



The Krier

Senior Services

Wellness in Aging Begins Here



Phone 810-785-2270

fax 810-785-9973

email:krapohlcenter@heartscs.org

Web: heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

Volume 31 Issue 4 April 2021

Covid 19 Vaccine & Program Registration Information

The MDHHS information and guidelines change nearly every day now. Things are looking up! However, as of the printing of this newsletter, the regulations currently remain the same for centers.

We are still limited to the number of people that we can have in the center so you must register your event or lunch.

You must still stay six feet apart and where your mask. If you need a new mask, we have some here.

We still take your temperature and ask you a few health questions.

Vaccines

Have you gotten your vaccine yet? If yes, great! If you signed up somewhere and still have not been called for an appointment, please call Karen, and let her know. We know that the process has been a struggle for some people, so we want to help anyone who wants to get a vaccine.

Our primary goal is to keep you safe and healthy while providing you with activities, meals, and friendship!

A Publication of the Heart of Senior Citizen Services

Pancake Breakfast

Since we can't go to the Shephard Maple Syrup Festival this year, we are having our own Pancake Breakfast. Come enjoy pancakes, eggs, sausage and orange juice. Dining in (if room) or pick up is available.

Date: Saturday April 24, 2021

Time: 9-11am

Cost: \$6:00 for Adults \$4.00 Children up to 12

Stop by the center to purchase your ticket. **Deadline is Thursday April 22nd.** Public welcome.



Free Nutrition Education Program Fresh Conversations



Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genesee County Residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.

Date: Wednesday April 14 - May 12

Time: 1:00 - 2:00 PM

Location: Krapohl Senior Center via zoom by instructor. You can come in person to the center and we will have it all set to zoom .

Call 785-2270 to register for the program.

Food 4Vets

Connecting Veterans to food assistance



The Michigan Veterans Affairs Agency, through its Michigan Veterans Trust Fund, is assisting veterans experiencing food insecurity. If you are a veteran in Michigan and have a food need due to the coronavirus pandemic, job loss or other circumstances beyond your control, you can lean on us at the MVAA.

Eligible veterans can receive a \$100 food card or certificate to a participating store. There is a simple application process that includes an affirmed statement of need and proof of military service and separation with anything but a dishonorable discharge.

For veterans living in Genesee, Huron, Lapeer, Sanilac, Shiawassee, St. Clair or Tuscola Counties contact: **Gary Putinsky** , Senior Veteran Community Engagement Officer (SVCEO)

Phone: 810-241-5991 Email: gputinsky@co.genesee.mi.us.

Obituaries

Our thoughts and prayers are with the family and friends of our following friends who recently passed away.

Cleo Gualdoni	2/17/2021
ClaraBelle Casey	2/25/2021
Bobbie Sawyer	3/8/2021
Barbara Wansley	3/16/2021

Please let the Krapohl Center know when one of our friends pass away. We try to catch notices in the

OUR AARP TAX PROGRAM HAS BEEN EXTENDED
until May 3, 2021

If you still need your taxes done, please call 785-2270 to see if we have any appointments.

Thank you to the AARP volunteers for continuing to provide this much needed service to our community.

Why you say it!

Rhubarb

A Good dictionary will tell you that rhubarb means a loud dispute or a noisy argument that may be a prelude to a fight. But the book won't give any hint as to why the name of a vegetable with edible stalks is attached to a squabble.

This usage arose from a common practice of stage and movie directors.

Simultaneous shouting of "Rhubarb! Rhubarb!" by numerous extras in a crowd scene creates an impression of angry chaos. Actors who participate in mob scenes adopted the shouted word to name a loud fracas.

Puzzle of the Month

When a person falls out a window, what does he always fall against?

ARE YOU A QUALIFIED
HOMEOWNER?

TO QUALIFY FOR AN AMP GRANT, YOU MUST MEET
THE FOLLOWING REQUIREMENTS.

INCOME REQUIREMENTS:

- o Your gross household income must be at or below 80% Area Median Income (AMI). To check your AMI please see table below.

HOMEOWNER REQUIREMENTS

- o All household members are age 62 or older; or
- o All household members are age 62 or older and age 17 or younger where the household member age 62 or older is the guardian of the younger household members; or
- o A household member of any age has a permanent disability
- o You must obtain a bid from two (2) independent contractors.
- o You must provide all requested income and other documentation.

