

Services for Older Citizens

Cheers to Volunteers

A new feature recognizing our fabulous volunteers!

Be One of Santa's Elves

Help make holiday baskets for seniors! Page 5

Mark Your Calendar – Winter Holiday Hours announced

Page 5

Open House Invitation

You are invited to see what's new at SOC!
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Communicator

November and December 2018

Senior Drivers Confront Proliferation of New Car Technology

Get into a new vehicle today and you will be confronted by a dashboard that looks like the cockpit

of an airplane or rocket ship! It's hard to avoid this new technology that makes your vehicle a moving computer. Many new vehicles come standard with an ever-increasing array of gizmos, whether you want them or not!

This proliferation of technology is confusing to

anyone, not just older people, which is why the National Safety Council launched the "My Car Does What?" website (www.mycardoeswhat.org), which simplifies advanced safety features into an interactive guide. Young and old drivers can benefit from the website which uses videos and written word to teach about the benefits and use of new technology. However, it's older individuals who might stand to benefit the most from using this technology. Organizations such as AAA and AARP offer ways to help older drivers understand technology related to safety, ergonomics and comfort.

For example, AAA has a list of beneficial recommendations including: active safety systems, which use cameras and sensors to alert drivers of looming danger; 360-degree camera systems, which



are particularly good for parking; adaptive headlights, which swivel in the direction the steering wheel is turned; automatic crash notifications; automatic high beams; blind-spot warning; drowsy-driver alert systems; keyless entry; adjustable steering wheels and pedals; power seats; and motorized trunk lids.

Let high tech help not hinder your ability to drive safely! Join us on Tuesday, November 13 from 1:00 – 2:30 p.m. for the AARP Smart Driver TEK: High-Tech Car Safety Workshop. See page 9 for details.

Portions of this article were excerpted from an original article by Mary Chapman, a Chicago Tribune freelance writer.

For information go to www.socservices.org or call 313-882-9600



Older Citizens Staff Directory & Services

EXECUTIVE DIRECTOR

Peggy Hayes 313-882-9600 ext. 2101 phayes@socservices.org

We recognize that aging is, for many, a complex and fearful unknown - but it doesn't have to be. Our services and programs promote health and independence for those with advanced life experiences. We help adults 60 years of age and older to be active and healthy through a host of support services. Share your thoughts, ideas and concerns. We're always looking for ways to improve, so let us know.

DIRECTOR OF FINANCE

Lvnda Altovilla 313.882.9600 ext. 2102 laltovilla@socservices.org

Please call with any financial questions that involve billing, sales, or credit card transactions. Notary Public Services available free of charge.

CASE COORDINATION

Nina Mondalek 313.882.9600 ext. 2106 nmondalek@socservices.org

We supply case coordination by care managers who strictly adhere to the National Association of Social Workers Code of Ethics. Our mission is to enhance the well-being of seniors and help them meet their basic human needs. While clients may be referred to case coordination for a variety of reasons, our care managers always focus on the client's selfdetermination, empowerment and dignity.

MEALS ON WHEELS

Shirley Snow 313.882.9600 ext. 2124

Meals on Wheels contributes to

the overall well-being of seniors by providing regular nutrition and daily contact with a caring volunteer. A hot meal is delivered five days a week to Grosse Pointe and Harper Woods residents who are unable to shop or prepare meals for themselves. This can include individuals who are ill, recently hospitalized, or homebound for other reasons.

INFORMATION & ASSISTANCE

Renee Troscinski 313.882.9600 ext. 2110 rtroscinski@socservices.org

Chris Brown 313.882.9600 ext. 2108 cbrown@socservices.org

If you have a general question, this is the place to start. I&A has a wealth of knowledge to share with seniors and their families. If they don't have the answer, they know where to find it. We also help arrange escorted transportation, advocacy, and service referrals.

VOLUNTEER OPPORTUNITIES

Heidi Uhlig 313.882.9600 ext. 2107 huhlig@socservices.org

SOC relies on more than 400 volunteers to make it possible to deliver services. With only ten fulltime employees, we need your time and talent! There are volunteer opportunities to suit your interests and schedule. We are looking for volunteers of all ages and abilities for office work, special events, escort drivers, friendly visits, Meals on Wheels drivers, craft and sorting projects and a myriad of other tasks. Let us know what you like to do and we will match you up with the perfect project.

PAATS BUS TRANSPORTATION

Call 313.343.2580 between 7:30 a.m. and 2:00 p.m.

Do you or someone you love need a ride to an appointment, to do an errand or to get to SOC? Pointe Area Assisted Transportation is here to help. This bus service is available to seniors (60+) and disabled persons in Harper Woods and the five Grosse Pointes. Riders are asked to make reservations two days in advance. Standing appointments are accepted.

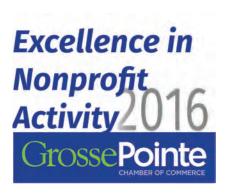
EDUCATION & ENRICHMENT

Susan Kopf 313.882.9600 ext. 2109 skopf@socservices.org

JoAnn Gerlach 313.882.9600 ext 2109 igerlach@socservices.org

We offer education and enrichment five days a week. A complete meal is served at lunchtime and plenty of conversation accompanies each meal. We also coordinate all the programs and activities including counseling, education, exercise, health screening, trips, workshops, and parties.

Notary Public services available free of charge.



From the Executive Director



Change is blowing in the wind!

I don't know about you, but I've always felt like fall was really the start of the new year. Kids are back to school after a long, lazy, summer; there is a fresh nip in the air; it's time to pull out your cozy sweaters; and it just feels like something new is starting!

That's the feeling around SOC these days! After 40 years of serving the community, we're ready to write our next chapter. We've paused, taken a fresh look at who we serve and what we are to our community. If I do say so, we're very proud of that heritage of service! And we know we can be even better.

While we look forward to what SOC can become, we reaffirm that we will stay dedicated to our initial charter and mission, which is to provide an array of services to help residents remain in their own homes and to make sure that our community remains a great place to grow up and grow older.

As the center-page spread in this issue of *The Communicator* says, exciting new things are about to be revealed at SOC...and we cordially invite you to come celebrate with us. A celebration will take place on Wednesday, October 17th from 3:00 – 5:00 p.m. and you are invited to come see for yourself what's happening. Light refreshments will be served.

If you can't join us on the 17th...visit our website at www.socservices.org for the latest news.

Remember, life does not get better by chance...it gets better by change!

Peggy Hayes
Executive Director

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Cheers To Volunteers



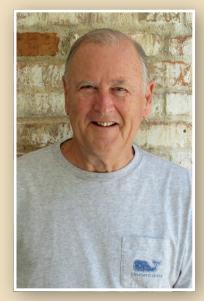
Cheers to Volunteers is a new feature that will provide us a chance to recognize and thank our many volunteers who have donated their time and talents throughout the year. In each issue of the newsletter, we will feature different volunteers who perform in a variety of roles, giving of themselves and their time.

