

# Senior Reflections

*Happy New Year!*

*We welcome 2023 with hope and joyful expectation!*

*Perhaps you know of Janus—the Roman mythological and religious god representing beginnings, gates, transitions, time, duality, doorways, passages, frames, and endings. The month of January is named for Janus. Images of Janus represent him with two faces, one that looks back and the other looking forward.*

*Looking back, there are pleasurable memories we will hold on to while there are others best left in the rear view. There are people who were with us not long ago, but, sadly, are gone away. One such person is Bryant Nolden. You likely know that BB, as he was affectionately known, served the Flint community as an educator, City Councilman, Commissioner, Board member of civic organizations, and tireless executive director of the Berston Field House. BB was also a very good friend to Flint seniors and our Flint senior centers. BB wore many hats and served countless people before his life was cut short by a heart attack at the age of 57 years. This unexpected event, which claimed one whose own life overflowed in service to others, urges us to bring attention to our own lives and the lives of those we love. Within this newsletter will be found an informative article regarding stress and the heart. We ask that you read it with your heart in mind.*

*Looking forward toward a 2023 filled with hope and joyful expectation, we invite you mark your calendar now for the Senior Winter Games! Registration ends soon! The Senior Winter Games are a great way to start the new year with fun activities and new friends. See you soon~*

*Brennan Senior Center Staff*



January 2023 Vol. 16, No. 1

Greeting	1
General Information	2
Upcoming Events	3
Service Announcement	
Sudoku Puzzle	
Activities Calendar	4
Lunch Menu	5
Senior Food Box	
Senior Winter Games	6
Business Ads	7
Education	8
Recipe	9
Resource Numbers	
Business Ads	10–11
Sudoku Solution	12
Available Ad Space	

**The mission of the Brennan Senior Center is to provide Senior Citizens with a wide variety of programs, activities, and services, including but not limited to: health, recreation, socialization, education, transportation, and pertinent information and services that might enable them to maintain dignity and independence.**



## Center Hours\*

Monday	9am—5pm
Tuesday	9am—5pm
Wednesday	9am—5pm
Thursday	9am—5pm
Friday	9am—5pm

CLOSED: January 2 and 16

\*Hours subject to change.

## Staff

Deborah Holmes, Director  
 Adrienne Nance, Administrative Assistant  
 Natelete Hill, Maintenance  
 Richard Flynn, Van Driver  
 Heinitsh Woodson, Alt-Van Driver

## Advisory Board

Tom King, Chairperson  
 Archie LeFlore, Treasurer  
 Mavis Pitts, Trustee  
 Nancy Bush, Trustee  
 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.

Senior Reflections newsletter is a monthly publication of Brennan Senior Center. Senior Reflections is produced and edited by JanMarie Arbor. Forward inquiries to: JanMariebscorp@gmail.com



# January Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p 	<b>3</b> Cell Phone 1:1 11a-1p Exercise 11a-1p 	<b>4</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>5</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <b>Bingo!</b> 1p-2p	<b>6</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>9</b> Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p  Classes labeled SS are via Zoom	<b>10</b> Cell Phone 1:1 11a-1p Exercise 11a-1p  Appt req'd for cell & computer classes	<b>11</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p  Senior Advisory Meeting 4:00pm	<b>12</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <b>Bingo!</b> 1p-2p 	<b>13</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>16</b> Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p  Volunteer Meeting 11:00am	<b>17</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>18</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>19</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <b>Bingo!</b> 1p-2p	<b>20</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>23</b> Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	<b>24</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>25</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>26</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p <b>Bingo!</b> 1p-2p	<b>27</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>30</b> Stability - SS 10a-11a Computer 1:1 10a-12p Chair Yoga 1p-2p	<b>31</b> Cell Phone 1:1 11a-1p Exercise 11a-1p  			

