

Pontiac Senior News

Volume 122, Issue 122

June 2017

Recipe of the Month

Crispy Herb Baked Chicken

Ingredients:

- 2/3 cup dry potato flakes
- 1/3 cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 1 (3 pound) chicken, skin removed, cut into pieces
- 1/3 cup butter, melted

Directions:

Heat oven to 375 degrees F (190 degrees C). Grease or line with foil a baking sheet or a 13 x 9 inch baking pan.

In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Stir until well mixed.

Dip chicken pieces into melted butter or margarine, and roll in potato flake mixture to coat. Place in prepared pan.

Bake for 45 to 60 minutes, or until chicken is tender and golden brown.

“Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.”



MAYOR DEIRDRE WATERMAN 2017 STATE OF THE CITY ADDRESS CITY OF PONTIAC

Theme: Prospects and Promises for Pontiac

- ★ Update on Pontiac's transformation
- ★ Review successes of partnerships and renewed community engagement
- ★ Vision and plans to continue city progress



DOORS OPEN (Cash bar and \$15 Valet parking optional).....	6:00PM
PROGRAM AND STATE OF THE CITY ADDRESS.....	7:00PM
- NEIGHBORHOOD EMPOWERMENT PROJECT AWARDS	
MIX & MINGLE RECEPTION	8:30PM

OPEN TO THE PUBLIC ★ NO CHARGE TO ATTEND

More information - (248) 758-3326 E-Mail: salford@pontiac.mi.us



DETROIT LIONS DARE TO DREAM

DETROIT LIONS ALUMNI ASSOCIATION & DARE TO DREAM PONTIAC, INC PRESENTS

2017
SUMMER YOUTH
Football & Cheer Camp
PONTIAC, MICHIGAN

WISNER STADIUM
441 CESAR E. CHAVEZ AVE
PONTIAC, MI

REGISTRATION:
\$25

AGES 8-14
SIGNED WAIVER REQUIRED
SPONSORSHIPS ARE AVAILABLE
SPACE IS LIMITED!

WEDNESDAY
JUNE 28
8AM - 2PM

REGISTRATION AVAILABLE ONLINE AT: DARETODREAMPONTIAC.ORG
FOR MORE INFORMATION CONTACT: JUANITA HARPER AT NTAWEEZ@ATL.NET
SPONSORED BY HEIJER

Tai Chi in the Park

Have you ever practiced Tai Chi in the past or curious as to what is Tai Chi? Join us on a Friday morning and discover how empowering the slow, mindful movements found in Tai Chi for Health short forms can be. Wear comfortable shoes and bring water. No flip flops.

Compliments of Waterford Park & Recreation

Dates: Fridays - June 2, 30, July 7 Rain Date July 14

Time: 9:15 to 10:15

Location: **Hatchery Park** 4490 Hatchery Rd,
Waterford Twp, MI 48329

Healthy Pontiac

Dates: Fridays June 23, July 21, 28, August 4, 11
Rain Date TBD

Time: 9:15 am to 10:15

Location: **Rotary Park** Wesson St, Pontiac,
MI 48341

Senior Fun Night at the Bowens Center
Friday Nights 6pm - 9pm
Hustle Class and dancing

6pm -7pm beginners

7pm - 8pm Intermediates / advance

8pm - 9pm Dance like no one is watching

Save the date - Call the Bowens Center
for more information: 248 758-3238

June 22 trip to Lake St. Clair Metroparks (Day Trip)

July 18 City Wide Senior Picnic- Bowens Center

"Ronnie Mac from Pontiac"

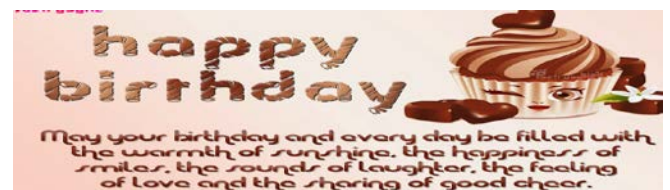


Ronnie McNeir, of the Four Tops, was recently honored in a street renaming ceremony by the city of Pontiac, MI. The street E. Wilson Street was officially renamed to Ronnie McNeir Street. McNeir grew up on E.

Wilson Street which is located at the corner of Woodward Avenue, near the new M1 Concourse Race Track.

Ronnie was honored for his musical legacy and contributions he made to the community. He dedicated a single named "Pontiac" on his last CD "Living My Life," of which local Gainell Teasley created and performed a hustle dance.

Happy birthday June seniors



June is Alzheimer's & Brain Awareness Month

Exercise class for Individuals Living with Mild to Moderate forms of Dementia & Caregivers who support them.