In this issue of *The Communicator*, we are giving cheers to the SOC Chore volunteers!

At SOC, we understand that living at home as an older adult can come with challenges and difficulties. SOC Board member, Gary Colett, offered to help seniors with Minor Home Chores such as, changing light bulbs, fixing a leaky sink, tightening a loose lock, and other small jobs. He gathered a group of his peers, who were qualified, reliable, and trustworthy and who would be available to help with minor chores.

In just two years, the dynamic group of nine volunteers have achieved more than 200 volunteer hours assisting seniors throughout the Grosse Pointes and Harper Woods. Thank you to Gary, Doug, Bruce, John, Rick, John, Bob, Jay, and Bob for sharing your talents and lending a hand to help with the small jobs!

If you are interested in becoming a Chores volunteer or are a resident of Grosse Pointe and Harper Woods, who is in need of a one-time only chore service, contact us at 313-882-9600.



Top (L to R): Rick Neumann, John Watson, Gary Colett

Bottom: John Huntington

Not pictured: Bruce Bradley, Doug Blatt, Jay Flowers, Bob Wachter, Bob Schaltenbrand

Be One of Santa's Elves!

SOC needs some Santa's Helpers to:

• Donate: Supplies for Holiday baskets for seniors

as well as medium-sized baskets

Assemble: Holiday baskets

Deliver: Holiday baskets to seniors

PLEASE BRING DONATIONS TO SOC BY: MONDAY, DECEMBER 10, 2018

FOOD

- Canned Chicken or Tuna (pull top)
- Canned Vegetables
- Soup (pull top)
- Mini Cereal (boxes)
- Fruit Cups
- Juice Boxes
- Coffee, Tea Bags, Cocoa Packets
- Soft Granola Bars
- Cookies, Crackers, and Snacks (store bought in small packages)
- Dried Fruit, Raisins, & Prunes
- Chocolate Candy & Hard Candy
- Cough Drops
- Dog and Cat Food

OFFICE

- Puzzle Books
- Decks of Cards
- Ribbon
- Glue Sticks
- Pens & Pencils
- Notepads
- Note Cards
- Paperback Books

PAPER PRODUCTS

- Toilet Tissue
- Small Facial
- Tissue Packets

TOILETRIES

- Shampoo Hand Cream
- Lip Balm

- Toothbrushes
- Toothpaste
- Liquid Hand Soap
- Flushable Wet Wipes
- Bar Soap
- Disinfecting Wipes

PLEASE MAKE SURE ALL FOOD ITEMS ARE NOT OPENED OR EXPIRED

Help Us Assemble Baskets On:

December 13, 2018 at 1:30 p.m.

Help Us Deliver Baskets:

December 13-23

(Pick up baskets on December 13th after 4:00 p.m. or December 14th

from 9:00 a.m. to 4:00 p.m.)

Please call SOC at 313-882-9600 if you'd like to volunteer to assemble or deliver baskets.

Holiday Hours 2018

As you know, we are regularly open 9:00 a.m. to 5:00 p.m. Monday through Friday with some exceptions. Please note our 2018 Holiday schedule:

Thanksgiving:

- November 21, closing at 1:00 p.m.
- November 22-23, Closed for Thanksgiving weekend

PAATS buses will run as usual on November 21.

Christmas:

- December 24-25, Closed
- December 26 28, Open 9:00 a.m. to 1:00 p.m.

PAATS buses will run as usual on December 26, 27, and 28.

New Year's 2019:

- Monday, December 31, 2018, Closed
- Tuesday, January 1, 2019, Closed

Inclement Weather Policy

Please note: When the Grosse Pointe Public Schools are closed due to inclement weather, the Services for Older Citizens' office will be closed, PAATS buses do not run, and there will be no Meals on Wheels delivery.

10 Ways

You Can Give Back this Upcoming Holiday Season

- 1. Sign up to deliver Meals on Wheels on Thanksgiving or Christmas morning. (Volunteers must have all the necessary paperwork submitted prior to Thanksgiving and/or Christmas).
- **2.** Assist a senior with fall yard clean-up.
- **3.** Fill a Christmas basket at SOC and deliver it to a local senior (*see page 5 for details*).
- **4.** Help serve at SOC's Thanksgiving Party on November 14, 2018 at 11:30 a.m.
- **5.** Transport a senior to their appointment once a week, every other week, or once a month.
- **6.** Help serve at SOC's Christmas Party on December 19, 2018 at 11:30 a.m.

- 7. Fill our shelves with dog or cat food to feed a senior's pet.
- 8. Share your musical talent at SOC during the holiday season.
- **9.** Spread some holiday cheer by creating holiday cards for the Meals on Wheels clients and SOC participants.
- **10.** Become a substitute Meals on Wheels driver. (Volunteers must have all the necessary paperwork submitted).

For more information on ways to give back this holiday season or any time throughout the year, please contact our Volunteer Coordinator at 313-882-9600.

Holiday Shopping at the Herb Society Boutique

Did you know that the Herb Society of America-Grosse Pointe Unit plants and maintains our beautiful herb garden here at the Center?

While this is not the season for gardening, the Herb Society is using the fruits of their labor and more to craft beautiful gift items for sale just in time for the holidays!

The organization's Herbs & Holly Boutique will be held this year on Saturday, November 10

from 10:00 a.m. until 2:00 p.m. at the Grosse Pointe Woods Community Center, 20025 Mack Avenue.

This Herbal Marketplace will feature fabulous items such as handcrafted wreaths, lavender products, herbal holly decorations and culinary creations!

Join the Herb Society members for a fragrant kick-off to the holidays! For information about the event, please call 586-773-6682.

ShorePointe | A Beaumont Affiliated Health and Rehabilitation Center



The one **Beaumont** doctors choose

ShorePointe is conveniently located near Beaumont Grosse Pointe and other area hospitals. Specializing in rehabilitation, patients recover in a well-appointed residential environment that emphasizes the mastery of day-to-day tasks, essential for a successful return home. As an affiliate of the renowned Beaumont Health, this Five Star state-of-the-art facility features a dedicated team of medical professionals and outstanding therapists - making it the ideal destination for a safe and speedy recovery.

26001 Jefferson Avenue, St. Clair Shores, MI 48081 | 586-779-7000 | www.bahrc.com

CELEBRATIONS

November and December Birthday Celebrations!

Thursday, November 8, 11:30 – 11:45 a.m. Thursday, December 6, 11:30 – 11:45 a.m.

