

SWARTZ CREEK AREA SENIOR CENTER

DECEMBER 2021
NEWS

VOLUME 21, ISSUE 12



Meal Planning & Healthy Holiday Tips



Join Commit to Fit from the Greater Flint Health Coalition to enjoy tips for a healthier holiday season!

Wednesday, December 8 from 1:00-3:00pm



This class session will include:

- Healthy Meal Planning
- Healthy Recipes
- Tips to Reduce Sugar
- Recipe Tasting & More!



Hosted at: Swartz Creek Senior Center
Call to RSVP: 810 635 4122



COVID 19 VACCINE/BOOSTER SHOT CLINIC

**When: December 10th, 2021
from 10:00am - 2:00pm**

Where: Swartz Creek Senior Center

COST: VACCINES ARE FREE

**BRING COVID VACCINATION CARD
NO PROOF OF INSURANCE NEEDED**

DEADLINE TO SIGN UP!!

Call the Center by **DECEMBER 8TH**
(810-635-4122)

The Genesee County Health Department (GCHC) will be at the Swartz Creek Senior Center on December 10th, 2021 to offer COVID 19 vaccines and booster shots (Pfizer, Moderna, & Johnson and Johnson vaccines available) to our senior citizens.

For questions regarding booster/vaccine information or to determine eligibility, please call the GCHC at 810-496-5777



"This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work."



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.genessegardens.com

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15-0694

Happening in our Community

Brr . . . It's Coming.

Before venturing out in bad weather, be sure to call the center at (810)-635-4122 or tune in to the TV Station — ABC Channel 12. You can also check our Facebook page and website for updates concerning the center!

Please note: The Swartz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.

AARP Tax-Aide: IRS Certified Tax Counselors will be providing tax services at the Swartz Creek Senior Center.

- ◆ The Center will begin scheduling appointments on **January 3rd, 2022. Please do not call before this date.**
- ◆ Services will be available by appointment only. More information will be available at the time the center begins taking appointments.

AARP TAX-AIDE

Support Group for Caregivers Caring for Loved Ones with Memory Loss

This Support Group provides caregivers: **WHEN: Wednesday, December 1st at 10:00 a.m.**
Facilitated by the Alzheimer's Association

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss.
- Information on how to cope. A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.

MONTHLY BINGO WITH AMERICAN HOUSE

American House is hosting a monthly bingo event at the **Swartz Creek Senior Center!** No cost and all supplies are provided. Bring your own dobber if you so choose! Small prizes will be available to win! **RSVP @ 810 635 4122**

When: The first Thursday of the month at 10:00am.
December 2nd, 2021

CLASS CANCELLATIONS

All exercise classes are cancelled December 23rd—January 2nd. Classes will resume on January 3rd, 2022.

All exercise classes will also be cancelled the day of the Christmas Lunch, December 21st, 2021.

Zumba is cancelled December 22nd.

CANCELLED

Practical Approaches to Dementia

The three-part, 90 Minute virtual sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. **Topics in the three-week class include: Brain Behaviors, Specific Activities for Persons with Dementia, Basics of Dementia, Changing in Thinking Patterns, Communication Strategies for Caregivers.**

Dates:

Part 1: Wednesday, January 19th
Part 2: Wednesday, January 26th
Part 3: Wednesday, February 2nd

Time: 12:30pm – 2:00pm

Location: Swartz Creek Senior Center
8095 Civic Dr. Swartz Creek, MI

Cost: FREE ; **RSVP:** 810-635-4122

BOOK CLUB

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?

New participants are always welcome!

Next Meeting: Tuesday December 28th,
2021 from 3:00pm-4:00pm

Book: Christmas Stories - Reader's Choice



Upcoming Events/Information

Hearing Screenings

Tuesday December 28th, 2021

PROVIDED BY: YOUR HEARING SOLUTION

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.

Watercolor Painting Class

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, December 2nd & 9th 2021

Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

Advanced sign up is required. Payment is required at the time of sign up.

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!

