

Romulus

Home of Opportunity

Senior Communicator

Christmas Gala Luncheon was a Big Success!

Special thank you to all that donated to our seniors for our Christmas Gala. Because of your donations we made sure that everyone felt very happy and special. We could not have done it without you! Thank you, and may God bless you through the holiday and have a blessed new year!

Mayor Leroy D. Burcroff—City Treasurer Stacy Paige—City Clerk Ellen Craig-Bragg
Councilwoman Kathy Abdo—Corpore Sano—S&F Food—City of Romulus Employees—Leonardo's
Save On—B.P. on Merriman Rd.—Linda Rodriguez—Romulus Auto—Romulus Flowers & Gifts

We also want to say a very special "thank you" to City of Romulus Building Department Inspector, Jim Wegienka who was in attendance to present a \$500 check on behalf of the Downriver Association of Code Officials to help with building our new salon!
This was an incredible surprise and we truly appreciate their generosity.



Free January Luncheon

Thursday, January 26th 11:00 a.m.

This month's luncheon is sponsored by Dr. Jared Lasseigne from Health Quest. Come enjoy a free pizza luncheon also featuring some of Rose's homemade soup. Contact the Senior Center to reserve your seat!

Programs and Services

Club #1	
January 3	No Meeting
January 10	Meeting Games Bag Lunch
January 17	Meeting Games Bag Lunch
January 24	No Meeting
January 31	Meeting Games Bag Lunch

Jesse's Inspiration

Thursdays at 10:30 a.m.

Come to worship and be motivated with our own, Jesse Charles, every Thursday!

Red Hatters Club

Thursday, Jan. 5th at 12:00 p.m.

We are looking for new members! Our meeting is the first Thursday of the month at noon. Please come and join us!

Free Blood Pressure Checks

Wednesday, Jan. 11th & 25th

10:00 a.m.-1:00 p.m.

Beaumont is providing free blood pressure checks before, during & after our luncheon!

Podiatrist Visit

Friday, Jan. 27th at 10:30 a.m.

Sign up for an appointment to learn about the health of your feet. This service is especially important for those with diabetes.

January Birthdays

1	Neva Williams	19	Larry Romak
2	Anna McGhee	19	Ramon Brown
3	Mary Dolencic	19	Joyce Frazier
4	Nellie Walhut	20	Sarah Rich
5	Carol Threlkeld	20	Lois Beutner
5	June Newby	21	Gerald Crenshaw
5	Doris Albig	21	Jim Holloway
6	Carol Abrego	22	Joe Ozog
10	Maxine Borchert	22	Jan Conrad
10	Shirley Lamberson	23	Waneeta Spencer
10	Shirley Coates	23	Marilyn Hoffer
12	Gladys Johnson	23	Linda Himick
13	Dennis Hammac	26	Ruth Curley
14	Rosemary Gallo	26	Ronald Gering
15	Judy Cianfarani	27	Nezzy Daniels
17	Dorothy Dobozy	29	Joyce Carter
17	Delores Nieragarth	31	Laura Love
18	Vicki Martin	31	Betty Fordes

BINGO

Mondays & Wednesdays

12:00 p.m.

The fee is 25 cents for two bingo cards.

Monthly Birthday Potluck and Bingo

Monday, Jan. 23rd at 11:00 a.m.

Visit the Senior Center for the monthly Birthday Bash. There will be bingo & potluck before the presentation of a birthday cake & the singing of "Happy Birthday".

Dates to Remember

Shopping Trips

Every Monday—8:15 a.m.

Liquid Nutrition

January 11—9:00 a.m.

Blood Pressure Check

January 11, 25—10:00 a.m.-1:00 p.m.

Lunch Out

January 13—11:00 a.m.

Motor City Casino

January 17—8:15 a.m.

Visit the Lawyer

January 18—1:00 p.m.

Commodities/Focus Hope

January 19—9:30 a.m.

Haircuts

January 23—10:00 a.m.

Movie Out

January 25—10:00 a.m.

Free January Luncheon

January 26—11:00 a.m.