No charge – reservations needed

Celebrating your birthday in November and December? Let us know and come join us for a celebration of you! Gourmet lunch on the house, birthday cake (with a candle!) and a keepsake photo with your friends at SOC are just a part of how we want to wish you a Happy Birthday!



Veterans Day Event and Luncheon

Wednesday, November 7, 11:30 a.m. - 1:30 p.m. Sponsor: Grosse Pointe American House at Cottage

No charge - registration required

We invite everyone, especially Veterans, to join us on this very special day. We will be honored to have as our special guests not only our Veterans but also the Vietnam Veterans of America Chapter 154 Color Guard who will perform their Flag Ceremony and will present each Veteran with a medal to honor their service to our country. The ceremony will end with taps. A luncheon prepared for you by our neighbor and sponsor, the Grosse Pointe American House at Cottage, will follow the ceremony. Please let us know that you are a Veteran when you call to make your reservation.

Thanksgiving Party!

Wednesday, November 14, 11:30 a.m. – 1:30 p.m.

Entertainment: The Fabulous 50s Show

Party Sponsors: ShorePointe - A Beaumont Health & Rehabilitation Center and Lake Shore Senior Living

\$15.00 per person – registration required

Come and join us for a wonderful and traditional meal consisting of a salad, turkey and gravy, stuffing, mashed potatoes, sweet potatoes, vegetable, cranberry sauce, rolls and pumpkin pie with whipped cream. Lunch will be followed by the Dave DeClark Band featuring their "Fabulous 50s Show", which includes five musicians performing your most memorable songs of the fabulous 50s. Remember the "Stroll?" Bring your dancing shoes please!

Christmas Party!

Wednesday, December 19, 11:30 a.m. - 1:30 p.m. Entertainment: The Heart of the Hills Players Party Sponsor: Dinshaw Sarkari

\$15.00 per person – registration required

Please join us for our annual Christmas luncheon which is sponsored by one of our very generous SOC participants, Dinshaw Sarkari. This will be an extra special luncheon because it will be catered by the Polish Village Restaurant in Hamtramck voted the Best Polish Restaurant in Detroit and we can attest to that! The menu will include golobki (stuffed cabbage), kielbasa, pierogi, mashed potatoes, sauerkraut, green beans and salad. After our lunch, we will have a very special treat. We welcome back the extremely popular The Heart of the Hills Players!

CLASSES AND PRESENTATIONS

Ballroom Dancing

Tuesdays, November 6 – December 4, 6:00 – 7:00 p.m.

Location: SOC

Wayne County Community College Continuing Education Class

No charge – reservations needed Maximum of 16 This course is designed to teach individuals the basic steps of ballroom dancing. Students will also learn hand and foot coordination, posture, basic turns and spins. You do not need a partner to thoroughly enjoy this class!

CLASSES AND PRESENTATIONS

Sign Language - Beginners

Thursdays: November 8 – December 6,

10:00 a.m. – 12:00 p.m. Instructor: April Stotts

Location: SOC

Wayne County Community College Continuing Education Class

No charge - reservations needed Maximum of 8

This class will introduce the important role of American Sign Language (ASL) in the lives of people with hearing loss. You will learn about vocabulary, grammar, language function in ASL, as well as how to sign the manual English alphabet.



AARP Smart Driver TEK: High-Tech Car Safety Workshop

Tuesday, November 13, 1:00 – 2:30 p.m.

Instructor: Roger Doster

Cost: \$5.00

Maximum of 20

This workshop keeps drivers in the know about the



latest vehicle safety technologies, and how to use them. From lane departure warnings and smart headlights to blind-spot detection systems and more, the workshop helps drivers recognize how these technologies might enhance their driving safety and extend their safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car, or what features may already be in their car. Developed jointly by AARP Driver Safety and The Hartford, this 90-minute workshop offers a dynamic environment to learn how new, high-tech features in cars today can help make driving safer and easier.

Downsizing Advice

Monday, November 12, 1:30 – 3:00 p.m. Facilitators: Donna Kurz-O'Neill and Mimi

Koppang, Johnstone and Johnstone Realtors

No Charge – reservations needed

Join the discussion on how to get started on YOUR path to eliminating the unwanted and unnecessary STUFF trapping you in your home. Let us help you begin your break free from the STUFF that binds. Panel presenters include Mimi and Donna, SRES Specialists, Jody Pear owner of "A Delicate Move," and Kari Grady owner of "A Need To Organize."

Seniors on Camera!

Wednesdays, November 14, 28, December 5, 12, 2:00 – 4:00 p.m.

Acting Coach: Harry Burkey

No Charge – reservations needed

Learn how to act and be in a movie! Harry Burkey, Acting Coach and member of the Screen Actors Guild, will teach students how to act for the screen. All students will be invited to participate in some short films being produced. For more info: Contact Harry Burkey 313-885-1393.



Reservations Required

Call 313-882-9600 to reserve your spot for all activities. If there is a charge, your registration will not be complete without payment.

Refund Policy

If SOC cancels an activity or event, you will be reimbursed in full. If you cancel your registration prior to the start date (excluding trips), you will be given a SOC gift certificate as your refund. No refunds can be made after the start date of an activity or event.

CREATIVE WORKSHOPS & CRAFTS

Beginning Digital Photography

Saturdays, through December 8, 9:00 – 10:00 a.m.

Instructor: Andreas Browne, Yellow Door

Photography and Imaging Lab

Location: Mary Ellen Stempfle University Center Wayne County Community College Continuing Education Class

No charge - reservations needed

This course provides students with an introduction to current digital imaging technology. With the use of digital cameras, printers and photo imaging software, students will learn the functions of their camera and explore the world of the electronic darkroom. A digital SLR camera is required. Prior computer experience is recommended but not required.



Drawing and More

Tuesdays, through December 4, 10:00 a.m. – 12:00 p.m. Location: Mary Ellen Stempfle University Center Wayne County Community College Continuing Education Class

No charge – reservations needed

This is a basic drawing and painting class designed to introduce participants to the skills required to accurately render what they see. It also an opportunity for the more advanced artist to gain some visual and creative practice in drawing and painting that will enhance any artistic endeavors. Participants are responsible for their own supplies.

PAATS transportation is available for this class. Call 313-343-2580 to schedule.

Choral/Part Singing Class

Tuesdays, November 6, 13, 27, December 4, 2:30 – 3:30 p.m.

Vocal Instructor: Carol Ambrogio Wood, Soprano

Cost: \$40 - registration required

Maximum of 15 participants

Do you like to sing in a choir? This is a choral/part singing and sight singing class. We will focus on some basic music note reading, rhythm, sight-singing techniques, as well as how to "hold your part" in the group. On Thursday, December 6, we will have a brief 10 to 15-minute performance at 12:15 p.m. for SOC's Birthday celebration, to show what we've learned. Please bring a three-ring binder, pencils and/or pens, and a water bottle. Course materials will be provided each week. *Note: No class November 20*.