Kindly check-in at the kiosk for all activities and services. *Thank you!*







## GCCARD Senior Nutrition Program

### January 2023 —Congregate Menu\*

**\*Subject to change**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 Chicken Cacciatore Mixed Greens Spaghetti Diced Pears Corn Bread Margarine 100% Fruit Juice</p>	<p>3 Chicken Caesar Wrap w/Romaine &amp; Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing 100% Fruit Juice</p>	<p>4 Homemade Liver+Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce Margarine Milk</p>	<p>5 Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Fresh Apple Margarine 100% Fruit Juice</p>	<p>6 B-B-Q Chicken Tenders Spinach Yams &amp; Apples Whole Wheat Roll Fresh Orange Margarine Milk</p>
<p>9 Homemade Sweet+Sour Meatballs Brown Rice Green Beans Mixed Vegetables Flatbread Pineapple Tidbits Margarine Milk</p>	<p>10 Chicken Caesar Wrap w/Romaine &amp; Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing 100% Fruit Juice</p>	<p>11 Open-Faced Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Diced Peaches Margarine Milk</p>	<p>12 Homemade Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/Honey Margarine 100% Fruit Juice</p>	<p>13 Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk</p>
 <p>16 Homemade Mexican Chicken and Rice Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice</p>	<p>17 Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine Milk</p>	<p>18 Beef Fajitas w/Peppers+Onions Mexican Rice Corn Tortilla Shell Fruit Cocktail Cookie of the Month 100% Fruit Juice</p>	 <p>19 Crispy Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk</p>	
<p>23 Ham, Bacon &amp; Cheese Frittata w/Peppers &amp; Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk</p>	<p>24 Homemade Chicken Salad on Croissant Fresh Homemade Cucumber Salad Fresh Broccoli Bites Golden Apple 100% Fruit Juice</p>	<p>25 Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk</p>	<p>26 Turkey Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup &amp; Mustard Birthday Cake 100 % Fruit Juice</p>	<p>27 Homemade Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk</p>
<p>30 Homemade Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine Milk</p>	<p>31 Homemade Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple Whole Grain Bun Margarine 100% Fruit Juice</p>			



## **Eastern Michigan Food Bank: Senior Food Box Program**

Qualifications: Age 60 or older; meet income requirement; complete pre-screening questionnaire and enrollment form

**January's box pickup: Monday, 1/9, 11am—1pm**

***All food boxes are to be picked up on 1/9. Thank you!***



## **GAMES: FEBRUARY 6 — MARCH 6**

**REGISTER Today thru Thursday, January 12, 2023.**

To Register, stop by the Brennan Senior Center or call 810.766.7238.

**FEE: \$12.00** includes: ▪ T-Shirt ▪ Unlimited Events ▪ Closing Ceremony Banquet

*Participants must reside in Genesee County or belong to a Genesee County Senior Center and be at least age 50 by January 12, 2023. Birth date is required for registration purposes.*

### **2023 EVENTS**

**Arts & Crafts**

**Free Throw**

**Pool (8-ball)**

**Baking**

**Frisbee Toss**

**Senior Grand Prix**

**Bean Bag Toss**

**Hand Knee & Foot**

**Shuffleboard**

**Bocce Ball**

**Jigsaw Puzzle**

**Soccer (free kick)**

**Bowling**

**Ladder Golf**

**Softball Toss**

**Cribbage**

**Line Dancing**

**Spades**

**Darts**

**Miniature Golf**

**Spelling Bee**

**Dominoes (Mexican Train)**

**Name That Song**

**Table Tennis**

**Euchre**

**Pickleball**

**Sudoku**

**Fitness Walk**

**Pinochle (single deck)**

**Yahtzee**

The 2023 Senior Winter Games is sponsored by: Genesee County Senior Millage, UAW Region 1-D, Martha Markley Charitable Trust administered by Huntington Bank, Valley Area Agency on Aging, HAP, Genesee County Commission on Aging, and Oak Street Health.

Community Partners include: John Davis, Richfield Bowl, Sharky's Sports Bar, Soccer Zone, VG's Grocery, St. John's Parish Hall, Senior Centers, and the Genesee County Senior Millage. Thank you!

These events have been partially funded by the Genesee County Senior Millage. Your tax dollars are at work.





### Adjure Mobile Notary Services

615 S SAGINAW ST STE  
8014, FLINT MI 48502

Phone: 810-221-1450

- Affirmations
- Loan Documents
- Mortgage Closings
- Oaths
- I-9 Forms
- Power of Attorney
- Finger Printing
- Solemnize Wedding Rites / Performs Weddings Ceremonies



### Doan's Custom Crowns

MEDICAL AND COSMETIC WIGS

We offer mobile wig services

Now available! Financing through **affirm**

#### Custom Medical / Cosmetic Wigs

Our custom styles are available in any circumference, size, and/or base design.

#### Quick Ship / Stock Wigs

Our quick ship stock wigs are styles that we have in stock. Quick ship wigs may not be modified.

