

**Sumpter Senior  
Center  
23501 Sumpter Rd.**

**SPRING SUMMER 2018**

- PICNICS
- BOAT CRUISE
- GREENFIELD VILLAGE
- DETROIT ZOO
- DETROIT TIGER GAME
- LOTS OF SPACE FOR CARDIO DRUMMING

Summer is off to a nice hot start! Please come in join us for lunch, exercise, bible study, sewing, or just to cool off.

We will be enjoying more picnics in the courtyard this season, trips to Hines Park for the annual Wayne County Picnic, Greenfield Village, Detroit Zoo, Lake Erie Metro Park for a lake cruise and shipwrecks is the topic!

On August 7, 2018 is a primary election day! **Don't forget to vote!**

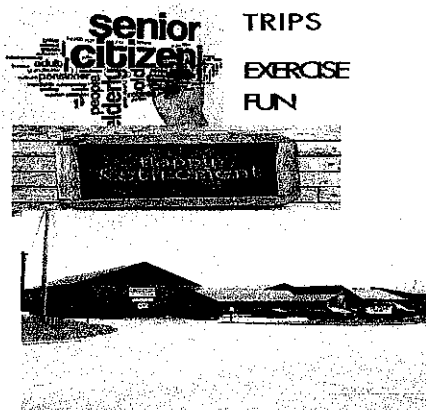
This September we will host our first annual rummage treasure sale sell your treasures and support Sumpter Seniors, rent a \$10 table in the gym all is welcome!

September Bianco Tours will have a trip to Kentucky to enjoy the ARK Encounter and the Creation Museum see the flyers for more info.

If you haven't paid your 2018 membership dues, please do



Telephone 734-722-2830



Maryann Watson  
Senior Center Specialist  
734-461-9373  
Barbara Thomason  
Wayne County Nutrition  
Manager  
734-461-1186  
Senior Liaison  
Clerk Esther Hurst  
Senior Advisory Board  
Karen Mickens  
Margaret Rochon  
Barbara Thomason  
Joe Wilson

***Mission Statement (Condensed)***

It is the expressed mission of the Sumpter Township Senior Center to do all within its restraints of time, funding and manpower to:

Provide a safe and enjoyable environment wherein seniors may congregate.

Act as a liaison between area seniors, social service agencies, Wayne Co. & Sumpter TWSP Admins. Create activities promoting health, recreation, education socialization empowerment.

Open to suggestions

Comply with all State of Michigan non-discriminatory precepts.

In accordance with the Federal Law and the US Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race color, national origin, sex, age, religion, disability, political beliefs or disability. (Not all prohibited bases apply to all programs)

To file a complaint of discrimination, write to :

USDA Director, Office of Civil rights, 1400 Independence Ave. S. W., Washington DC 20250-9410

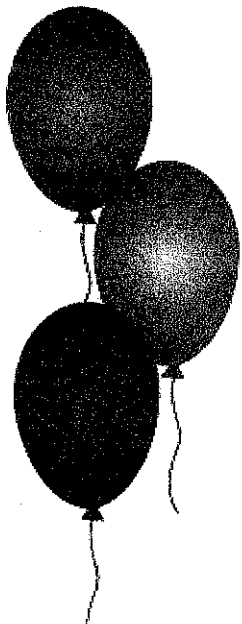
or call

(800)795-3272 (voice) or (202) 720-6382 (TDD)

# HAPPY BIRTHDAY TO

## **JUNE**

CAROLE BEACH  
BOBBIE HARBOUR  
ISABELL ATKINS  
NAOMI PRICE  
JUDY ELLIOTT  
HELEN DEMING  
FRANCES HARDESTY  
KAREN MICKENS  
JIM COLEMAN  
ANN K. HOGAN  
CHARLIE CRISPELL  
KATHY WHITAKER  
BETTY PARMELEE  
BUD MORGAN  
TYRONE BORDEN  
JEWEL LEONARD  
BARNEY BAN



