

# Romulus

Home of Opportunity

# Senior Communicator



## **Motor City Casino Trip**

**Tuesday, Oct. 18th 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.

## **Trip to Toledo Zoo**

**Wednesday, Oct. 25th 9:00 a.m.**

Sign up for a special trip to Senior Day at the Toledo Zoo. Cost is only \$10 per person.

## **Friendly Reassurance Program is Back!**

If you live alone and would like us to call on a daily basis for a wellness check, please call the Senior Center and ask to speak with Rose to sign up for the program. There is no charge to participate! Please share this with friends and relatives that may be in need also.



## **Free Halloween Luncheon!**

**Wednesday, October 19th 11:00 a.m.**

Thank you to Wayne Health and Rehabilitation for sponsoring this luncheon! Wear your best and most creative costumes because we will have voting for overall favorite, funniest and most colorful costumes! There will be gifts, raffles and fun so please sign up for this FREE luncheon today!

## ***Save-the-Date for our Thanksgiving Luncheon***

**Monday, November 14th 11:00 a.m.**

## **Medicare Open Enrollment**

**Tuesday, November 15th 10:00 a.m.-3:00 p.m.**

The Senior Alliance will be here assisting seniors with Medicare enrollment. Remember to bring your Medicare card and a list of all your prescriptions. MMap counselors will be answering all of your Medicare questions from the new changes with Blue cross Blue Shield, to part D and the Medicare advantage plan.

Call for more details and to sign up for an appointment.

# Programs and Services

<b>Club #1</b>	
October 4	No Meeting
October 11	Meeting Games Bag Lunch
October 18	Lunch Out Romulus House 12:30 p.m.
October 25	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!

## **Free Blood Pressure Checks**

**Wednesdays, Oct. 5th & 19th**

**10:30 a.m.**

Corpore Sano Home Health Care, Inc. is providing free blood pressure checks.

## **Red Hatters Club**

**Thursday, Oct. 6th at 12:00 p.m.**

Membership is growing in our Red Hatters Club, and they are looking for even more members. Join them at their next meeting!

## **Podiatrist Visit**

**Friday, Oct. 28th 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.

## **October Birthdays**

1	Kathleen Dowdell	18	Barry Baumann
1	Gloria Jefferson	18	Mary Whitaker
2	Betty Loeman	18	Geraldine Smith
3	Kathryn Chastang	19	Donald Moos
4	Susanne Stawarz	19	Dorothy Nesler
6	Rita Sobczak	20	Geraldine Chavalier
8	Gladys Miller	21	Crystal Hamilton
9	Theresa Bizak	23	Mary Wantuck
9	Willie Watson	24	Alice Sakcriska
10	Maryann Smith	24	Donald Pare'
10	Sherry Olds	25	Florence Patterson
10	Robert Phillip Dugan	27	Ernest Burns
11	Maxine Nash	27	Betty Christian
12	Ida Watson	29	Doll Wands
14	Jane Piskuric	29	James Jones
14	Celeste Warren	30	Rose Schoolmaster
17	Sharon Gurner	31	Brenda Rusan
18	Shirley Hall	31	Charline Eves
18	Helen Greca		

## **BINGO**

**Mondays & Wednesdays**

**12:00 p.m.**

The fee is 25 cents for two bingo cards.

## **Monthly Birthday Potluck and Bingo**

**Monday, Oct. 31st 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.

### **Blood Pressure Checks**

October 5 & 19—10:30 a.m.

### **Liquid Nutrition**

October 12—9:00 a.m.

### **Commodities/Focus Hope**

October 20—9:30 a.m.

### **Lunch Out**

October 7—11:00 a.m.

### **Haircuts**

October 17—10:00 a.m.

### **Motor City Casino**

October 18—8:15 a.m.

### **Halloween Luncheon**

October 19—11:00 a.m.

### **Movie Out**

October 26—10:00 a.m.

### **Visit the Lawyer**

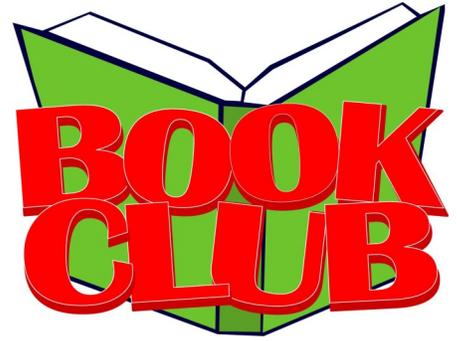
October 20th—1:00 p.m.