PROPERTY REQUIREMENTS:

- o All persons listed on the deed must live in the home (except for a child for estate planning purposes)
- o You must have lived in the home for at least six (6) months prior to applying for AMP
- o Your mortgage and property taxes must be paid as agreed and current
- o Your home is a single-family home, condominium, duplex, or manufactured home with certain restrictions

Income Requirements

# of Household Members	1	2	3	4	5	6	7	8
Total Household Income Limit	\$35,800	\$40,900	\$46,000	\$51,100	\$55,200	\$59,300	\$63,400	\$67,500

HOW TO APPLY

Please contact Metro Community Development and tell them you would like to start an application for AMP

Call 810-767-4622 Extension 360

This document is not an application for the program. You must supply all required documentation for the program as directed by the contact above. Additional documentation may be required after your application is submitted.

Happy Birthday to all who have a birthday in April!!



We hope you have an enjoyable day and don't eat to much birthday cake.

MAKE YOUR HOME MORE
ACCESSIBLE – FOR FREE

WITH THE ACCESSIBILITY MODIFICATION PROGRAM (AMP)

2021 GRANT INFORMATION

Homeowners that meet this program's requirements can receive up to \$10,000 in funding through the Accessibility Modification Program (AMP) to make eligible repairs and modifications to their homes to make it more accessible.



WHAT REPAIRS ARE ELIGIBLE?

This is a complete list of eligible repairs. If the repair you need is not on this list, it does not qualify for the program.

- | | | |
|---|--|---|
| <ul style="list-style-type: none">▪ Ramps/zero entry steps▪ Handrails▪ Levered door handles▪ Self-closing hinges (internal/external doors)▪ Pocket doors or swing hinges▪ Internal chair and wheelchair lifts▪ Plumbing and electrical modifications necessary to relocate laundry facilities to main level of the home | <ul style="list-style-type: none">▪ Kitchen modifications▪ Lowering existing cabinets▪ Widened doorways▪ Installation of smoke detectors or carbon monoxide detectors▪ Universal design flooring▪ Home modification assessment expenses up to \$250, when performed by a certified professional | <ul style="list-style-type: none">▪ Bathroom modifications▪ Walk-in/roll-in showers▪ Grab bars▪ Rebath – easy entry bath▪ Roll-under vanity▪ ADA approved toilets / drop down grab bar▪ Lower level ¼ bath conversions to eliminate need to go upstairs |
|---|--|---|

START A CONVERSATION ABOUT MODIFYING
YOUR HOME TODAY – FOR FREE

Serving our community for
nearly 30 years

METRO
Community Development
A Community Development Financial Institution
1174 Robert T. Longway, Flint, MI 48503
810.767.4622

Volunteer Week April 18-24th

Thank you to all our Volunteers!!

Health

Foot Clinic

Have your toenails gotten long ? Can't trim them yourself? Let Dr Snyder help you out. Call the center at 785-2270 for your appointment. Bring your photo ID and insurance card.

Date: Wednesday May 5th
Time: 6:30 pm.
Podiatrist: Dr. Snyder

Hearing Screening

Having trouble hearing conversations? Have your hearing check by the professionals.

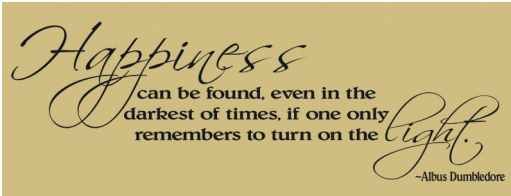
Date: 3rd Tuesday of the month
Time: 9am—12 noon
Bring your insurance card and ID.
Provided by Your Hearing Solution
Call 785-2270 to make an appointment.



Blood Pressure & Diabetic Screening

Cost: Free
Wednesday: 10:00 am to 12:00
Call the center at 785-22700 to make your appointment

No BP or BS available
till further notice.



Exercise

Wii Bowling

New bowlers always welcomed.
Cost: \$5 for 8 weeks
Date: Tuesdays; 2 different leagues
Time: 10 am & 1:00 pm
You must pre-register. Space is limited so reserve your spot by calling 785-2270.
Payment due at time of sign up.

Sit & Get Fit

Fridays: 10 am
Cost: Donation



Take back control of your health and improve your life through exercise. This will improve your balance and boost your metabolism. Call 785-2270 to reserve your chair.

Krapohl will be closed on Friday April 2nd in observance of Good Friday.



Spinal Adjustment

Does your back feel a little out of whack because of not enough movement these past several months? Our favorite Chiropractor, Dr. McClane is back with us.

Date: 4th Wednesday of each month
Time: 11- 12noon
Cost: Free Call 785-2270 for an appointment

Haircuts

Appointment only. Call 785-2270 by Wednesday for appointment.