Senior Center Closed

New Year's Holiday

Friday, December 30

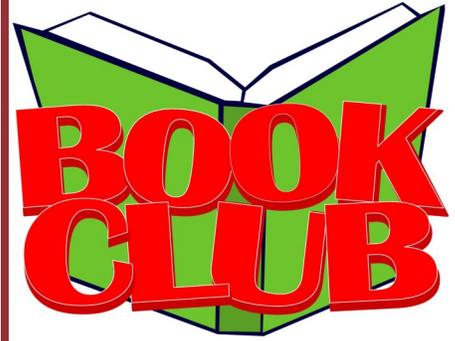
Monday, January 2

Martin Luther King Jr. Day

Monday, January 16

Waste Management

No Delays



Senior Book Club **Tuesday, Jan. 17th**

10:30 a.m.

The Romulus Public Library will be holding a morning book club at the Center.

This month they discuss:

Tell No One

by Harlan Coben, and

Rebecca

By Daphne Du Maurier

Quilting Club

Thursdays 6:00 p.m.

Anyone ages 16 and up are welcome. For those interested in learning to quilt, wanting to finish a project, or start something new!

Daily Walking & Stretching

Every Weekday

Walking at 9:00 a.m.

& 11:30 a.m.

Stretching at 12:00 p.m.

Bring some movement into your life with our walking and stretching programs! We will walk and move indoors if the weather does not cooperate.

Trips and Outings

Grocery Shopping **Mondays 8:15 a.m.**

Visits to Meijer or Walmart in Belleville.

There are no trips when building is closed.

Don't forget to call ahead of time to attend. We need counts in order to complete our route schedules. Thank you.

Lunch Out to Cracker Barrel **Friday, Jan. 13th**

11:00 a.m.

Take the bus out to lunch with your friends!

Movie Out **Wednesday, Jan. 25th**

10:00 a.m.

Sign up to go see a movie at the Imagine Canton Cinema.

\$2.00 for Transportation,
\$8.75 for Ticket, Pop & Popcorn.

Message from the Director, Rose Swidan



We are now into a new year with new opportunities, new promises and new ways to do better than the years before. Take care of yourselves - stay more active, stay positive, and also don't forget to be thankful for all the blessings you had in 2016. If you don't like to make New Year's resolutions, just promise yourself to care a little more.

May the new year bring you an abundance of amazing opportunities, beautiful moments, and joyful experiences. May your positive actions & attitude inspire others, may you be brave enough to take on and overcome rewarding challenges. May you find yourself in high spirits & excellent health. May you love with all your heart and find peace on even the most difficult days. May the love you give always find its way back to you multiplied and may you forever be filled with the hope and strength necessary to make your dreams a reality. That is my wish to all of you!

Happy New Year!

Rose

Would you like to get the Communicator in your email inbox every month? Give us a call at the Senior Center & we can add you to our email list!

Have old medical equipment or supplies?

Donate it to the Senior Center for those in need.

There are many seniors without insurance or coverage that may benefit from items you don't need anymore. Please feel free to drop them off at the Senior Center where they will be distributed on a first come-first serve basis.

Items needed include: adult underwear/briefs (size L/XL most requested!), walkers, wheelchairs, shower chairs, bandages, toilet seat risers, etc.



Message from Mayor Burcroff



We are now celebrating a new year! I truly hope that 2017 is one of your best years yet. We must all stay inspired to continue to improve ourselves and spread happiness and good around the world and in our community.

The community Martin Luther King Jr. Day celebration will be held in the High School auditorium on the 16th. Please join us for a free pancake breakfast sponsored by the Rotary club beginning at 8:00 a.m. and the program begins at 9:30 a.m.

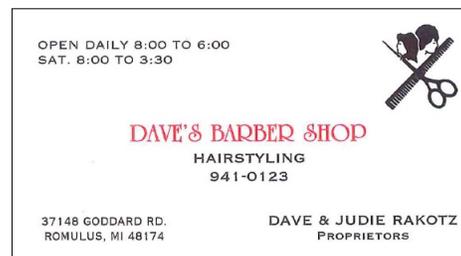
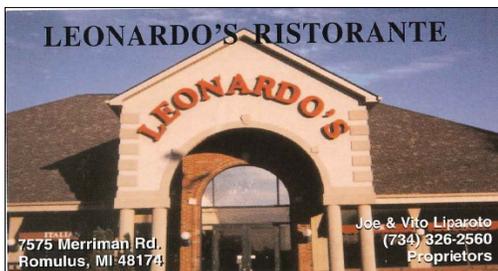
I hope to see many of you at my State of the City presentation at the RAC on January 19th. Please call my office if you would like to register to attend.

