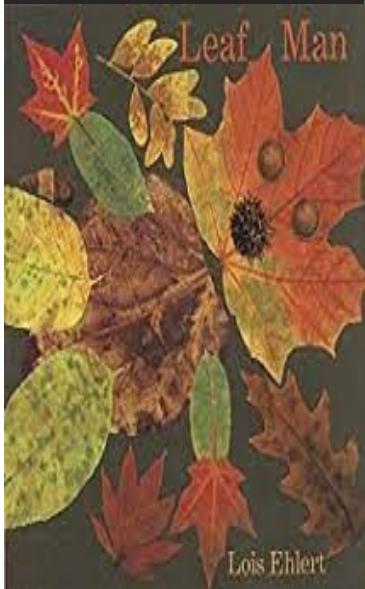


Senior Reflections



October 2022 Vol. 15, No. 10

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Happy October!

It's here... Autumn has arrived and so have chilly nights and turning leaves. Aren't you excited about the beauty to come? Autumn is a such a special time — a time to gather the harvest of that which has been planted by Spirit, by nature, and by man.

Perhaps you're aware of the generous gift that has been granted the Brennan Senior Center by the Charles Stewart Mott Foundation. This grant is a type of harvest — where the planter, in his wisdom, has produced a fruitful garden and has graciously shared a portion of that harvest. How *very* fortunate we are to partake! (To be a prosperous planter in some way is what "making a difference" in other's lives is all about.) This gift will make a tremendous difference at the Brennan Senior Center. Read page six to learn more about what will be done at the Center by use of the grant.

The Brennan has already begun to transition to its more up-to-date future with the installation of new flooring and furniture in the offices. Many changes will take place over time, and it is asked that you "excuse our dust" and bear with us during the process. We hope to keep all activities in place as we are improving the Center, but there may exist times where adjustments will need to be made. In advance, we appreciate your understanding.

As it regards activities, we're happy to welcome back Mrs. Gist this month to provide Basic Sewing instruction. Check the Activities Schedule for her class and others.

Lastly, we're happy to welcome Adrienne Nance as the new Administrative Assistant at the Brennan. JanMarie will continue producing the Senior Reflections newsletter and to teach Yoga.

We wish you happiness and good health and hope to see you soon!

Brennan Senior Center Staff



Center Hours*

Monday	10am—5pm
Tuesday	10am—5pm
Wednesday	10am—5pm
Thursday	10am—5pm
Friday	10am—5pm

*Hours subject to change.

Staff

Advisory Board

Deborah Holmes, Director	Tom King, Chairperson
Adrianne Nance, Administrative Assistant	Archie LeFlore, Treasurer
Natelete Hill, Maintenance	Mavis Pitts, Trustee
Richard Flynn, Van Driver	Nancy Bush, Trustee
Heinitsh Woodson, Alt-Van Driver	Gary Simon, Trustee
	Tommy Gist, Trustee
	Mark Evans, Trustee
	George Bowden, Trustee
	Mildred Bowen, Recording Secretary

This program and/or service is fully- or partially-funded by

Genesee County Senior Millage funds.

Your tax dollars are at work.



Want to Get Your Business Noticed? *Advertise!*

*Ad rates (monthly)

Full-page	\$85	Half-page	\$45	Quarter-page	\$25
Eighth-page	\$10	Business card	\$10	Patronage (Full name)	\$5

*Discounted rate available for quarterly advertisement period. Contact Deborah Holmes at 810.766.7238.

Upcoming Events

Veteran Services

Date: Tuesday, October 4

Call to make an appointment

Time: 10:00am—11:00am

Legal Services of Eastern Michigan

Date: Friday, October 14

Call to make an appointment

Time: 9:30am—11:00am

Catholic Charities' Group Talk with Brittany J.

Date: Tuesdays

Open Invitation

Time: 11:30am—12:30pm

The Brennan Senior Center wishes to extend its sincere gratitude to the following service providers and local food agency for their recent support. Your consideration and ongoing contributions to Brennan seniors and the Flint community are sincerely appreciated.

Valley Area Agency on Aging — Nutrition As We Age seminar. Jennifer and Jeannette provided invaluable information to support good dietary health.

Valley Area Agency on Aging — Art Therapy workshop series. Carolyn and Kylene provided participants the opportunity to practice mindfulness through art and to share personal stories while creating art.

Food Bank of Eastern Michigan — Food Distribution event. Heartfelt thanks to Leah and the entire Food Bank team—particularly the youth volunteers—for your collective effort with providing nutritious food and more to the local community via the Brennan/Stewart location. It was an AMAZING day!



How to Solve Sudoku

A Sudoku puzzle consists of a 9×9 square grid subdivided into nine 3×3 boxes. Some of the squares contain numbers.