Singing/Vocal Techniques Class

Wednesdays, November 7, 14, 28, December 5, 2:30 – 3:30 p.m.

Vocal Instructor: Carol Ambrogio Wood, Soprano

Cost: \$40 – registration required

Maximum of 15 participants

Do you love to sing? This four-week class will include the basics about your voice and how we use our bodies for our singing instrument. In five classes we will cover: Posture and breath, vocal health, effective warm-up, song learning, and vocal range(s). We will perform in small groups throughout the process. Please bring a three-ring binder, pencils and/or pens, and a water bottle. Course materials will be provided each week.

Note: No class November 20.

Woven Candy Cane for your Holiday Door!

Tuesday, December 4, 1:30 – 4:30 p.m.

Facilitator: Amy Jorgensen

Cost: \$12 – registration required

Renowned basket weaver and instructor (at least in Grosse Pointe!), Amy Jorgensen will teach you how to weave and then create an ADORABLE 21" red and white candy cane adorned with a Christmas Sprig to hang on your door for the holidays or to give as a special present!

CREATIVE WORKSHOPS & CRAFTS

NEW CHARITY PROJECT!

Motor City Mitten Mission

Wednesdays, 9:30 – 11:30 a.m.

No charge - reservations needed

Come and assist this wonderful non-profit organization in creating mats and pillows out of recycled plastic bags. It's easy, fun and you will be helping the homeless as well as the planet. No experience necessary, just a kind heart. We are collecting clean, plastic grocery and shopping bags for this special project. Please drop them off in the container between our two front doors.





Knitting for Charity

Tuesdays, 1:00 - 3:00 p.m.

Facilitator: Patty Matheson, The Wool and the Floss, Grosse Pointe

No charge - reservations needed

This long-standing SOC group is always looking for more knitters. They have gathered weekly for many years to knit a wide variety of items to benefit local residents touched by cancer. The need is great for caps for chemo patients, scarves, small lap blankets, shawls and more. Join us in supporting the Henry Ford Hospital - Cottage, Radiation Oncology department and Knit Michigan. Knitters can choose any project they like!

The Chit Chat and Color Club...It's Fun and Relaxing!!!

Wednesdays, 12:30 – 2:00 p.m.

No charge - reservations needed

If you would like to relax and socialize at the same time, come and join us for our "Chit Chat and Color Club."

Just like meditation, coloring allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate anxiety and produce a sense of calm.

The health benefits are tremendous. We will supply the coloring books (from simple to complex!) and the colored pencils. All you need to bring is a desire to relax and have fun.



Reservations Required

Call 313-882-9600 to reserve your spot for all activities. If there is a charge, your registration will not be complete without payment.

Refund Policy

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ENTERTAINMENT

Alice Laitner Plays the Piano for You!

Tuesdays, 11:00 – 11:30 a.m. and 12:15 – 1:00 p.m.

One of our favorite seniors, Alice Laitner, will lull you into a lovely state of mind as she plays the piano just for you in our living room.

Movie: "Chappaquiddick" – PG 13

Monday, November 26, 1:00 – 3:00 p.m.

Running Time: 106 minutes

\$2.00 – Registration required

The plot details the 1969 Chappaquiddick incident in which Senator Edward Kennedy drove his car off a bridge, killing Mary Jo Kopechne, and the Kennedy family's response.



Movie: "Won't You Be My Neighbor?" - PG 13

Monday, December 17, 1:00 – 3:00 p.m.

Running Time: 95 minutes

\$2.00 - Registration required

For more than 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program,



Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

Grosse Pointe Academy Bell Choir

Tuesday, December 11, 12:00 – 12:30 p.m. **Bell Choir Director: Roshell Chuhran**

No charge - reservations needed

It's a tradition here at SOC that the 8th grade Grosse Pointe Bell Choir joins us during the holidays. This is a special event for all to enjoy!

University Liggett Elementary School Choir

Tuesday, December 18, 12:00 – 12:30 p.m.

Choir Director: Rachel Houk

No charge - reservations needed

Please come and welcome the ULS choir and enjoy the sounds of Christmas. There is nothing like a children's choir to put you in the spirit of the holidays!

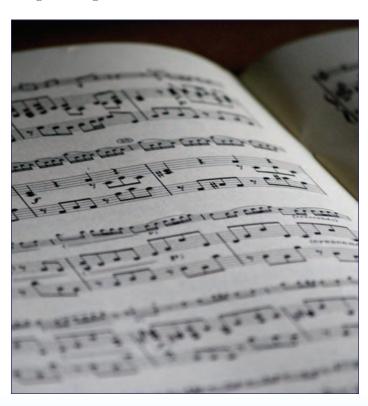
Defer Elementary School Choir

Thursday, December 20, 12:00 – 12:30 p.m.

Choir Director: Liz Moses

No charge - reservations needed

We are welcoming back the 4th and 5th grade Defer Elementary School choir to sing holiday songs to brighten this wonderful season!



EXERCISE CLASSES

SOC exercise classes are for people of all ages (60+) and abilities and the atmosphere is fun, welcoming, and non-competitive. No need to register in advance. All classes are drop in.

Pricing

- \$23 for a 4-class punch card (\$5.75 per class)
- \$60 for an 11-class punch card (\$5.45 per class)
- \$50 for a VIP card for unlimited monthly classes (huge savings)
- \$8 drop-in rate

New Participants:

 Choose to take the first week of all classes free or purchase an 11-class punch card for just \$30 (a \$30 savings).

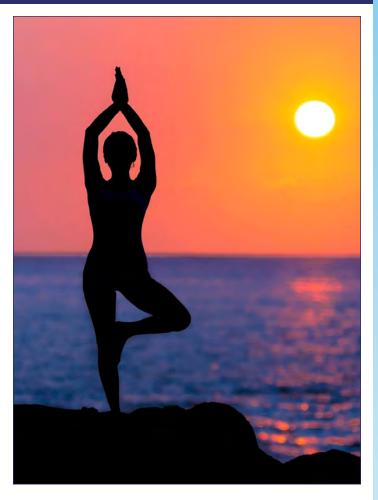
Seated Full Body Workout Routine (Enhance®Fitness)

You don't have to exercise at an intense pace in order to reap all of the benefits of exercise. This evidenced-based exercise program is a fitness program designed for older adults that combines strength training, flexibility and cardiovascular conditioning and includes standing chair support for balance and mobility. EXTRA BONUS! Simple sign language, foreign language and ball exercises to activate your brain cells will also be included with your work out! Small balls are provided.

Caregivers welcome! First class is free!

Tuesdays and Thursdays, 10:30-11:30 a.m. Instructor: Rosa Hunter





Active Fit

Incorporates the three principles of fitness: movement (cardio), muscles (strength) and more (flexibility and balance) for the more active adult.

