

# Northfield Township Community & Senior Center

## Monthly Report

March 2019

Tami Averill, Director

### I. March Overview

The Senior Nutrition program continues to run smoothly. We had 12 to 31 seniors attending lunches daily in March. Lunches are served on Mondays, Wednesdays and Fridays at 12:15p.m.

THANK YOU to our Senior Lunch Volunteers – Ann Brindle, Ernestine Hogston, Kristina Kelley, Debbie Leibert, Christine Miles, Karen Neigebauer, Donn Sleek, Chuck Steuer, Ann Thompson, and Ethel Wagar. They do a wonderful job!

A great big THANK YOU to our Community/Senior Center volunteers – Laura Atwell, Dolly Boggs, Angela Brown, Denise Creque, Mary Devlin, Peggy Friscia, Ruth Hague, Russ Hall, Linda Hartley, Cindy Hogston, Ernestine Hogston, Betty Jones, Alyssa Jones, Kristina Kelley & family, Dan Krebs, Phyllis Lindblade, Margaret Riddell, Shirley Samp, Donn Sleek, Ann Thompson, and Curtis Ward - for the work they contributed in March. They are a very dedicated group of volunteers and I appreciate all that they do!

Program planning continues. Summer, fall and winter programs and events are in the works.

I continue to attend and keep minutes for the Parks & Recreation Board meetings.

I continue to serve on Whitmore Lake Health Equity Team. Meetings take place at the Community Center. This group works on addressing health and wellness concerns and suggestions for the community.

The Village of Eagle Gardens Condo Association Board of Directors continues to meet here every other month. They were here on March 28.

Assisting patrons with a variety of issues, questions and concerns is part of the job and continually keeps me busy.

Worked with Marlene Chockley, Janet Chick, Marta Larson, Steve Aynes, Jack Secrist and Jennifer Carlisle on the grant proposal for the Urban County Commission.

### II. Program Evaluation

#### a. On-Going Services

Dr. Anthony Mastrogiacomo from South Lyon Foot & Ankle Specialists continues to offer senior foot care every other month. He returns in April.

Sixteen items were borrowed from the Medical Loan Closet in March. We received donations of a walker, a wheelchair, a bedside commode, and several miscellaneous items.

We continue to have a need for donations of shower benches, shower seats, transfer benches, knee scooters, bariatric equipment and 4-wheeled walkers with seats.

Acupuncturist, Ron Hough, had 8 to 16 people for each of his March sessions.

50+ people visited each Wednesday/Thursday in March to pick up needed bread, produce and other donated food items that we have available. Thank you to several area residents who continue to contribute farm fresh eggs and canned goods.

**b. On-Going Classes**

Chair Yoga (6-10 participants/week in March) continued on Tuesdays.

Gentle Yoga on Wednesday evenings had 6 to 8 participants each week.

Exercise with Becky had 6 to 9 participants at each of her twice -weekly sessions in March.

Tai Chi completed their 8-week session on March 19. 4 students participated. A new session will begin on April 16.

The MAH Fitness winter session ended on March 25. Seven students participated. A new session will begin in May.

Cardio Drumming class had 3 to 4 people in attendance each session in March.

Flexagility had 3 to 4 people each week in March.

Line Dancing class had 7 to 9 participants at each class in March.

"Natural Pain Solutions" is on break. New sessions will be coming.

**c. On-Going Activities**

Pinochle continues every Tuesday and Thursday afternoon. Attendance is consistent at 6 to 12 players per day each week in March.

Mah Jongg Mondays continue with 4 to 6 people participating each week in March. Four to six people continue playing on Wednesdays, as well.

The Knit, Crochet, Craft group had 3 to 4 people attending each week.

"Open Painting and Crafting Time" currently has 3 ladies participating.

The Whitmore Lake Portrait Group is in every Monday afternoon. Ten to twelve artists attend each week. The art gallery that showcases their art continues to be popular with our guests. A new array of paintings was put up the last week of March. Stop in and take a look!

"Painting with Jan Rad" was cancelled for March due to the instructor being under the weather. Her next class will be held on April 26.

Kiwanis continues to hold their regular monthly meetings and Board meetings at the Community Center.

The Crochet Mats group is hard at work! In March they had 3 to 6 participants each week. Several people are still out of town for the winter. Several ladies are crocheting at home while the weather is cold. They have completed four new mats, so far.

The Daisy Troop held one meeting here in March. Approximately fifteen girls and several parents attended as they celebrated Juliet Gordon Low's Birthday. Their second meeting was cancelled because of spring break. The troop will be working with the Parks & Recreation Board on Sunday, April 7 to do a Community Garden clean-up!

The Radio Controlled Sailboat Club continues on hold as they regroup after the unexpected passing of the club's founder.

#### d. **Special Events**

I am working with John Piette, PhD, Professor of Health Behavior and Health Education, and Research Scientist at U of M, on a project called SPEAK! He is pairing some of our seniors with English as Second Language students in Mexico City, via Skype. They will spend one hour a week conversing, allowing the students to practice and hone their conversational English. Both parties will be surveyed as to the affect that these meetings have on them. He is especially interested how it affects the seniors – relieving boredom and loneliness, building a sense of being part of something and making a difference, etc. We currently have 18 senior volunteers. Several of these seniors have already been matched with someone in Mexico City and have had at least one conversation. I have received only rave reviews from them about their experiences! \

The Diabetes Prevention Program began on February 26 and has 17 people participating. This is a yearlong program that helps to facilitate lifestyle changes for weight loss and activity level increases for participants, in an effort to lower glucose levels and prevent the onset of diabetes. Participants meet weekly for 4 months, then twice a month for four months and then finish the year with monthly classes.

We kicked off our Peyton Heart Project work bee on March 2. Twelve ladies participated by crocheting or knitting small hearts and tagging them with inspirational quotes. These hearts will be hidden throughout the community for people to find. The intent is to help increase awareness of the issues of teenage suicide and bullying. The work bees will continue on the first Saturday of each month. When enough hearts are made, we will be sending a number of them off to the Peyton Heart Project. They distribute them to schools and organizations that are running anti-bullying and suicide prevention campaigns. Thank you to Hungry Howie's for providing pizzas for our first work bee!

On March 10 we were treated to another free concert by Brian Delaney and his Sister-in-law, Neeta Delaney, a.k.a., Two Against the Moon! They delivered a fabulous performance of a number of old standards that the audience enjoyed singing along to. Sixteen people attended. Thanks to the National Council on Aging, the American Federation of Musicians and AFM Local 625 for providing the wonderful free concert series for us each year.

Our Cabin Fever Craft Show on March 23 was a success! We had 15 crafter/vendors and 80 to 100 shoppers participate! Thank you to Hungry Howie's for providing pizzas for our concession sales, and to all of the volunteers who helped make the show happen!

The Center hosted our second Wise Choices program on March 27. This Washtenaw County Health Dept. program offers free health screenings. Participants also have an opportunity to speak to an RN and a nutritionist to discuss the test results and help set some goals for a healthier lifestyle. We filled all 8 appointments and still didn't fit everyone in who wanted to participate. We will be hosting another one in the near future.

Ten people attended Pizza & a Movie night on March 29. Everyone enjoyed watching "Leap!"