Date: Friday April 23rd
Time: 10:30 am – 12:30 pm
Cost: Women \$10 Men \$8
Stylist: Chandel

Yoga for the Mind, Body & Spirit

Date: Wednesdays
Cost: \$5/class (\$10 discount if paying by punch card)
Time: 4:00 pm **Instructor:** Brenda
Class is held indoors and masks are mandatory.

You must call 785-2270 and register for the class. Space is limited.



Spring



W	H	M	Z	A	L	K	R	S	G	U	B	E	C	H	T	Q	I
F	T	U	L	Y	I	J	B	E	P	Q	N	O	P	A	S	D	X
S	J	N	I	B	O	R	H	L	V	M	C	S	U	T	L	E	K
P	E	D	W	G	X	E	K	J	O	A	Z	R	M	C	Q	F	B
R	C	Y	Q	U	S	A	V	N	T	S	I	E	K	H	R	O	L
O	L	A	M	B	F	D	T	E	U	P	S	W	G	X	T	J	E
U	N	P	H	Y	G	Z	R	L	K	D	H	O	V	C	E	N	R
T	B	E	J	D	W	P	Q	I	S	G	X	L	M	F	P	A	U
V	M	Z	C	A	I	K	D	H	B	N	U	F	S	E	B	R	T
D	K	Y	T	L	X	G	O	R	F	P	E	J	Q	B	W	O	A
E	P	G	L	E	B	S	U	A	M	O	C	H	I	C	K	S	N
B	N	A	R	F	Y	O	J	T	H	Z	M	T	D	L	I	P	G
G	R	K	E	N	R	T	S	N	A	I	L	Q	W	U	S	R	V
A	D	O	N	P	H	E	M	B	J	S	T	C	E	S	N	I	F
K	W	U	F	I	N	L	T	Q	E	R	M	E	A	Y	O	N	D
I	B	S	E	C	K	F	X	T	D	V	J	R	H	P	A	G	Z
N	E	D	R	A	G	M	W	K	U	L	G	S	O	R	C	L	E
H	Z	M	T	U	L	I	P	V	E	B	A	D	Y	W	F	X	J



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



Tree Valley Academy

Classes and Activities



Wednesday April 28th

Time: 11 am

Come join us for our book club.

This month's book will be : Weekend Warriors by Fern Michaels

Call 785-2270 for more information and to reserve your spot.

Watercolor Painting

Date: Saturday April 24th at 1 pm

Cost: \$8 includes supplies

Instructor: Karen

Minimum class size 5, Maximum 8

Call 785-2270 to sign up and pay by Tuesday March 23th.

Learn a new painting each month.

Bingo



Date: Fridays

Time: 12:45 pm (may arrive at 12:15 pm)

Must call by the Friday before to pre-register for your spot. If not pre-registered you will not be able to play. Space is limited.

Bunco

Date: Mondays (During Tax season it will be on Thursday)

Time: 12:45 pm

Cost: \$5

You may bring your own dice.



Woodcrafts

Date: Tuesdays & Thursdays from 1pm –4 pm

Cost: Donation

Join skilled woodcrafters and learn to make a new project each month. Beginners welcomed. Maximum 4 people.

Woodcrafts with Johnnie Sue

Date: .Wednesday April 28th **Time:** 10 am

Cost: \$10 - \$15

Join us and make your own Condiment Holder

Beginners welcomed. Maximum 4 people.

Call 810-782-2270 to reserve your spot



Cornhole

Date: Thursdays

Time: 10:00 am

Cost: \$12 for 6 week session



Must call 785-2270 by the Wednesday before to pre-register for your spot. If not pre-registered you will not be able to play. Space is limited.

Shredding day was a great success!!

Thank you for your support. Start saving as we will be doing another Shredding day in September 2021.

Watch the newsletter for more information.

Special Services

Ask the Attorney

Local attorney

Stephen Kennedy P.C . offers

private consultations at the Krapohl Center every Thursday from 12:30 until 2 pm.

There is no charge for the 15 minute consultation.

Appointments are required. Call 785-2270.

Veteran Benefit Assistance

John Nelson Department of Veterans Services

4th Tuesday of Month @ 9 am

John is at the Krapohl Center to assist veterans from any era. He will assist Veterans with benefits or answer questions about Veterans benefits.

Appointments are required! Call 785-2270

Commodity Surplus Food Program

3rd Wednesday of the month MUST pick-up between 10 - 2 pm.

- | For | Need |
|---|-----------------------|
| ●People 60 + years of age | ●Proof of income |
| ●Income less than \$1,383 for family of one | ●Proof of family size |
| ●\$1,868 for family of two | ●Proof of residency |
| | ●Photo Identification |

Please stay in your car, drive up and we will bring your commodities to you.