Mondays and Wednesdays, 10:15 – 11:15 a.m. Instructor: Stacey Panduren

Tai Chi

Tai Chi is an ancient Chinese discipline designed to enhance body, mind and spirit, and leave you feeling refreshed. You'll gain better muscle tone, improve joint flexibility and increase circulation. Wear comfortable, loose-fitting clothing.

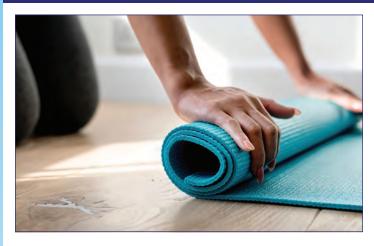
Continuing class for those with SOC Tai Chi Experience

Tuesdays, 9:00 – 10:00 a.m. Instructor: Susan Smith

Tai Chi Beginner Class

Thursdays, 9:00 – 10:00 a.m. Instructor: Susan Smith

EXERCISE CLASSES



Yoga

This hour-long journey will promote strength, endurance, stability, mobility, flexibility and postural challenges by yoking the mind, breath and body. Classes are designed with a "start where you are approach." Instructions will be tailored to a person's capability. Please bring a yoga mat.

Mondays and Wednesdays, 9:00 – 10:00 a.m. Instructor: Judy Sarvis

Fridays, 9:00 – 10:00 a.m. Instructor: Jessica Kodanko

Chair Yoga

Chair yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the yoga mat and becomes an extension of the body. You are able to warm up your body and safely perform yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses. Chair yoga is suitable for all fitness levels and physical conditions.

Mondays and Wednesdays, 10:15 – 11:15 a.m. Instructor: Judy Sarvis

Mondays and Wednesdays, 11:30 a.m. – 12:30 p.m. Instructor Judy Sarvis

Fridays, 10:15 – 11:15 a.m. Instructor: Jessica Kodanko

Fridays, 11:30 a.m. – 12:30 p.m. Instructor: Jessica Kondanko

Zumba Gold Fitness

Saturdays through November 17, 9:00 – 10:00 a.m. Mondays and Wednesdays, through December 5, 11:00 – 11:45 a.m.

Location: Mary Ellen Stempfle University Center

Wayne County Community College Continuing Education Class

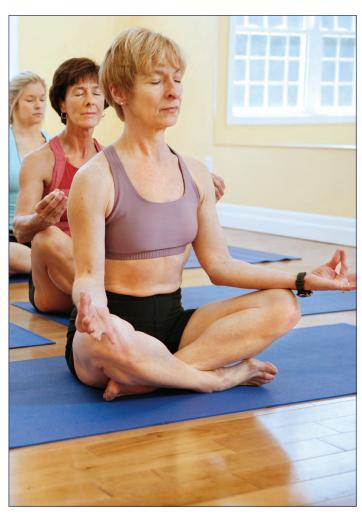
No charge - reservations needed

Have fun and get moving! Every exercise is low impact and may be adapted to fit your particular challenges. Zumba Gold's mix of safe and effective aerobic exercises are designed to

improve your overall strength, endurance and mobility. Please wear comfortable clothing.



PAATS transportation is available ONLY for the Monday and Wednesday classes. Call 313-343-2580 to schedule.



GAMES



Special Avon Bingo

Tuesday, November 13, 10:15 – 11:15 a.m.

Sponsor: Audrey Bernier

\$2.00 per card, limit one card per person - reservations needed

Audrey will sponsor a special Bingo this month with tons of wonderful Avon products for prizes! Note: These will make great stocking stuffers!

Mah Jongg Club

Every Wednesday, 1:00 – 3:00 p.m.

No charge - reservations needed

American Mahjong, more commonly known as Mah Jongg or Maahj, is a variant of the Chinese game Mah Jongg. American Mah Jongg utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards. It has several distinct gameplay mechanics such as "The Charleston," which is a set of required passes, and optional passing of the tiles. If you know how to play the American version of this ancient game, come join the fun!

Contract Bridge Club

Every Friday, 1:00 – 3:00 p.m.

No charge – reservations needed

Bridge is the world's greatest game of the mind. It is stimulating, challenging and provides the ideal setting for socializing and making new friends. The club is not a class. We are offering a room for players who already know how to play bridge to join with friends. Groups must bring their own playing and score cards.

Bingo

Every Tuesday and Thursday, 10:15 – 11:15 a.m.

\$2.00 per card - registration required

Bingo's history can be traced back to 1530, to an Italian lottery called "Lo Giuoco del Lotto D'Italia," which is still played every Saturday in Italy. From Italy the game was introduced to France in the late 1770s, where it was called "Le Lotto," a game played among wealthy Frenchmen (who knew?). Bingo is fun, good exercise for your brain, and a great social gathering. Join us for fun, friendship and prizes!

Progressive Rummy

Every Tuesday, 12:45 – 1:45 p.m.

No charge - reservations needed

Don't know this simple card game? We'd be happy to teach you. Similar to Contract Rummy, Progressive Rummy is played with three to eight players and two decks of cards. This version of rummy includes all four jokers from the two decks, totalling 108 cards. It's an extremely popular variation of Rummy and pretty addictive. Guaranteed!



Texas Hold'em Poker

Poker Lessons and Tournament: Every Monday, 10:00 a.m.

For more information about the game and fees, contact Harry Burkey, 313-885-1393

No charge - reservations needed

Described as a "thinking man's game," Texas Hold'em had a humble start in the poker world. Robstown, Texas, is officially recognized as the place in which it originated. Learn to play this popular, competitive game where the object is to win everyone else's game chips and then join our weekly tournament. For most of the players, the game is more about the fun and friendship than the competition.

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WEDNESDAY, OCTOBER 17TH, 3:00-5:00PM Special announcement at 3:30PM

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Can't join us on the 17th? See what's new by visiting our website at: www.socservices.org after October 17th!

GROUPS

Sing-a-along Group

Every Wednesday, 1:30 – 3:30 p.m.

Choir Director: Jean Curtis Demeulmeester

No charge - reservations needed

If you like to sing but would love to sing with a group vs. in the shower, please join us for an extremely pleasant afternoon. No experience necessary...just a desire to sing!

Grannie Nannies

The 1st Friday of every month, November 2 and December 7, 1:30 – 3:00 p.m.

Big Boy Restaurant, 20710 Mack Avenue, Grosse Pointe Woods

No charge - reservations needed

Come join a fun group of grandmothers who love spending time with their grandchildren! You'll share innovative, memory-making opportunities that bring quality to your relationships with the young people in your life, such as where can you take your three-year-old for a fun afternoon or what games do six-year-olds like to play? If you are a grandmother and would like to share experiences with others, join the "Grannie Nannies" for laughs and great advice! Look for the group at one of the back tables. They will be glad to have you join them. For more information, please call 586-944-0299.

