

SWARTZ CREEK AREA SENIOR CENTER

SEPTEMBER
2020 NEWS

VOLUME 20, ISSUE 9



**“There are far better things ahead than
any we leave behind.”**

-C.S. Lewis



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15-0694

SCASC Procedural Details: Phase 1

Screening Station - Phase 1: There is 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 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 upon request.

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 is 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.****

Upcoming Events/Travel Information

Hearing Screenings

Wednesday, September 30th, 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!

SEPTMBER

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. 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: September 16th, 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

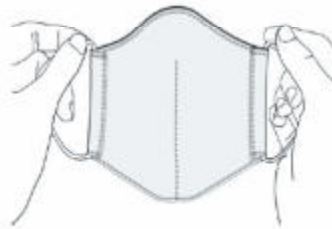
*In partnership with Intermountain Healthcare,
University of Utah Health and Latter-day Saint Charities*

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.

MISSING OUR MONTHLY CALENDAR?

Are you missing our monthly calendar? While it isn't feasible to print a monthly calendar at this time, the center has a weekly schedule of activities. Call the center today to have a copy sent to you by mail or email. You can also find the weekly schedule on our website at <https://mycasc.org/>.



Here's a Riddle (or Two) for You....

Riddle 1: What is so fragile that saying its name breaks it?

Riddle 2: What breaks yet never falls, and what falls yet never breaks?

Riddle 3: A man looks at a painting in a museum and says, "Brothers and sisters I have none, but that man's father is my father's son." Who is in the painting?

****YOU CAN FIND THE ANSWERS TO THESE RIDDLES IN THE PINK BOX ON THE NEXT PAGE!****

Information

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!

ANSWER TO PAGE 7 RIDDLES

Riddle One Answer: Silence

Riddle Two Answer: Day, and Night.

Riddle Three Answer: The Man's Son

Word Search: PLACES IN THE MITTEN

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

CHARLEVOIX, DETROIT, DOWAGIAC, DURAND, ELMIRA, EMPIRE, ESCANABA, FLINT, FLUSHING, FRANKENMUTH, GAINES, GRAYLING, YPSILANTI, HOLLAND, HOWELL, LANSING, LUDINGTON, MANISTEE, MARQUETTE, MIDLAND, MUNISING, MUSKEGON, NOVI, ONEKAMA, OWOSSO, PETOSKEY.

Word Search: FIND THE STATES

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

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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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