Sincerely,

LeRoy D. Burcroff, Mayor of Romulus

Thank You to Our Sponsors!

Any other businesses or organizations are welcome to purchase an ad in the Communicator for \$75 for six months. All proceeds go toward the construction of a new "Salon" at the Senior Center!



New Events & Reminders

Chore Services Reminders

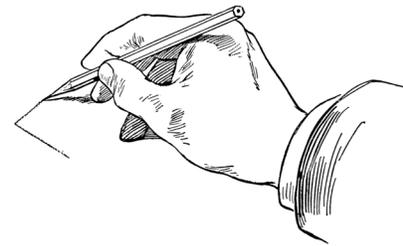
If you are on Chore Services, remember to call the Senior Center and put in a work order when you need service. We have lots of seniors in the program. We must prioritize medical patients and dialysis appointments, but we will get to everyone so please be patient. If you are on the chore services list please have salt by your front door. We do not provide or purchase salt. When our workers come to shovel your snow, they will put salt down if you have some at your front door. Please be patient with us, we will make our way to everyone in a timely manner. Do not try to go outside or do it yourself.

Thank you!

Beginner's Art Class Tuesday, Jan. 17th

11:30 a.m.

Join local artist, Mary Trusel, in this series once a month.



The Elder Law & Advocacy Center Offers Free Legal Presentation

Persons Sixty Years of Age and Older, Family Members, and Persons Caring for Older Adults This Is For You!

Guidance From Our Experienced Legal Staff

Includes:

- ◆ Guardianship/Conservatorship
- ◆ Wills/Trusts
- ◆ Powers of Attorney
- ◆ Nursing Home/Assisted Living/
Senior Housing
- ◆ Medicaid/Medicare
- ◆ Elder Abuse & Scams
- ◆ Information on Support Services for
Veterans & Their Families



- Questions can be asked during the presentation.
- Individual assistance offered after the presentation if time permits.

When: January 24, 2017

Where: Romulus Senior center

Time: 11.30

Address: 36525 Bibbins

Phone: 734-955-4120

CAREGIVERS WELCOME!!

For more information ask for
Rose Swidan.

Elder Law & Advocacy Center
12121 Hemingway
Redford, MI 48239
(313) 937-8291

ELAC is funded by The Detroit Area Agency on Aging,
Area Agency on Aging 1B, The Senior Alliance and
Community Block Grant Funds from

SERVICES ARE FREE

Dr. Martin Luther King, Jr.
Romulus Community Celebration

"THE DREAM STILL MATTERS"
Be Encouraged

Monday, January 16, 2017

The City of Romulus, the Romulus Ministerial Alliance and the Romulus Community Schools invite the Community to Celebrate!

Schedule of Events:

7:30 am - Meet at Romulus Middle School

8:00 am - Community March Begins

8:00 am - Continental Breakfast in
the Romulus High School
Cafeteria. (Sponsored by the Rotary Club of Romulus)

9:30 am - MLK Celebration in the
Romulus High School
Auditorium

Please join us at 8:00 am for
the march from
Romulus Middle School (37300 Wick Rd.)
to Romulus High School (9650 Wayne Road).

(Shuttle Service provided from
RHS to Middle School from
7:00 am to 7:45 am)

Please contact Rev. Arthur Willis, Committee Chairman, at (313) 701-2423 or
Ellen Craig-Bragg at (734) 955-4545, for more information

New Events & Reminders

NEW Beaumont Cooking Matters Store Tour & Class

Monday, January 9th 9:00-11:00 a.m.

We are very excited to start offering healthy cooking classes through Beaumont. This is the first of three courses starting new this year. Sign up for this store tour to teach you how to shop healthy on a budget and how to maintain a healthy eating lifestyle.

Participants will receive a \$10 voucher for groceries to use at Belleville Meijer!

Please call ASAP to sign up for this special tour.