## **JULY**

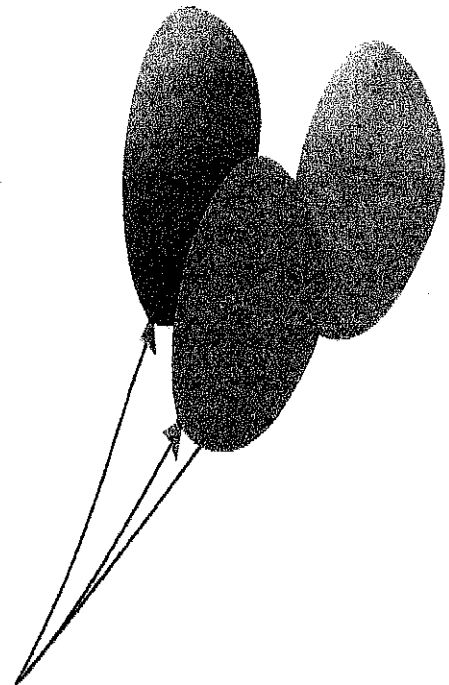
MARTHA HILL  
TERRELL CAPNERHURST  
HELEN BORENER  
MARGARET CLEVELAND  
BENNIE LEONARD  
JOE WILSON  
JANIE COLE  
ESTHER HURST  
BARB VAN ASSCHE  
JACKIE MCKENZIE  
DOROTHY CRIDER  
BONNIE BANNON

## **SEPTEMBER**

MARY DOMAS  
LARSHALL LEE  
JIM CLARK  
NORA BAKON  
TERRY BANKOWSKI  
VALERIE SWINSON  
DELORES MURRY  
FRANCES QUINEY  
MARY BAN  
SUE ULRICH  
FRANKIE MIDDLETON  
ROY DUNFORD  
BARBARA BREWER  
LAVONE LEWIS

## **AUGUST**

TONI CLARK  
SID STEWART  
CHRIS HAMM  
LAVAINÉ LOVELACE  
ROSEMARY FLORES  
SHEILA KRUG  
SHAY AUSTION  
MARGARET ROCHON  
ALEXIS PERDUE  
GIL SINGLETON  
GWENDOLYN BROWNLEE



## JUNE HIGHLIGHTS

- 13 Trip Movies Emagine Canton \$10.00
- 18 LUNCH \$4.00 Wheat & Rye Depart 10:30am
- 21 White Elephant Bingo 12:30pm bring prizes
- 23 Wayne County Picnic FREE Depart 9:00am
- 25 Happy Birthday Bingo
- 26 Gala, Garden & Games  
sponsored by Regency of Canton
- 28 Shopping

## JULY HIGHLIGHTS

- 3 NO Shopping
- 4th OF JULY CLOSED BE SAFE
- 10 Shopping
- 11 LUNCH TRIP \$4.00 Depart 10:30
- 19 White Elephant Bingo 12:30pm bring prize
- 25 GreenField Village \$35.00 Depart 10:00am
- 30 Happy Birthday Bingo

## AUGUST HIGHLIGHTS

- 1 Shipwrecks \$30.00 Depart 8:30am
- 13 LUNCH TRIP \$4.00 Outback  
Depart 10:30 am
- 15 Summer Picnic 2PM to 5Pm
- 16 White Elephant Bingo 12:30pm bring prizes

## SEPTEMBER HIGHLIGHTS

- 5 Detroit Zoo Senior Day \$5.00 Depart 10am
- 12 Upholstery Starts
- 14&15 Rummage & Treasures Sale 9-5
- 17 LUNCH TRIP \$4.00 Depart 10:30
- 27 The Ark Trip with Bianco Tours

## TRAVEL & TRIPS

### Policies and Procedures

The Senior Transportation Program reserves the right to make changes in the program at any time to accommodate the needs of the group.

