



JANUARY 2016 Phase V Newsletter

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BOARD OF DIRECTORS

President..... Claude Danielson
Vice President..... Pauline Williamson
Secretary..... Judy Keeling
Treasurer..... Bill Charles
Member at Large. Jerrie Valentine

CLUBHOUSE COMMITTEE

Co-Chairperson... Nancy Meininger
Co-Chairperson... Ellen Worthy
Secretary..... Judy Keeling
Treasurer..... John McGraw
Clubhouse Rental Carol Sidelko
CH Purchasing.... Peggy-Tom Booker
New Res Greeter Jane Severn
Newsletter Editor. Nancy Meininger
Newsltr Graphics. John McGraw
Adver. Director Jack Saunders
News Distribution John McGraw
Deliver Advertiser Diana Landsberg
Coffee Hour..... Peggy-Tom Booker
Sign Painter..... Evelyn Rouse
Light bulb Mgr. Peggy-Tom Booker
Custodian..... Laura Cipponeri
Gardeners..... Sue Latham
..... Carol Sidelko
Librarians Wanda Faughn
..... Pauline Williamson
..... Mary Clark
Pool Manager..... Larry & Sue Latham
Pool Mngr BU..... John Horn

SUMMER WOMEN'S ASSOCIATION

President..... Nancy Meininger
Vice President..... Dot Saunders

MEN'S CLUB

President..... Doug Smith
Vice President..... John McGraw
Rec. Secretary Gary Williams
Treasurer..... John Horn

BENEVOLENT FUND COMMITTEE

Mary Clark, Sally Lobsinger
Kathleen Manuel

Death Notices — 248-446-5054

Newsletter Submissions
Nancy@NancyMeininger.com

248-366-4845

ColonialAcresPhaseV.com

*"In January, it's so nice
while slipping
on the sliding ice
to sip hot chicken soup with rice.
Sipping once
Sipping twice"*

- Maurice Sendak, In January

AROUND TOWN—NEARBY THINGS TO DO

1/6-1/31 Rochester—Meadowbrook Theatre—Legends—the Play

1/7-1/10 Ann Arbor Civic Theatre--322 W. Ann St. Company"—
hilarious & timeless Sondheim musical. Thurs. 7:30, Fri-Sat. 8 pm,
Sun 2pm. Tickets \$11-25

1/8-10 Plymouth Ice Carving festival-Downtown area. Largest free
ice festival in Michigan—34th year—over 100 sculptures this year!

1/16 2 pm Rochester Independence Oaks Nature Center Learn
history of snow shoeing. Guided hike with campfire & snack after.
\$5. If you own shoes, Lyon Oaks has 6 miles of trails.

1/22/2016 5:30 PM Downtown Rochester Fire & Ice Festival—Big
Bright Light show, food & beer tent.

1/21-22 Saline Winterfest—indoor and outdoor activities, Friday
evening and all day Saturday

1/22-2/7 Royal Oak Avenue Q—laugh out loud musical show (248)
541-6430

Colonial Acres Phase V Board of Directors Meeting

Minutes Dec 8, 2015 1:05pm

Board Member present: Claude Danielson, Pauline Williamson, Judy Keeling and Jerrie Valentine.

Property Manager: Jim Reuschlein

The minutes were approved by Pauline and seconded by Claude. Treasurer's report was approved by Pauline and Judy.

Jim's report: Claude will talk to police chief regarding speeding enforcement in the property. If we let police come in to Colonial Acres there will be 25 mph, no speed bumps and no stop signs. It was decided to keep things the same.

Schedule pool repair for early spring **we have received bids to repair the pool.**

Inspect the tree behind 92-4 to determine whether or not it needs to be trimmed back. **The tree has been inspected, and due to the fact that the nuts are now off the tree for the season, we will trim back the tree in spring.**

The management company will draft a policy and the necessary forms to revise the procedure for rental approval by the corporation. This will be mailed out to all co-op owners. There will be a \$500.00 fine if it is not completed by/for owners renting their co-op's.

True Green gave us a bid and will stay with the bid for 3 years. We approved motion by Claude and seconded by Jerrie.

Board member: Jerrie had a suggestion about tree trimming.

