



Communicator

January and February 2018

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The Encore Years

2017 Encore Award Goes to Ann and Jim Nicholson

At this year's Auction Gala we were pleased to present Ann and Jim Nicholson, the Honorary Chairpersons for the event, with our 2017 Encore Award for their incredible contributions to making our community a better place to live.

The theme of our Auction Gala was "The Encores," in keeping with our continued focus on all that is possible in the "encore" stage of life. These years are characterized by purpose, contribution and commitment, particularly to the well-being of future generations. Our honorary chairpersons certainly exemplify the "Encore" spirit. Their list of accomplishments and honors would fill the biographies of a dozen people.

If you list the organizations that are driving change and making a positive difference in our community, you will find Ann and Jim Nicholson.

As CEO of PVS Chemicals, Jim Nicholson has had a long and distinguished business career and he is sought out to serve on corporate boards throughout the country. That would have been enough for many people. But Jim is also serves chairman of the Community Foundation of Southeastern Michigan, the State of Michigan Investment Advisory Committee and the Futures Foundation. He is chairman



emeritus of the boards of the Detroit Symphony Orchestra, Business Leaders for Michigan, the McGregor Fund, Detroit Public Television, YMCA of Metropolitan Detroit, and the Detroit Public Safety Foundation. Last year Jim was honored with the Neal Shine Award for Exemplary Regional Leadership.

Ann was a driving force in the capital campaign that made it possible for SOC to accept Henry Ford Health Systems generous gift and convert the former Newberry nurse's residence at Cottage Hospital into the beautiful John and Marlene Boll House. Ann is currently on the Board of Visitors of the Merrill Palmer Skillman Institute at Wayne State University and is Co-President of League of Women Voters of Grosse Pointe. She served as a trustee of Oakland University for 16 years and as secretary to the Board of Trustees of Japhet School in Clawson for five years. Ann is also immediate past president of the Young Woman's Home Association and is on the capital campaign committee for Alternatives for Girls, organizations that focus on improving life options for the girls and women of Detroit.

We are deeply grateful for all Ann and Jim have done for SOC and our community.

For information go to www.socservices.org or call 313.882.9600



INTERIM EXECUTIVE DIRECTOR

Catherine O'Malley
313-882-9600 ext. 2100
comalley@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

Lynda 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 self-determination, 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 our over 400 volunteers to make it possible to deliver services. With only 10 FTE (full-time equivalent) 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 2 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
jgerlach@socservices.org

We offer food with friendship 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.

COMMUNICATION & FUND ADVANCEMENT

Deb Miller
313.882.9600 ext. 2104
dmiller@socservices.org

SOC relies on the support of individuals, foundations, organizations, and corporations to allow us to deliver services. If you are looking to make a donation, advertise in one of our publications, or support our auction or special events, please contact our development office.

Notary Public services available free of charge.



Services For Older Citizens Over The Years

*By Ed Deeb, Co-Founder of SOC
Founder, Michigan Business and Professional Association*



As an active member of the Grosse Pointe community, I was involved with several non-profit organizations.

My wife Joanne and I lived in the Grosse Pointes for more than 40 years mostly in the Shores on Lochmoor Boulevard, four houses from Lake Shore Drive. We loved the area and the people.

Our son George, and daughter, Jennifer (Kluge) both graduated from Grosse Pointe North High School. George then graduated from the University of Michigan, and Jennifer graduated from Michigan State University. Currently George heads a business start-up company, and resides in North Carolina. Jennifer currently is president of Michigan Business and Professional Association here in Michigan.

I have always enjoyed being part of various non-profit organizations such as Grosse Pointe Men's Club, Grosse Pointe Shores Improvement Foundation, Friends of the Library, and Services for Older Citizens (SOC), to mention a few.

I was co-founder of the SOC organization when it began as "Seniors Onward for Change" with meetings at various schools. SOC was officially founded November, 1978. Several of us volunteers helped start the organization and honored several volunteers for outstanding work at the annual meeting, held at the War Memorial.

Then, in 1982, SOC changed its name to Services for Older Citizens with a wide range of activities for its members. You have grown exponentially.

Unlike other non-profits, SOC is hands-on to assure a variety of services are provided on a timely basis.

Today, SOC serves more than 11,000 seniors living in the Grosse Pointe and Harper Woods communities and is located at the John and Marlene Boll House.

When SOC was formed at the beginning, it originally received minor funding grants for various programs such as food and friendship, minor home repairs and chores, meals at home service, senior citizen information, and a very small list of things that members could participate in. Today, SOC provides programs in yoga, bingo, music, tai chi, a book club, arranging area tours, helping individuals manage their finances, showing movies, providing health programs and exams, volunteers, meals on wheels,

They also have an annual Senior Expo, creative arts and crafts workshops, exercise classes, to name a few.

In addition, SOC holds an annual Auction Gala which they have been hosting for 21 years. In 2017, the honorary chairpersons are Ann and Jim Nicholson.

My how SOC has grown.

It Was a Fabulous Night of Glitz, Glam and Giving



Jim Nicholson (Chairperson)

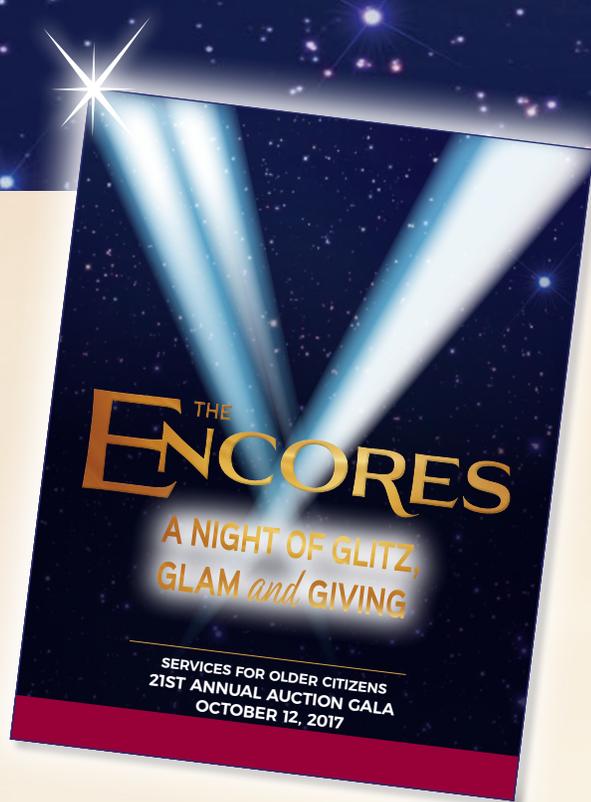
Photo by Collin Hathaway

Over 200 people gathered at the Grosse Pointe War Memorial October 12 for SOC's 21st Annual Auction Gala – The Encores. The Alger House was transformed into a Hollywood style award night with paparazzi, famous movie stars (well, impersonators), a walk of fame, and our first Encore Award. Guests enjoyed hors d'oeuvres dinner, a fabulous array of silent and live auction items, and piano music played by our oldest volunteer, Alice Laitner. The decorations, expertly created by Karen Watson, Tracy Blatt, Tish Collet, Mary Wilson, and Mary Ann Bury, were pure Hollywood Glam.