The Senior Transportation Program reserves the right to cancel rides in the event of inclement weather, mechanical problems or any other reason that may affect the safety of riders.

If any of the four school districts are closed our transportation is closed.

Airport, Huron, Lincoln, Van Buren schools.

Riders are expected to conduct themselves in a manner that is considerate and courteous of the driver and other riders.

All bus passengers must exit the bus upon destination arrival. Please plan on walking,

Please pay in full for any trips one week prior or you will forfeit your seat.

Partial Payments accepted.

**ALL TRIP PLANS ARE SUBJECT TO CHANGE.**

**2 STOP SHOPPING TO BELLEVILLE**

**ONE SHORT STOP, THEN MEIJER OR WALMART (CALL FOR MORE INFO)**

**Any transportation emergencies please call 734-461-6201 ext. 2243**

**The secretary will notify the driver: Maryann**


**Please call the office: 734-461-9373 before 9am to cancel or reserve transportation**

In Partnership with 

Sumpter Senior  
Center  
23501 Sumpter Rd.  
734-461-9373

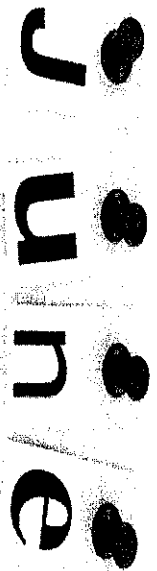
Regularly scheduled Programs/Activities  
Sumpter Seniors for  
JUNE, JULY, AUGUST 2018



<p>Exercise room open daily 10am to 2pm Monday- Friday 10am technology with Dave PENNY POKENO 12:30</p>	<p>Arthritis Foundation Exercise 10:30am Bible Study 10:00 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</p>	<p>TECHNOLOGY ASSISTANCE FOR COMPUTERS, TABLETS, &amp; SMART PHONES Are now by Appointment only! Dave is available on Tues. &amp; Wed. To schedule your appointment by email: demali:dcostanza@mich.edu</p>	<p><u>Cardio Drumming 9:45am</u> Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am</p>	<p>NUTRITION PROGRAM MON THRU FRI 11:45 CONGREGATE &amp; MEALS ON WHEELS \$3.00 suggested donation to help support the Nutrition program 734-727-7357 TO SIGN UP for Meals on wheels 734-461-1186 For Sumpter reservations Nutrition Manger Barbara Thomason</p>
<p>Exercise room open daily 10am to 2pm Monday- Friday PENNY POKENO 12:30</p>	<p>Arthritis Foundation Exercise 10 am Bible Study 10:00 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</p>	<p>Wii Bowling 10:30 am TECHNOLOGY Sessions by appointment Foot Doctor call for schedule</p>	<p><u>Cardio Drumming 9:45am</u> Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am</p>	<p>Focus Hope /Commodities 9:30-11:30 am third Thursday <u>Cardio Drumming 9:45am</u> Arthritis Foundation Exercise 10:30am Blood Pressure Nurse Sharon</p>
<p>Exercise room open daily 10am to 2pm Monday- Friday PENNY POKENO 12:30 White Elephant Bingo 12:30 Third Mondays</p>	<p>Arthritis Foundation Exercise 10 am Quilt/sew 10 am Bible Study 10:30 Blood Pressure Nurse Sharon</p>	<p>Wii Bowling 10:30 am CRAFT CLASS see highlights page TECHNOLOGY Sessions by appointment Foot Doctor call for schedule</p>	<p><u>Cardio Drumming 9:45am</u> Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am</p>	<p> The Senior Center sponsored in part by:</p>
<p>Exercise room open daily 10am to 2pm Monday- Friday Birth day BINGO 4th Monday of each month Sponsored by</p>	<p>Arthritis Foundation Exercise 10 am Bible Study 10:00 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</p>	<p>Wii Bowling 10:30 am CRAFT CLASS see highlights page TECHNOLOGY Sessions by appointment Foot Doctor call for schedule</p>	<p><u>Cardio Drumming 9:45am</u> Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am</p>	<p>The Senior Center sponsored in part by:</p>
<p>IF the SCHOOLS ARE CLOSED, THE CENTER IS CLOSED. Airport, Huron, Lincoln, Or Van Buren Districts</p>			<p>Speakers will be scheduled on <u>Thursdays</u></p>	<p>The Senior <b>Alliance</b> Live - Age - Grow 1-734-722-2830</p>

