

SWARTZ CREEK AREA SENIOR CENTER

**AUGUST
2020 NEWS**

VOLUME 20, ISSUE 8



"The morning light shimmered through the trees and gave the lake an otherworldly hue. Everything in summer Michigan seemed to have a soft shimmer to it, as though God had hung gauze over the sky and softly scattered glitter on all His creations."

— Viola Shipman



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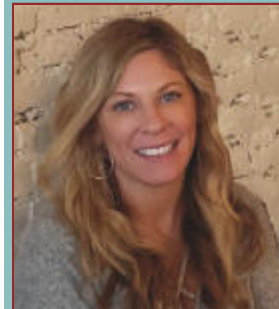
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15-0694

SCASC Procedural Details: Phase 1

Screening Station - Phase 1: There will be a screening station as soon as you walk through the door. At the screening station the participants, staff, and visitors will have a checklist to look over and must wear an appropriate mask before being allowed to enter the building. There will also be a thermometer to check temperature if a participant wishes to. Participants must provide their own mask. If a participant has a reusable mask, they will be asked to wash the mask between visits to the center.

Participants will not be allowed in the building if they have been ill within a two week span. Any participant that exhibits any type of symptoms will be asked to leave and will not be allowed to return without clearance from their doctor.

Entry/Exit - Phase 1: Center entrance will be open like normal. The exit will be through activity room exit doors during Phase 1.

My Senior Center Sign In - Phase 1: Staff will be stationed at the sign in screen. Only staff will be allowed to touch the screen.

Restrooms - Phase 1: Restrooms are one stall. There will be an 'X' outside of the door to signify you have to wait for a vacancy.

Lunch - Phase 1: Lunch will continue to be curbside pick up until further notice. You must call by noon the day before to sign up for the next days meal. (Call by noon Friday for Monday).

Computer Room - Phase 1: The computer room will remain closed until further notice.

Coffee Counter - Phase 1: The coffee counter is closed until further notice.

Water Fountains - Phase 1: Closed until further notice. Water bottles available to exercise participants.

Transportation - Phase 1: The van will be in operation, but limited to 1 person riding at a time. Riders must be healthy and have no symptoms to be eligible for transportation. The driver area will be partitioned with clear plastic so the driver and passenger are not exposed to one another.

Membership Updates/ Donations - Phase 1: Recommended to be sent in by mail.

****The center will only be hosting services/classes advertised in this newsletter. If you have any questions concerning these procedures or services/classes, please call the center between the hours of 9:00am and 4:00pm Monday-Friday @ 810 635 4122.****

Hearing Screenings

Wednesday, August, 26th 2020
Provided by Professional Hearing
Offered at the Center once a month.
Call the Center to make an appointment

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

* Hearing aid cleaning and adjustments at no charge.

* Fees apply for battery replacement.

Discrimination Policy

The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of providing services to benefit persons who are over the age of fifty and reside in Genesee County.

Mission

The purpose of the Swartz Creek Area Senior Citizens, Inc. shall be to identify and meet the needs of senior citizens.

This is achieved through programs designed to provide services in the areas of information and referral, education, nutrition, health screening, the arts, recreation, personal growth, leadership development, self-worth, and community involvement.

COVID 19 FACTS:

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



SHOULD CLOTH FACE COVERINGS BE WASHED OR OTHERWISE CLEANED REGULARLY? HOW REGULARLY?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

HOW DOES ONE SAFELY REMOVE A USED CLOTH FACE COVERING?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

STAY CONNECTED

Join Us on Our Website and Social Media!

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter!

You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!

JULY

Health Checklist

Before coming into the senior center, ask yourself these questions. These questions come from the checklist we ask members looking to come into the center.

In the past 24 hours, have you experienced any of the following: 1) Subjective fever 2) New or worsening fever 3) Shortness of breath 4) Sore Throat 5) Diarrhea

Or

In the last 14 days have you: 1) Been in close contact with a person diagnosed with COVID-19? 2) Travelled domestically or internationally?

If you have answered yes to any of these questions, please do not visit the center. Thank you!

IMPORTANT NOTE FOR ACTIVITIES

You must pre-register for all activities. There will be limited occupancy for each activity. Call 810 635 4122 to register for classes. The center is **NOT** open for drop ins. Thank you.

CALENDAR NOTICE

The Senior Center will not be publishing a monthly calendar in our newsletter for the time being. We will create a weekly calendar that can be found online on our website and Facebook. We will also put a calendar on the front door. If you would like to have a calendar emailed to you, please call us and request it!

MTA Offers FREE Services!

Every Sunday throughout the summer, ride for free to Church, the grocery store or anywhere you want to go.

MTA has taken extra measures to provide safe transportation throughout the entire Pandemic with “YOUR RIDE” getting you to your essential destinations. Stay safe and let’s keep the wheels rolling! Call 810-767-5541 to schedule yours today!



Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

Where: Swartz Creek Senior Center

When: August 19th, 2020 at 11:00am

****Please call the day before to register for the support group.**

Tips for Sewing and Receiving a Homemade Cloth Mask Safely

Sewing: Before starting work on sewing masks, all volunteers need to be symptom-free, wash hands thoroughly, and sanitize their work station with a disinfectant (it must indicate that it kills viruses) per the instructions on the label. The finished masks should be packaged in a paper bag and held for three days before being delivered to users.