STILL LIFE PENCIL DRAWING

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: CANCELLED FOR DECEMBER

Where: Swartz Creek Senior Center

Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided. **You will need a #2 Pencil, white paper and a gum eraser for this class.**

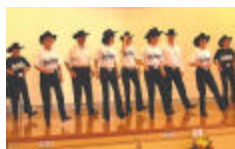
Advanced sign up is required. Payment is required at the time of sign up.

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!



Basic Line Dancing Suspended During Winter Months

Thursday night Basic Line Dancing with Pat will be suspended during the winter months. We will see you back in the spring!



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:** Cancelled until January 2022

Woodcarvers Wanted!!

Are you a woodcarver? Come and join our woodcarvers at 1:00pm on Tuesdays!

Call the center to let us know you are interested: 810-635-4122



Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!
Must be 50 and older to attend!

Dates: Friday, December 3rd & 17th

Time: 6:00 p.m.—8:00 p.m.

Cost: \$5.00 at door



50/50 RAFFLE AVAILABLE

Coffee and Water available!

**Music provided by Jim Hedrich!

ADVANCE CARE PLANNING

Planning in Advance for Future Healthcare Choices

Wednesday, December, 29th 2021

- What if you become seriously ill or injured?
- What if you could not speak for yourself?
 - Do you know who would be making decisions regarding your healthcare?

Tommie Franklin RN, the ACP facilitator, will be at our center the first Wednesday of every month for appointments to discuss Advance Care Planning. Call today to get your appointment at our center 810-635-4122.



Upcoming Events/Information



When: December 21st, 2021 @ 12:00pm
Where: Swartz Creek Area Senior Center
limited seating available. Meal to be eaten in person on site!

MENU

Glazed Pork Loin	HM Holiday Brownie
Roasted Veggie Medley	Apple Crisp
Candied Yams	Wheat Roll & Margarine
	100% Fruit Juice

Sign up by December 10th, 2021

Call the center at (810)-635-4122

Meal provided
by GCCARD

Seniors residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

* Requested Donation is \$3.00
* Persons under age 60: \$6.00
* Seniors who reside outside Genesee County: \$6.00

TECHNOLOGY ASSISTANCE

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

When: These appointments will be available from 1:00pm-3:00pm on Friday, December 3rd and 17th

ATTENTION ALL PARTICIPANTS!

Please sign-in on My Senior Center **every time** you visit the center.

Our funding depends on it!

If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

Legal Services of Eastern Michigan Presents: Ask a Lawyer Event

When: Friday December 3rd, 2021 at 1:00pm

Where: Swartz Creek Area Senior Center

RSVP by: December 1st, 2021

An attorney from Legal Services of Eastern Michigan will be presenting an overview of bankruptcies to our senior membership. The presentation will be around an hour long, with time for questions after. Sign up at the senior center today, or call in and save your spot!

RSVP Phone Number: 810-635-4122

BINGO LUNCHEON WITH OAK STREET HEALTH

Come join Oak Street Health at the Swartz Creek Senior Center for a Bingo Luncheon! Lunch will be provided!

WHEN: DECEMBER 15TH @ 12:00PM

WHERE: SWARTZ CREEK SENIOR CENTER

RSVP BY: DECEMBER 13TH

@ 810-635-4122



MEDICARE 101 PRESENTATION

This Medicare presentation, made possible by Oak Street Health, will be given by Tony Griffin from Humana. He will explain Medicare at a basic level, and answer any questions anyone might have.

WHEN: DECEMBER 1ST, 2021 AT 1:00PM

WHERE: SWARTZ CREEK SENIOR CENTER

RSVP BY: NOVEMBER 30TH @ 810-635-4122

DECEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

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.

