LINCOLN GOLDEN AGES NEWSLETTER

December 2015 and January 2016

Sponsored by:
The Lincoln Board of Education
Lincoln Golden Ages Senior Program
8970 Whittaker Road
Ypsilanti, Michigan 48197
Established in 1984
Office Phone: (734) 483-8366

Happy New Year

LINCOLN GOLDEN AGES
2015 - 2016 Advisory Board

Chairperson	Helen Nafranowicz
Co-Chairperson:	Peggy Hogan
Treasurer:	Anne Straub
Secretary:	Gail Wilson
Trustee:	Jack Lauderman
Newsletter	Donna Madvek and Edna Smith
Alternative Board Members:	Linda Katchmeric, Barbara Haley and Mary Domas
Coordinator:	Donna Madvek
Committees:	
Sunshine:	Laverne Kailimai
Parties:	
Days Trips:	
Extended Trips:	
Volunteer Van Drivers	Mike Renaud, Jack Lauderman, John McGehee, Bonnie Bannon

MISSION STATEMENT

The Lincoln Senior Citizen Program was established to service senior adults 55 and older who reside in this community and area. We are committed to assisting all senior citizens in their needs; with referrals, education, health information, recreational activities, hot meals, but most of all a warm atmosphere of belonging.

LINCOLN GOLDEN AGES MINUTES

November 10, 2015

The Chairperson welcomed all members and asked the Secretary to do the roll call.

Present: Chairperson: Helen Nafranowicz, Co-Chair: Peggy Hogan, Treasurer: Ann Straub, Secretary: Gail Wilson, Trustee: Bobbie Harbour and Senior Planner: Donna Madvek

Committee Members Present: Day Trips: Mary Domas, Linda Katchmeric, Party: Vacant, Sunshine: Laverne Kailimai

The Chairperson asked if the October minutes had been read and if corrections were needed. Mary Domas made a motion to approve the minutes and Edna Smith seconded it.

TREASURER'S REPORT:

The October report was given by Ann Straub. Bobbie Harbour asked why the charges are not broken down for fitness and yoga. She would like a responsible person to collect the money for these classes. It was recommended that the instructor be given a list for members to sign and check off who has paid and not paid and return to D. Madvek. Also a breakdown of charges on the credit card will be forthcoming. The tax Form 990 has not been done yet but H. Nafranowicz and A. Straub will be completing it this week. Linda Katchmeric made a motion to accept the report and Barbara Haley seconded it.

CORRESPONDENCE: None received.

COMMITTEE REPORTS:

Sunshine: Laverne Kailimai reported that a get well card was sent to M. Bevier. Feel better cards were also sent to Colleen Woods and Sarah Eichstadt.

Party: We do not have a party chairman at this time. L. Katchmeric has volunteered to take care of the Christmas party. B. Haley and M. Domas will be assisting her. It was recommended that before purchasing any decorations, we check our own inventory.

Day Trips: We need new members for the day trips. These trips need to be scheduled at least 3 months in advance. K. Lauderman has volunteered her services as an advisor for the trips. We will continue our search for active members.

SENIOR PLANNER/ADMINISTRATOR:

Donna Madvek reported that the Women of Moose donated $100.00. A thank you card will be forthcoming. The emergency food boxes have been distributed.

OLD BUSINESS:

It was decided that our Christmas party will be provided by Deb's Catering. The cost is $11.00 per plate. The Board will pay for $6.00 and active members will pay $6.00.

The results of the survey are on the table to read. The top 5 choices were basically the same as in the past. The trip committee changes will be presented at the next board meeting. We will not be furnishing baskets for the needy this year.

H. Nafranowicz checked on the co-op to do blood pressure checks for our members. Unfortunately, nothing will be available until January, 2016. B. Bannon mentioned that there may be someone from the Milan Center who could do this. H. Nafranowicz said she would check into it. Then, B. Bannon volunteered to do the blood pressure readings at 11:30 on Tuesdays.

Election: In our by-laws, a motion was made for members to serve a two year term. H. Nafranowicz read the corrected amendments to the by-laws. Discussion was held regarding these changes and it was recommended that a committee be formed to go over these changes and report back to the Board.

B. Harbour has again decided to resign as a Trustee on the Board. Jack Lauderman has volunteered to fill this position. H. Nafranowicz has recommended Jack for this position and it was an unanimous vote that he be selected.

NEW BUSINESS:

It was recommended that we donate again to Safe House. M. Domas suggested that this year we increase our donation to $100.00. It was agreed upon by the Board members.

The Giving Tree has been set up. We will be giving $5.00 gifts to boys and girls in need at Bishop Elementary. Please take a tag off the tree and place it on your gift. There are boxes by the tree to deposit your gifts – one for girls, one for boys. December 8th is the deadline for gifts.