MMAP (Medicare / Medicaid Assistance Program)

If you need help determining MMAP qualifications make an appointment with Roxann by calling 810-785-2270.

Rates are:

2021 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1615.00 Assets \$14,790

Couple \$2175.00 Assets \$29,520



2021 Medicaid, Medicare Savings Program (MSP)

Single \$1,456.00 Assets \$7,970

Married \$1,960.00 Assets \$11,960

For a meal reservation call 785-2270

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cornhole 10 am GCCARD Lunch 12n Bunco 12:45 pm Woodcrafts 1 pm	Closed 
5	6	7	8	9
Taxes 9 am GCCARD Lunch 12n	Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm	Food Pantry 10 am GCCARD Lunch 12 n Yoga 4 pm	Cornhole 10 am GCCARD Lunch 12 n Bunco 12:45 pm Woodcrafts 1 pm	GCCARD Lunch 12 n Sit & Get Fit 10 am Bingo 12:45 pm
12	13	14	15	16
Taxes 9 am GCCARD Lunch 12n	Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm	Food Pantry 10 am GCCARD Lunch 12 n Fresh Conversations 1 pm Yoga 4 pm	Cornhole 10 am GCCARD Lunch 12 n Bunco 12:45 pm Woodcrafts 1 pm	GCCARD Lunch 12 n Sit & Get Fit 10 am Bingo 12:45 pm
19	20	21	22	23
Taxes 9 am GCCARD Lunch 12 n	Hearing screening 9 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm	Food Pantry 10 am Commodities 10 am Book Club 11 am GCCARD Lunch 12 n Fresh Conversations 1 pm Yoga 4 pm	Cornhole 10 am GCCARD Lunch 12 n Bunco 12:45 pm Woodcrafts 1 pm	Haircuts 10:30 am Sit & Get Fit GCCARD Lunch 12n Bingo 12:45 pm
				Saturday 24 Pancake Breakfast 9 am Watercolor 1 pm
26	27	28	29	30
Taxes 9 am GCCARD Lunch 12 n	Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm	Food Pantry 10 am Woodcraft class 10 am Spinal Adjustment 11 am GCCARD Lunch 12 n Fresh Conversation 1 pm Yoga 4 pm	Cornhole 10 am GCCARD Lunch 12 n Bunco 12:45 pm Woodcrafts 1 pm	GCCARD Lunch 12n Sit & Get Fit 10 am Bingo 12:45 pm

March Menu 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
REMEMBER Lunch is served at 12 noon. You must sign up at the front desk by the Friday before the Tuesday lunch.. Call 785-2270 to sign up.			1 Easter Luncheon HM Chicken & Spinach Lasagna /Glazed Carrots Roasted Squash Strawberry Applesauce Garlic Roll	2 Closed 
5 Cheese Tortellini w/meat sauce Italian Veggie Blend Cauliflower Fresh Pear Potato Roll	6 Baked Spaghetti w/ meat sauce/ Bread sticks Toss Salad Cookie	7 HM Beef & Bean Burrito Mexican Rice Chuck Wagon Blend Fruit Cocktail	8 HM Veal Parmesan w/ Spaghetti Steamed Broccoli Sliced Pears Roasted Vegetables Wheat Roll	9 Turkey Burger w/Cheese Leaf Lettuce/Tomato Slice Key West Veggie Blend Cantaloupe Chunks
12 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Apricots	13 BBQ Chicken Tater Tots Garden Salad Jell-O Brownies	14 Ham & Turkey Sub Lettuce, Tomato, Red Onion / HM Pasta Salad Peaches	HM Chicken Noodle Soup Sweet Corn Fresh Apple Croissant Birthday Cake	16 Fish Taco w/Fresh Corn Salsa / Au Gratin Potatoes Cole Slaw Pineapple Cup
19 Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins	20 Lasagna w/ meat sauce Garlic Bread Green Beans Peaches Pudding	21 HM Supreme Pizza w/ Sausage, Pepperoni, Olives, Peppers & Onions Steamed Cauliflower Applesauce	22 HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Cookie of the month	23 HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad Roll
26 Lemon and Herb Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Roll	27 Open Faced Roast Beef Mixed Vegetables Applesauce Cookie	28 Turkey Polish Coney Island Potato Wedges Mixed Vegetables Diced Pears	29 HM Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits	30 BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange / Roll

KISS

Keeping Independent Seniors Safe

Call 810-249-6530 for more information.

Are you or your family and friends worried about you living alone?

The KISS program is a **free** telephone reassurance program for older adults who live independently and want to feel safer and more secure. Call the center @ 785-2270 for more information



Notary Service

In need of a Notary?

