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February 2021 | Volume 31 Issue 2

**A Publication of the Heart of Senior Citizen Services**

**Phone Scam Warning**

Blue Cross Blue Shield of Michigan and Blue Care Network are warning members of new phone scams in which callers attempt to obtain personal or health insurance information. Do not provide your personal information or respond to any phone prompts from a caller requesting those details. If you receive a call asking for your personal information and health insurance ID number, hang up immediately. Since mid-December 2020, many members have reported receiving calls in which people attempt to obtain this information. The fraudulent callers claim they are from a pharmacy network representing Blue Cross or another health plan, and then they offer to mail over-the-counter vitamins, medicine and ointments to a member's home at no cost. These phone calls are not part of a Blue Cross or BCN program. They appear to be malicious or fraudulent attempts to gain personal information or health insurance ID numbers to bill for high-cost medication and supplies. We do not share medical or prescription information with unauthorized third parties, and there was no breach of our confidential data. Members of other health plans are also receiving these calls. Blue Cross is working with the FBI and Michigan attorney general's office to investigate these calls and their source. The callers may have your name, address and even date of birth but will be trying to get your Blue Cross ID or contract number and primary care doctor's name. They're offering free over-the-counter medications, including: • Vitamin D • Vitamin B-12 • Probiotics • Heart burn relievers • Skin rash creams • Antibiotic ointment • Cough medicine • Pain medicine like ibuprofen and acetaminophen • Scar cream • Cold sore ointment • Anti-fungal creams for nails or athletes' foot • Pain creams. Members should ask their health care providers if they have questions about medications or medical supplies. You may report suspicious calls to our fraud hotline at 1-844-STOP-FWA (786-7392)

**Weather Related Closing Policy**

It is the policy of the Heart of Senior Citizen Services to place the health, safety and welfare of the participants of the Krapohl Center first and foremost. Therefore, when weather conditions present a health or safety hazard such as large snow fall, ice or subzero weather the Krapohl Center will close. If Mt. Morris, Beecher and/or Westwood Heights School Districts are closed, so are we. A good rule to remember is if you do not have to get out when the roads are snow covered and icy then don't. Stay safe and stay warm this winter!!!

Watch TV 5, 12 or 25 or our Facebook ([www.facebook.com/KrapohlSeniorCenter](http://www.facebook.com/KrapohlSeniorCenter)) page for center closing information.

**COVID 19 Vaccine Update**

In partnership with the Genesee County Health Department and the other senior centers, we are taking names of people who qualify for the vaccine. You must be 65 or older and live in Genesee County. Call the center and we will take your name, birthdate and phone number. Each night the information is sent to the Health Department. The **Health Department will call you** when they have an appointment time for you. They ask that you please answer your phone and/or check your voicemail. Please do not call other places to get signed up. This does not speed up the process. There is a Prevacation Checklist form that you can pick up here and complete it before you get your shot. This will speed up the process the day you get your vaccine. Please be patient with all involved.

COVID-19 VACCINE PRIORITIZATION + AVAILABILITY			
<b>PHASE 1A</b> <ul style="list-style-type: none"> <li>Healthcare Personnel</li> <li>Residents in long-term care facilities</li> </ul>	<ul style="list-style-type: none"> <li>Persons aged 65 and older*</li> <li>Frontline essential workers in critical infrastructure</li> </ul>	<b>Vaccination is available NOW!</b>	<b>Follow your employer's instructions.</b> <b>Healthcare Offices:</b> We anticipate notification that COVID-19 vaccinations will be available in the coming weeks. Please complete the attached form and return it to the email address on the form. GCHD will contact you when you can be immunized.
<b>PHASE 1B</b>	<ul style="list-style-type: none"> <li>Persons aged 16 to 64 with COPD, hypertension, chronic kidney disease, heart disease, diabetes, obesity or other conditions that place a high risk of serious COVID-19 illness.</li> <li>Some other essential workers whose work must be performed on site, not covered in prior Phases**</li> </ul>	<b>NEXT in line!</b>	<b>Continue to wait for guidance from GCHD and/or your healthcare provider.</b> While you wait, please fill out the vaccination registration form. Get up-to-date information on COVID-19 and vaccination information on our website and follow us on Facebook. We will communicate regularly about where we are on the priority lists and estimated vaccination timelines.
<b>PHASE 1C</b>	<ul style="list-style-type: none"> <li>Persons aged 16 to 64 with COPD, hypertension, chronic kidney disease, heart disease, diabetes, obesity or other conditions that place a high risk of serious COVID-19 illness.</li> <li>Some other essential workers whose work must be performed on site, not covered in prior Phases**</li> </ul>	<b>Timing to be determined.</b>	<b>Continue to wait for guidance from GCHD and/or your healthcare provider.</b> Get up-to-date information on COVID-19 and vaccination information on our website and follow us on Facebook.
<b>PHASE 2</b>	<ul style="list-style-type: none"> <li>All other persons aged 16 and older</li> </ul>	<b>Timing to be determined.</b>	<b>Continue to wait for guidance from GCHD and/or your healthcare provider.</b> Get up-to-date information on COVID-19 and vaccination information on our website and follow us on Facebook.