# Wayne County Senior Services Nutrition Program

## June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE**</b> Visit us at <a href="http://waynecounty.com/sws">waynecounty.com/sws</a> Suggested Donation \$3.00/Meal				
<b>PLEASE CALL</b> <b>24 Hours in Advance to</b> <b>Cancel Meals</b>				
<b>4</b> Swiss Steak Whipped Potatoes Diced Beets Multi-Grain Bread Mixed Fruit Milk Margarine	<b>5</b> Potato Crusted Fish Cheesy Potatoes Green Peas Wheat Bread Oatmeal Raisin Cookie Milk Margarine Tarter Sauce			
<b>11</b> Lemon Pepper Chicken Whipped Potatoes Spinach Cornbread Pears Milk Margarine	<b>12</b> Beef with Pepper Gravy Succotash Broccoli Multi-Grain Bread Fresh Fruit Milk Margarine	<b>13</b> Macaroni and Cheese Stewed Tomatoes Green Beans Wheat Roll Peaches Jelly Crème Pie Milk Margarine	<b>14</b> <b>Father's Day Meal</b> Pork with Supreme Sauce Country Potatoes Glazed Carrots Texas Bread Cherry Pie Milk Margarine	<b>1</b> Sriracha Tuna Salad Ranch House Tomatoes Three Bean Salad Kaiser Roll Fresh Fruit Milk
<b>18</b> Chicken Strips Teriyaki Sauce Brown Rice Peas and Carrots Multi-Grain Bread Fresh Fruit Milk Margarine	<b>19</b> Beef Jardine Whipped Potatoes Spinach Wheat Roll Applesauce Milk Margarine	<b>20</b> Glazed Ham Cut Yams Green Beans Wheat Roll Fresh Banana Cinnamon Crumb Cake Milk Margarine	<b>21</b> Spaghetti with Meat Sauce Mixed Vegetables Garlic Texas Bread Pineapple Tidbits Milk Margarine	<b>22</b> Krab Mac Salad Colelaw Mixed Fruit Saltine Crackers Grape Juice Milk Margarine
<b>25</b> Chicken Marsala Au Gratin Rotini Spinach Wheat Roll Fresh Fruit Milk Margarine	<b>26</b> Beef with Mushroom Gravy Whipped Potatoes Green Peas Multi-Grain Bread Peaches Milk Margarine	<b>27</b> Chicken Salad White Bean Salad Italian Tomatoes Hamburger Bun Strawberry Swirl Pudding Milk	<b>28</b> Hamburger Patty Sliced Cheese Lettuce and Tomato Hashbrown Casserole Mixed Vegetables Hamburger Bun Fresh Fruit Milk Mustard   Ketchup	<b>29</b> Sliced Turkey Breast with Gravy Scalloped Potatoes Green Beans Wheat Roll Mixed Fruit Milk Margarine

# Caregiver Support

The Senior Alliance helps caregivers of older adults and individuals who have a disability in navigating the health care system and identify available program and service options to best meet their unique concerns. We recognize that being a caregiver can be challenging and you may not know where to turn for support. Each caregiver program offers varying types of assistance and the information listed below is not all inclusive. Ask an Information & Assistance Specialist to help connect you with resources personalized to fit your specific caregiving situation.

Please contact us at 1 (800) 815-1112.