The object is to fill in the remaining squares so that every row, every column, and every 3×3 box contains each of the numbers from 1 to 9 exactly once.

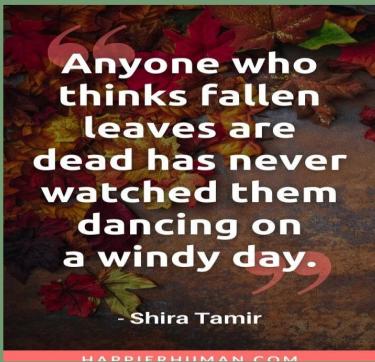
Puzzle solution on back cover.

Get more puzzles online:
<http://www.puzzles.ca/sudoku.html>

		5				2
6			7	8		9
8	1				6	7
9					8	1
	7	1	5		9	6
				6		
	5		9			2
					1	
	3				7	

October Activities Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
3	4	5	6	7					
Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	Cell Phone 1:1 11a-1p Exercise 11a-1p	Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <i>Bingo!</i> 1p-2p	Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p					
Classes labeled SS are via Zoom	Appt req'd for cell & computer classes								
10	11	12	13	14					
Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	Cell Phone 1:1 11a-1p Exercise 11a-1p	Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <i>Bingo!</i> 1p-2p	Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p					
		Senior Advisory Meeting 4:00pm							
17	18	19	20	21					
Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	Cell Phone 1:1 11a-1p Exercise 11a-1p	Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <i>Bingo!</i> 1p-2p	Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p					
Volunteer Meeting 11:00am									
24	25	26	27	28					
Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	Cell Phone 1:1 11a-1p Exercise 11a-1p	Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <i>Bingo!</i> 1p-2p	Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p					
31									
Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p									



SEWING CLASS

Calling all Fashionistas!

We are happy to announce that seamstress and quilter extraordinaire, Mrs. Mildred Gist, will resume teaching basic sewing classes on Thursday, October 6, 10:30am-12:30pm. You're welcome to bring something in process.



Kindly check-in at the kiosk for all activities and services.

Thank you!



GCCARD Senior Nutrition Program

October 2022 —Congregate Menu*

*Subject to change



MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Country Style Chicken & Gravy-1 ea Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk-8 oz	Beef Patty w/Gravy-1 ea Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	Homemade Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk-8 oz	Turkey & Cheese Sub-1 ea Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% Fruit Juice	Santa Fe Salad w/Chicken & Beans w/Homemade Roasted Corn Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salsa Cup Milk-8 oz
BBQ Pulled Pork-3 oz Diced Potatoes-1 ct Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk-8 oz	Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	Creole Steak in Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk-8 oz	HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice	Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk-8 oz
Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk-8 oz	HM Meatloaf w/Gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Cup-4 oz 100% Fruit Juice	Chef's Choice	HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice Homemade Birthday Cake	Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk-8 oz
HM Bean Soup w/Turkey Ham-8 oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin & Margarine-1 ea Milk-8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine-1 ea 100% Fruit Juice	Homemade Sloppy Joe-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk-8 oz	BBQ Chicken-3 oz Potato Salad-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month	Breaded Turkey Sandwich Ranch Potato Wedges Macaroni Salad Whole Wheat Bun Fresh Apple-1 ea Mayo packet-1 ea Milk-8 oz
Chicken Salad Sandwich- 1 ea Croissant- 1 ea Carrot Sticks Three-Bean Salad-4 oz Fresh Banana-1 ct Milk-8 oz				
31				



Eastern Michigan Food Bank: Senior Food Box Program

Qualifications for the Senior Box Program:

- Age 60 years or older and meet income requirement
- Complete a Pre-Screening Questionnaire and Enrollment Form
- **October's box pickup: Monday, 10/10, 11am-1pm**

SPECIAL ANNOUNCEMENT

FLINT SENIOR CENTERS' RECIPIENTS OF MOTT FOUNDATION GRANTS

Mott Foundation Grants \$750,000 to Support Flint Senior Centers

The Charles Stewart Mott Foundation granted a total of \$750,000 to the city of Flint to support upgrades to the buildings, systems, and interior spaces at Brennan Senior Center and Hasselbring Senior Center. These grants aim to address critical needs and create community gathering spaces that are safe, vibrant, efficient, and sustainable.

"It is important for all residents and especially seniors, to have places where they can spend time, build relationships and stay connected to their community, said Ridgway White, president and CEO of the Mott Foundation. "We're happy to provide funding to the city of Flint to help ensure these two senior centers will be welcoming for residents — today and into the future."