Extra special auction items

included a two year lease on a Ford Fusion, donated by Lynn and Paul Alandt; a multi-color sapphire bracelet, donated by LaLonde Jewelers; an Ippolita necklace and a Rolex watch donated by Ahee Jewelers; a day with artist Dominic Pangborn; a week in Paris, donated by Ann and Jim Nicholson; a week in Cabo donated by Marian and Brendan Battersby; a week in a Italy, donated by Nancy and Rich Solak; a rooftop deck lobster party, donated by Mike's on the Water, a Wyland sculpture, donated by Ursula Gifford, and a ride on the mail boat to deliver mail to the freighters, donated by Wescott.

Our auction success is an important part of raising the \$1,200,000 necessary each year to provide vital services to seniors and caregivers in our community. Thanks to the extreme generosity of our sponsors, local businesses, and auction guests, SOC broke all records and raised over \$400,000. That support is an



investment in building our community – a community that both celebrates and cares about older adults. They say it “Takes a Village...”, in our case, it takes a Village, and a Park, and several Cities, and a couple of Shores, and two Woods and Townships.... Thank you to all who help make this possible.



Photo by Karen Pope



Alice Laitner at Piano with Charlie Chaplin (Eddie Tujaka) and her son Bill Laitner



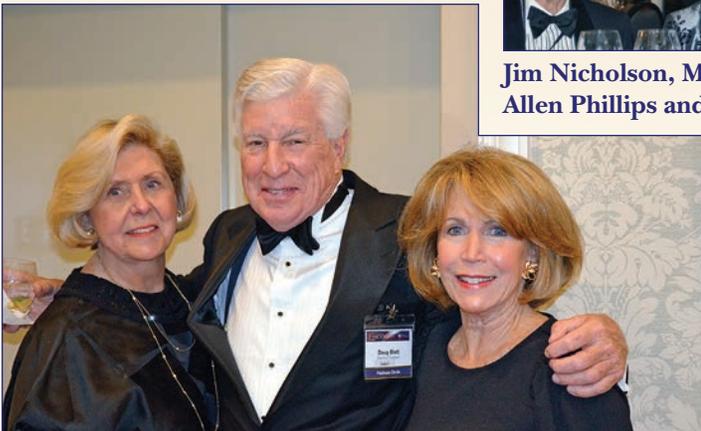
Bruce Nichols and Marcia Russell



Mary Wilson (front) and Karen Watson (back) making the centerpieces



Jim Nicholson, Madeleine Phillips, Allen Phillips and Kay Douglas (rear)



Karen Watson, Doug Blatt and Tracy Blatt



Dr. Donald Rozzell, Tammy Nellon, Mary Wilson, Bill and Peggy Clark

Photos by Karen Pope

Special thanks go to:

Honorary Chairpersons

Ann and Jim Nicholson

Platinum

Patti and Jim Anderson

Marlene and John Boll

Tracy and Doug Blatt

William J. Champion III

Doris J. and Donald L. Duchene, Sr. Foundation

Ruby McCoy Foundation

Ann and Jim Nicholson

St. John Providence

S. Gary Spicer, Sr.

Mary Wilson

Anonymous

Gold

Peggy and Peter Kross, Gioconda and Thayer McMillan III, Anthony Soave

Silver

Beaumont, Grosse Pointe; Jana and Steve Brownell, Cynthia and Julius Huebner, Wolverine Packing

Benefactor

Bruce Bradley, Cathy Champion and Kevin Killebrew, Liz and Bob Rader, ShorePointe Nursing Center, Nancy and Mark Wollenweber

Media Sponsors

Grosse Point Magazine and Grosse Pointe News

And, hundreds of generous auction item donors and our auction guests.

Auction Contributors

We are deeply grateful for all of the items and support from our donors.



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Above the Barre X
Allemons Landscape Center
Mr. and Mrs. Paul D. Alandt
Arkay Walker Interior Design
Mr. and Mrs. Brendan Battersby
Mr. Charles Berschback
The Big Salad
Breckels Massage Therapy, Inc.
Chef Brian Brenner
Candi Belts & Accessories
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Charvat the Florist
Christine Wardwell Oils
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Garrido's Bistro
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Girlie Girl Salon
Rita Goss
The Great Frame Up of
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Mike's on the Water
Deb Miller
MJR Theaters
Moosejaw Grosse Pointe
Mr. C's Car Wash, Harper Ave
Mr. C's Car Wash, 26 Mile Road
Mr. and Mrs. James Nicholson
Olympia Entertainment
Pangborn Design
The Parade Company

Pawsitive Directions Dog
Academy
Pointe Vision Care, P.C.
PRP Wine
The Purple Rose Theatre Co.
Rabaut's Interiors
Mr. and Mrs. Robert Rader Jr.
Mr. and Mrs. Jack Renick
Ms. Beth Rentschler
Mr. Dennis Sabatowich
Shorepointe Optical Studio
Slows Bar B Q
Small Favors
Mr. and Mrs. Richard Solak
Susie at Home
This-n-That For Pets
Ms. Jackie Thomas
Ms. Tibbitts
Village Food Market
Wally's Frozen Custard and
Coffee Station
J.W. Wescott
Which Wich?
Mr. and Mrs. Richard Widgren
Mrs. Ralph Wilson, Jr.
Mr. and Mrs. Mark Wollenweber
Wolverine Packing Co.
Woods Wholesale Wine
Village Grille
Mr. Albert Zifilippo
**Decorations Artfully
Created By:**
Tracy Blatt
Mary Ann Bury
Tish Colet
Karen Watson
Mary Wilson



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.

CELEBRATIONS

January and February Birthday Celebrations!

Thursday, January 11, 11:30 – 11:45 a.m.

Thursday, February 8, 11:30 – 11:45 a.m.

No Charge – reservations needed



Celebrating your birthday in January or February? 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 is just a part of how we want to wish you a Happy Birthday!

Paczki Fest!

