

October 7, 2020

Dear friends,

I hope you are enjoying the cool weather and the beautiful colors of autumn. Dexter certainly has some gorgeous trees. Maybe you want to come over and park in the center lot and take a walk around our part of town. We want to help take care of you inside and out and we know that fresh air and exercise is one of the best ways to do this. If you feel you need a companion on your walk, call me and we will schedule an appointment for the two of us to go together!

I want you to know that my Board of Trustees and myself are here to support you. Please call if you need help with resources or assistance of any kind. I will do what I can! During this tough time, we have successfully navigated appliance repairs, propane delivery, Secretary of State appointments, and more.

Please make sure you vote! If you are voting absentee, try to drop your ballot directly in the box. We also encourage you to call the Voting Helpline if you have any questions. Their number is 1-855-868-3311. The Senior Center will be closed on Tuesday, November 3 for the election.

Our website has many good resources and links to activities.

Visit www.dexterseniors.org to check them all out!

The WAVE bus has resumed service. Call (734) 475-9494 for reservations.

Jensen's Community Pharmacy is now open! They are located at 7067 Dexter Rd., next to Chela's in the Dexter Crossing strip mall. Jensen's is a full-service pharmacy, offering free home delivery, routine vaccinations, medication blister packaging, medication reviews and more. Call them at (734)426-6210 or stop by (masks required). Jensen's Pharmacy will also be doing flu shots by appointment. They have ordered the high dose vaccinations for us.

We have many books and puzzles which we can lend out. Our large-print collection is quite extensive and covers all genres. Joanne Westman has offered to deliver books and puzzles to our members. Her number is (734) 426-3420. You can also schedule coming in by calling me for an appointment. I will also take appointments for returns so that we can quarantine the item(s).

We are pleased to announce that we are going to try opening the center for a few appointments. Hopefully, we can do this in the safest manner and be able to add to the offerings in the near future. All appointments must be scheduled in advance by calling me at (734) 426-7737 to make a reservation. Here are the Guidelines for the Dexter Senior Center appointments.

You must have a clean mask on before exiting your car. Please wait in your car until 5 minutes before your appointment. When you come to the main door for screening, please make sure you are 6 feet from other members. After screening you will need to sanitize your hands at the front station.

A screener will take your temperature and ask you the following questions. Have you had a fever, chills, cough, shortness of breath, muscle aches, headache, sore throat, fatigue, nausea, diarrhea, congestion, or runny nose, loss of taste or smell? Have you had any close contact in the last 14 days with someone diagnosed with COVID-19?

You will go down the hallway and enter the main room through the back set of doors. You must remain masked for the duration of your appointment. There will be no food or drinks allowed in Center at this time. You will exit through the back set of doors to the outside.

If you need to cancel your appointment, please do so at your earliest convenience so that others can be added into that time.

Here is the schedule beginning October 19:

Acupuncture Monday 12:00-12:45 and 1:30-2:15

Personal Fitness Tuesdays and Thursdays 10:30-11:10

Personal Lending Library Call for an appointment

Medicare Counseling Call for an appointment

Flu Shots Call Jensen's Community Pharmacy at (734) 426-6210 for an appointment

Foot Care by Ava will begin in November.

Senior Focus Yoga Registration for the virtual class through WCC will be done with Patty Hart

Please note that these opportunities are available for our members only. We are here to help you and hope that you encourage your neighbors and friends to join in 2021!

Best always,

Wendy Smith
Director
Dexter Senior Center
(734) 426-7737