Phone: 810-269-6113

Website: doancustomcrowns.com

Email: doancustomcrowns@gmail.com



## One Stop In-Home Solutions



#### WHO WE ARE?

We are a State of Michigan Approved Women Owned Private In-Home Care Agency committed to helping our clients enhance their quality of life in the comfort of their home through our Care Services.

CALL US FOR MORE INFO

509-852-4663

#### WHAT WE DO?

We offer private duty care services to assist seniors, adults and children. Our non-medical services include activities in or out of the home.

We offer assistance with personal care:

- bathing
- eating
- feeding
- toileting
- medication
- shopping
- dressing
- grooming
- meal preparation
- mobility
- laundry
- light housework

We provide companionship and emotional support in a compassionate professional manner.



#### HOW DOES THE PROGRAM WORK?

You must receive Medicaid.



#### HOW CAN YOU BE COMPENSATED?

The Recipient is Living a Better quality of Life in their own home. Caregiver receives a monthly check or direct deposit from TLC In-Home Solutions!



#### HOW DO YOU QUALIFY FOR THE PROGRAM?

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



www.tlcinhomesolutions.com



tlcinhomesolutions@yahoo.com



## Education

### STRESS and the HEART

When it comes to activities that affect the heart, there's the good (a healthy lifestyle), the bad (unhealthy risk factors), and the ugly (hidden influences). Excessive stress is often found among the "ugly." Behind the scenes, stress can work persistently to damage the heart, eventually leading to heart attack, abnormal heart rhythms, heart failure, or stroke. Yet, even then, an affected person may be completely unaware that stress is an underlying cause of his or her heart issues.

#### POWERFUL HORMONES

Research shows a relationship between chronic stress and abnormal production of the stress hormones epinephrine (adrenaline), cortisol, and norepinephrine. The body releases these same hormones when dealing with an episode of *acute* stress—for example a situation that occurs within an instant, like when you narrowly avoid a car accident. But when the body experiences *chronic* stress—day after day, for an extended period of time—these hormones can start to have a detrimental effect on heart health. In play together, these hormones may trigger a higher demand for oxygen in the body, spasms in the heart's blood vessels, and an interruption in electrical impulses, resulting in irregular heartbeats/heart palpitations, chest pain, and/or shortness of breath.

Other prolonged effects of chronic cardiovascular stress can include high blood pressure, increased heart rate, elevated blood sugar, blood vessel damage and inflammation. And the physiological impact of stress can include damage not only to the heart, but to the overall health of the body, including weight gain, sleeplessness, irritability, headaches, or anxiety.

#### BROKEN HEART SYNDROME

More technically known as stress-induced cardiomyopathy, Broken Heart Syndrome is an interesting medical condition. The heart may be physically overcome by intense emotions (grief, fear, or intense anger) or overwhelming stressful situations, causing a gush of stress hormones in the body and leading to symptoms and signs that mimic a heart attack or heart failure. Although usually temporary and treatable, it can be fatal.

#### INFLAMMATION and CARDIOVASCULAR HEALTH

High stress can also affect the heart and cardiovascular system by spurring inflammation in the arteries, a risk factor for atherosclerosis/hardening of the arteries. As stress hormone levels rise in the bloodstream, blood sugar levels increase too. If those sugar levels exceed the body's needs, they can trigger an inflammatory response within the walls of the blood vessels. When this inflammation occurs, cholesterol-rich plaque can build in the arteries, potentially bringing about heart attack or stroke.

#### CYCLES of STRESS

Everyone reacts differently to long-term physical or emotional tension, and it can be more damaging to some than to others. For instance, some may eat more and the increased weight may raise blood pressure and trigger the risks inherent in diabetes. Lack of sleep due to worry increases cortisol, and the excess cortisol has been tied to high blood sugar and increased body weight. These factors are detrimental to the condition of the heart. Lifestyle choices such as smoking or alcohol abuse also intensify stress on the cardiovascular system.

A particularly ugly aspect of chronic tension is that we frequently don't recognize its effect on us. It's important to recognize the negative role that chronic stress can play. The crucial role of screening for heart-related conditions and being proactive about our health cannot be overemphasized.

#### AVOIDING STRESS

Stress is a mechanism that affects your body. Anxiety is a symptom that you're under stress. Even if a person takes medication to lessen their anxiety, it doesn't mean that the root of the problem—chronic stress—is being addressed. Obviously, it's not realistic to avoid stress entirely. However, to reduce the effects of persistent tension on the heart, it is very beneficial to find stress-busting approaches that work for you, such as exercise, deep breathing, praying, meditation or mindfulness, yoga, or massage, to name a few.