NOTE: Some phases may begin before others have been completed. The timing of the start of a vaccination phase depends on vaccine supply, vaccine allocation from the federal level to Michigan, and local capacity to administer the vaccine.

GENESEE COUNTY HEALTH DEPARTMENT

Last updated: 01/26/2021



**February is Black History Month**

**About Black History Month**

Black History Month is a celebration in February of the achievements of African Americans. The celebration's history starts with Carter G. Woodson, an American historian, author, and journalist. In September of 1915, Woodson founded what is now known today as the Association for the Study of African American Life and History (ASALH), an organization dedicated to researching, promoting, and preserving the lives, history, and culture by black Americans and other peoples of African descent. In 1926, ASALH sponsored a national Negro History week. The event grew from local communities to college campuses. By 1976, President Gerald Ford officially recognized Black History Month. He invited Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

# AARP Income Tax Program 2021

## (Tax year 2020)

As we begin the 2021 tax season, we find many changes this year due to COVID19. Currently, only two people an hour can come to have their information uploaded into the AARP's computer. There will be only one AARP volunteer here to assist you. The other volunteers are working from home, and they will do your taxes.

We have currently filled all our appointments, but we are still taking names for a waiting list in case things change and we can add more people.

If you have other options to get your taxes done this year, we suggest you do it.

A few days before your appointment, we will give you a reminder call and tell you what the procedure is for the day you come.

Again, this format may change, so please be patient. We are trying to help as many people as we can.

**REMEMBER – THIS MAY CHANGE DUE TO COVID19 RESTRICTIONS. Please be patient with our staff and AARP volunteers when you call or are here at the center.**

Everyone must pick up and complete the Questionnaire sheet prior to your appointment and bring it with you on the day of your appointment.

All your paperwork **must** be in an envelope. You will open the envelope, take the papers out and give them to the volunteer. **You must sign a document allowing the volunteer to scan your information.** You will take all your papers home after they are scanned.

The volunteer will scan your paperwork so they can work on it later. You **will not be able to wait for your taxes to be done that day.** The volunteer will only have 15 minutes to scan your paperwork. They only have four days to complete your tax return.

You will be given a date and time to return to complete the process. **If you do not return to sign, your documents will be deleted. No second appointments!**

In addition to all the items below that you need to bring if appropriate, **you must have your property tax statement with you in the envelope.** It is your responsibility to get a copy of your statement. No calls can be made. If you do not, the volunteer can not help you. **No second appointments!**



Shirley Hartkopf

Johnnie Sue Petrich

Gayle Reed

Gloria Brumley

Jean Whiting

Rodney Laurin

We appreciate the donations we receive from all of you. Thank you for your continuing support.

## Items to bring to your tax appointment.

- Photo proof of identification
- Social Security cards for you, your spouse and dependents - all to be included on the return. An individual Taxpayer identification number (TIN) assignment letter may be substituted for you, your spouse and/or your dependents if you do not have a Social Security number.
- Birth dates for you, your spouse and dependents on the tax return.
- Copy of 2019 Tax returns
- Wage and earning, pension or other retirement income statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers/payers
- Interest and dividend statements from banks (Forms 1099-INT and -DIV)
- Brokerage statements
- Health Insurance Exemption Certificate, if received
- A blank check for proof of bank account routing and account numbers for direct deposit.
- Total paid for day-care provider and the day-care provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B, or C Affordable Health Care Statements
- Social Security benefit statement
- Property tax statement if claiming property tax credit. Mortgage statements are not acceptable. **Must have a copy of your property tax. You must go to your taxing body and pick up a copy of your property taxes (summer and winter of current year for property tax credit).** We need the information on that sheet, as the amount provided on your interest statement is not enough.
- Year's rent statement by the month, landlord's name and address if claiming Rent Credit
- Consumers energy statements for the year if claiming Heating Credit
- If you live in a mobile Home Park bring a rent breakdown of how much is rent and how much is water.
- Name and address of landlord if renting

## We would like to welcome Carolyn Wirsing to the Krapohl Center.

Carolyn is the new face you will see when you enter the center – and the new voice when you call. Please help us welcome her to our Krapohl family.



