

Dexter Senior Voice



Greetings from Board President Jim Carson

Thanks to everyone for masking up before you enter the center so we can all stay safe.

Pharmacist Betty Chaffee of BetterMyMeds will visit the Center on Monday, September 20th at 1:00 to discuss vitamins, dietary supplements, and CBD oil. Please sign up at Center. We will also be hosting a flu shot clinic at the Center on September 24th from 9-12:00 courtesy of Jensen's Pharmacy. Remember to bring your insurance card.

New Dexter Senior Center Policy:

All people must wear a mask while inside the Center at all times.

All people entering the Center must show proof of vaccination. Only vaccinated people are permitted to enter the Center.

No food or coffee will be served inside the Center at this time.

Chair Massage with Jenny Miller

Enjoy a relaxing, seated chair massage by licensed massage therapist, Jenny Miller. Massage reduces stress, relieves muscle pain, and improves flexibility and range of motion. See page two for more information about fees and scheduling.

Free Medicare/Medicaid Counseling

With open enrollment in Medicare Advantage and prescription drug plans arriving in a few months, it is important for seniors to be aware of their coverage options. **Michigan Medicare/Medicaid Assistance Program (MMAP)**, a program with the Area Agency on Aging, provides free Medicare and Medicaid information and counseling for seniors and disabled persons on Medicare and/or Medicaid.

For assistance, call certified Medicare counselor Jim Pickard at 734-426-4366 to set up a time to meet by phone or in person. Jim is a long-time member of the Dexter Senior Center who has delivered Meals on Wheels and provided Medicare Counseling to seniors in Dexter and Chelsea for many years.

Inside this issue

Board Policy:
Masks & proof of COVID-19 vaccination required at the Center

\$5 Pizza Fridays are outside only (if it rains, it is cancelled).

September 6th
Labor Day: Center is closed

Monday Talks:
September 20th at 1pm, Pharmacist Betty Chaffee

September 24th
Jensen's Flu Shot Clinic 9-12:00

Medicare/Medicaid Counseling
Jim Pickard, Certified Medicare Counselor.
734-426-4366

Meals on Wheels
Please make reservations at least 48 hours in advance for Meals on Wheels deliveries by calling **734-253-2370**.

If you need to cancel a meal, please do so within 24 hours or you will need to reimburse the center \$5.50 per meal.

Services & Fitness

Participation in services & activities are for current members. Membership forms are available at the Center and at www.dexterseniors.org. **Pre-registration is required for services and fitness.**

Chair Massage with Jenny Miller—Appointment required

The 2nd and 4th Wednesday of the month from 9-12. September 8 and 22.

\$1 a minute, 15 minutes minimum, 30 minute maximum. For more information and to schedule an appointment call Jenny at 734-645-6166.

Enjoy a relaxing, seated chair massage by licensed massage therapist, Jenny Miller. Massage reduces stress, relieves muscle pain, and improves flexibility and range of motion.

Foot care with Ava Passino, RN

Foot care appointments are booked up through November.

Reflexology with Barb Fisher, Certified Reflexologist and Naturopathic Therapist

Tuesday, September 21 and 28 from 9am-noon. Call Barb Fisher at 734-664-7465 to register for an appointment. The fees are \$10 for members and \$15 for nonmembers paid to Barb for every 15 minutes.

Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities.

Fitness—No Fee

**Fees for this fitness class have been covered by a grant from the Michigan Department of Health and Human Services through the end of September (possibly longer if funds allow).*

Chair yoga

Mondays from 9-10:00.

A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance.

Monday Talks

On September 20, at 1:00, Pharmacist Betty Chaffee will visit the Center to discuss Vitamins, Dietary Supplements, and CBD oil. Registration required—please sign up at the Center. Free.



**MONDAY
SEPTEMBER 20, 1PM**

VITAMINS AND DIETARY SUPPLEMENTS

Nearly everyone takes them, but how can you know if they are improving your health?

Join Pharmacist Betty Chaffee of BetterMyMeds and get your questions about vitamins and supplements answered! We'll include CBD oil, which is currently being sold as if it's a dietary supplement. We'll discuss some of the hazy regulations on CBD, along with the reasons it's so popular. You'll learn where to get objective, unbiased information and how to wade through all the marketing hype.



Need answers about specific supplements? Send a message to Betty@BetterMyMeds.com and we'll be sure to include it!

How do you choose between all those products and doses on the shelf?

Learn where to find the best information about supplements

BetterMyMeds

Betty Chaffee, PharmD
734-649-2270
Dexter, MI

BetterMyMeds.com

Arts, Crafts, & Music

Pre-registration is required for acrylic painting and card making classes.