### **Senior Center Closed**

None

### **Waste Management**

No Delays



### **Senior Book Club** **Tuesday, Oct. 18th**

**10:30 a.m.**

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

This month they discuss:

*Avenue of Spies*

by Alex Kershaw, and

*Defending Jacob*

By William Landay

### **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!

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

Visits to Meijer or Walmart in Belleville.

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

### **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!

## **Trips and Outings**

### **Lunch Out to Family Time Restaurant** **Friday, Oct. 7th**

**11:00 a.m.**

Take the bus out to lunch with your friends!

### **Movie Out** **Wednesday, Oct. 26th** **10:00 a.m.**

Sign up to go see a movie at the Emagine Canton Cinema.  
\$2.00 for Transportation,  
\$8.75 for Ticket, Pop & Popcorn.

### **Turkeyville Trip** **Friday, Oct. 14th** **9:00 a.m.**

Sign up for a trip to Turkeyville.  
\$50 per person includes your dinner, a show and transportation.

# Message from the Director, Rose Swidan

It's that time of year again for Medicare open enrollment. We have counselors from the Senior Alliance coming in to assist you with that process on November 15th, please call to make an appointment. Remember you can only sign up once per year, so if you don't get the best coverage now, you'll have to wait until next year to switch plans! Don't forget to bring all of your paperwork, information and list of medications when you come.



The weather is turning colder and winter months are just around the corner. Now is the time to get prepared so you aren't caught off-guard by a weather emergency. Please check with our staff to make sure you are on the Chore Service list if you are eligible. If you live alone, are low-income and receive Meals-on-Wheels, or if you need a holiday meal, we have the application at the Senior Center. Stop by and apply so you can have a holiday meal delivered right to your door.

Come in to the Senior Center, we have lots of wonderful activities; call if you need transportation and stay active with our programs. We have lots of fun!

We also offer a wide variety of meals and food distribution to meet your needs.

Sign up for our free Halloween luncheon on October 19th, and our Thanksgiving Luncheon on November 14th featuring a delicious home-cooked meal.

Hope to see you soon!

All my love,

*Rose*

We are inviting every one on November 3th 2016 at 10:30 am to celebrate Pastor Jesse Charles' one year of ministries at the Romulus Senior Center



## Have old medical equipment?

**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.

# Message from Mayor Burcroff



Now that Fall is well underway, we can enjoy the cooler weather and football season. Our Romulus High School Eagles are having a great season. Come out to their Homecoming Game on Friday, October 7th at 7:00 p.m. as they play Annapolis.

Our Fall Recreation programs are also in full swing. Make sure to tell your families about our offerings including the Daddy/Daughter Sweetheart Dance, youth acting classes, praise dancing, youth basketball and tai chi for all ages.

We also have a really great family event planned for October 14th from 5:00-8:00pm in the Historical Park. Our second annual Fall Family Fun Festival will include pumpkin painting, hayrides, and narrated tours through the historical park. There will be crafts and light refreshments available for a small fee as well.

Please feel free to contact my office if you have questions about any of these programs or upcoming events.

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!

**LEONARDO'S RISTORANTE**

7575 Merriman Rd.  
Romulus, MI 48174

Joe & Vito Liparoto  
(734) 326-2560  
Proprietors

**SAV-ON DRUGS**

**36567 Goddard Rd.  
Romulus, MI 48174  
(734) 941-0755**

**JET PAC**  
LARGE PIZZA WITH 2 TOPPINGS  
JET'S BREAD & SALAD

Order Online: JetsPizza.com

**Romulus**  
35681 Van Born Rd.  
(734) 728-5387

Orders over \$10 receive free jets bread!

**Romulus Flowers & Gifts**

*Full Service Florist*

Ph: (734) 722-6440      7563 Merriman Rd.  
Fax: (734) 722-5551      Romulus, MI 48174

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

**Corpore Sano Home Health Care Inc.**

42323 Ann Arbor Rd.  
Plymouth, MI 48170  
Office: (734) 454-3488  
Fax: (734) 454-3599  
info@corporesanohhc.com  
www.corporesanohhc.com

CHAP Accredited    Medicare Certified    BBB Accredited

*Mid-Eastern Cuisine at Its Best*

**Beirut Restaurant**

7650 Merriman Rd. Romulus, MI 48174  
Tel: (734) 326-1000 / Fax: (734) 326-1072  
[www.beirutrestaurant.net](http://www.beirutrestaurant.net)