### Obituaries

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

James Helms	11-26-20	Jerry Hammersly	12-18-20
Nancy Skidmore	12-11-20	Louise Dinnan	12-23-20
William Schwerin	12-13-20	Cherylene Allen	12-23-20
Anita Huerta (Tina)	01-14-21		

Please let the Krapohl Center know when one of our friends pass away. We try to catch notices in the newspaper but unfortunately can miss a few.

### Puzzle of the Month

You are driving a bus. At the first stop, two women get on. At the second stop, three men get on, and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?

The start of a new year, can you guess the answer?

Call 785-2270 if you think you know what it is!



**Please note:** All activities are on hold for now. We will keep you up to date as to when they will be available. You may call the center or watch our Facebook page for updates. For more information call 785-2270.

### Exercise

#### 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.

#### J & J Dance & Fitness

**Mondays:** 6-7:30 pm  
**Cost:** \$3.00 /class **Instructors:** Janell & Jennifer  
 The routines are ones you will remember, but to the music from Hip Hop, 50's, 60's, 70's, 80's and Contemporary songs. Come join the fun...No dance experience necessary. Call 785-2270 to sign up.



#### Join us for Cardio Drumroll

Let out your stress as we pound to the beat on exercise balls. Bring your own ball, tub and drum sticks or you can use ours. A new way to exercise and have some fun.

**Date:** Wednesday  
**Cost:** \$3.00 per class with your own equipment  
 \$5.00 per class with center equipment

**Instructor:** Janelle & Becky **Time:** 6:00 pm  
 Call 785-2270 to sign up.



#### 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.



### Classes and Activities



Wednesday February 24th  
 Time: 11 am

Join us on the 4th  
 Wednesday of  
 the month.

Come join us for our book club.

This month's book will be : There There

Call 785-2270 for more information.

#### 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.

#### Watercolor Painting

**Date:** February 27th 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 February 23th.**  
 Learn a new painting each month.

#### Woodcrafts with Johnnie Sue

**Date:** .February 27th **Time:** 10 am  
**Cost:** \$10 - \$15

Join us and make your own Trivet.  
 Beginners welcomed. Maximum 4 people.



#### Bingo

**Date:** Fridays  
**Time:** 12:45 pm (may arrive at 12:15 pm)



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

#### Men's Book Club

We are looking to see if there are any men who would like to join a book club. If interested in History, War, Westerns, Mysteries, give us a call at 785-2270 for more information



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> GCCARD Lunch 12 noon Bunco 12:45 pm	<b>2</b> Homemade Lunch 12 n	<b>3</b> Oil Painting 9 am BP & Sugar 10 am GCCARD Lunch 12 noon	<b>4</b> GGCARD Lunch 12 noon Attorney 12:30 pm	<b>5</b> GCCARD Lunch 12 noon Bingo 12:45 pm
<b>8</b> GCCARD Lunch 12 noon Bunco 12:45 pm	<b>9</b> Homemade Lunch 12 n	<b>10</b> Oil Painting 9 am BP & Sugar 10 am GCCARD Lunch 12 noon	<b>11</b> GGCARD Lunch 12 noon Attorney 12:30 pm	<b>12</b> Krapohl Lunch 12 noon Bingo 12:45 pm
<b>15</b> Valentine's Lunch 12 noon Bunco 12:45 pm	<b>16</b> Hearing Solution 9 am Homemade lunch 12 n	<b>17</b> Oil Painting 9 am Commodities 10 am BP & Sugar 10 am GCCARD Lunch 12 noon	<b>18</b> GGCARD Lunch 12 noon Attorney 12:30 pm	<b>19</b> Haircuts 10:30 am GCCARD Lunch 12 noon Bingo 12:45 pm
<b>22</b> GCCARD Lunch 12 noon Bunco 12:45 pm	<b>23</b> Veteran's Assistance 9 am Homemade Lunch 12 n	<b>24</b> Oil Painting 9 am BP & Sugar 10 am Chiropractor 11 am GCCARD Lunch 12 noon	<b>25</b> GGCARD Lunch 12 noon Attorney 12:30 pm	<b>26</b> GCCARD Lunch 12 noon Bingo 12:45 pm <hr/> <b>27</b> Watercolor 1 pm
				