We could use some more donations to complete the baskets for the fund raiser. Please see the sign-up sheets. If you want to make an individual basket, please feel free to do so. Our signs are up all around the area. Please stop by and help our center.

We will have a $10.00 gift exchange at the Christmas party. If you wish to participate, you must be a member whose dues are paid up to date. If you do not bring a gift, you will not receive a gift.

A discussion was held regarding our birthday celebration. Any member during the month of their birthday can call in and reserve a free lunch any day they choose. We will also have a celebration the last Friday of each month for all members.

The chairperson asked all members present if there were any complaints, concerns, or other suggestions before we close the meeting. Since none were stated, a motion was made by Edna Smith to adjourn and seconded by Peggy Hogan. The next Advisory Board Meeting is scheduled for December 8, 2015 at 10:00 a.m.

Sincerely,

Gail A. Wilson

Lincoln Golden Ages
Members celebrating their birthday
December 2015

Jacqueline Kyler-Sargent	3	Luanne Genga	20
Gloria Townsend	4	Becky Townsend	20
Margaret Vincze	5	Sam Brabant	22
Carol Shell	7	Patricia Yates	23
Sheri Starkey	10	Linda Bayus	24
Patricia Spriggel	11	Alma Simon	24
Joseph Burns	12	Janna Loechli	25
Mary Ann Blaszak	14	Glenda Jones	26
Patricia Stuky	17	Jeff Jameyfield	27
Catherine Rice	18	Benjamin Grant	30
Christine Chie	19	Ralph Leonard	31
Delores Norris	19	Roxanne Mayville	31

May the sun shine bright
on your special day and you be lifted
by the love that surrounds you!

Lincoln Golden Ages
Members celebrating their birthday
January 2016

Carl Hendricks	11	Glenda Cornette	25
Eddy Churchill	13	Evelyn Cameron	27
Charles Stoll	16	Ernest Bodenmiller	28
Kathy Giszczak	20	Rita Komora	28
Stan Mattingly	21	Anna Straub	28
Barbara Kalbach	23		

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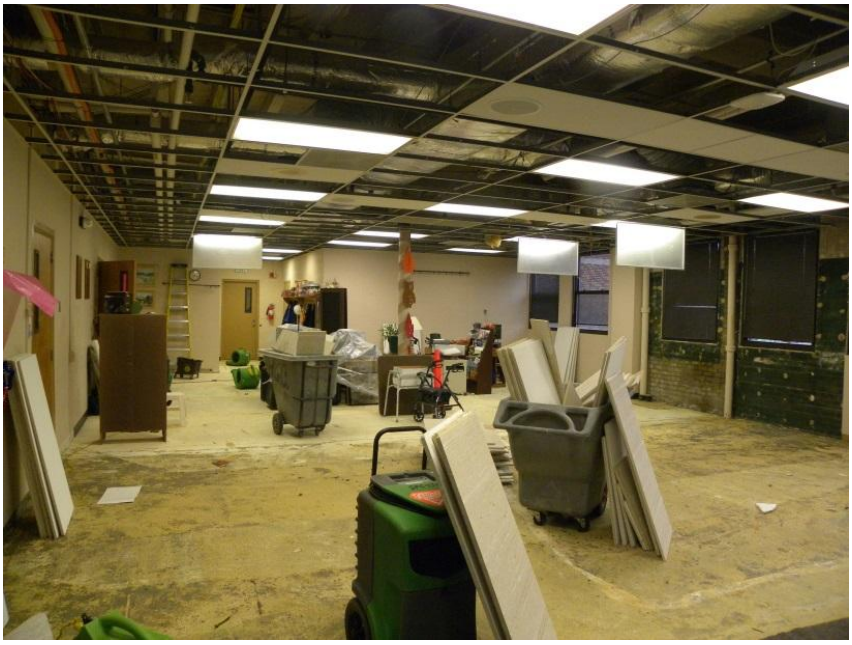
Dear Members:

We would like to inform everyone of the unfortunate maintenance problem that was discovered on Monday, November 16, 2015. Our center flooded and is in terrible condition. Our Fall/Holiday Fundraiser has been cancelled. The Senior Center will be closed until December 1st.

Our hope is that the center will be up and running soon. Please continue to contact the center at (734) 483-8366 for current updates.
Thank you



Members having fun at the Halloween Party

Lincoln Golden Ages

Christmas Party - December 18th

12:00 to 2 pm

We will be having a catered lunch and holiday fun !