Tuesday, February 13

\$1.25 per Paczek – registration required

We will special order for you, one or more paczek to celebrate our annual Paczki Fest! Call the SOC front desk at 313-882-9600 and let us know your favorite flavor of paczek by 12 noon, Friday, February 9. You can choose from strawberry, custard, raspberry,

apple, lemon, apricot, prune and blueberry. Note: We have been seriously reprimanded in the past by referring to one paczek (singular pronounced “poon-check”) as paczki (plural). So just to recap, order one paczek or two or more paczki.



“A Winter Serenade” Luncheon

Wednesday, February 21, 11:30 a.m. – 1:30 p.m.

Entertainment: Michigan Opera Theatre

Sponsors: MOT – Mary Thompson Foundation
Lunch – Lakeshore Senior Living

\$10.00 – registration required

Lucky us! Once again, we are all in for a really special treat. First in keeping with the beginning of the Chinese New Year, we will enjoy a wonderful Chinese meal catered by Moy’s, our favorite local Chinese caterer. Lunch will include an egg roll, pork fried rice, almond chicken and sweet and sour pork, plus a dessert. After lunch, sit back as the Michigan Opera Theatre whisks you right out of your mid-winter doldrums with a repertoire of some of your favorite musical theatre hits plus, of course, a bit of opera. If you missed this event last year, do not make the same mistake twice! This event is made possible by the Mary Thompson Foundation.

Free Tax Preparation Assistance at SOC

Thursdays, February 1 through April 12

AARP Tax-Aide is the nation’s largest volunteer run tax counseling service preparing taxes and answering tax related questions free of charge for taxpayers of all ages from middle to low income with special attention to those 60 years of age or older. The program offers free, quality, confidential tax preparation service.

Appointments can be made beginning January 15 and are taken on a first come basis. All slots fill quickly.

Contact Services for Older Citizens to make an appointment
(313) 882-9600.



CLASSES AND PRESENTATIONS

Living on "Purpose" Workshop

Monday, January 22, 1:30 – 3:30 p.m.

Facilitator: Jennifer Raybaud, Certified Mindfulness Instructor

Sponsored by: Beaumont Health Systems

No Charge – reservations needed

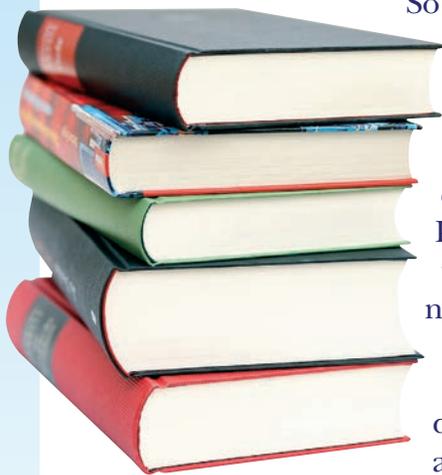
There is no more powerful adventure than the discovery and application of you life's "purpose." People often believe that our "purpose" in life is something they are "lucky" to find or that it's elusive. This workshop will demystify "purpose" and allow every participant the opportunity to engage and know that "luck" has nothing to do with it. Whether you are looking to define your passions to find more of a "purpose" in the employment sector of your life, in volunteering, in your hobbies or anything else, this workshop is designed to help you do just that.

"Between the Covers"

Tuesday, January 23, 1:00 – 2:00 p.m.

Facilitator: Kathleen Gallagher, Grosse Pointe Public Library Outreach

No Charge – reservations needed



So many books so little time! We will have some great books to share, new books of interest, and titles coming soon. Join Kathleen for this book talk and pick up some new tips about using the library. They have many new services for downloading movies, audiobooks, and ebooks - all free! Bring your

tablet, iPad, or other device and she will show you the basics. She is also very handy and will bring some of her favorite tools from the library tool collection to show off. Also ask her about the library's outreach services and arrange for delivery and pickup of library materials to your home.

Ballroom Dancing

Tuesdays, January 23 – March 20, 6:00 – 7:00 p.m.

Facilitator: Otis Gatson

Wayne County Community College Continuing Education Class

No Charge – reservations needed

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!**

Play for Fun – Beginning Piano Lessons

Wednesdays, January 24 – March 28,

1:30 – 2:30 p.m.

Instructor: Evola Music

\$49 for 10 weeks plus a \$20 Book – The book is payable to the instructor on the first day of class – registration required Maximum of 12

Learn to play for the FUN of it – You will learn to play your favorite songs in just a few weeks using a proven method. No experience necessary. Instruments available for rent.



Play for Fun – Continuing the Fun

Wednesdays, January 24 – March 28,

3:00 – 4:00 p.m.

Instructor: Evola Music

\$49 for 10 weeks plus a \$20 Book – The book is payable to the instructor on the first day of class – registration required Maximum of 12

Continue learning to play for the FUN of it. Advance to the next book level and continue your musical journey!

CLASSES AND PRESENTATIONS

Sign Language – Beginners

Thursdays: January 25 – March 22,

10:00 a.m. – 12:00 p.m.

Instructor: Stewart Glen

Location: SOC

Wayne County Community College Continuing Education Class

No Charge – reservations needed

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. Class is limited to 12.

Conversational French – Beginner

Fridays, January 26 – March 23, 12:00 – 1:30 p.m.

Instructor: Dr. Dib Saab

Location: SOC

Wayne County Community College Continuing Education Class

No Charge – reservations needed

This class will teach participants to recognize and respond appropriately to basic questions, read, interpret authentic selections and read aloud familiar passages using acceptable pronunciation. Students will create basic sentences using appropriate agreement (subject, verb, adjective). This class needs a minimum of 8 people.

Conversational French – Intermediate

Fridays, January 26 – March 23, 1:30 – 3:30 p.m.

Instructor: Dr. Dib Saab

Location: SOC

Wayne County Community College Continuing Education Class

No Charge – reservations needed

This course will build on the lessons from Conversational French for Beginners. Participants will be able to recognize and respond appropriately to basic questions, read, interpret authentic selections and read aloud familiar passages using acceptable pronunciation. Participants will create basic sentences using appropriate agreement (subject, verb, adjective). This class needs a minimum of 8 people.

“Annuities... Should I buy one, what to do if I own one, and why would I want one.”

Tuesday, January 30, 1:00 – 2:00 p.m.