Since w  
ing our  
Date: A  
Time: 9

## Mark your calendars

**Tired of shredding all those old papers yourself?**

Now is the time to go through all those old papers and put them in a box because we will be offering a Shredding Day in our parking lot!. AJP Commercial Shredding will be here Saturday March 20th between 10 am - 12 noon.

Cost: \$10 per car. Watch the newsletter for more information.

**Pancake Breakfast**

Since we can't go to Shephard Maple Syrup Festival, we are having our own Pancake Breakfast.

Date: April 24, 2021  
Time: 9-11am  
Watch the newsletter for more information.



**Honey Baked Ham Fundraiser**

Easter is right around the corner. Looking to get a Honey Baked Ham for your big dinner? With Honey Baked Gift Cards, you can shop online or at any Honey Baked location nationwide. The gift cards come in amounts of \$10, \$25, \$50 or \$100. Watch the newsletter for more information.

**Have extra time? You can becoming a Volunteer.**

We are looking for a retired nurse that can take Blood Pressures and Blood Sugar on Wednesdays and/or Fridays. Contact us at 785-2270 for more information.



Homemade Tuesday meals  
\$5.00

## February Menu 2021

For a meal reservation call 785-2270

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>01</b></p> <p>Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Apple / Roll</p>	<p><b>02</b></p> <p>Polish Sausage Fried Potatoes Green beans Dessert</p>	<p><b>03</b></p> <p>Turkey Burger w/cheese Leaf Lettuce, Tomatoes Key West Vegetable Blend Strawberry applesauce</p>	<p><b>04</b></p> <p>Asian Chicken Bowl Brown Cilantro Rice w/Peppers, Onions &amp; Pineapple Apricots</p>	<p><b>05</b></p> <p>Open Face Turkey Sandwich Mashed potatoes Sliced Carrots Tropical Fruit Salad</p>
<p><b>08</b></p> <p>HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup</p>	<p><b>09</b></p> <p>Shrimp Scampi Linguine Garlic Bread Salad</p>	<p><b>10</b></p> <p>Pub Burger w/cheese Leaf Lettuce/Sliced Tomato Potato Salad Fruit Salad</p>	<p><b>11</b></p> <p>HM Lasagna Rolls Steamed Beets Cauliflower Applesauce</p>	<p><b>Lincoln's Birthday 12</b></p> <p>GCCARD closed</p> <p>Mystery Lunch</p>
<p><b>President's Day 15</b></p> <p>GCCARD closed</p> <p>No Lunch</p>	<p><b>16</b></p> <p>Open Faced Hot Turkey Sandwich Mashed Potatoes Corn /Dessert</p>	<p><b>17</b></p> <p>HM Sloppy Joes Garden Pasta Veggie Broccoli Florets Golden Apple</p>	<p><b>18</b></p> <p>HM Chicken Noodle Soup Sweet Corn Croissant Apple</p>	<p><b>19</b></p> <p>Baked Salmon w/Cream Sauce Veggie Blend Roasted Brussel Sprouts Mixed Fruit Salad</p>
<p><b>22</b></p> <p>HM Beef Pot Pie w/Stewed Vegetables Green Beans Warm Peaches</p>	<p><b>23</b></p> <p>Goulash Salad Bread slice Mixed fruit Dessert</p>	<p><b>24</b></p> <p>Tangerine Chicken in Stir fry Vegetables Peas &amp; Carrots Brown Rice Diced Pineapples</p>	<p><b>25</b></p> <p>Baked BBQ Chicken Wings Loaded Potato Salad Southern Green Beans Fresh Orange</p>	<p><b>26</b></p> <p>Artisan Mac &amp; Cheese Stewed Tomatoes Steamed Broccoli Roll Diced Pears</p>
				

Lunch is  
served at  
12 noon!

### Homemade Tuesday lunches!

Curbside service \$5.00 per meal



Chef Ron Iaquinto

We are offering curbside pickup. You **MUST** call by **12 noon** on the Friday before to order your lunch. Check out the Tuesday lunch menu and then give us a call at 785-2270 to place your order. We will not be able to accept any orders after 12 noon on Friday, Sorry no birthday lunches or cakes. **Remember lunch is served at 12 noon!**



Happy birthday to everyone who has a February Birthday!