Receiving: Before using any homemade cloth mask, you should wash it in HOT water (160° F) using soap or detergent that leaves no residue. Rinse well with fresh water and hang to dry. Or disinfect the mask by soaking it for 5 minutes in a solution of 2 tablespoons of bleach per quart of water or 1/3 cup of bleach per gallon of water.

#ProjectProtect

*In partnership with Intermountain Healthcare,
University of Utah Health and Latter-day Saint Charities*

Travel Information

Putting on a mask



1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.



3. Pick up mask by touching ear loops (or ties) only.
4. Avoid touching mask itself.



5. Hold both ear loops and place a loop around each ear.
6. Fit mask around mouth, nose, and chin.

FIREKEEPERS CASINO SENIOR DAY BUS TRIP

Tuesday, August 25th, 2020

Cost: \$45.00

Trip Includes: - Round trip motor coach transportation to Battle Creek, MI - 4 hours of gaming at Firekeepers Casino - Tuesday Senior Day Specials (Gaming Bonuses, Food Discounts, and Drawings) - Each person to get back \$20 in gaming and \$5 in food from the casino

Itinerary: 8:30 AM – Depart from Swartz Creek Senior Center 3:30 PM – Return to Swartz Creek Senior Center.

Deadline: 08-09-20

Dow Gardens & The Longest Canopy Walk

Wednesday, September 16th, 2020

Cost: \$74.00

Trip Includes: - Round trip motor coach transportation to Midland, MI - Admission and Self Guided Tour of Dow Gardens - Admission and Self Guided Tour of Whiting Forest – Longest Canopy Walk - Lunch at Grand Traverse Pie Company.

Trip Itinerary: 9:15 AM Depart | 5:45 PM Return – Swartz Creek Senior Center

Deadline: 8-24-2020

Menu Selections: Please make upon Sign-up! Entree: Beef Pot Pie or Chicken Pot Pie (Select One) Salad Dressing: Ranch – Italian – Raspberry Vinaigrette (Select One) Dessert: Apple Pie – Blueberry Pie – Cherry Pie (Select One) Discover acres of identified trees, shrubs, herbaceous perennials, and flowers. Stretching just over a quarter of a mile long throughout Whiting Forest, the canopy walk splits off in three directions, each offering a different overlook experience and scenery. The canopy walk is the longest in the country.

IRISH HILLS FALL COLOR BUS TOUR

Wednesday, October 21st, 2020

\$80.00

Trip Includes: - Round Trip Motor Coach Transportation to the Irish Hills Admission and Guided Fall Color Tour of Hidden Lake Gardens Description: Video about the Gardens, Conservatory Tour, Walk around the Lake (1 mile paved walk – recommended but not required), Free time to see the Harper Collection of Dwarf & Rare Conifers and Hostas, a visit to the gift shop. - Enjoy a delicious lunch at Evans Street Station Entree selections made upon sign-up. Includes dessert, non-alcoholic beverage service, tax and gratuity. - Free time to explore and shop in Downtown Tecumseh

Trip Itinerary: 8:30 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 09-30-20

Travel Policy

We encourage you and your friends over age 50 to join us on any of our trips. All participants must have an updated “Participation Form” on file at the time of sign-up.

YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!

Trip Cancellation Policy: All cancellations incur a \$15 administrative fee which is deducted from any refund due to the member. Refund of the balance will be paid only if your seat can be canceled with the tour company. **During inclement weather, if the tour company providing the trip does not cancel, the traveler will not be entitled to any refund.** Some trips have policies unique to that trip, so be sure to read the policy details on the back of individual trip flyer. Stop by or call the Senior Center for trip details and the complete Travel Policy. **We ask that you be considerate of other trip guests by not wearing perfume or colognes.**

Travel Information/BONUS PUZZLE

Saganing Eagles Landing Casino Wednesday, November 4th, 2020 \$37.00

Trip Includes: • Round Trip Motor Coach Transportation to Standish, MI • 4 Hours of Gaming at Saganing Eagles Landing •
Each Person will get back \$10 in Gaming and a \$5 Food Coupon for the Cafe
Trip Itinerary: 8:30 AM Depart | 3:30 PM Return – Swartz Creek Senior Center

Deadline: 10-18-20

Parade Company Studio & Ford Piquette Ave Plant Tour Wednesday, November 18th, 2020 Only \$88.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Restaurant (Make Menu Selections) -
Guided Tour of the Parade Company Studio - Guided Tour of Ford Piquette Ave Plant
Trip Itinerary: 8:00 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 10-15-20

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad -
Venture into our magical Parade Land and experience a behind the scenes look at America's Thanksgiving Parade. Learn more
about the Parade's fascinating history, explore the 200,000 square-foot story land of floats and see how their award-winning arti-
sans bring them to life. Ford Piquette Ave Plant Tour: Experience the Original Model T Factory Visiting the Piquette Avenue
Ford Plant is a unique experience-it's the oldest auto plant open to the public anywhere in the world.