## CAREGIVER RESOURCES

### Neighborhood Legal Services – Elder Law & Advocacy Center

[www.nlsmichigan.org](http://www.nlsmichigan.org)

313-937-8291

### Kinship Care Resource Center

[www.kinship.msu.edu](http://www.kinship.msu.edu)

800-535-1218

### Eldercare Locator

[www.eldercare.gov](http://www.eldercare.gov)

800-677-1116

### National Alliance for Care-giving

[www.caregiving.org](http://www.caregiving.org)

301-718-8444

### Family Caregiver Alliance

[www.caregiver.org](http://www.caregiver.org)

800-445-8106

### Caregiver Action Network

[www.caregiveraction.org](http://www.caregiveraction.org)

202-454-3970

### The American Association for Caregiver Education

[www.caregivered.org](http://www.caregivered.org)

### National Caregivers Library

[www.caregiverslibrary.org](http://www.caregiverslibrary.org)

804-327-1111

### Today's Caregiver

[www.caregiver.com](http://www.caregiver.com)

Office of Information & Assistance

### VA Caregiver Support

[www.caregiver.va.gov](http://www.caregiver.va.gov)

855-260-3274

### Strength for Caring (in collaboration with AARP)

[www.strengthforcaring.com](http://www.strengthforcaring.com)

Caregiver Hotline: 877-333-5885

### Medicare

[www.medicare.gov](http://www.medicare.gov)

1-800-Medicare

### Medicare Medicaid Assistance Program (MMAP)

[www.mmapinc.org](http://www.mmapinc.org)

800-803-7174

### Long Term Care Ombudsman

[www.michigan.gov/osa](http://www.michigan.gov/osa)

866-485-9393

### Other Resource Information

[Caregiver Support Groups –August 2016](#)

[Health Based Organizations](#)

[AARP Prepare for Care](#)

# ***Summer Picnic***

**LETS ENJOY THE COURTYARD !  
LEMONADE, SHADE, SEE HOW WELL OUR GARDEN  
HAS GROWN.**

**SUMPTER QUILTERS  
WILL SUPPLY REFRESHMENTS AND FOOD FOR THE EVENT.**

***At: Sumpter Senior Center  
23501 Sumpter Road, Belleville, MI***

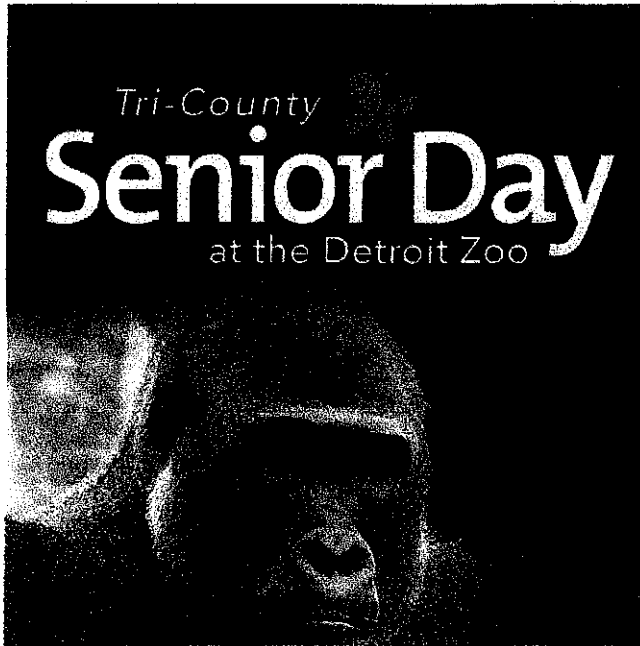
***When: August 15, 2018, 2:00 pm to 5pm***

***Sponsored by: Sumpter Quilters***

***Bring: Your Sunscreen, hat, & SMILE***

***RSVP: 734-461-9373 By August 8, 2018,***

# SUMMER FUN



September 5 10 a.m. to 3 p.m.