Acrylic Painting with Steve Wood — a step-by-step approach

Monday, September 27 from 1:00-3:00. Class fee is \$20 paid in advance to Dexter Senior Center. To register, sign up at the center or call 734-426-7737. You may also send an email to assistant@dexterseniors.org. No experience or supplies necessary.

In Steve's class, students will work on a theme such as landscapes and learn different techniques for each painting. Each month, students will review techniques as well as learning new ones. Steve is an award-winning artist who has been teaching in the area for many years. See Steve's website for more information: anyonecanpaint.com

Card making class with Judy Welsh

Tuesday, September 21 from 10-12:00. The fee is \$10 for three cards paid to Judy at class time. Participants should bring their own adhesive and scissors. Sign up at the center or call the center at 734-426-7737 before September 16th for the September 21st class. September's theme is Birthday cards.

Group Activities—No fee, No pre-registration

Choir—Friends in Harmony—temporarily paused

Dulcimer Group

Thursdays from 10-11:00. Beginners and new members are welcome to join. Loaner instruments are available.

Ukulele Group

Tuesdays at 11am. Contact Mary Lou at mlsr5283@gmail.com or 734-255-1925 (10am-7pm) for more information. Supplies you will need to bring: uke, Yellow Book (Beloff Daily Ukulele), music stand, clips or clothes pins to hold pages, mask, 3 ring binder.

Intermediate and Advanced French with Rhea Berry

Advanced French group will be held on Tuesdays at 11. Intermediate French meets on Fridays at 11.

Needle Arts—all levels

The Needle Arts group meets on Wednesdays at 12:30. Bring your own project to work on and socialize or bring work for Project Linus, an organization that donates blankets to children. See projectlinus.org for more information.

Adult Coloring Mondays at 10:00. Supplies are provided.

Bingo Every Thursday from 1-2:00. There are no fees for this and lots of fun prizes!

Cards & Games—Member organized

Tuesday, Thursday, and Friday **after 12:30.**

Mahjong

Rosie Lemons will be at the Center at 12:00 to teach Mahjong to beginners. American Mahjong will be held on Tuesdays from 12:30-3pm. Chinese Mahjong will be held on Thursdays from 12:30-3pm.

Bingo Callers Needed

Please contact the center to volunteer to be a caller for bingo so we can continue to offer this fun activity!

Busch's Gift Cards

Thanks to Busch's for their donation of gift cards for bingo "coverall" prizes!

Free KN95 masks

Call the Dexter Senior Center at 734-426-7737 to request masks (limit of 2).

Free WAVE passes

Call the Dexter Senior Center at 734-426-7737 to request passes.

Dexter Senior Center Member Discounts

Classic Pizza—\$7 large 1 item

Dexter Pub—20% off Monday-Thursday

My Cleaners—10% off

Joe and Rosie Coffee and Tea—15% off

Aubree's (Dexter only)—10% off

Dexter Creamery—10% off

Dexter Bakery—15% off

Hearts & Flowers—15% off

Dairy Queen—15% off

Jensen's Community Pharmacy—10% off over the counter



To reserve door-to-door rides from WAVE, call **734-475-9494**
Open weekdays from 8-4:30pm.
ridethewavebus.org.

Meals on Wheels: 734-253-2370

Major Supporters



Jensen's Community Pharmacy offers FREE, local delivery. It is located at 7067 Dexter Ann Arbor Road in Dexter.
Call **734-426-6210**.



Ann Arbor Area Community Foundation
For good. For ever.™

Dexter Senior Center Wish List

Drop off at Center: Forever Stamps

The costliest part of mailings is postage, so any contribution is appreciated.



Busch's Donation Program

For no extra cost, you can donate to the Dexter Senior Center just by shopping at Busch's. All you need is an email address and a Busch's MyWay account.

Just log on to your MyWay account through Buschs.com, click on your name in the top right hand corner, click on "Cash for Education," scroll down to 2021 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2021 and click on "Add."

Dexter Senior Center

7720 Ann Arbor Street
Dexter, MI 48130
734-426-7737

Jim.Carson@dexterseniors.org

www.dexterseniors.org

Monday—Friday
9:00-3:00

Emily Kiesler
Food Service Manager
734-253-2370

**Dexter Senior Center
Board Members**

Jim Carson- President
Richard Henes - Vice President
Donna Fisher - Secretary
Ann Davis—Treasurer

Dan Chapman - Trustee
David Chapman - Trustee
Mary Westhoff - Trustee
Joanne Westman—Trustee



Inclement Weather Policy

Please note that Meals on Wheels friends should rely on their emergency, shelf, or frozen meals when inclement weather prevents safe deliveries.

Dexter Senior Center

7720 Ann Arbor St
Dexter MI 48130

PLEASE
PLACE
STAMP
HERE