

SWARTZ CREEK AREA SENIOR CENTER

JULY
2020 NEWS

VOLUME 20, ISSUE 7



Happy Fourth of July!



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



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15-0694

SOFT OPENING INFORMATION

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. Scan cards are recommended. 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. It is suggested you bring your own coffee container with lid.

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, July 29th 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.

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, July 1st 2020 @ 11:00 a.m. (must call to register 810-635-4122, limited capacity)

Facilitated by Swank Home Assisted Living.

This Support Group provides caregivers:

- 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.

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!



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*

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.

Travel Information

DETROIT THEN AND NOW TOUR

Thursday, August 13th, 2020

Cost: \$83.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Detroit - 3 Hour Then and Now Detroit Narrated Guided Tour Itinerary: 8:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-20-2020

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad. Up-and coming restaurants, a do-it-yourself attitude, new hotels and arenas, scenic and social parks, public transit, and a walkable international riverfront are redefining downtown Detroit. Architecture from Albert Kahn and Isamu Noguchi stand surrounded by vibrant districts and outdoor activities. See the city's Greektown, Eastern Market, The District Detroit, Corktown, Midtown and New Center neighborhoods booming with activity. Visit Historic neighborhoods such as Brush Park and Milwaukee Junction, Birth place of the Model "T" and learn about Detroit's colorful automotive history. There is an excitement moving through the city and this is your opportunity to reminisce or see it all for the first time with a fully narrated professionally guided tour.

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

Detroit Princess River Boat Luncheon Cruise

Thursday, September 3rd, 2020

Cost: \$82.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Cruise on the Detroit Princess River Boat - Bountiful Buffet on board the boat - Musical Entertainment all while you Cruise down the River.

Trip Itinerary: 9:30 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-30-20

Riverboat cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past to Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Chicken Piccata, Vegetarian Lasagna, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, assorted chilled salads, rolls, dessert, coffee and iced tea.

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.

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 GURANTEED 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

Michigan Princess River Boat Luncheon Fall Color Cruise & Uncle John's Cider Mill

Thursday, October 8th, 2020

Cost: \$85.00

Trip Includes: - Round trip motor coach transportation to Lansing, MI - Stop at Uncle John's (Includes: Cider and Donut) - Enjoy a Luncheon Fall Color Cruise on the Michigan Princess Riverboat

Trip Itinerary: 10:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Passengers will be invited to their plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea. After lunch, wander up to see Captain Chris in the wheelhouse and enjoy the surrounding scenery. Year after year, Uncle John's continues to win awards for both their fresh cider, as well as their fermented Hard Apple Cider.

Deadline: 09-01-20

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

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 artisans 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

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 GURANTEED 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**

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

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U G N S K G Y I P G T L P M W K A L E F
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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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