Facilitator: Michael Coliton, Economist, seasoned insurance agent, and long-time independent agent/broker/wholesaler of insurance and financial products

No Charge – reservations needed

Annuities often get a bad name, and for many reasons it is well deserved. Too often financial advisors sell or push a client into a product the advisors themselves know little about, or do so to meet sales goals given to them by their firms. The name “annuity” itself is in fact a misnomer, as there are at least 8 different types of annuities that serve completely different purposes, yet all share the name ‘annuity’. Do you have a Variable Annuity with ongoing fees with possible large exposure to risk, while your advisor is charging you fees on top of the fees already built in? Did your advisor put you into a “propriety” product because it’s the only product he/she could only sell you due to being captive with an investment firm or bank? How do you get out of them? Were you aware a trust as a beneficiary can severely limit your loved one’s options, often leading toward high tax consequences for them? Learn the unspoken facts in this session that many do not wish you to learn. Open question and answer session to follow.



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

Drawing and Painting

Tuesdays, January 23 – March 20,

10:00 a.m. – 12:00 p.m.

Instructor: Jacqueline Duncan

Location: Wayne County Community College
University Center

Wayne County Community College Continuing
Education Class

*No Charge – reservations needed
Maximum of 15 participants*

This is a basic drawing and painting class designed to introduce participants to the skills required to accurately render what they see. It is 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. Class will be held at the 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.



Memoir Writing Class

Thursdays, January 25 – February 15,

1:00 – 3:00 p.m.

Facilitator: Nancy Solak

*\$20.00 – Registration required
Maximum of 8*

In these workshops, you will be given writing prompts to stimulate memories and creativity. There are guidelines by which the workshop is held, including the necessity of complete confidentiality among the participants, only giving feedback that supports the writer, and understanding that each person has a unique voice. The craft of writing (i.e., grammar, metaphor, simile, alliteration) will only be touched upon. The goal of the workshop is to tap your creativity. Please make your reservation early.

Nancy Solak is an award-winning author and editor, a certified workshop leader in the Amherst Writers Method, the author of *A Footpath in Umbria: Living, Loving and Laughing in Italy*, and maintains a web site called *A Reluctant Traveler*: www.areluctanttraveler.net

Knitting for Charity

Tuesdays, 1:00 – 3:00 p.m.

Facilitator: Patty Matheson

The Wool and the Floss, Grosse Pointe

Sponsor: Heartland Health Care Center,
Grosse Pointe Woods

No Charge – reservations needed

This long-standing SOC group is always looking for more talented (or new!) 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!



No-Sew Fleece Blanket – Making

Wednesdays, 9:30 – 11:30 a.m.

Sponsor: Blanketed with Love

No Charge – reservations needed

Come and help the wonderful, non-profit organization, “Blanketed with Love” fulfil their goal of making 500 fleece, no sew blankets for those in need. Making and donating soft comforting blankets for all ages, this group has donated to many local charities, including Sweet Dreamzzz, Saint Patrick’s Senior Center in Detroit, the Detroit Rescue Mission. No experience necessary, just a kind heart!



CREATIVE WORKSHOPS & CRAFTS

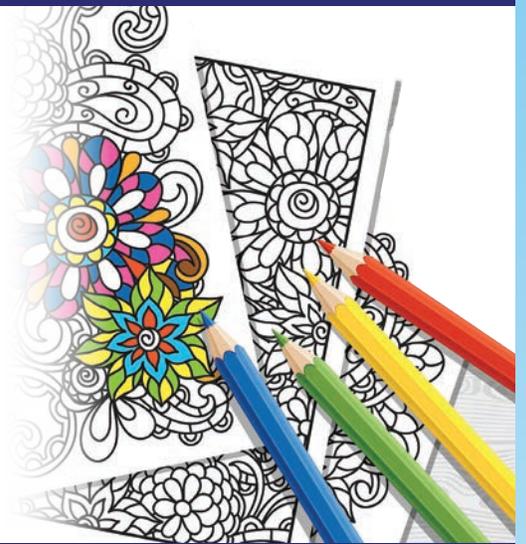
The Chit Chat and Color Club...It's Fun and Relaxing!!!

Wednesdays, 12:30 – 2:00 p.m.

Facilitator: Mary Kay Fiorentino

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.



ENTERTAINMENT

Alice Laitner plays the Piano for You!

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



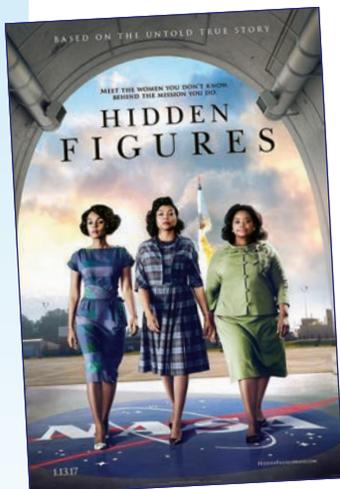
One of our favorite seniors, Alice Laitner, will lull you into a lovely state of mind as she plays the piano just for you in our living room.

Movie: “Hidden Figures” – PG

Monday, January 29, 1:00 – 3:00 p.m.

Running Time: 127 minutes

\$2.00 – Registration required



Three brilliant African-American women at NASA — Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) — serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's

confidence, turned around the Space Race and galvanized the world.

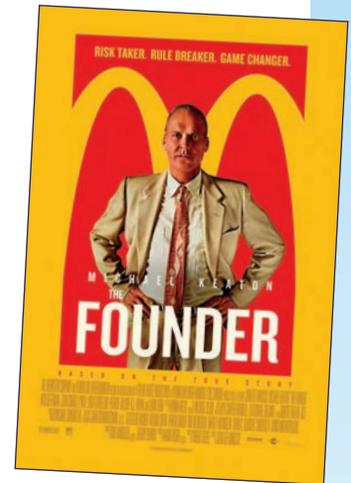
Movie: “The Founder” – PG 13

Monday, February 26, 1:00 – 3:00 p.m.

Running Time: 115 minutes

\$2.00 – Registration required

The true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac (John Carroll Lynch) and Dick McDonald (Nick Offerman), who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. Kroc soon maneuvers himself into a position to be able to pull the company from the brothers and create a multi-billion dollar empire.



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).

DAAA Evidenced-Based Fitness: Level 1 – Seated

Incorporates seated warm up with stretch, muscles and back care and includes standing chair support for balance and mobility. Caregivers welcome!

Tues. 10:30 a.m. Instructor: Rosa Hunter

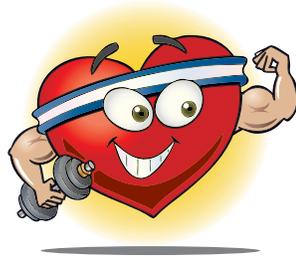
Thurs. 10:30 a.m. Instructor: Rosa Hunter

Active Fit

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

Mon. 10:15 a.m. Instructor: Stacey Panduren

Wed. 10:15 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.

