekeeping/Laundry
- 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.

ABSOLUTE HOMECARE

and Medical Staffing

8080 Moorsbridge Road, Portage www.absolutehomecare.info
(269)324-8080 • 888-875-8080

City of Portage
Senior Citizens Services
7900 South Westnedge
Portage, MI 49002



PRSRT 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.

Look for your renewal date on the address label.

AARP Affordable Care Act Presentation

When: Tuesday, October 1, 10 AM

Location: PSC Gallery – register at Front Desk

Description: Now that its main features are about to be implemented, it's time to know all the facts about the new "Patient Protection and Affordable Care Act". Attend this session to learn how the new law affects you and your family, to receive a packet of information resources, and to share your thoughts about ongoing challenges in America's health care system.

Speakers: Vern & Darlene Hoag, AARP Michigan

Now Leasing

One Bedroom Apartment Homes

Call us today for details and a showing.



**Experience
Luxury
Living**



- Washer & Dryer
- Media Center
- Craft Studio
- Fitness Center
- Dining Room
- Beauty Shop
- Mini-Clinic
- Small Pets Welcome (some restrictions)



Centre Meadows

PHOENIX PROPERTIES

324-4275
centremeadows@pp-mi.com



1503 East Centre Avenue • Portage
Just east of Lovers Lane