The Mott Foundation made two grants to the city: \$450,000 to support the Hasselbring Senior Center and \$300,000 to the Brennan Senior Center. The grants are part of an effort to support upgrades and new spaces at multiple Flint community centers. They follow a \$575,000 grant to Latinx Technology & Community Center that was made earlier in the year to redevelop the organization's second floor in order to provide additional space for community programs, staff offices, and youth and adult educational programming.

Grant dollars to support Brennan Senior Center will be used to: repair the roof, sidewalk and lighting; upgrade air conditioning, ventilation, electrical and alarm systems; fully remodel the kitchen to accommodate culinary programming; and, upgrade room to support activities that seniors enjoy.

"The Brennan Senior Center has been serving the city of Flint for 14 years, addressing the health, education, recreation, socialization, nutritional, and transportation needs of seniors," says Deborah Holmes, Director. "We have structural deficits in the building causing safety issues that have not allowed us to use the full facility. These funds will allow us to provide a safe fitness room, to provide healthy meals prepared on-site, and to offer more activities with the expanded use of our space. We are thrilled to beautify and enliven the Brennan Senior Center and welcome more residents to it."

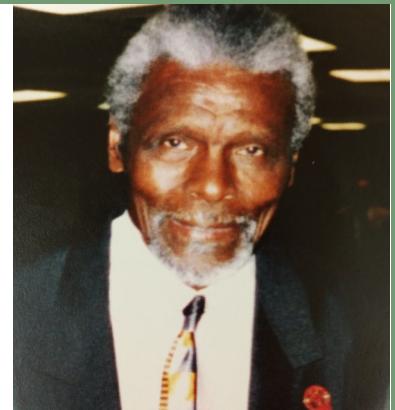
The grant to support Hasselbring Senior Center will be used to update to electrical and plumbing systems throughout the building, install a new air purification system, resurface the parking lot, purchase new computers, and spruce up its program space with new furniture and activity tables. Funds will also be used to upgrade the Center's banquet room and kitchen, enabling Hasselbring not only to host events, but also to generate revenue as a rental facility.

"Staff and volunteers at these centers put so much heart and energy into working with residents," White said. "The Mott Foundation made these grants so the Centers can focus more on that important work and worry less about physical improvements that need to be done."

GONE, BUT NOT FORGOTTEN

JOHN WESLEY RINGO

March 27, 1926 — August 10, 2022



Mr. Ringo's life was filled with joy and triumph as he navigated the Jim Crow South via Anniston, Alabama to establish a magnificent life for himself and his family in Flint, MI. At the age of 18, John joined the U.S. Navy in the call to fight against bigotry and injustice. Following his honorable discharge, he moved to Harlem, NY where he met Congressman Adam Clayton Powell, who later appointed him liaison to West Point. John's early interest in the study of medicine eventually led him to Talladega College where, in addition to academic studies, he was guided toward wearing a suit and professional appearance daily. This became his life-long habit, one that drew many toward him and lent to his familiar charismatic swag.

Affectionately known as Ringo, John was a great provider for his beloved family. In addition to his employ with General Motors, he ran the family's real estate and tax service businesses. Having successfully navigated the racial animus of his early life, John was committed to and actively engaged with the Civil Rights movement, which afforded him personal time with Dr. M.L. King. John was a faithful member of Macedonia Baptist Church for over 60 years. His community engagement included service as President of the Barks Street Block Club and active membership at the Brennan Senior Center where he was a treasured friend. Being a sportsman from his youth and a champion amateur golfer at the tender age of twelve, Ringo loved to compete in golf tournaments with the Vehicle City Golf Club.

Preceding John Ringo's transition were those of his parents, siblings, a wife, and his eldest son. His memory is cherished by seven children, a host of generational grandchildren, as well as other relatives and many dear friends.



FRANCINE HENDERSON October 17, 1949 — August 23, 2022

Francine was native to Flint and a 1967 graduate of Southwestern High School. Following graduation, she was employed by Superior Pontiac Cadillac as a car jockey. She moved on to Winkleman's ladies store working part-time as an office clerk. Proud to have been hired part-time by Hurley Hospital also, Francine was able to work both part-time positions as a full-time job. In 1972, Francine moved to General Motors—SPO where she was employed as a specification writer/coordinator within the Engineering Department. She retired from GM after 30 years of service.

Francine was a devoted to and loved by her family immensely — treasured as a wonderful sister, aunt, and friend. She enjoyed shopping, bowling, cards, gardening, golf, fishing, and traveling. She was an avid bowler with the Tuesday Early Birds and golfer with the Golferettes. Her greatest joy was seeing the world. Francine, a faithful Christian, was a member of the Triumph/Ebenezer Ministries where she served as Secretary and Vice-President of the Usher Board. She also served as Vice-President of the CK-Travelers Ministry. Prior to her passing, Francine worked briefly as Administrative Assistant at the Brennan Senior Center where she and her office mates enjoyed sharing laughs together.