Tai Chi – Beginner Class

Thurs. 9:00 a.m. Instructor: Susan Smith

Tai Chi – Continuing Class

For those with SOC Tai Chi Experience

Tues. 9:00 a.m. Instructor: Susan Smith

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.

Mon. 9:00 a.m. Instructor: Judy Sarvis

Wed. 9:00 a.m. Instructor: Judy Sarvis

Fri. 9:00 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.

Mon. 10:15 a.m. Instructor: Judy Sarvis

Wed. 10:15 a.m. Instructor: Judy Sarvis

Fri. 10:15 a.m. Instructor: Jessica Kodanko

Mon. 11:30 a.m. Instructor: Judy Sarvis

Wed. 11:30 a.m. Instructor: Judy Sarvis

Fri. 11:30 a.m. Instructor: Jessica Kodanko

GAMES

Contract Bridge Lessons – Beginners

Wednesdays, January 17 – February 21,
9:30 – 11:30 a.m.

Cynthia Luce – Life Master and member of the
American Contract Bridge League

\$20 for 6 sessions – registration required
Maximum of 12

If you always wanted to learn how to play bridge, this is your opportunity. Cynthia will teach you how to bid, how to keep score and the basic dynamics of the game. Her method of teaching is casual and fun!



Re – Gifting Swap Bingo!

Tuesday, January 23, 10:00 – 11:00 a.m.

Sponsor: Audrey Bernier



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

Audrey is giving you the opportunity to swap a gift you may have received for Christmas or your birthday or some

other special occasion that is just not you or is something that you may already have, for another gift that may be just you or is something that you've been wanting. But what you choose as your bingo prize is all about luck, for the bingo participants must wrap back up their swapping gift, so the winners have absolutely no idea what they are getting. How much fun is that? Please be sure that your participating gift is something actually nice or useful...no gag gifts please.

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 mahjong. 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

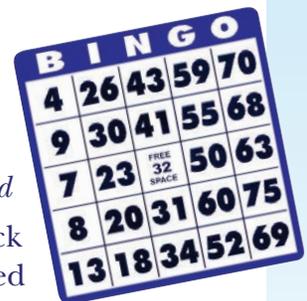
Bridge is the world's greatest game of the mind. It is stimulating, challenging and provides the ideal setting for socializing and making new friends. The club is not a class. We are offering a room for players who already know how to play bridge to join with friends. Groups must bring their own playing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





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www.cofccc.org

GAMES

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 recognised 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.

GROUPS

Sing-Along Group!

Every Wednesday beginning January 3,
1:30 – 3:30 p.m.

Choir Director: Jean Curtis Demeulmeester

No Charge – reservations needed



What a beautiful way to start off the New Year!

Singing Reduces Stress and Pain.

Studies have linked singing with a lower heart rate, decreased blood pressure, and reduced stress, according to Patricia Preston-Roberts, a board-certified music therapist in New York City. 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,
January 5 and February 2, 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.



GROUPS

Loss and Grief Recovery Support Group

First Wednesday of every month, 6:30 – 8:00 p.m.

No Charge – reservations needed



This is not a therapy session but attendees will share their losses as they choose with each other in an atmosphere of trust, gentleness and confidentiality. This is nonsectarian and open to all. Group is limited to 12.

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.

The Family Center

Resources for Families, Individuals and Professionals



Excellence in Nonprofit Activity

Grosse Pointe

www.familycenterweb.org
info@familycenterweb.org
313.432.3832



The Family Center is a 501(c)3 nonprofit organization that is 100% supported by community contributions.

Ask the Experts Articles appear every week in the *Grosse Pointe News*. Hundreds of articles are online at familycenterweb.org.

Ask the Experts Talks bring talented speakers who educate and engage audiences in an evening of intensive discussion on a single topic.

Ask the Experts Videos of many talks are on our YouTube channel and aired on the Grosse Pointe War Memorial's WMTV.

Association of Professionals online directory includes mental health practitioners, specialized services, organizations, senior services, schools, faith community organizations and businesses.

Meet & Greet events offer an opportunity for school, mental health and other professionals working with youth, adults and families to connect and share information.

ASK THE EXPERTS

articles

ASK THE EXPERTS

talks

ASK THE EXPERTS

videos

ASK THE EXPERTS

ASSOCIATION OF PROFESSIONALS



BrainStorm

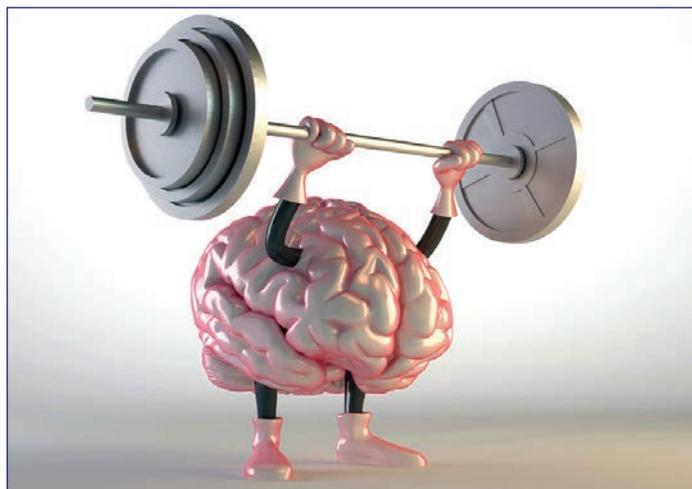
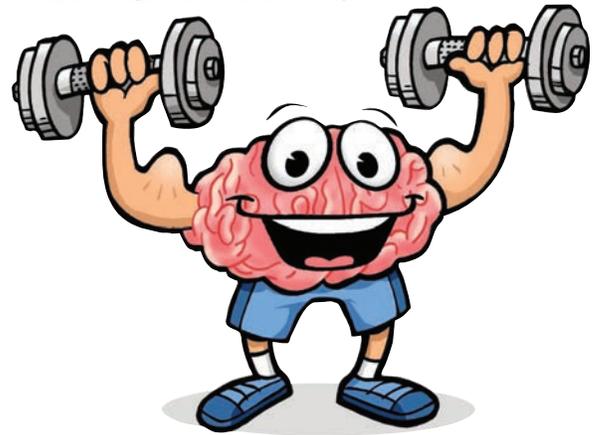
A Workout for the Mind

In a world full of anti-aging messages, here's a surprising fact: Wrinkles are a brain's best friend. At BrainStorm, we'll tell you why. We'll also explain how memory works, show you ways to nurture brain health, and play lively games that target key cognitive skills.

Shake up your brain with fun, new activities that stimulate and invigorate your thinking. You can teach an old brain new trick. Learn how as Janet Horan, RN and Allie Short, Wayne State University Masters in Social Work Intern, introduce a breakthrough approach to brain health and training.