<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chicken & Dumplings 12:30 Pinochle 1:00 Crochet Group 2:00 Dining w/ Diabetes 5:00 Hand, Knee & Foot</p>	<p>6</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - HM Roast Beef w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>7</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - HM Roast Beef w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>1</p> <p>Veteran Appointments 9:30 Zumba 10:00 Alzheimer Support Group 11:30 Sassy Exercise Noon Lunch - Ham Steak w/ Pineapples 1:00 Medicare Presentation 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>2</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo w/ American House 11:00 Toning Noon Lunch - Taco Salad w/Beef & Beans 1:00 Watercolor Class 1:00 Family Memories 6:30 Pinochle 6:30 Euchre</p>	<p>3</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch - HM Mac & Cheese- 1:00 Legal Services Seminar CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chicken & Cheese Enchiladas 12:30 Pinochle 1:00 Crochet Group 2:00 Dining w/ Diabetes 5:00 Hand, Knee & Foot</p>	<p>7</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - HM Roast Beef w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>8</p> <p>9:30 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch - Lasagna w/Beef 1:00 Healthy Holiday Meal Planning 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>9</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Boneless Pork Chop w/Gravy 1:00 Watercolor Class 6:30 Pinochle 6:30 Euchre</p>	<p>10</p> <p>10:00 Vaccine/Booster Clinic 11:00 Arthritis Exercise Noon Lunch - Baked Fish CENTER CLOS 4:00PM NO EVENING 6:00 Dance</p>	<p>10</p> <p>10:00 Vaccine/Booster Clinic 11:00 Arthritis Exercise Noon Lunch - Baked Fish CENTER CLOS 4:00PM NO EVENING 6:00 Dance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chicken & Cheese Enchiladas 12:30 Pinochle 1:00 Crochet Group 2:00 Dining w/ Diabetes 5:00 Hand, Knee & Foot</p>	<p>14</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Turkey Pot Pie 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>15</p> <p>Legal Services by Appt. 9:30 Zumba 11:30 Sassy Exercise 12:00 BINGO LUNCHEON 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>16</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch - HM Beef Steak Chili 2:00 Grace Hospice Seminar 6:30 Pinochle 6:30 Euchre</p>	<p>17</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch - Antipasto Salad ACTIVITIES CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance</p>	<p>17</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch - Antipasto Salad ACTIVITIES CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance</p>

Monday

20

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - BBQ Chicken Thighs
 12:30 Pinochle
 1:00 Crochet Group
2:00 Dining w/ Diabetes
 5:00 Hand, Knee & Foot

Tuesday

21

8:45 Yoga
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
12:00 CHRISTMAS LUNCHEON
 12:30 Mah-Jongg
 1:00 Wood Carving
 6:00 Dominoes
 6:30 5-Handed Euchre

Wednesday

22

9:30 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Salisbury Steak in Broth
 3:00 Intermediate Line Dance
 6:00 Mah-Jongg
 6:30 Setback

Thursday

23

**CENTER
 CLOSED**



Friday

24

**CENTER
 CLOSED**



27

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - Turkey & Green Bean Stir Fry
 12:30 Pinochle
 1:00 Crochet Group
 5:00 Hand, Knee & Foot

28

Hearing Screenings by Appt.
 10:00 Knitting Group
 12:00 - HM Chicken Parmesan
 12:30 Mah-Jongg
 1:00 Wood Carving
3:00 Book Club
 6:00 Dominoes
 6:30 5-Handed Euchre

29

Advanced Care Directive by Appt.
 Noon Lunch— Meatloaf w/gravy
 6:00 Mah-Jongg
 6:30 Setback

30

**CENTER
 CLOSED**



31

**CENTER
 CLOSED**



Board Meeting Notice

The next board meeting will be held on
 December
 8th, 2021 at
 10:00am



SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Tissues, Bathroom Tissue, and Hand Soap are always appreciated.

Thank you for your generous donations to our Senior Center!

Lisa Campbell



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.

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 Tuesdays (subject to change). 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

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.

Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? Carrie, 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.

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)

AMAZON SMILE



Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open your internet browser and search for Amazon Smile or go to: <https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior Center!



Legal Services

Provided by Legal Services of Eastern Michigan

Where: Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek

When: Appointments available on the 3rd Wednesday of each month.

To schedule an appointment, see staff at the center or call 635-4122.

DO NOT OFFER: Trusts, Criminal Matters, Personal Injury, Financial or Business Advice.

Fitness Class Descriptions

Beginner Yoga

Katrina will slow it down and explain proper positioning to get you more comfortable with yoga poses. Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles, calm, soothe and open your mind. Make sure to bring your mat!