The Instructor, Denise Murray, American College of Sports Medicine (ACSM) Exercise Physiologist & Personal Trainer, Tai Chi for Health Institute Sr. Trainer, & Yoga Alliance Registered Yoga Teacher

Denise has over 10 years experience in developing leading exercise classes for individuals living with Alzheimer's disease and related Dementia. Her website:

<http://exercisefordementia.com>

Bowen Senior Center

52 Bagley St, Pontiac, MI 48341

Dates: Wednesdays, June 21, 28, July 5, 12 Time: 1:00 pm to 2:00 pm **Drop-In**

Class: \$5.00 Caregiver / Individual living with Dementia



This is a chair based exercise class with optional standing exercises. Fun, Safe and Easy to follow Caregivers and friends will also benefit from this class -

- Injury Prevention for Activities of Daily Living
- Improve & Maintain Joint Health
- Improve Muscle Strength & Endurance
- Increase activity to improve sleep
- Help reduce depression & isolation

Stages of Alzheimer's disease who would benefit most from attending this class with a caregiver or family member

- **Mild Dementia** may be living independent but experiencing confusion. Family and friends have noticed or beginning to notice memory lapse, challenges in performing task, driving, being in environments with a lot of noise or distraction.
- **Moderate Dementia** is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care.
 - Forgetfulness of events or about one's own personal history.
 - Feeling moody or withdrawn, especially in socially or mentally challenging situations.
 - Being unable to recall their own address or telephone number Confusion about where they are or what day it is.
 - The need for help choosing proper clothing for the season or the occasion
 - An increased risk of wandering and becoming lost

June 21st Class Benefit for the Alzheimer's Association. All money collected goes to the Alzheimer's Association. Everyone is Welcome! Exercise & Show Your Support.



NEWS RELEASE

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Leigh-Anne Stafford, MSA
Health Officer

Health Division Urges Precautions Against Ticks

PONTIAC, Mich., May 25, 2017 – Oakland County Executive L. Brooks Patterson and Oakland County Health Division remind residents to protect themselves against ticks as they spend more time outside. Ticks and tick-borne diseases are increasing across the state. Ticks spread diseases such as Lyme disease, an illness caused by a bacterial infection from a tick bite.

"Residents are urged to protect themselves against Lyme disease and other tick-borne diseases," said Leigh-Anne Stafford, health officer for the Oakland County Health Division. "If Lyme disease is diagnosed promptly, it can be treated with antibiotics. If someone is experiencing flu-like symptoms, muscle and joint pain, dizziness, and/or a bulls-eye rash, they need to seek medical attention."

According to Michigan Department of Health and Human Services, there were 221 reported human cases of Lyme disease in Michigan in 2016, and several cases have been reported already this year. Ticks travel on their hosts and can be found in many places outdoors, including parks and backyards. Using precaution in areas most likely to be infested with ticks, such as wooded or grassy areas (especially where deer and other wildlife are present), is the best way to avoid potential infection. Reduce your risk by:

- Wearing long-sleeved shirts; light-colored, long pants; and closed-toed shoes.
- Tucking shirts into pants and pants into socks.
- Applying insect repellent containing DEET (20% - 30%) or Picaridin to exposed skin and to clothing.
- Applying permethrin to clothes and shoes (do not apply permethrin to skin).

Check your entire body for ticks immediately after leaving outdoor areas likely to have ticks, and take a hot shower as soon as possible. Help children check their bodies for ticks. Ticks can also enter your home on pets, so check your pets often. If you discover a tick attached to your skin:

- Grasp the tick with tweezers as close to the skin as possible.
- Pull gently but firmly, but do not squeeze the body of the tick.
- Try to pull the tick out without leaving mouth parts embedded in the skin.
- After removing the tick, wash hands and bite area thoroughly with soap and running water.
- Apply an antibacterial cream to the site of the bite.

For more information on Lyme disease, visit www.oakgov.com/health or find Public Health Oakland on Facebook and Twitter @publichealthOC.

For Media Inquiries Only: Contact Leigh-Anne Stafford, health officer for Oakland County Health Division, at 248-858-1410.

Scheduled Activities

Robert W. Bowens Senior Center

52 Bagley, Pontiac, MI 248-758-3240

Exercise Class 11.00AM	M.W.F.	10.00AM -
Computer Class	Monday	11:30AM
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bible Study (Women of the Bible)	Thursday	10AM - 12PM
Bingo	Tuesday	1PM - 2PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Jewelry Making	1 ST & 3 rd Tuesday	1PM - 3PM
Hustle Dance Class	Wednesday	5PM - 7PM
Billiard (Pool)	Daily	9AM - 5PM
Cards	Daily	9AM - 5PM
Sewing Class	TBD	

Golden Opportunity Weekly Meeting Tuesday 10AM - 12PM

Bowens Seniors remember to wear your T-Shirt every 3rd Tuesday or pay 50 cents.

Bowens Center T-Shirts & Sweatshirts



Gold or Black

\$1.00 for ever X over 3X

Long sleeve Sweatshirt available check for price

Contact:

Edward Benson 248-978-6172

Regular Scheduled Activities

Ruth Peterson Senior Center

990 Joslyn, Pontiac, MI 248-758-3282

Healthy Monday (Soup and Salad)	Monday	9AM - 5PM
Bingo	Monday & Thursday	1PM - 3PM
Movie Day	Monday	10AM - 4PM
Ping Pong	Daily	10AM - 4PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Hustle Dance Class	Thursday	11AM - 12P 5PM - 7PM
Pamper Me Thursday	Thursday	10AM - 3PM
Craft / Art Class	Daily	10AM - 2PM
Sewing Class	Tuesday	10AM - 2PM

LA AMISTAD - weekly meeting Monday 10AM - 3PM, Thursday 10AM - 3PM

Non-members - See Barber

Members - \$5 Haircuts \$3 Lines



Everyone

\$5 Manicure \$3 Polish