This interactive program teaches brain basics while challenging you to replace old routines with fresh pursuits. With effort, we can create new brain cells. Make them matter. Build healthy habits for a happy brain at BrainStorm.

SOC's BrainStorm Workshop consists of 9 sessions that will be held Tuesdays, February 6 – April 3, 1:30 – 3:00 p.m. See page 19 for more information.



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WARREN

DUROSS CHAPEL
Schoenherr S of 12 Mile Rd.
(586) 756-5530

DETROIT

RISKO CHAPEL
Michigan Ave at Cecil
(313) 841-8284

HEALTH AND WELLNESS

Keeping you Fit at Home – Core Strengthening Exercises

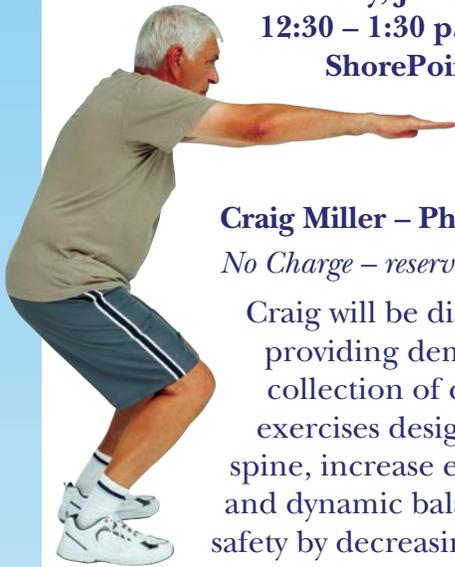
Thursday, January 11,
12:30 – 1:30 p.m.

ShorePointe – A Beaumont
Health &
Rehabilitation
Center

Craig Miller – Physical Therapist

No Charge – reservations needed

Craig will be discussing and providing demonstrations of a collection of core strengthening exercises designed to protect the spine, increase energy conservation and dynamic balance and improve safety by decreasing the risk for falls.



Keeping you Fit at Home – “Reducing the Risk for Falls in your Home”

Thursday, January 25, 12:30 – 1:30 p.m.

ShorePointe – A Beaumont Health &
Rehabilitation Center

Maria Salwin – Occupational Therapist

No Charge – reservations needed



Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes in your living area, as well as personal and lifestyle changes. Maria will share a fall prevention check list, and explain modifications you can make in your home that can reduce the risk for falls.

“BrainStorm – A Workout for the Mind Workshop”

Tuesdays, February 6 – April 3, 1:30 – 3:00 p.m.

Facilitators: Janet Horan, RN and Allie Short,
Wayne State University Masters in Social Work
Intern

\$15 – 9 sessions

Reservations required

Maximum of 20 participants

SOC’s

BrainStorm

Workshop

consists of 9

sessions of

research-based

wellness activities

developed by

the Institute of

Gerontology

at Wayne State

University.

BrainStorm addresses multiple facets of brain health, as well as physical, emotional and spiritual well-being. Presentations are filled with hands-on activities, humor, social interaction, and take-home materials. Class is limited to 20 participants. (See more information on page 18).



Keeping you Fit at Home – Core Strengthening Exercises

Thursday, February 8,
12:30 – 1:30 p.m.

ShorePointe – A

Beaumont Health &
Rehabilitation Center

**Craig Miller – Physical
Therapist**

No Charge – reservations needed

Craig will be discussing and providing demonstrations of a collection of core strengthening exercises designed to protect the spine, increase energy conservation and dynamic balance and improve safety by decreasing the risk for falls.



HEALTH AND WELLNESS

Keeping you Fit at Home – “Balance Matters Too...”

Thursday, February 22, 12:30 – 1:30 p.m.

ShorePointe – A Beaumont Health & Rehabilitation Center

Craig Miller –Physical Therapist

No Charge – reservations needed

Falls often occur due to a variety of factors; some external, such as your home set up, and some internal, such as decreased strength or range of motion of our joints. Many of us know about the benefits of exercises that improve our strength, endurance and flexibility, but did you know that it is possible to exercise your balance system?

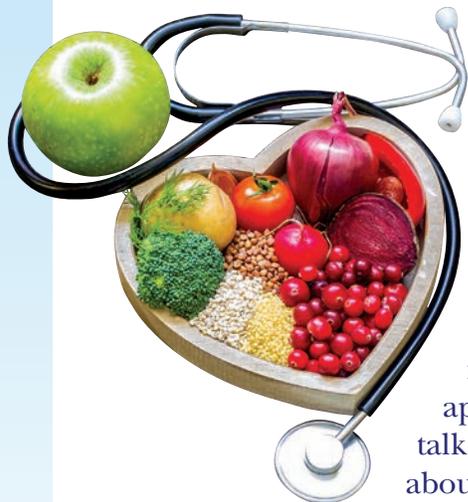
Craig will describe how the balance system works, and take you through a range of exercises/activities intended to help you improve your balance system.

Individual Nutritional Counseling

Wednesday, February 7, 9:30 a.m. – 12:00 p.m. and 12:30 – 2:00 p.m.

Facilitator: Andrea Hageman, Registered Dietician, Beaumont Health System

No charge – reservations needed



Do you have questions about your diet or need help following a certain diet? If so, Andrea Hageman, Beaumont registered dietitian will be available for a 30 minute, individual appointment. She will talk with you one-on-one about your diet questions and can provide you with

educational materials. Come discuss topics such as weight loss, diabetes, heart disease, high blood pressure, gastrointestinal issues or any other diet related topics. When making your reservation, please state which particular health topic you would like to discuss.

Mindfulness/Meditation Practice – Finding Your Little Piece of Peace

Thursdays, 9:00 – 9:30 a.m.

Jennifer Raybaud – Certified Mindfulness Instructor; Beaumont Health Systems Instructor

\$3.00 – registration required

This 30-minute class will bring together 4 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.

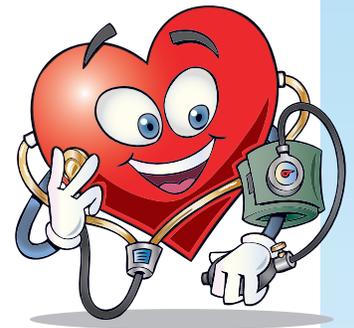
Free Blood Pressure Screenings

The 2nd Tuesday of every month, 9:30 – 10:15 a.m.

Advantage Living Center – Harper Woods

No charge – reservations necessary

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.

\$5.00

Reservations needed at least one day in advance

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.