$ 6.00 per person

In order to give the caterer an accurate head count, the deadline to sign up is **December 10th** stop by or call (734) 483-8366

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Dear members,

Help a local child celebrate the Holiday by donating a gift to our Giving Tree program.

A **$ 5.00 gift** will put a smile on their face. **The age group is 7 to 11 years old.**

Please bring in your wrapped gifts with the designated boy/girl tag to the senior center by **December 8th.**

If you cannot wrap the gift we will be happy to assist.

Christmas Facts

Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

Christmas was declared a federal holiday in the United States on June 26, 1870.

The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.

Construction workers started the Rockefeller Center Christmas tree tradition in 1931.

Have a Happy and Safe Holiday

UPCOMING EVENTS

January:

The Senior Center will reopen from the Holiday break on Tuesday- January 5, 2016.

- Yoga will resume on Wednesdays at 9:00 am.
- Wellness Group will resume on Thursdays at 9:45 am.
- Wise & Fit Class will resume on Thursdays at 10:45 am.
- Bingo & Cards will continue as always
- Monthly Movie Matinee at the Rave will be scheduled as a day trip. More information will be provided at the center.
- A Tea Party will be scheduled. More information will be provided at the center.

February:

Valentine's Day

Potluck Party

Friday - February 12th 12:00 to 2 pm

If you can, please bring a dish to pass. Sign up at the center before February 9th.

More information will be provided in the February newsletter.

Shaved Brussel Sprouts Salad

Brussel sprouts, a miniature member of the cabbage family, are often overcooked into a stinky, mushy mess. Not so here; instead they are left raw, sliced thinly, and tossed with cheese, nuts and an inspired dressing for a crunchy alternative to coleslaw.

Ingredients:

2 pounds of Brussel sprouts
½ cup pine nuts toasted
½ cup grated pecorino cheese

Dressing:

3 tbsp. Spoons fresh lemon juice
Minced shallots
1 clove garlic minced
2 tbsp. Spoons Dejon mustard
½ tea salt
6 tbsp. Spoons olive oil

Directions:

Thinly shave Brussel sprouts and place in a strainer to wash. Then, spin dry and set aside.

In a non-reactive bowl place lemon juice, shallots, garlic, mustard and salt, whisk these together. Slowly add olive oil while whisking.

Put sprouts in with the dressing and toss. Let marinade for 30 minutes. Then add pine nuts and cheese, salt and pepper to taste and toss again.

Happy New Year!

It's another New Year... 2016

...but for what reason?

"**Happy New Year**!" That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.

ANCIENT NEW YEARS

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

FOR LUCK IN THE NEW YEAR

Traditionally it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the New Year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.

5 Tips to Improve Body Image

Focus on your strengths
Negative thoughts are detrimental to your body image. Rather than reminding yourself of what you don't like about your body, focus on what you do like. This will help you feel more confident about what you see in the mirror.

Eat right
Health comes in all shapes and sizes. Make sure you are getting the nutrients you need by paying attention to what you put into your body – this places the importance on health, not weight.

Stay active
Regular exercise can improve your strength and cardiovascular health, not to mention your confidence. Becoming fit and active allows you to appreciate your body for what it does, rather than what it looks like.

Don't compare yourself to others
Remember that the made-up, airbrushed images you see in the media aren't real. Beauty comes in many different shapes and sizes, so focus on becoming your personal best rather than trying to live up to unrealistic standards.

Concentrate on your goals and dreams
Take the focus off what you want your body to look like and think about the kind of person you want to be. Doing well in school and developing hobbies and interests will allow you to feel good about who you are on the inside.

Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	9:00 Yoga 12:45 Bingo	9:45 Wellness Group 10:45 Wise & Fit Massage	9:30 walking/stretching
8 9:30 walking/stretching **10:00 Board Meeting** 12:30 Crochet & Knitting Playing cards **3:00 Monthly dinner out mystery trip**	**9** 9:00 Yoga 12:45 Bingo	**10** 9:00 Wellness Group 10:30 Wise & Fit **Caroling at Cedar Woods 10:30** Massage	**11** 9:00 walking/ stretching **Holiday activity w/ Brick Elementary 3rd grade class 10 am**
15 9:30 walking/stretching 10:00 Day trip 12:30 Crochet & Knitting Playing cards	**16** 9:00 Yoga 11:00 Jeopardy Game 12:45 Bingo	**17**	**18** **Holiday Party** **12 to 2**
22 Senior Center is closed for the Holidays	**23** Senior Center is closed for the Holidays	**24** Senior Center is closed for the Holidays	**25** Merry Christmas

Happy Holidays!

The sewing group meets at the center every Monday from 10:00 to 3pm & will resume their regular schedule In January.

Daily card playing after lunch