Judy gave a report on the medical closet. We have about 3-4 calls a month for lending and donations. We have a travel wheelchair now. This will need to be signed in and out. Call Judy 734-972-0066.

Claude would like trash pick-up earlier. Also **DON'T PUT YOUR TRASH OUT BEFORE 6:00PM ON SUNDAY! PICK UP YOUR DOG WASTE AND PUT IT INTO YOUR OWN TRASH CAN NOT THE SALT TRASH CANS.**

No parking on Heritage Blvd. overnight or in the winter. Sticker will be put on the windshields. Please do not park your car to close on sidewalk. The snow plows need to get to the sidewalks.

Co-op owners: Denise Semion will head the Geese Committee. We are going to put up signs NO FEEDING WILD LIFE. And we are going to put lights in the ponds. Pauline made a motion and Judy seconded it. We need one person in early spring to take a class on geese. This class will be held in Novi. This class is one day. Please call Denise if interested.

There are many woodpecker holes in the building. This needs to be taken care of.

We had a presentation from a Vinyl siding company named Pro Home. There are more bids to come and a lot to think about. The final decision will be made by the Board Members.

Adjourned 2:35pm

Judy Keeling Secretary

Claude Danielson President

Snow Removal

No parking at street openings to Heritage Blvd.
Keep the nose of cars away from sidewalks for Snow removal!

CLUBHOUSE MINUTES

December 8, 2015, 9:30 am

There were 7 people at the meeting. Ellen Worthy called meeting to order and started with the minutes from last meeting. Approved by Jane Severn and seconded by Laura Myers.

The Treasurer's report was read next a couple of little things were questioned. Approved by Carol Sidelko and seconded by Deanne Carter.

Jane Severn visited 3 new residents. She has two more to see that have not been home.

Men's club meeting had a misprint in November's newsletter. One of the 2016 breakfasts will be held on May 14, 2016.

Rentals for the clubhouse Carol Sidelko reported have been 28 so far with 8 more to go. The total of 36 this year is higher than last year. There are booking for 2016 already!

Old Business: There have been bids coming in on the pool repairs. Larry Latham fixed the cupboard for the clubhouse kitchen cabinet. Thank you Larry a very nice job!

Toilets, Smoke Detectors, Security Camera, Janitor faucet, and water softener maintenance are still on the clubhouse agenda to do work on.

Deanne reported on the decorating party for the clubhouse. There were only 17 people that

came. The Girl scouts came and then went Christmas Caroling to some Co-ops. Next year we need a NEW CHAIRPERSON for the decorating party. Thank you very much Deanne and Sue for a very fine job!

New Business: The clubhouse committee would like to Thank Joe Schutz and Don Lyle for their many years on the Board of the General Meetings and all their extra work!

Our First Annual Christmas Supper at The Moose Ridge Lodge on December 20, 2015 has 40 people signed up to go. This will be a nice Christmas Party for Phase V. We need to call the restaurant to see if we can have a 50/50 and prize's for the party.

Laura reported on the New Year's Eve party at the clubhouse. She has sold 3 tickets so far. Bring a dish to pass of finger food if you would like. There will be entertainment the same as last year.

We really need more people to volunteer for all the different activities! The same people are doing most of the work. Please help us keep things going for our Community!

Adjourned @ 10:25am,
Judy Keeling, Secretary

Volunteers Still Needed...

For safety and quick dispersal of information, we need to implement a simple telephone chain throughout Phase V. Each call volunteer will be asked to notify a limited list of neighbors so as not be a burden on any one individual. This is an easy and very important task. Four have volunteered for the **Communications Connection Chain**. Please join them. Call Ellen Worthy 810-923-9232.