TECHNOLOGY

Technology Instructions

One-on-One Technology Instructions

Every Friday, 12:00 – 4:00 p.m.

No Charge – reservations needed



Do you have questions about your cell phone, computer or tablet but you are either too embarrassed to ask your family for help or you just don't want to bother them? Learn beginner, intermediate and advanced

computer lessons in computer basics, including Microsoft Word and Excel. Also, if you need help with your Smart Phone, either Android or iPhone, your E-Reader such as Kindle, tablets such as iPad or Android, or you just want to get to know how to use Facebook or email, this is the place for you.



Computer Basics – Windows, Word Processor, Email and Internet

Tuesdays, January 23 – March 20,
10:00 a.m. – 12:00 p.m.

Instructor: Christopher Wheatley

Location: Wayne County Community College

University Center Computer Lab

Wayne County Community College Continuing Education Class

No Charge – reservations needed

Maximum of 20 participants

This hands-on course will guide students through the fundamentals of computer literacy. Concepts and skills to be learned



include windows basics, word processor basics, e-mail and internet. No computer experience is required, but students are urged to practice on computers as the course progresses. This course uses Microsoft Windows computers and Microsoft Office software. This is a lab-lecture class in which skills are presented by the instructor and students will complete tasks individually or in groups. **Students must bring a flash drive to class for storage of exercise files.** Class will be held at the 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. Class is limited to 20.

TECHNOLOGY

What is an App and How Can it Make My Life Easier?

Thursdays, February 1 – March 29,
9:15 – 10:15 a.m.

Facilitator: Erica Jankowski, SW Intern, BSW student at Wayne State University

*No charge – reservations necessary
Maximum of 6 participants*

Apps for smartphones or tablets can make your life easier and more interesting. However, with thousands of apps available to individuals and more coming out daily, picking the best ones can be difficult to find. In this group, you will learn more about senior friendly apps pertaining to your health, staying connected with friends and family, and brain games, and downloading them to your device. Class is limited to 6 individuals.



Henry Ford Village is a vibrant, thriving, active lifestyle launch pad for people who have worked hard and are looking to get the most out of life by living a maintenance-free lifestyle. This is the place to get into when you want to get out and do the things you love to do. This isn't senior living. This is really living. See how Henry Ford Village works for you and visit henryfordvillage.com or call 1-877-653-6647 to schedule a personal tour today.

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TRIPS WITH THE WAR MEMORIAL

Pewabic Tour and Hands-On Workshop

Lunch at City Kitchen

Wednesday, January 24 – 10:30 a.m. reservation



Since 1903, Pewabic, a National Historic Landmark, artisans have handcrafted ceramic art beginning with raw, earthen materials and a clay mixer dating to the early 1900's.

The hands-on workshop makes it possible for people of all ages and skill levels to explore their creativity through ceramics. After touring the pottery, your group will head to our Education Studio, where you'll learn the basics of tile making. We provide the clay and basic supplies you will need. We will have lunch at the City Kitchen in Grosse Pointe.

\$45 per person (includes bus transportation, tour and hands-on workshop; lunch is on your own)

**Arrive for check-in no later than 9:45 a.m. –
Return to The War Memorial by 3:30 p.m.**

Sanders Factory Tour & Lorenzo Cultural Center Exhibit

Lunch at Max and Erma's

Friday, March 9

A sweet tour indeed! We will go on a guided tour that includes free chocolate samples, the history of Sanders and, of course, a visit to the Chocolate and Ice Cream Shoppe. Before the tour we will visit the



Lorenzo Cultural Center located at the Macomb Community College campus to visit the exhibit Making Macomb: Voyagers to Swing Votes. Lunch at Max and Erma's at Partridge Creek.

\$25 per person (includes bus transportation and admission to tour/exhibit; lunch on your own)

**Arrive for check-in no later than 9:15 a.m.
Return to The War Memorial by 3:00 p.m.**

Downtown and Beyond Bus Tour with the Detroit Experience Factory

Lunch At Traffic Jam And Snug

Tuesday, April 10

Bus tours are a fun and engaging way to expand the area of your tour and see more of Detroit. The Detroit Experience Factory has designed a unique 4-hour tour for our patrons! Knowledgeable tour guides will explain historical facts and the exciting endeavors going on in our beloved city. Some of the highlights will be Campus Martius Park, The Guardian Building, Historic Indian Village, The Willis/Canfield Retail District, and many others. We will stop for lunch at Traffic Jam and Snug.

\$55 per person (includes bus transportation, tour, 2 tour guides and informational materials; lunch on your own)

**Arrive for check-in no later than 9:00 a.m.
Return to The War Memorial by 3:30 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.

The Birth of the Mary Thompson Foundation

The Mary Thompson Foundation has provided critical funding to Services for Older Citizens for decades. Their Capital Campaign gift was the primary funding for the kitchen in our building. They continue their support year after year with grants that help provide Meals on Wheels and Christmas baskets. We are once again benefiting from their generosity! They have made a grant to the Michigan Opera Theatre to provide musical performances to seniors throughout Michigan. We are thrilled to announce that the MOT will perform at SOC for our “A Winter Serenade” luncheon on February 21. (See page 8 for details).

The Mary Thompson Home for Old Ladies was founded in 1876 by Mrs. David Thompson and a group of 31 philanthropic Detroit area women. Its purpose was to provide a home for ladies 60 or older – a residence for their “golden years.” The building, designed by George Mason and built in 1884, still stands at the corner of Hancock and Cass Avenue. It had 40 rooms and was able to house 31 residents, who were able to furnish their own rooms for their comfort. There was an infirmary, and common sitting rooms on each floor. Annual expenses per resident were about \$1500. The Home was also supported by an endowment fund and donations.



Activities were arranged, such as travel talks, musical programs, hymn singing, and religious services. Meals were provided and residents could invite guests. Funeral expenses of residents were paid by the Home.



The Board of Trustees and the staff made great efforts to make the Thompson Home a warm and secure place for the ladies who resided there, and worked to provide a homelike, non-institutional environment. A past President wrote, “Let us try to make this home a place where love, beauty, and joy will abide always, and where our ladies may live their lives comfortably, with pride and dignity.”



In the 1970s, the Board decided to close the doors of the Home, and the remaining residents moved to other senior communities in the Detroit area. The building was donated to

Wayne State University, and the present-day Mary Thompson Foundation was created in 1979. Today the Foundation’s purpose is to provide aid, assistance and services to the elderly through funding. SOC is so thankful for all of the support the foundation has provided to us through the years.