Save the Date for future 6-Week classes:

Cooking Matters Extra for Diabetes-Tuesdays, March 7-April 11, 11:30 a.m.-1:30 p.m.

Cooking Matters for Adults -Tuesdays, June 6-July 18, 11:30 a.m.-1:30 p.m.

Motor City Casino Trip

Tuesday, January 17th 8:15 a.m.

Romulus Seniors are visiting the Motor City Casino for a cost of \$13 per person and the Casino provides \$25 in credit upon arrival.

Seats are limited, call the Center to reserve your spot today.

Free Tax Services

Another tax season is fast approaching. The Romulus Senior Center will provide free tax services through AARP and the help of our City Treasurer, Stacy Paige. If you are 60 or older, handicapped or low income individuals, please have your paper work ready in order to sign up for your tax appointment. No walk-ins please. Call the Senior Center **after January 25th** to schedule your appointment.

Participants in the program are asked to provide:

- | | |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Copy of last year's income tax return | <input type="checkbox"/> All forms indicating Federal income tax paid |
| <input type="checkbox"/> W-2 forms if you earned a salary | <input type="checkbox"/> Dependent care provider information (name, employer ID, SSN) |
| <input type="checkbox"/> Unemployment compensation statements | <input type="checkbox"/> All receipts or canceled checks if itemizing deductions |
| <input type="checkbox"/> SSA-1099 form if you were paid Social Security benefits | <input type="checkbox"/> Social Security cards or official documentation for yourself and all dependents |
| <input type="checkbox"/> All 1099 forms showing interest of dividends | <input type="checkbox"/> Photo ID |
| <input type="checkbox"/> 1099R form from the payer of your pension or annuity | |

Recipe Exchange: Hearty Vegetable Soup

Ingredients

8 medium carrots, sliced
2 large onions, chopped
4 celery ribs, chopped
1 large green pepper, seeded & chopped
1 T. olive oil
1 garlic clove, minced
4 c. water
1 can (28 oz.) diced tomatoes, undrained
2 c. V8 juice
2 c. cabbage, chopped
2 c. frozen green beans

2 c. frozen peas
1 c. frozen corn
1 can (15 oz.) chickpeas, rinsed & drained
2 t. chicken bouillon granules
1 1/2 t. dried parsley flakes
1 t. salt
1 t. dried marjoram
1 t. dried thyme
1 bay leaf
1/2 t. dried basil
1/4 t. pepper

Directions

1. In a Dutch oven, sauté the carrots, onions, celery and green pepper in olive oil until crisp-tender.
2. Add garlic, cook 1 minute longer.
3. Stir in remaining ingredients and bring to a boil.
4. Reduce heat; cover and simmer for 1 to 1 1/2 hours or until vegetables are tender.
5. Discard bay leaf and serve.

Special Thanks to Our Community Partners!



For providing our wonderful music at the November Thanksgiving Luncheon!



Located at 36766 Goddard Rd.

For donating giftcards!



For donating goodie bags for seniors in need. They were greatly appreciated!



For your generous donation to support our Gala luncheon gifts!

Need a venue for your meeting or party? Rooms for rent at the Romulus Senior Center

The Romulus Senior Center is a great place to celebrate any special occasion from baby showers, to family reunions and even wedding receptions! Rooms are available any day of the week and can hold up to 120 people. Arrange for a caterer or use the on-site kitchen. Call today!



Events at the Romulus Public Library

Second Monday Book Club Monday, Jan. 9th at 7:00 p.m.

The Kept
by James Scott

*To register for all Library programs
call (734) 942-7589 or
visit the Circulation Desk at 11121
Wayne Rd., Romulus, MI 48174*

Library Hours

Monday-Thursday: 10am-8pm / Friday-Saturday: 10am-5pm / Sunday: Closed

Food Services

Need Food?

Low income residents are eligible for free commodities each month. A variety of food is provided by the Emergency Food Assistance Program.

Distribution: Thursday, January 19th at 9:30 a.m.

Liquid Nutrition is also available:
Wednesday, January 11th at 9:00 a.m.

Hot Meals Daily

Lunch at the Senior Center is provided daily at 11:00 a.m. Please call (734) 955-4120 the day before to reserve a meal.