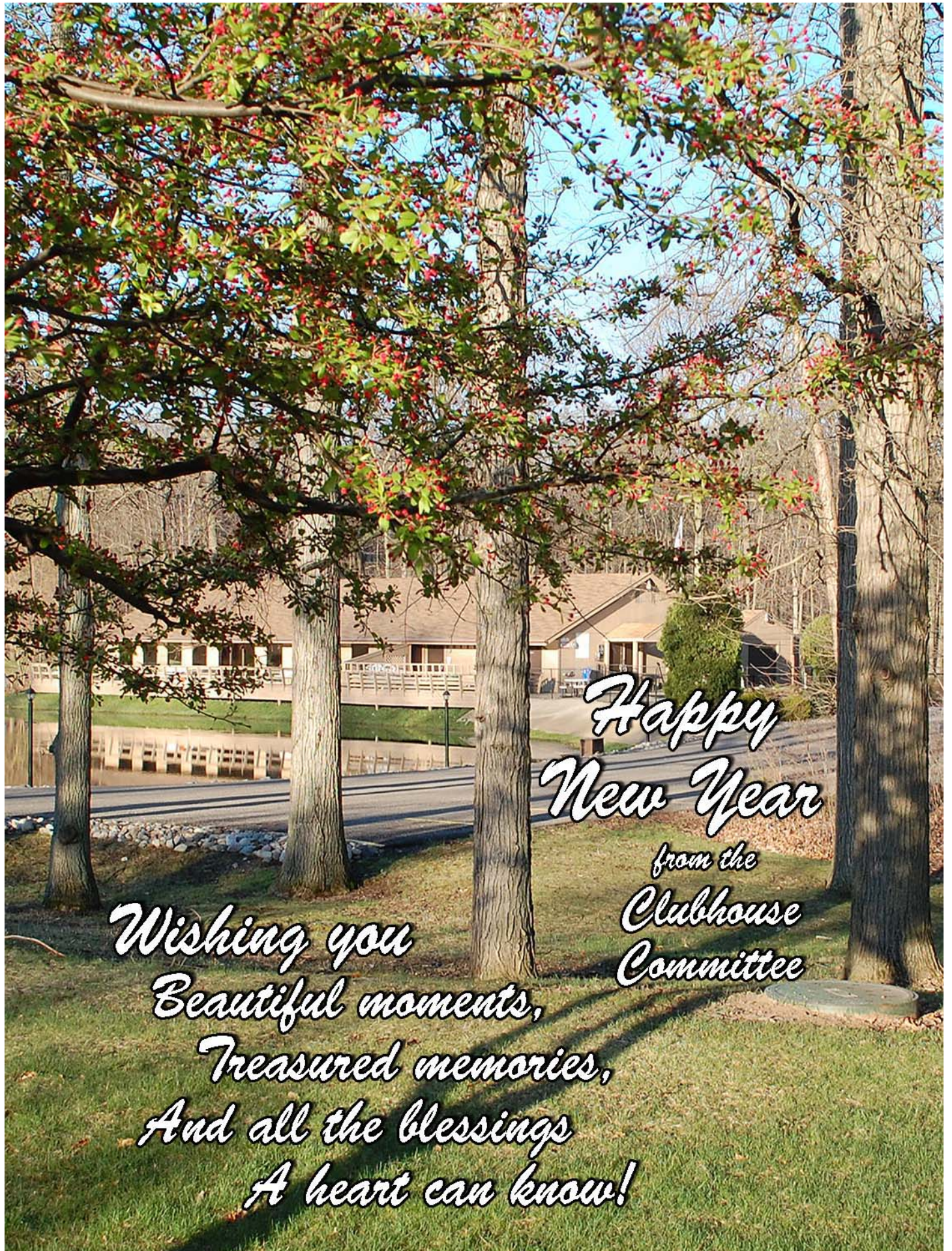
Say Hello to...By Jane Severn

138-2 Loyd and Linda Axline 61740 Williamsburg 313-348-1809

137-6 John and Jackie Bell 61741 Williamsburg 248-921-7116

Phone Number Change

91-5 Don Richard 61962 Yorktown Dr. **313-300-9162**



*Happy
New Year*

*from the
Clubhouse
Committee*

*Wishing you
Beautiful moments,
Treasured memories,
And all the blessings
A heart can know!*

Our 1st Annual Friends & Family Holiday Supper was a Huge Success!

It took lots of footwork, phone calls and planning on the part of Ellen Worthy for the event to be enjoyed by the 40 Phase V attendees! Good food, great atmosphere and smiling faces were the ingredients that made it work! 50/50 winners walked out smiling, carrying bottles of bubbly!