Travel Policy

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YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN. RESERVATIONS ARE NOT GURANTEED UNTIL PAYMENT IS RECEIVED!

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Bonus Word Search: The Early Bird

N	R	U	Q	U	K	E	A	D	S	R	M	Z	F	M
I	E	W	N	M	A	W	R	A	E	C	X	K	I	O
G	E	S	M	G	N	A	N	K	H	Q	D	G	N	C
H	D	J	L	A	L	D	C	I	T	M	O	W	C	K
T	L	E	B	L	E	E	C	Z	V	V	V	X	H	I
H	L	W	A	R	P	K	A	E	B	S	O	R	G	N
A	I	M	L	D	A	V	X	V	U	G	O	I	Z	G
W	K	I	O	D	P	W	N	I	F	L	W	I	F	B
K	N	O	E	R	E	H	S	I	F	G	N	I	K	I
G	W	E	J	V	E	L	X	Y	J	H	Y	F	K	R
A	S	I	D	T	O	G	W	Z	D	G	G	M	W	D
H	P	L	I	G	S	D	R	G	R	E	R	L	A	R
P	Q	Y	O	F	H	S	H	E	E	I	C	Y	G	G
G	O	L	D	F	I	N	C	H	T	N	E	V	A	R
E	J	Y	H	U	P	J	A	U	O	S	P	R	E	Y

**Egret
Goldfinch
Finch
Sanderling
Osprey
Grosbeak
Kingfisher
Nighthawk**

**Mockingbird
Eagle
Killdeer
Raven
Chickadee
Dove
Mallard
Woodpecker**

Transportation

Transportation Services available to seniors residing within the Swartz Creek School District.

Contact the Senior Center for the Complete Schedule. Transportation Policy & Participant Requirements; including deadline dates for sign-up.

TRANSPORTATION SERVICES INCLUDE:

LUNCH — (Daily — Monday through Friday)

Round-trip transportation from your home to attend lunch at the center.

SHOPPING — (Weekly)

Round-trip transportation from your home on Wednesdays. This trip alternates between Meijer and Kroger each week.

FOOD PANTRY — (Monthly)

Round-trip transportation from your home to the Swartz Creek Community Food Basket.

Available at the Senior Center
Call (810) 635-4122 for an Appointment

Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

Swartz Creek Area Senior Citizens, Inc. : Funding Sources

- ♦ Genesee County Senior Millage
- ♦ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
- ♦ Senior fundraising
- ♦ Donations from individuals and community groups.

Membership & Participation Guidelines

- ♦ Open to all Genesee County residents over age 50.
- ♦ Completion of a "Membership / Participation Form" and update the information annually.
- ♦ A yearly donation of \$10 per person is requested.
- ♦ For more details, request a Membership Handbook.

Join us for Lunch!

Meals are served Monday — Friday at 12:00 noon at the senior center. Reservations for Tuesday—Friday **must be made by noon on the day before.**

Reservations for Mondays must be made by noon on the prior Friday. Call the center at (810) 635-4122.

(Note: Meals for special occasions may require up to two weeks advance reservations.)

A \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.

Provided by Genesee County Community Action
Resource Department (GCCARD)

Special Lunches/Lunch Updates!

To join us, you just need to call the center by the RSVP date in question! Lunch cost is the same guidelines as for regular

lunches stated above. Check for this star icon on the lunch calendar to pick out those days!

Meals are still being offered five days a week. Join us!

****SPECIAL LUNCHES
POSTPONED AT THIS TIME.****



COVID 19 NOTES

What are the **symptoms** of COVID-19? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of • fever • cough • shortness of breath. There are **simple everyday preventive actions** to help prevent the spread of respiratory viruses. These include • Avoid close contact with people who are sick. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Please stay safe and stay healthy!



SCASC Word Search: Types of Dogs

E J Q F M S E E M F F F S S N B Z C D M
K Q I W A M B L L R T K G T U A H H N X
K U G K L R Z C G G T B R L D I E M U K
O T U S T O X E X A B W L T H S U S H M
Y A E I E T Y U S N E D X U O S L L S X
G F I F S T T Q O E O B A S V O I N H G
V D L V E W P L P G G H T J X X F Y C O
B S L S O E L G T B U N A I T A M L A D
J M O J P I U Q W A I E I B M J V E D Y
M O C V P L K R M Z P S U K U Z L E T G
D M V A G E H A V A N E S E E D N G Y U
R Z P O X R P R I I J D R F O P C E B V
A E B D V A W V L C F L V O O H A C C Y
M K Z P J T K G S C M Y P E L N T F Y L
Y A C H N S T K F Y Q M F R E I R R E T
L A S E Z W P B O X E R Y I Y E X H P U
S I P T U S O N N L Q O A L K B A A H C
H N K E I Z V K K Q B J V Z N T X J T Z
L E H A S F N B G O N O P G H W A E P I
Y U O Z K G F U T B T M O M K A R Z I U

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SWARTZ CREEK AREA SENIOR CENTER

8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Pandemic Hours: Monday—Friday 9:30am—3:30pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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Marianne Campbell, Staff Asst.

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