**Actively** reduce stress factors and follow a heart-healthy lifestyle: Quit smoking. Manage diabetes. Eat healthy. Consider intermittent fasting. Stay active.



## This Month's Recipe

### FELIZ NAVIDAD STEW

Slow cooker cooking time: 6 hours, 15 minutes

Serves 6

#### Ingredients

- 1 pound beef stew meat (1 1/4-inch pieces)
- 3/4 pound potatoes, cut into 3/4-inch cubes
- 2 cups frozen corn, thawed
- 2 medium carrots, cut into 1/2-inch slices
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 cups beef stock
- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- sour cream, optional, to taste
- tortilla chips, optional, to taste



#### Directions

**Step 1** - In a 5- or 6-quart slow cooker, combine the first 12 ingredients.

**Step 2** - Cook, covered, on low until the meat is tender, about 6-8 minutes.

**Step 3** - Serve with the sour cream and tortilla chips.

Source: [EasierEats.com](http://EasierEats.com)

#### Senior Hotlines

Alzheimer's Association	1.800.272.3900
American Cancer Society	1.800.277.2345
American Diabetes Society	1.800.232.3472
American Parkinson's Association	1.800.223.2732
Arthritis Foundation	1.800.283.7800
Citizens for Better Care	1.800.284.0046
County Commissioners	810.257.3020
Dept of Veterans Services	810.257.3068
Energy Assistance	1.800.292.5650
Legal Hotline for Seniors	1.800.347.5297
Legal Services of Eastern MI	810.234.2621
Meals-on-Wheels	810.239.7671
Medicare Appeals & Inquiry	1.800.633.4227
Medicare/Medicaid Assistance	1.800.803.7174
MI Offices of Services to the Aging	1.517.373.8230
Sheriff's Office of Elder Abuse	810.257.3460
Social Security	1.800.772.1213
Utilities (Public Service)	1.800.292.9555
Valley Area Agency on Aging	810.239.7671
Veteran's Assistance	1.800.827.1000

#### City of Flint

Mayor's Office	810.766.7346
Community Policing	810.237.6853
Dumping Hotline	810.237.2432
Leaves and Snow	810.766.7343
Weeds and Tall Grass	810.766.7450
Water	810.766.7202
Sewer	810.766.7079
Parks and Recreation	810.766.7463
Customer Service	810.766.7015
Priority Waste	1.855.927.8365
City Council Gen'l #, then x	810.766.7418
1st Ward - Eric Mays	x3160
2nd Ward - Ladel Lewis	x3162
3rd Ward - Quincy Murphy	x3161
4th Ward - Judy Priestley	x3164
5th Ward - Jerri Winfrey-Carter	x3167
6th Ward - Tonya Burns	x3165
7th Ward - Allie Herkenroder	x3163
8th Ward - Dennis Pfeiffer	x3159
9th Ward - Eva Worthing	x3158



# Thank You

It has been  
our pleasure to  
serve you.  
Please consider us  
again for all your  
vehicle service and  
repair needs.

May God Bless You,  
"JR" George & Kim  
Bowden

**JR & KIMBERLY**

SEMMENS  
TRANSMISSION  
COMPLETE AUTO REPAIR  
& USED CARS

SEMMENS  
TRANSMISSION  
COMPLETE AUTO REPAIR  
& USED CARS

K. Kimberly



Christian Family Owner Operated

# SEMMENS

(810) 233-5411

**TRANSMISSIONS & COMPLETE AUTO REPAIR & SERVICE**



# Happy New Year!

**2023 New Year's Resolution...**

*"I'm going to Semmens for all of my vehicle's needs!"*

**SEMMENS TRANSMISSION**

**2809 Lapeer Rd**

**Flint, MI**

**810-233-5411**

**Mon - Fri, 8 am—5 pm**



## Semmens Transmission

Offers

Jasper Remanufactured Engines



*Happy Motoring, Worry-Free Nationwide,  
Coast-to-Coast Driving Experience!*

**Call Semmens Transmission**

Your Authorized Dealer

**810-233-5411**



## Brennan Elm Park Senior Community Corporation

1301 Pingree Ave.  
Flint, MI 48503  
Phone: 810.766.7238

### Sudoku Solution

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

### In Rememberance



**Bryant Nolden, 1965-2022**

A noble man of service and example of good will to all of Flint... Thank you, BB, for your work and for your example.