Alzheimer's Caregivers Support Group

Third Thursday of every month, 6:00 – 8:00 p.m. Facilitators: Carolyn Van Dorn, Nursing Unlimited and Marian Battersby, Home Instead

No charge - reservations needed

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system.

NEW!!! Parkinson's Action Group

The 2nd Thursday of every month, 2:30 – 4:00 p.m. Facilitator: Deb Miller

No charge – reservations needed

People with Parkinson's and their care partners are invited to this new group. We will structure our meetings around exploring resources to live your best life with Parkinson's, helping one another create personalized approaches to managing this disease.



HEALTH AND WELLNESS

Brain Fitness Seminar Series

Thursdays, October 18, 25, and November 1, 15, 1:30 – 3:00 p.m.

Facilitator: Kathy Housey, AFAA Certified Group

Fitness and Certified Yoga Instructor

Sponsor: Heartland Health Care and Rehab Center and Comfort Keepers Home Care

Location: SOC

No charge – reservations needed

* Brain Health...It's All Good News

Thursday, October 18

Learn about the latest findings on the aging brain which dispel past theories about genetic predisposition to cognitive decline and Alzheimer's. Specially designed brain drills demonstrating how to enhance and encourage healthy brain function will be presented.

(Class/Series continued on next page)



HEALTH AND WELLNESS

* Exercise: Cognitive Candy for the Brain

Thursday, October 25

The old saying "use it or lose it" is never more valid as related to brain health. Learn about the latest finding and exercises for different ability levels. Kathy will discuss aspects of balance drills together with aerobic exercise.

* Your Gut is Your Second Brain

Thursday, November 1

Learn about the important connections between what you put in your body and how it affects cognitive functioning. Simple dietary changes can make you look and feel better while offering the brain protection. Leaky gut syndrome and the effects of too much sugar will be discussed along with important food strategies.

* Are You an Owl, a Lark or a Hummingbird?

Thursday, November 15

Find out the importance and lasting effects both relaxation and sleep have on achieving and maintain brain health. Actual measurable results in brain growth can be achieved by taking out a few minutes each day using the techniques Kathy will offer during this session

Staying Healthy through the Holidays

Fridays, November 2, 9, 16, 30, 1:00 – 3:00 p.m.

Facilitator: Dr. Ruth Stephens

Location: SOC

Wayne County Community College Continuing Education Class

No charge - reservations needed

This series of classes will help individuals maintain weight and enjoy their favorite dishes and desserts throughout the holiday season. It will show them how to create healthy recipes and easy cooking tips to ensure that proper blood pressure, diabetes control, weight management remain stable and provide more energy as well. Lastly, there will be tips in how to maintain an exercise routine.

Cold Weather Skin Care

Tuesday, November 27, 1:00 – 2:00 p.m. Facilitator: Megan Hribernik, Hamzavi Dermatology

No charge – reservations needed

Caring for aging skin can be difficult to navigate. As we age, both intrinsic (natural or genetic) and extrinsic (environmental) factors affect our skin. One of the biggest struggles affecting the aging skin is xerosis or dryness which then leads to pruritis or itching. This can impact the quality of life for some individuals. The causes of xerosis is multifaceted, with factors of genetics, sun exposure, medications, and environment all playing a role. Living in a cooler climate like Michigan, the cold, dry winters can wreak havoc on our skin at any age, but especially as we age our skin loses essential components necessary for holding onto moisture. The skin is the largest organ on our body and caring for it can be difficult but there are a few key recommendations to help navigate caring for your skin in your 60s and 70s and beyond.



Cooking Demonstration – "Nutrition for Gut Health and Immunity"

Wednesday, November 28, 12:30 – 1:30 p.m. Andrea Hageman, Registered Dietician and Chef Dan Kellogg – Beaumont Grosse Pointe

No charge – reservations needed

Join Andrea and Chef Dan Kellogg to discuss how eating certain foods can help boost your gut health and immunity to keep you healthy this winter! They will give ideas on foods to add to your diet and will be demonstrating two different recipes to help get you started.

HEALTH AND WELLNESS

Ask the Physical Therapist

First Tuesday of every month, 9:15 – 10:00 a.m. Facilitator: Jessica Malfa, PTA from David Gilboe and Associates

No charge - reservations needed

On the first Tuesday of every month, a physical therapy professional from David Gilboe and Associates, will be here at SOC to answer general questions related to exercise and wellness, for example, "Should I see my doctor regarding...?" or "What exercises should I do for...?" Stop by between 9:15 and 10:00 a.m. the first Tuesday of every month and "Ask the Therapist!"

Mindfulness Practice Finding Your Little Piece of Peace

Thursdays, 9:00 - 9:30 a.m.

Facilitator: Jennifer Raybaud – Certified Mindfulness Instructor from Beaumont Health System

\$3.00 – registration required

This 30-minute class will bring together four essential elements to calming the mind and enjoying your life more. Through the practices of gentle stretch, breathing basics, engagement in mindful ways of thinking, doing and being and finally, meditation, a more peaceful, purposeful life awaits.

Free Blood Pressure Screenings

Second Tuesday of every month, 9:30 - 10:15 a.m.

Facilitator: Advantage Living Center – Harper Woods and Sunrise Senior Living, Grosse Pointe

Location: SOC

No charge - reservations needed

High blood pressure is a silent killer that shows no symptoms but can cause very serious health problems if left untreated. The strain placed on the arteries from high blood pressure weakens the arteries and can lead to a heart attack, stroke, kidney disease or even dementia. Monitoring your blood pressure is an important step in maintaining your health.

Reservations Required

Call 313-882-9600 to reserve your spot for all activities. If there is a charge, your registration will not be complete without payment.

Refund Policy

If SOC cancels an activity or event, you will be reimbursed in full. If you cancel your registration prior to the start date (excluding trips), you will be given a SOC gift certificate as your refund. No refunds can be made after the start date of an activity or event.

LUNCH

Gourmet Lunch at SOC

Monday - Friday, 11:30 a.m. – 12:15 p.m.

Cost: \$5.00

Please make your lunch reservations in advance. Lunch reservations will close at 10:00 a.m. each morning. After 10:00 a.m., extra lunches will be served only if available.

Join us for a delicious, freshly-prepared gourmet lunch. Acclaimed local chef Brian Brenner sources the freshest seasonal ingredients to prepare a healthy, hearty, and delicious lunch celebrating cuisines from around the world. Chef Brian was most recently the head chef for the Bayview Yacht Club, and has previously worked at Opus One, Tribute, and the Golden Mushroom. Come for the delicious food and meet some new friends.