We now have one available.

Cost: \$5.00 per subject

Call 785-2270 and make an appointment with Sandy.



Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting beneficiaries. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You will **not** need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You **cannot** pay to put your name on a list to get the vaccine.
- You **cannot** pay to get early access to the vaccine.
- You **will not** be solicited door to door to receive the vaccine.
- No one** from Medicare will contact you.

No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

HEART OF SENIOR CITIZEN SERVICES

Krapohl Senior Center

Wellness in Aging Begins Here

Our Mission: HSCS is a non-profit 501 (c)3 organization dedicated to helping older residents of Genesee County accept and maintain the dimensions of “Wellness”, Independence, and Dignity as their life-style.

Our Vision

To be the community leader and resource for addressing the diverse needs of older adults.

Board of Directors

Dale Daron	President
Johnnie Sue Petrich	Vice President
Ken Sies	Secretary
Brenda Ashley	Treasurer
Deacon Jim Brown	Executive Trustee
Lynn DeVoll	Trustee
Valorie Horton	Trustee
Ingrid Lewis	Trustee
Ronda Simpson	Trustee
Rubina Tevis	Trustee

Executive Director: Karen Reid

The Krapohl Center does not discriminate against any requesting services or programs. Should you have a concern about the programs and services we provide, please write or call the Executive Director.

The HSCS is a private 501(c)3 nonprofit agency funded through donations, fundraisers, grants, Mt. Morris Township, Federal Community Development Block Grants, Michigan Department of Transportation, Mt. Morris Consolidated Schools and the Genesee County Senior Millage.

“This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.”

“The Heart of Senior Citizen Services shall not discriminate against any person on the basis of age, race, color, sex, religion, physical handicap, national origin, or any other basis provided in federal, state, or local law, regarding any service performed by or for the HSCS.”

Title VI Coordinator, (810) 785-2270

HSCS Board Meeting Dates

All meetings begin at 4:00 pm and are held at the Krapohl Senior Center

April 19, 2021
July 19, 2021
October 18, 2021
December 20, 2021

In the event of any changes to date, time or meeting venue every attempt will be made to notify the public of these changes. Please check website and Facebook for notices of meetings and or changes.

HSCS Staff

Executive Director: Karen Reid
Assist. Director/Program Coordinator: Sandy Tucker
Social Work Technician: Roxann Braddock
Office Clerk:Carolyn Wirsing
Transporter/Maintenance:.....Jim Thomas

Visit us through Social Media

Like us on New Facebook:

www.facebook.com/Krapohl Senior Center

or check our website at

www.heartscs.org.



Krapohl Office Hours

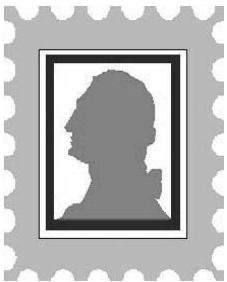
Open 9 am- 5 pm

Monday—Friday

810-785-2270

US Postal Stamps

Books of postage stamps are available at the Krapohl Center for your convenience. Price \$11 / book.



Need to get rid of Old Medication?

The following items are accepted at:

Union Prescription, 11830 N Saginaw Rd, Mt. Morris 48458

Non-controlled drugs/substances

Over-the-counter drugs

Medicated cough drops

Cold and flu medications

Vitamins and supplements

Prescription drugs

Pet medications

Medication samples

NO LIQUIDS or NEDDLES

You must take pills out of the bottles and put in a plastic zip lock bag.

There is a drop off box inside the store by the pharmacy. If you have any questions call 686-2900.

Using Amazon Smile helps all of us



Copy and paste the following link in your browser <https://smile.amazon.com/ch/38-3409498> to sign up. Need help signing up, contact Krapohl Staff at 810-785-2270. .05% of your sale will automatically be donated to us at no cost to you.

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Krapohl Senior Center

Information & Referral
Health Education & Programs
Support Network
Classes
Games
Travel
Food
Friends
Fun !

Call 785-2270



Newsletter Donation Appreciated

As you know postal costs have increased as well as printing costs so we hate to ask but if you enjoy receiving the Krier, either by mail or email, we would appreciate a \$10 donation per year.

Please complete the following form and include it with your donation.

Name_____

Address_____

Email Address _____

Heart of Senior Citizen Services
Krapohl Center
G-5473 Bicentennial Dr.
Mt. Morris, Michigan 48458

Heart of Senior Citizen Svs
Standard Mail PAID
Carrier Route - Pre Sort
Mt. Morris Michigan 48458
Permit Number 30