**IMPERIAL**  
NURSING & REHABILITATION CENTRE

Director of Census Development

26505 Powers Avenue, Dearborn Heights, Michigan 48125  
Cell: 734-626-6024 • Tel: 313-291-6200 • Fax: 313-291-4483  
chaider@OlympiaGroupllc.com • [www.ImperialHealthcareCentre.com](http://www.ImperialHealthcareCentre.com)

OPEN DAILY 8:00 TO 6:00  
SAT. 8:00 TO 3:30

**DAVE'S BARBER SHOP**  
HAIRSTYLING  
941-0123

37148 GODDARD RD.  
ROMULUS, MI 48174

DAVE & JUDIE RAKOTZ  
PROPRIETORS

**MEDICARE MATTERS**

*Health Insurance for the Seniors and Disabled*

**Bradford McQueen**  
Benefits Consultant

313.728.3245      888.292.1117  
37500 Plymouth Rd.      medicarematters.net  
Livonia, MI 48150      bmcqueen@medicarematters.net

# Travel & Trip Opportunities



RW Travel LLC.

Presents

Jump into Spring with a 3 Day Carnival Cruise to the Bahamas

April 21-24, 2017

Treat yourself to an after winter relaxing cruise from Miami, Florida to Nassau, Bahamas.

**\$375.00 Inside Cabin**

**\$390.00 Ocean View**

**\$470.00 Balcony**

All prices are per person, (based on double) which includes cruise, port fees, and taxes. Airfare to Miami estimated between \$250 - \$400 which is not included in the price.

A \$50 deposit (\$25 is nonrefundable) is due by August 20, 2016, \$100 is due by December 1, 2016 and final payment due February 10, 2017. Cruise cancellation penalties apply after February 21, 2017.

**Passports preferred, driver's license and birth certificate accepted**

Please complete the bottom portion and return to RW Travel P.O. Box 571 Garden City, MI 48135. Call RW Travel at (313) 595-3060 for more information.

IMPORTANT NOTICE—RW Travel arranges for its customer travel services provided by separate and independent companies, e.g. airlines, cruise lines, tour companies, bus companies, hotels, etc. RW Travel does not operate or have any control over these independent travel companies. RW Travel is not responsible and cannot be held liable, directly or indirectly for any expense, loss or injury of any kind, which may result in delay, schedule change, cancellation, or negligence, by an independent travel business. RW Travel encourages its customers to purchase travel interruption insurance to cover these risks. Your receipt of this document constitutes your acknowledgement and acceptance of this Notice.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_  
 PHONE NO. \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 EMAIL \_\_\_\_\_  
 CABIN TYPE: INSIDE \_\_\_\_\_ OUTSIDE \_\_\_\_\_ BALCONY \_\_\_\_\_  
 ROOMMATE(S) \_\_\_\_\_ DOUBLE \_\_\_\_\_ TRIPLE \_\_\_\_\_ QUAD \_\_\_\_\_

RW Travel invite you to a weekend of Wine and Win

Firekeepers Casino-Battlecreek, MI

Four Winds Casino- New Buffalo, MI

St. Julian Winery- Paw Paw, MI



November 5-6, 2016

**\$130**

**\$25.00 Deposit holds your seat**

The price includes:

- Roundtrip Motorcoach Transportation
- 1 night hotel stay (based on double occupancy)
- \$20.00 Free Slot Play and \$5.00 Dining Voucher- Firekeepers
- \$15.00 Free Slot Play and \$10.00 Dining Voucher- Four Winds
- Wine Tasting at St. Julian Winery
- Free Snacks and Refreshments

**50/50 Raffle**

The bus will depart from the Family Dollar parking lot at Michigan Ave & Inkster Rd in Inkster, MI promptly 9:00 am on Saturday and depart St. Julian Winery on Sunday at 4:00 pm.

Please complete the casino registration form below and return with your nonrefundable deposit of \$25 to RW Travel P.O. Box 571 Garden City, MI 48135. A second payment of \$50 is due by September 1st and final payment is due by October 15th.

For more information, call Regina at (313) 595-3060 or Joann (734) 334-0548



Your Community Showplace!

## All About the Arts

**BARBERSHOP AND SWEET ADELINES**  
 Enjoy the blended four-part a cappella harmonies of Area Barbershop and Sweet Adelines groups.

**Tuesday**  
**October 18, 2016**  
 7:00 p.m. – 8:30 p.m.

**Western Campus**  
 9555 Haggerty  
 Belleville, MI 48111

The series is open to the public at no cost! Refreshments will be served.