\$5.00 transportation

\$35.00 July 25, 2018

**GREENFIELD VILLAGE** Experience a place where over 80 acres brim with resourcefulness and ingenuity. Where 300 years of American stories pulse with life. Step foot in the lab where Thomas Edison had his lightbulb moment. The Bagley Avenue shed re-created by Henry Ford to share the story of where he built his first car. Or the workshop where the Wright brothers taught us to reach for the sky. Discover our nation's most formative years at the place where everything feels astonishingly real. Because it is.

See how the latest technology in shipwreck identification is used to discover wrecks as we investigate the remains of a sunken mystery ship. Along the way we'll explore historic shipwrecks and the lighthouses built to help prevent them. Bring along your diving bell as we delve into the realm of underwater archaeology.

Wednesday, August 1, 2018 at 10 a.m. (Lake Erie) 2 1/2 hour cruise \$30.00

Lake Erie Metropark

*The Westland Friendship Center  
Along with Metro West Senior Services  
Presents*



*Featuring T J Craven*

*1119 N. Newburgh Rd. Westland.*

*Friday September 14th*

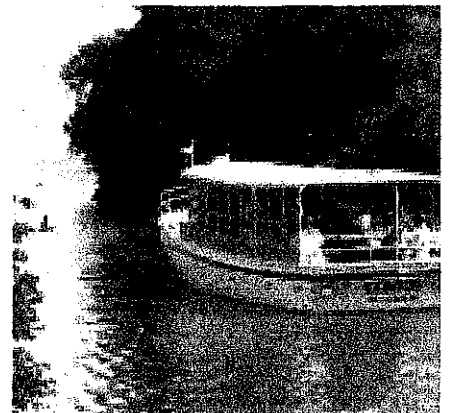
*7:00pm*

*Cost \$5.00 per person*

*Includes hot dog, chips and drink*

*Park opens at 11:30 for seating*

*Limited tickets available*





**SUMPTER SENIOR'S**



# **TIGER GAME**



***When: AUGUST 23, 2018  
TIGERS VS. CHICAGO WHITE SOX***

***Price: \$40.00 per person***

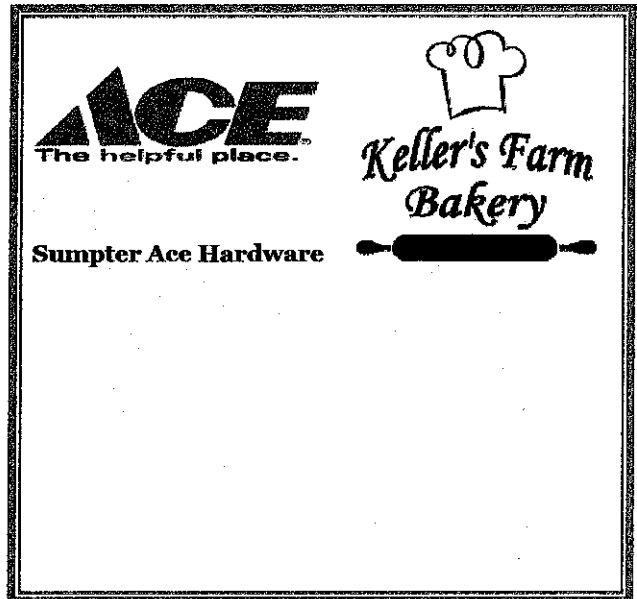
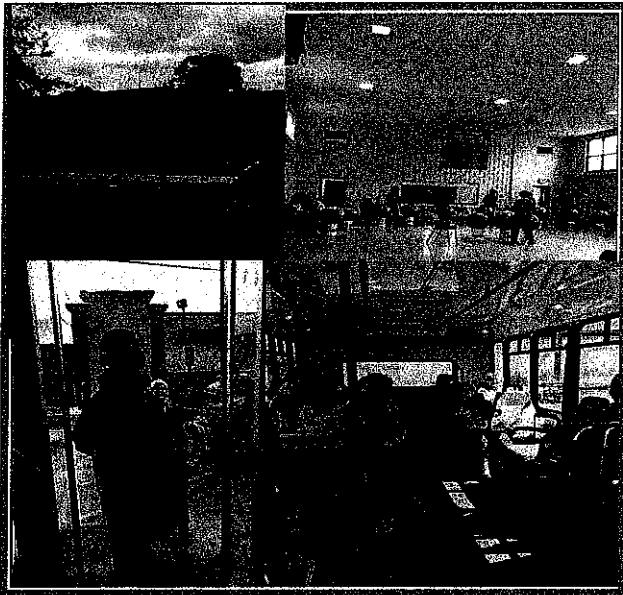
***DEPART: 11:00AM  
Sumpter Senior Center  
23501 Sumpter Road, Belleville, MI***