Wayne County asks for a donation of \$3.00

Volunteers Needed

The Senior Center is looking for volunteers to pack food each morning from 9:00 a.m. to 11:00 a.m. for the Meals on Wheels Program. Please call if you are interested.

ROMULUS SENIOR CENTER

36525 Bibbins
Romulus, MI 48174
Phone: (734) 955-4120



Customer service at all levels

Always offer solutions

New and innovative ideas

www.romulusgov.com



Our Romulus Team

Mayor	LeRoy D. Burcroff
Senior Center Director	Rose Swidan
Office Assistant	Sharon Raftary
Office Staff	Priscilla Herring
Bus Driver	Karen Kusibab
Meals-on-Wheels	Cindy Coak Carolyn Jones Deborah White
CDBG Chore Services	Leondo Smith Larry Cochran

www.facebook.com/CityofRomulus

www.youtube.com/CityofRomulus

Comcast Cable Channels 12 & 18

Important Phone Numbers

Senior Resources

Prescription Assistance Information
(734) 282-7177

Food Assistance/Wayne County Meals
(734) 727-7357

Counseling & Substance Abuse
(734) 729-9286

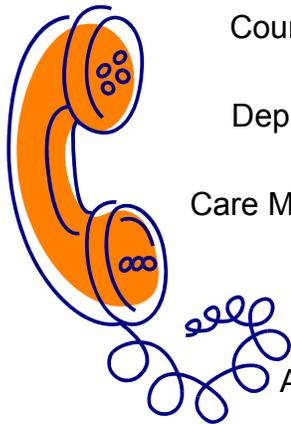
Department of Human Services
(313) 277-4800

Care Management Family Resources
(734) 282-7177

Adult Abuse
(855) 444-3911

Applying for Bridge Card
(313) 580-4144

Food Assistance in Romulus
(734) 955-4120



City of Romulus

EMERGENCY: Dial 9-1-1 (Police)

Mayor's Office
(734) 942-7571

City Council
(734) 955-4506

City Clerk's Office
(734) 942-7540

City Treasurer's Office
(734) 942-7580

Community Services Department
(734) 955-4504

Department of Public Services
(734) 942-7579

Water Department
(734) 942-7560

January 2017

Please note that advanced sign up for programs, luncheons, lunch out, shopping, trips, and tours will help prevent cancellation of these events.

Hot meals daily call 24 hours ahead.

Wayne County Liquid Nutrition and Meals on Wheels (734) 727-7357
Transportation M-F call for appointment 24 hours ahead for reservation.

(734) 955-4120

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 HAPPY NEW YEAR	3 Art Class 11:30am Bunco 12pm	4 Manicures 10am Fun Day 12pm Bingo 12pm	5 Ministries 10:30am Red Hatters 12pm Game Day 12pm Quilting 6pm	6 Pokeno 12pm	7
8	9 Beaumont Store Tour/ Class 9am Meijer 9am Bible Study 11:30am Bingo 12pm	10 Club #1 11am Art Class 11:30am Bunco 12pm	11 Liquid Nutrition 9am Blood Pressure 10am Fun Day 12pm Bingo 12pm	12 Ministries 10:30am Game Day 12pm Quilting 6pm	13 Lunch Out 11am Pokeno 12pm	14
15	16  Martin Luther King Jr. Day	17 Motor City 8:15am Book Club 10:30am Club #1 11am Art Class 11:30am Bunco 12pm	18 Manicures 10am Book Club 10:30am Fun Day 12pm Bingo 12pm Lawyer 1pm	19 Commodities/ Focus Hope 9:30am Ministries 10:30am Game Day 12pm Quilting 6pm	20 Pokeno 12pm	21
22	23 Walmart 9am Haircuts 10am Bible Study 11:30am Potluck Birthday Bash Bingo 11am	24 Art Class 11:30am Bunco 12pm	25 Blood Pressure 10am Movie Out 10am Fun Day 12pm Bingo 12pm	26 Luncheon 11am Ministries 10:30am Game Day 12pm Quilting 6pm	27 Podiatrist 10:30am Pokeno 12pm	28
29	30 Meijer 9am Bible Study 11:30am Bingo 12pm	31 Club #1 11am Art Class 11:30am Bunco 12pm				