PRESENTED BY THE SCHOOL OF CONTINUING EDUCATION

For more information, please contact the Heinz C. Prechter Educational and Performing Arts Center at 734-374-3232 or visit our website at [www.wccd.edu](http://www.wccd.edu)



Turkeyville USA

&

Warner's Winery

Marshall, MI



Saturday, October 8, 2016

**\$80**

**\$25.00 Deposit holds your seat**

The price includes:

- Roundtrip Motorcoach Transportation
- Dinner and Show @ Turkeyville
- Wine Tasting at Warner's Winery
- Free Snacks and Refreshments

**50/50 Raffle**

The bus will depart from the Family Dollar parking lot at Michigan Ave & Inkster Rd in Inkster, MI promptly 8:00 am and depart Warner's Winery at 6:00 pm.

Payments can be mailed (money order only) to RW Travel P.O. Box 571 Garden City, MI 48135

# 2016 Health Fair

**Thank you to all our visitors and vendors!**

**Blue Cross Blue Shield**

**American House**

**Romulus Athletic Center**

**Romulus DMC**

**Beltone**

**Huron Valley Pace**

**Alpha Solutions**

**Miracle Ear**

**True Health Chiropractic**

**Corpore Sano Home  
Health Care**

**Harbor Health**

**The Lodge at Taylor**

**Complete Home Health**

**Dr. Michael Hartman,  
Podiatrist**



## Recipe Exchange: Creamy Chicken and Wild Rice Soup

### Ingredients

- |   |                            |
|---|----------------------------|
| 4 c. chicken broth  | 1/2 t. ground black pepper |
| 2 c. water  | 3/4 c. all purpose flour   |
| 2 cooked, boneless chicken breast halves,<br>shredded                                 | 1/2 c. butter              |
| 1 (4.5 ounce) package quick cooking long grain<br>and wild rice with seasoning packet | 2 c. heavy cream           |
| 1/2 t. salt   |                            |

### Directions

1. In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.
2. In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, about 5 minutes.
3. Stir cream mixture into broth and rice. Cook over medium heat until heated through, about 10 to 15 minutes.



**Wednesdays**  
12 pm to 6 pm  
**June 15- October 12**  
Visit each week for a new Kid's Activity...  
Enroll in the free Market "Kid's Club"  
and receive a \$2 coupon each month  
to spend at the market!!!  
**(734) 955-4531**  
[www.facebook.com/RomulusFarmersMarket](http://www.facebook.com/RomulusFarmersMarket)  
[www.facebook.com/DowntownRomulus](http://www.facebook.com/DowntownRomulus)  
**At the Romulus  
Municipal Complex  
11111 Wayne Road  
Romulus, MI 48174**

**Romulus**

**Farmer's Market**

## **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, Oct. 10th at 7:00 p.m.**

*The Girl You Left Behind*  
by Jojo Moyes

*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, October 20th at 9:30 a.m.

Liquid Nutrition is also available:  
Wednesday, October 12th 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](http://www.romulusgov.com)



## Our Romulus Team

Mayor	LeRoy D. Burcroff
Senior Center Director	Rose Swidan
Office Staff/Bus Driver	Priscilla Herring
Bus Driver	Karen Kusibab
Meals-on-Wheels	Cindy Coak
CDBG Chore Services	Leondo Smith Larry Cochran

[www.facebook.com/CityofRomulus](http://www.facebook.com/CityofRomulus)

[www.youtube.com/CityofRomulus](http://www.youtube.com/CityofRomulus)

Comcast Cable Channels 12 & 18

## Important Phone Numbers

### Senior Resources

Prescription Assistance Information  
(888) 344-8915

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

Counseling & Substance Abuse  
(734) 729-9286

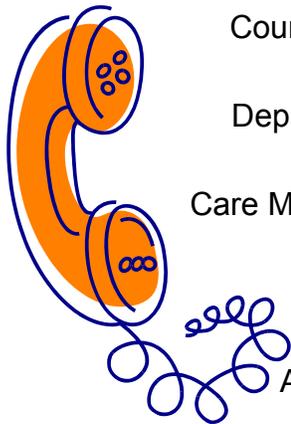
Department of Human Services  
(313) 277-4800

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

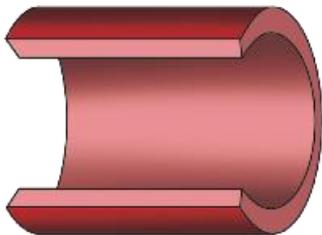
# Keep doing the things you love.