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PAATS SHOPPING TRIPS

Get Your Holiday Shopping Done with an Assist from PAATS!

Did you know...Pointe Area Assisted Transportation travels Gratiot and Little Mack – and just in time for the holidays – they are ADDING several dates so you can be sure you don't miss a sale! November and December dates for the Gratiot Shopping Loop are: November 2, November 16, November 30, December 7, December 14 and December 21.



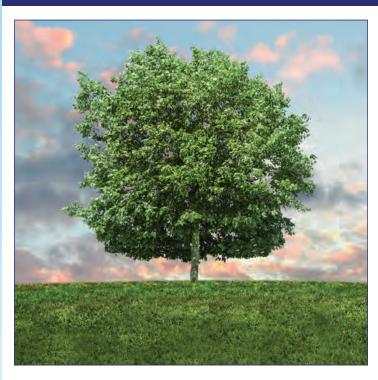
The bus stops, in order, are: Walmart, Meijer, Kroger and Macomb Mall.

Curbside pick-up will begin at 9:00 a.m. and return pick-up will begin at 1:00 p.m.

The round-trip fare is only \$5.00, a special discounted rate!



TECHNOLOGY



Genealogy Series Continued... Wayne County Community College Continuing Education Class

Instructor: Felecia Lewis - Williams

No charge – reservations needed Call SOC, 313-882-9600

Location: Mary Ellen Stempfle University Center Computer Lab at 19305 Vernier Rd, Harper Woods, across from Eastland Mall.

Call PAATS at 313-343-2580 if you will need transportation to and from the Lab for the Genealogy classes. You may sign up for one or all of the classes. Classes are limited to 20.

* Genealogy: History and Research

Friday, November 2, 10:00 a.m. - 12:00 p.m.

Students will learn how to use the genealogy forms to abstract important information. This class is also designed for genealogy enthusiasts who are researching their family history and would like to explore additional resources.

* Genealogy: What's in the Library

Friday, November 9, 10:00 a.m. – 12:00 p.m.

Students will learn techniques on how to use the library to conduct their family genealogy research.

* Building your Family Tree

Friday, November 16 – December 7, 10:00 a.m. – 12:00 p.m.

This course will cover techniques using Microsoft Word and Microsoft PowerPoint for displaying your genealogy history for presentations. You should have the basic skills of Microsoft Word and PowerPoint before registering for this course



TECHNOLOGY

Microsoft Series Continued... Wayne County Community College Continuing Education Class

Instructor: Christopher Wheatley

No charge – reservations needed Call SOC, 313-882-9600

Location: Mary Ellen Stempfle University Center Computer Lab at 19305 Vernier Rd, Harper Woods, across from Eastland Mall

* MS Power Point Basic 2016

Saturdays, October 27 – November 17, 12:00 – 2:30 p.m.

Students will learn to build powerful presentations working with text, backgrounds and graphics. Participants will also learn to create, modify and print presentation materials.

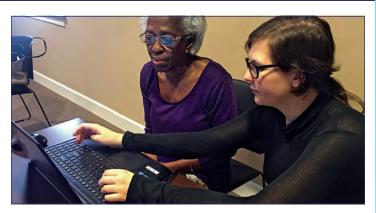


Getting the Lowdown on APPS

Tuesday, November 6, 3:00 – 4:30 p.m. Facilitator: Judy Galvin – Bachelors in Communication and Masters in Education

No charge - reservations needed

This digital app presentation will include an introductory video of an overview of how to download an app on smartphones and tablet devices. There will be an explanation about the particulars of each device and there will be a hands-on session for each device. Each demonstration will be on an iPad, smartphone, tablet and PC (laptop). All brands of tablets and smartphones will be included in this presentation.



Technology Instructions

One-on-One Technology Instructions Every Friday, 12:00 - 4:00 p.m.

No charge – reservations needed

Need help with your smart phone, iPad, tablet, or e-reader? Want to learn how to browse the internet, send emails, or set up a Facebook page? Would you like to learn how to use Microsoft Word and Excel? If so, this is the place for you! Knowledgeable, kind and patient volunteers will happily help.

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TRIPS WITH THE WAR MEMORIAL

Charles H. Wright Museum of African American History

Tuesday, November 13, 2018

Founded in 1965, the Charles H. Wright Museum of African American History has, for over half a century, been a leading institution dedicated to the African American experience. The Wright Museum houses over 35,000 artifacts and archival materials and is home to the Blanche Coggin Underground Railroad Collection, Harriet Tubman Museum Collection, Coleman A. Young collections and the Sheffield Collection, a repository of documents of the labor movement in Detroit. Lunch at Hopcat Detroit after our museum visit and docent tour.

\$32 per person (includes bus transportation, museum fees – Lunch is on your own)

Arrive for check-in no later than 9:00 a.m. Return to The War Memorial by 3:00 p.m.

Lansing Tour: Capitol Building and Michigan History Center Museum

Please note new trip date/space still available Trip rescheduled for Wednesday, November 14, 2018

The Michigan State Capitol opened on January 1, 1879, to great acclaim. Michigan's Capitol holds a special place in American history as one of the first state capitols to be topped by a lofty cast iron dome. It was designated a National Historic Landmark in 1992. On our docent-led tour, we will stop in to see the Michigan Legislature in session (if available). We will also visit the Michigan History Center Museum to discover more history of our great state. Lunch will be at Bravo Cucina Italiana in Lansing.

\$55 per person (includes motor coach transportation, tour and museum fees - lunch on your own)

Arrive for check-in no later than 8:30 a.m. Return to The War Memorial by 6:00 p.m.





Disney's "Aladdin" at the Detroit Opera House

Thursday, December 13, 2018

From the producer of "The Lion King" comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. We will start at the Renaissance Center and enjoy lunch at Granite City Brewery.

\$88 per person (includes bus transportation, theater tickets; lunch on your own)

Arrive for check-in no later than 9:30 a.m. Return to The War Memorial by 4:00 p.m.

Please Check the War Memorial Website Often, More Trips are Always Being Added! www.warmemorial.org

All Trips Will Depart From The War Memorial

Registration:

SOC and the War Memorial have teamed up to offer community trips. All registration will be handled by the War Memorial. You can register by phone, 313-881-7511, in person Monday - Saturday, 9:00 a.m. until 7:00 p.m., or online at warmemorial.org. All trips will depart from the War Memorial. Persons requiring mobility assistance must be accompanied by an individual escort.

Refund Policy:

Payments are non-refundable. If you must cancel, you are encouraged to find your own replacement to recover your cost. Full refunds will be made if the trip is canceled due to insufficient registration or unforeseen circumstances.

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Many other individuals have contributed to our success through donations to our Medical Equipment Loan Closet or other general donations. We simply could not provide all the services we do for the community without this generous support. We are genuinely appreciative of those who invest in our mission and support our seniors!