Francine's transition was preceded by those of her parents, a brother, and other special family members. Her memory is cherished by sisters and brothers, nieces and nephews, and a host of other relatives, friends, and special friends.

Service Provider Announcements

Medicare Open Enrollment: Oct 15 - Dec 7

MMAP can help.

Your State Health Insurance Assistance Program (SHIP) can help with one-on-one, unbiased guidance:

- Understanding costs and coverage
- Comparing options
- Completing the enrollment process

MEDICARE

EXPERTS

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- Trained
- Certified

Contact your local SHIP at: 1-800-803-7174 • mmapinc.org

SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

This Month's Recipe

Peach Tree Pudding

Ingredients for pudding:

1 cup all-purpose flour
 1/2 cup sugar
 2 tsp. baking powder
 1/2 tsp salt
 1/2 tsp ground cinnamon
 1/2 cup 2% milk
 3 cups fresh or frozen peaches, sliced and peeled



Ingredients for the sauce:

1-1/2 cups water
 1/2 cup sugar
 1/2 cup packed brown sugar
 1 Tbsp butter
 1/4 tsp ground nutmeg

Directions

- Preheat oven to 400 degrees F.
- Grease an 8-inch square baking dish.
- In a medium bowl, combine the flour, sugar, baking powder, salt, and cinnamon.
- Stir milk into the flour mixture until just combined.
- Fold the peaches into the flour mixture.
- In a large saucepan, combine the water, sugar, brown sugar, butter, and nutmeg.
- Bring mixture to a boil, stirring until sugars are dissolved.
- Pour sauce over the peach mixture.
- Bake about 40-50 minutes, or until pudding filling is bubbly and a toothpick inserted in the center comes out clean.
- Serve warm or cold. Add ice cream, too. And, *Enjoy!*

Recipe courtesy of HeartlandCooking.com



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- eating
- grooming
- feeding
- meal preparation
- toileting
- mobility
- medication
- laundry
- shopping
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HOW DOES THE PROGRAM WORK?

You must receive Medicaid.

HOW CAN YOU BE COMPENSATED?

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HOW DO YOU QUALIFY FOR THE PROGRAM?

Case by Case Management Process:
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Physical/Mental need
Physician approved
Tasks identified
Caregiver identified/provided
MDHHS approved

www.tlcinhomesolutions.com

tlcinhomesolutions@yahoo.com

Resource Numbers

Senior Hotlines		City of Flint
Alzheimer's Association	1.800.272.3900	Mayor's Office
American Cancer Society	1.800.277.2345	Community Policing
American Diabetes Society	1.800.232.3472	Dumping Hotline
American Parkinson's Association	1.800.223.2732	Leaves and Snow
Arthritis Foundation	1.800.283.7800	Weeds and Tall Grass
Citizens for Better Care	1.800.284.0046	Water
County Commissioners	810.257.3020	Sewer
Dept of Veterans Services	810.257.3068	Parks and Recreation
Energy Assistance	1.800.292.5650	Customer Service
Legal Hotline for Seniors	1.800.347.5297	Priority Waste
Legal Services of Eastern MI	810.234.2621	City Council Gen'l #, then x
Meals-on-Wheels	810.239.7671	1st Ward - Eric Mays
Medicare Appeals & Inquiry	1.800.633.4227	2nd Ward - Ladel Lewis
Medicare/Medicaid Assistance	1.800.803.7174	3rd Ward - Quincy Murphy
MI Offices of Services to the Aging	1.517.373.8230	4th Ward - Judy Priestley
Sheriff's Office of Elder Abuse	810.257.3460	5th Ward - Jerri Winfrey-Carter
Social Security	1.800.772.1213	6th Ward - Tonya Burns
Utilities (Public Service)	1.800.292.9555	7th Ward - Allie Herkenroder
Valley Area Agency on Aging	810.239.7671	8th Ward - Dennis Pfeiffer
Veteran's Assistance	1.800.827.1000	9th Ward - Eva Worthing

Thank You

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our pleasure to
serve you.
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Brennan Elm Park Senior Community Corporation

1301 Pingree Ave.

Flint, MI 48503

Phone: 810.766.7238

E-mail: Brennanseniorcorporation@gmail.com



Sudoku Solution

7	9	5	6	1	3	4	2	8
6	2	3	4	7	8	1	9	5
8	1	4	2	9	5	6	3	7
9	6	2	7	3	4	8	5	1
3	7	1	5	8	2	9	4	6
5	4	8	1	6	9	2	7	3
1	5	7	9	4	6	3	8	2
2	8	9	3	5	1	7	6	4
4	3	6	8	2	7	5	1	9

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