### 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



#### Consumers Shut Off Protection

Are you 65 yrs. or older and head of the household?

Call Consumers Energy 1.800.477.5050 so you can qualify for shut off protection, no late payment charges, and automatic eligibility for payment plans regardless of income.

## Health

### Foot Clinic



**Date:** To be announced  
**Time:** To be announced

We are looking for a new Podiatrist.

### Blood Pressure & Diabetic Screening



**Wednesdays** 10 am - 12 pm  
**FREE**—Call for an appointment 785-2270

### Hair Cuts



**Date:** Friday February 19, 2020  
 By appointment only. Call 785-2270 by Wednesday for appointment.  
**Time:** 10:30 am—12:30 pm  
**Cost:** Women \$10 Men \$8  
**Hairstylist:** Chaundelle

### Hearing Screening



**Date:** 3rd Tuesday of month  
**Time:** 9 am - 12 noon  
**Provided by:** Your Hearing Solutions  
**Call 785-2270 to make an appointment.**

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

### Spinal Adjustments

**Dr. Jerry McClane**

**Date:** 4<sup>th</sup> Wednesday of the month      **Time:** 11 am-12 pm

Your spine is critical to your overall health, and a spinal adjustment might be just what you need if you've been feeling aches and pains lately. People who take responsibility for their own health and well-being know that spinal care is another important part of their overall health. **Please call 785-2270 for appointment.**

Have you been feeling a little depressed throughout this pandemic? Are you sad not seeing your friends. Maybe you've lost a family member or friend these last few months and couldn't say goodbye due to the restrictions? Do you feel you need some closure?

We have a few people who feel this way which leads us to wonder if any of you might be interested in a "Support Line" or a Grief Support Group here at the center. If you are interested, please let us know and we'll set up a program and /or a telephone support person. Call 785-2270 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

### Loan Closet



Rental Cost: \$5-\$25 (depends on item)

Are you in need of a wheelchair, walker or cane?

The Senior Center has a care closet where these items may be rented with a refundable deposit. Call us at 810-785-2270.

### 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)**

<b>Individual</b>	<b>\$1615.00</b>	<b>Assets \$14,790</b>
<b>Couple</b>	<b>\$2175.00</b>	<b>Assets \$29,520</b>

**20201 Medicaid, Medicare Savings Program (MSP)**

<b>Single</b>	<b>\$1,456.00</b>	<b>Assets \$7,970</b>
<b>Married</b>	<b>\$1,960.00</b>	<b>Assets \$11,960</b>

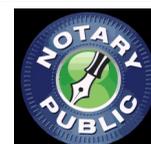
### Commodity Surplus Food Program

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

- |   |  |
|---|--|
| <p><b>For</b></p> <ul style="list-style-type: none"> <li>● People 60 + years of age</li> <li>● Income less than \$1,383 for family of one</li> <li>● \$1,868 for family of two</li> </ul> | <p><b>Need</b></p> <ul style="list-style-type: none"> <li>● Proof of income</li> <li>● Proof of family size</li> <li>● Proof of residency</li> <li>● Photo Identification</li> </ul> |
|---|--|

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

### 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.

**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 non profit 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

- February 15, 2021 (Annual Meeting) Zoom available
- April 19, 2021
- July 19, 2021
- October 18, 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
- Staff Assistant:** .....Linda DeFlorio
- Transporter/Maintenance:**.....Jim Thomas

**Visit us through Social Media**

Like us on **New Facebook:**

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

or check our website at

[www.heartscs.org](http://www.heartscs.org).



**Krapohl Office Hours**

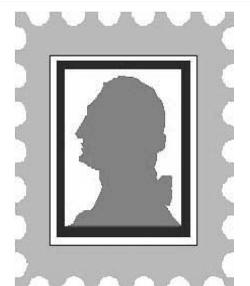
**Open 9 am- 5 pm**

**Monday—Friday**

**810-785-2270**

**US Postal Stamps**

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



**Using Amazon Smile helps all of us at Krapohl!**



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. Call the Krapohl Center to see how you can sign up for this program. .05% of your sale will automatically be donated to us at no cost to you.

**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.

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## Krapohl Senior Center

Information & Referral  
 Health Education & Programs  
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