***MORE INFO CALL 734-461-9373***

## 2018 TEFAP & FOCUS HOPE

Food distribution is the 3rd Thursday monthly from 9:30 to 11:30 am for income/age qualifying persons, at the Senior Center.

January	18	February	15	March	15	April	19
May	17	June	21	July	19	August	16
September	20	October	18	November	15	December	20



***Sumpter Seniors* would like to thank the following individuals, organizations, businesses for their generosity throughout the year.**

**SUMPTER TOWNSHIP BOARD- SUPERVISOR JOHN MORGAN, CLERK ESTHER HURST  
TRUSTEE DON LAPORTE, TRUSTEE DON SWINSON, TRUSTEE SHEENA BARNES  
TREASURER PEGGY MORGAN & MR. RICHARD MORGAN, TRUSTEE MATT ODDY,  
ATTORNEY ROB YOUNG, DEPUTY SUPERVISOR KAREN ARMATIS,  
JUDGE DAVE PARROTT, WAYNE COUNTY COMMISSIONER AL HAIDOUS,  
KELLERS BAKERY, PINTERS FLOWERLAND, RED ROOSTER, MARTIN & SON,  
DAVID C. BROWN FUNERAL HOME, SUMPTER PARKS & REC, BENITO'S PIZZA,  
SUMPTER QUILTERS, SWIFT TRUCKING, EXPRESS TIRE, SUMPTER POLICE DEPT.  
HIGGERSON & NEAL FUNERAL HOME, SUMPTER COLLISON, ANGEL FOOD CATERING.**

# *Ark Encounter*

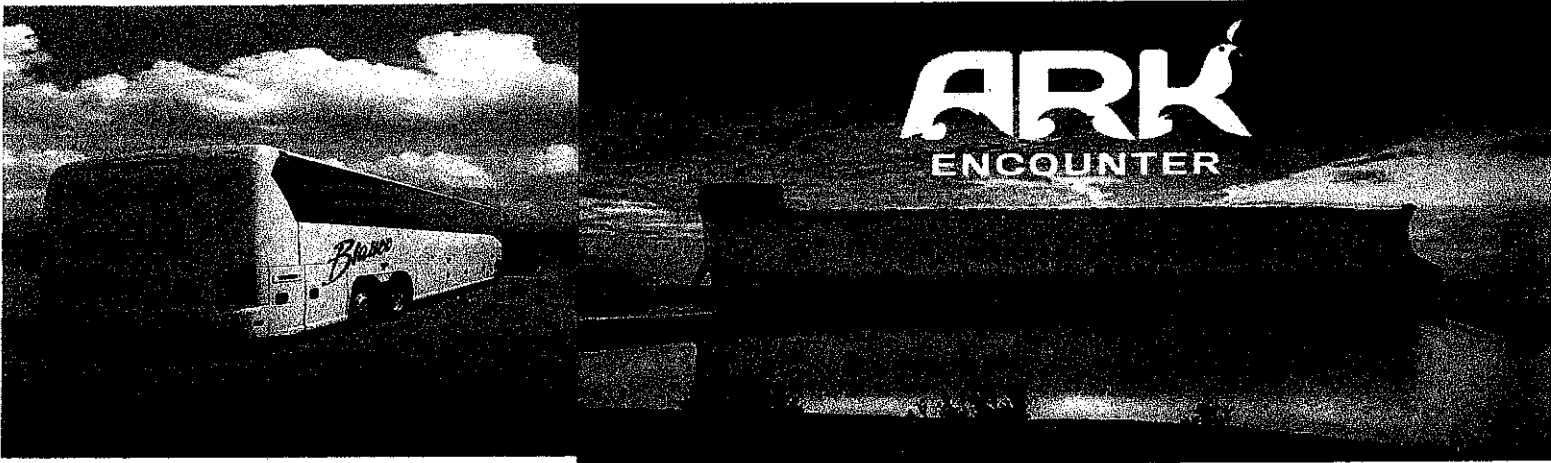
*“The Life – sized Recreation of Noah’s Ark”*