## Catch health problems before they go too far.

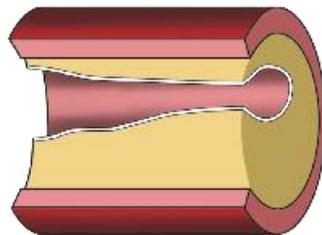
Life Line Screening, recognized with an A+ rating by the Better Business Bureau, offers a 5-test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. The combination of these tests helps detect problems—**before you have symptoms** and while you and your doctor can still take action...so you can keep doing the things you love.



### Plaque buildup in the arteries can lead to heart disease, aneurysm or stroke.



A normal artery allows blood to flow through easily.



Plaque buildup in the arteries reduces your blood flow and can be dangerous if left untreated.

## Register now to check the health of your arteries

### 5 Important Screenings for Only \$149 a Savings of \$181!

- Carotid Artery Screening (Plaque)
- Heart Rhythm Screening (Atrial Fibrillation)
- Abdominal Aortic Aneurysm Screening
- Peripheral Arterial Disease Screening
- Osteoporosis Risk Assessment

Join the **8 million people** who have been screened. We are coming to your neighborhood.

**WHERE:** Romulus Senior Center; 36525 Bibbins St

**WHEN:** 10/18/16

Please call toll-free **888-653-6434** to register for your screening and to receive a \$10 discount or visit [www.LifeLineScreening.com/community-partners](http://www.LifeLineScreening.com/community-partners)

Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help identify the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Mangano, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days' notice is given, we will issue a Gift Card for the full amount to be used by you, or anyone you choose, to purchase future screening services.

# Know Your Risk: Checking the Health of Your Arteries

Answer the risk factor questions and then check your result based on age group.

1. Do you have a family history of heart attack, stroke or other cardiovascular disease?.....  Yes  No  Unknown
2. Do you have diabetes?.....  Yes  No  Unknown
3. Do you have high blood pressure?.....  Yes  No  Unknown
4. Do you have high cholesterol?.....  Yes  No  Unknown
5. Do you smoke or live with a smoker?.....  Yes  No  Unknown
6. Are you overweight by 20lbs or more?.....  Yes  No  Unknown
7. Are you age 55 or older ?.....  Yes  No

AGE: Under 40



## Wait a While

Screenings are not recommended for people under 40. (Unless your doctor has recommended them to you.)

Make sure to get your blood pressure, cholesterol, height, weight, and waist size checked.

AGE: 40 to 54



## Consider

Vascular screening may be right for you. Though you are on the younger side, your risk factors potentially make you a candidate. Please consult with your doctor and consider your personal preferences about screening.

2 OR MORE YES ANSWERS

AGE: 55 & Older



## Recommended

Vascular screening is most likely right for you. You have at least 2 risk factors, including your age. These risk factors make you a candidate.

2 OR MORE YES ANSWERS

*Other factors may impact your risk such as gender, ethnicity, and Body Mass Index. Please consult with your doctor.*

## Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES ANSWERS

## Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES ANSWERS



# October 2016

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	3 Walmart 8:15am Bible Study 11:30am Bingo 12pm	4 Club #1—No meeting Bunco 12pm	5 Blood Pressure 10:30am Fun Day 12pm Bingo 12pm	6 Ministries 10:30am Red Hatters 12pm Game Day 12pm Quilting 6pm	7 Lunch Out to Time Family Restaurant 11am Pokeno 12pm	8
9	10 Meijer 8:15am Bible Study 11:30am Bingo 12pm	11 Club #1 Meeting Bunco 12pm	12 Liquid Nutrition 9am Fun Day 12pm Bingo 12pm	13 Ministries 10:30am Game Day 12pm Quilting 6pm	14 Turkeyville Trip 9am Lunch Out 11am Pokeno 12pm	15
16	17 Walmart 8:15am Haircut 10am Bible Study 11:30am Bingo 12pm	18 Motor City 8:15am Book Club 10:30am Club #1 Lunch Out Bunco 12pm	19 Blood Pressure 10:30am <b>Halloween Luncheon 11am</b> Fun Day 12pm Bingo 12pm	20 Focus Hope/ Commodities 9:30am Ministries 10:30am Quilting 6pm Lawyer 1 pm	21 Pokeno 12pm	22
23	24 Meijer 8:15am Bible Study 11:30am Bingo 12pm	25 Club #1 Meeting Bunco 12pm Toledo Zoo 9 am	26 Movie Out 10 am Fun Day 12pm Bingo 12pm	27 Ministries 10:30am Game Day 12pm Quilting 6pm	28 Podiatrist 10:30am Pokeno 12pm	29
30	31 Walmart 8:15am Birthday Bingo Bash 11am Bible Study 11:30am					