Yoga

Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles and calm soothe and open your mind. Make sure to bring your mat!

Toning

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class. If you question whether you can stand through the whole class, don't worry, you can sit and do these exercises in a chair also!

Tai Chi

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination and helps for arthritis also.

Sassy Exercise

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance and just have fun!

Arthritis Exercise—FREE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Zumba

For active older adults who are looking for a fitness program consisting of dance and aerobic exercise routines performed to popular, mainly Latin American, music.

Choreographed Ballroom Dancing

This class is for beginners! No experience necessary. You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

Round Dancing

You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

Square Dancing

Description: The dancers form a square of 8 dancers, and then a Caller will "call" out the movements that the dancers are to perform. No partner needed.

Basic Line Dancing

Have you always wanted to learn how to line dance? This class will teach you how. No partner needed. Good for physical and mental well being.

Improved Line Dancing

Medium impact dance exercise class to improve existing skills. No partner needed. Good for physical and mental well being.

Intermediate Line Dancing

Above medium impact dance exercise class to improve. No partner needed. Good for physical and mental well being.

All classes are \$2.00 a session unless noted. Arthritis Exercise is a free class offered by VAAA.

Game Definitions/Upcoming Event

Hand Knee and Foot

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands. Score points by forming melds of between 3-7 cards.

Euchre

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

American Mahjong

Mahjong is always played with four players seated around a table. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and thus "call mahjong" ends the game, whereupon tiles are scored and a winner is declared.

Five-Handed Euchre

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system. In five-handed Euchre, each player competes against all other players. Five-Handed Euchre is played essentially the same as Euchre with the game cycling through hands which consist of dealing, bidding, playing the hand and then scoring the hand until an ending to the game can be determined.

Dominoes

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches (shows the same number of dots) the end of domino it is adjacent to. Unless the tile is a double, the tile can be placed square in any one of the three directions as long as the two matching sides are touching fully.

Setback

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).

Pinochle

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.

Don't know how to play any of these games, interested in learning how? Our best advice is to join us at the center and give them a try! There are many friendly people eager to teach you how to play!

Journey Towards Healing Workshop

When: December 16th, 2021 at 2:00 pm

Where: Swartz Creek Senior Center

Cost: FREE

RSVP: Call the Senior Center at
810-635-4122

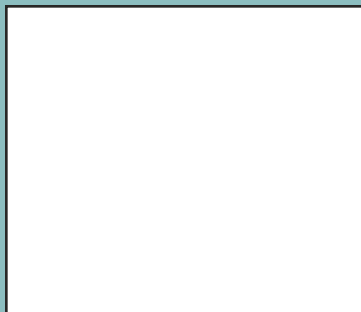
Loving and grieving are two sides of the same coin. We cannot experience one without the other. If we love deeply we will grieve deeply. Our journey in life, even after loss, is about spending this coin. Learning to invest in others is one of the keys to experience healing from the intense pain of losing someone we love.

Come and learn to: Understand your grief and how to move forward in life - Recognize symptoms of Depression vs. Grief and when to get help - Enjoy (again) anniversaries and holidays with some practical ideas

**People Helping
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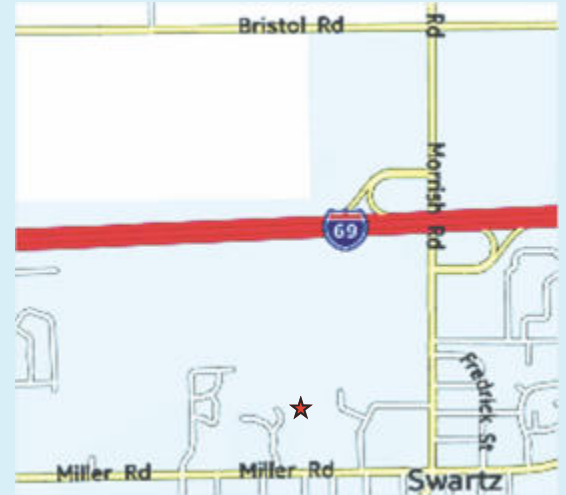
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