*Presented by: Bianco Tours*

*Tour Dates:*

*September 27 – 28, 2018*

*Thursday–Friday*



## ***TIGERS VS. CHICAGO WHITE SOX***

***Depart: 11:00AM***

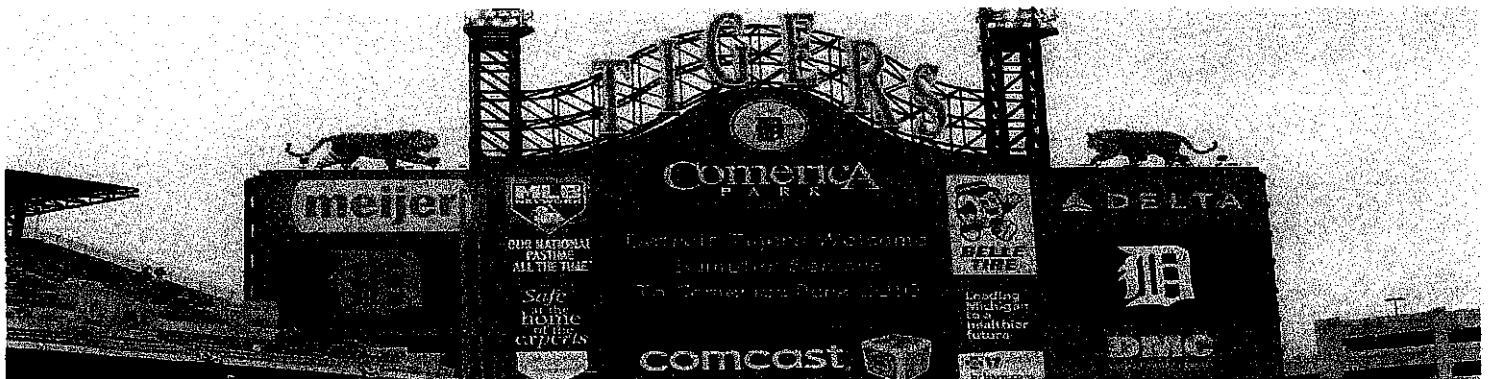
***Sumpter Senior Center***

***23501 Sumpter Road, Belleville, MI***

***MORE INFO CALL: 734-461-9373***

***When: AUGUST 23, 2018***

***Price:\$40.00 per person***



**Rummage  
& Treasure's Sale**

**Sumpter  
Community Center Gym  
23501 Sumpter Road  
Belleville, MI 48111**

**734-461-9373**

*Please leave a message*

**When: Friday & Saturday  
September 14 & 15, 2018  
9:00am to 4:00pm  
\$10 table rental**

***Take time to part with your treasures, one persons  
junk is another persons treasure!***