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The Poker Group

Gary Colett
Happy Echlin

Richard Hall
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**Florello S. Itchon's
80th Birthday**
Ruth Itchon

**Jane Ann Nehra's
Birthday**
Jacqueline Levitt

Micki Nowinski
Stuart Itzkowitz

Deborah Wagner
Eva Gast
Connie and Dick Dunlap
Rowland Austin

In Memory Of:

Walter Burgam
Arlene Burgam

**Margaret Jean Izant
McCarthy**
Don and Sarah Ludlow

Peg Nobel
Shirley Kennedy

**Parvez and Pesi E.
Patel**
Roshan Patel

Norman Stensen
May Stensen

Betty Swanson
Shirley Kennedy

*Donations received
between September 21
and November 19, 2017.
If there are any errors or
omissions, please
contact Deb Miller,
313-649-2104 so
that we may make
corrections.*



SOC could not provide services to the community without the generous support of caring individuals, companies, and foundations.

In addition to donations and grants, there are many individuals and companies that provide specific support for: parties; bingo and bingo prizes; fleece for making blankets for those in need and yarn for knitters to complete items to be donated individuals touched by cancer; café supplies; flowers; pastries; and bread and healthy snacks.

We are so grateful to all those who invest in our mission and support our programs.

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Einstein Bagels

Grosse Pointe Florist

Heartland Health Care Center

Josef's Bakery

Kroger

Lakeshore Senior Living

Mary Thompson Foundation

Panera Bread

Many, many also donate to our medical loan closet and other general supplies. There will be a full listing in our annual report.



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

PAATS (Pointe Area Assisted Transportation Services) 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 am to 4:00 pm, with the last pick up at 3:30 pm. 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.

PAATS:
313-343-2580

Escort Program:
313-882-9600



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PRESIDENT

David A. Kesner
MANAGING DIRECTOR

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Certified Senior Solutions, Inc.

Providing Families with Assistance and Resources
A NON-PROFIT ORGANIZATION



Certified Senior Solutions, Inc is a professional elder care assistance program, helping families find solutions to their senior care needs. Every senior's situation is different, and so is the information we offer to each family. Our senior advisors provide situation-specific advice to families on topics including:

▲ Senior Housing Choices

- Independent Living Communities
- Assisted Living Communities
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How Singing Improves Your Health

(Even if Other People Shouldn't Hear You Singing)

If you ever have the desire to break out into song – in the shower, in the car, maybe at your neighbor's infamous karaoke night – you should embrace it whole-heartedly. This ancient art not only feels good, it can enhance your well-being, reduce your feelings of pain and even prolong your life.

YOU DON'T HAVE TO BE A PROFESSIONAL TO REAP THE BENEFITS OF SINGING.

Using your voice to sing, rather than simply carry out a conversation, offers unique benefits. "When we sing instead of speak, we have intonation, melody line, and crescendo, which gives us a broader vocabulary to express ourselves," says Suzanne Hanser, chair of the music therapy department at Berklee College of Music. "Because singing is visceral (relating to, or affecting, our bodies), it can't help but effect change."

Singing Reduces Stress and Pain

Studies have linked singing with a lower heart rate, decreased blood pressure, and reduced stress, according to Patricia Preston-Roberts, a board-certified music therapist in New York City. She uses song to help patients who suffer from a variety of psychological and physiological conditions.

Singing for Seniors

Singing, particularly in a chorus, seems to benefit older adults particularly well. As part of

a three-year study examining how singing affects the health of those 55 and older, a Senior Singers Chorale was formed by the Levine School of Music in Washington, D.C.

The seniors involved in the chorale (as well as seniors involved in two separate arts groups involving writing and painting) showed significant health improvements compared to those in the control groups. Specifically, the arts groups reported an average of:

- 30 fewer doctor visits
- Fewer eyesight problems
- Less incidence of depression
- Less need for medication
- Fewer falls and other injuries

Even lead researcher Dr. Gene D. Cohen, director of the Center on Aging, Health, and Humanities at George Washington University in Washington, D.C., was surprised at how big of an effect the seniors' arts participation had on their health.

The seniors themselves also noticed health improvements, said Jeanne Kelly, director of the Levine School of Music, Arlington Campus, who led the choral group. The seniors reported:

- Feeling better both in daily life and while singing
- Their everyday voice quality was better
- The tone of their speaking voice did not seem to age as much
 - Easier breathing
 - Better posture

So, join the SOC Sing-Along Group every Wednesday beginning January 3, 1:30 - 3:30 p.m. It's good for your health! See page 16 for details.



Dancing can reverse the signs of aging in the brain

A new study, published in the open-access journal *Frontiers in Human Neuroscience*, shows that people who routinely partake in physical exercise can reverse the signs of aging in the brain, and dancing has the most profound effect.

“Exercise has the beneficial effect of slowing down or even counteracting age-related decline in mental and physical capacity,” says Dr Kathrin Rehfeld, lead author of the study, based at the German center for Neurodegenerative Diseases, Magdeburg, Germany. “In this study, we show that two different types of physical exercise (dancing and endurance training) both increase the area of the brain that declines with age. In comparison, it was only dancing that led to noticeable behavioral changes in terms of improved balance.”

Volunteers, with an average age of 68, were recruited to the study and assigned either an eighteen-month weekly course of learning dance routines, or endurance and flexibility training. Both groups showed an increase in the hippocampus region of the brain. This is important because this area can be prone to age-related decline and is affected by diseases like Alzheimer’s. It also plays a key role in memory and learning, as well as keeping one’s balance.

While previous research has shown that physical exercise can combat age-related brain decline, it is not known if one type of exercise can be better than another. To assess this, the exercise routines given to the volunteers differed. The traditional fitness training program conducted mainly repetitive exercises, such as cycling or Nordic walking, but the dance group were challenged with something new each week.

Dr. Rehfeld explains, “We tried to provide our group with constantly changing dance routines of different genres (Jazz, Square, Latin-American and Line Dance). Steps, arm-patterns, formations, speed and rhythms were changed every second week to keep them in a constant learning process. The most challenging aspect for them was to recall the routines under the pressure of time and without any cues from the instructor.”

These extra challenges are thought to account for the noticeable difference in balance displayed by those participants in dancing group. Dr Rehfeld and her colleagues are building on this research to trial new fitness programs that have the potential of maximizing anti-aging effects on the brain.

“I believe that everybody would like to live an independent and healthy life, for as long as possible. Physical activity is one of the lifestyle factors that can contribute to this, counteracting several risk factors and slowing down age-related decline. I think dancing is a powerful tool to set new challenges for body and mind, especially in older age.”

**See page 9 for
Ballroom Dancing
for Tuesdays,
January 23 – March 20,
6:00 – 7:00 p.m.**



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