Looking for Some Home Maintenance Assistance?

With fall and winter approaching (in spite of the warm summer days we are still experiencing), thoughts turn to home and yard maintenance projects. Do your gutters need cleaning? Looking for a general handyman to help with home projects? Want to get your furnace a check-up before the cold winds blow? How about snow removal?

SOC has compiled a list from A-Z of contractors for hire that are local and have a wide variety of expertise. Simply call SOC at 313-649-2108 and ask for Chris or Renee and we'll be happy to send you our Home Services Referral list.

We make every attempt to keep this list current and while some of the vendors on this list have previously done work for SOC, we are unable to guarantee their work or materials. As with any vendor you hire, we recommend you check references and with the Better Business Bureau prior to hiring them to provide services at your home.

Help us Save Trees and Money!

Money doesn't grow on trees - but mailing *The Communicator* to those who no longer wish to receive it wastes trees and money! Would you like to be removed from the list? Rather get it electronically? Email or call Roz Peters to make any changes. 313-649-2100, or Rpeters@socservices.org

Thank you!





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10 Tips for Reinventing Yourself

Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-inchief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, hobby or work on your health issues.

"Use today as the motivation to take stock of where you've been, what you really would like to do," says Worthington. "And try it! Who says, you can't start your own home business later in life? Why not choose a new athletic goal, or do something wildly different from anything you've done before?

- 1. Do Not Act Your Age Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
- **2. Be Positive** Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
- 3. Ditch the Negativity Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will



only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

- 4. Walk Tall Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
- 5. Stand Tall Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
- 6. How Are Your Pearly Whites? How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
- **7. Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute.

Pick up the phone and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

- 8. Walk 10,000 Steps A Day Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!) Make it a goal to walk 10,000 steps a day. You can do it!
- **9. Get Those Annual Check- Ups** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
- 10. Find Your Inner Artist Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or a landscape in oil? What about working in wood? Now is the time to find your hidden talent!

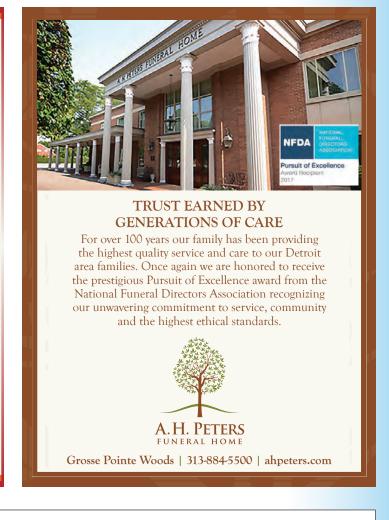
This article was excerpted from Healthy Aging Magazine, September 2018

Need to go shopping, or to a doctor's appointment, or to lunch with friends?

PAATS (Pointe Area Assisted Transportation Service) provides transportation from your home to anywhere in the area bounded by 11 Mile Road, Gratiot, Chalmers and Jefferson Ave. Buses run from 7:30 a.m. to 4:00 p.m., with the last pick up at 3:30 p.m. Please call 48 hours in advance to schedule rides. If you need more assistance than door to door transportation on the bus. SOC offers an Escort Program for seniors (60+) or disabled persons living in the Grosse Pointes or Harper Woods.

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Escort Program: 313-882-9600





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Donations received between July 24 to

September 18, 2018. If there are any omissions, please contract Roz Peters, 313-649-2100 so that we may make corrections.

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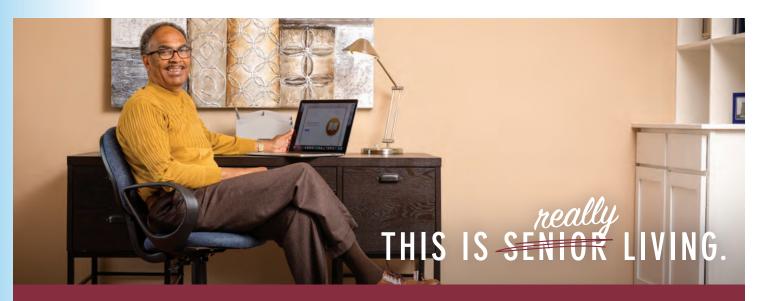












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Executive Director Peggy Hayes

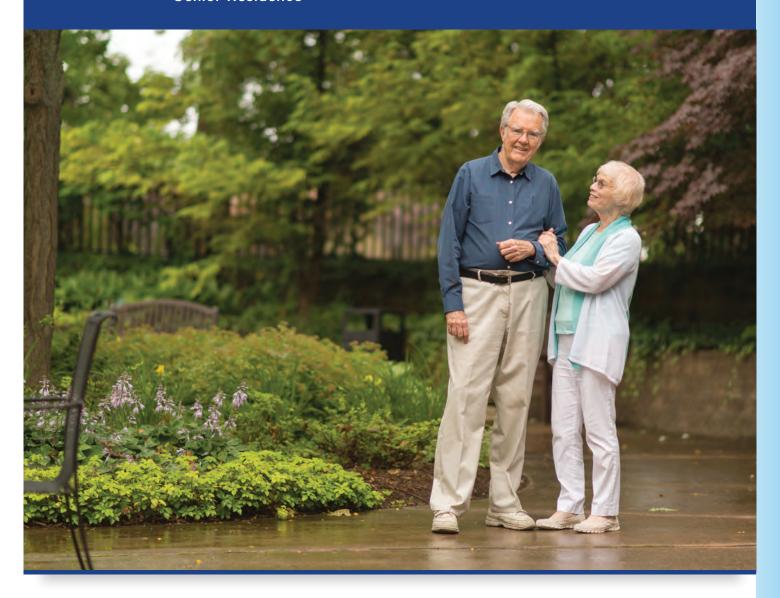
SOC is dedicated to helping seniors of the Grosse Pointes and Harper Woods maintain their lives with independence and dignity.

501(c)(3) nonprofit organization

ShorePointe Village

A Beaumont Community

Senior Residence



Delivering comfort, style and security in a signature neighborhood lifestyle concept

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Who can TRUST? Where do I CALL?

SOC **313-882-9600**PAATS **313-343-2580**

- **27,000+** hours of assistance connecting seniors and caregivers to community resources, programs and services they need Trusted Resources
- 18,000+ hot meals with friendly visits delivered to homebound seniors, combating isolation and supporting independence Health and Wellbeing
- **20,000+** rides on PAATS buses to medical appointments, shopping, errands and social activities Independence and Dignity
- 15,500+ volunteer hours for a value to the community of more than \$400,000 Connection & Purpose
 - **3,100+** sessions of health screenings, classes, games, crafts, technology assistance, exercise, and more Vitality and Longevity