DOT'S RECIPE BOX— ALL TIME FAVORITE "STICKY BUNS"

1 pkg frozen Rhodes dinner rolls (24)
Spray Bundt pan and place rolls in pan.
Cover with instant vanilla pudding powder unprepared 3.4 oz box
Melt ½ cup butter

By Dot Saunders—239-352-6495

Mix ¾ cup brown sugar and 1 tsp cinnamon with butter and pour over rolls. Cover with aluminum foil. Let set overnight. Do not refrigerate.

Bake at 350 until brown, about 30 min. Check for doneness at 20 min. Yum!!!

MEN'S CLUB

By Gary Williams, Secretary

The meeting was called to order by Doug Smith at 7:05pm on Dec 2nd with 9 men present.

The date for the May breakfast was incorrect in the newsletter, it will be on May 14th.

The minutes were then approved by Jerry Gies and Dick Biskner.

The treasurer's report was read by John Horn and approved by Sam Pravato and Tony Spitzig.

Doug Smith thanked all the volunteers who helped with the Christmas lights.

The meeting was closed at 7:14pm with Charlie's approval.

Learn to Paint Like Picasso and Have Fun Doing It!

By Peggy Booker

"Anyone Can Paint Even You" Join award winning television artist, Steve Wood at the Clubhouse to learn his "Step- by- step" technique for a Fun and Enjoyable evening. The theme for our Painting is "Spring Time Birch". Coffee, tea and a lite appetizer will be provided. BYOB :). Bring an old shirt or apron for clothing protection. And a margarine size tub to clean your brushes.

Saturday February 20, 6:30-8:30
(15 min. early to find a seat)

Fee: 25.00 per person.

Please RSVP by Wednesday, February 17th. All are welcome! "You will be Surprised how talented you are"

Call Peggy Booker 248-573-7379

AFTERNOON READING ADVENTURES

Reviews by Jessica Hesselgrave of Salem South Lyon Library

After Alice by Gregory Maguire

When Alice toppled down the rabbit-hole, she found a Wonderland filled with nonsensical rules and characters as unique as those she had left behind. In this spin on Carroll's enduring tale, Ada, Alice's friend, arrives a moment too late on a visit to Alice and tumbles down the rabbit-hole herself. Ada embarks on her own odyssey through the surreal Wonderland to find Alice and see her safely home to 1860s Oxford. From Gregory Maguire, the bestselling author of *Wicked*, comes this magical new twist on *Alice's Adventures in Wonderland*, published to coincide with the 150th anniversary of the beloved classic.

The Witches: Salem, 1692 by Stacy Schiff

In the bitterly cold winter of 1692, a minister's daughter in Salem Massachusetts began to scream and convulse. Panic spread quickly, revolving around educated men and prominent politicians, and accusations flew around the colony. Less than a year later, 19 men and women had been hanged and an elderly man crushed to death. In *The Witches*, Schiff delves into the psychologically thrilling Salem Witch Trials, and looks at how the young women of the Salem colony forever shaped our country. Aside from suffrage, the Salem Witch Trials represent the only moment when women played the central role in American history.

SENIOR DINING

Sitting home alone wondering what's for lunch? Enjoy laughing, talking and dining with neighbors Tuesday and Thursday at noon. Treat yourself to a **Power Lunch** just \$3.00 for those 60 and above, \$5.00 for guests & under 60.

Make reservations 24 hours in advance. (Tuesday luncheon - call by noon on Monday; Thursday luncheon-call by noon on Wednesday). Please arrive 10 min early.

Call 248-446-1397—Eleanor Schwartz, Hostess

BENEVOLENT FUND

We would like to say "THANK YOU" to the members of Phase V who have made a donation to the Benevolent Fund this year. Without your donation, we wouldn't have been able to keep this fund available to give help and support to the families of our members, when they pass away.

Thank you again and may you all have a very Happy and Healthy New Year.

The Benevolent Fund Committee,
Kathleen Manuel, Sally Lobsinger and Mary Clark.

VOLUNTEER OF THE MONTH, ELLEN WORTHY

Look for her smiling face everywhere—she'll turn up there. Whether you are in the Clubhouse playing cards or decking the halls, whether you are chatting over a Power Lunch, or at Monday night dinner at the Senate, she's taking care—shepherding our most precious

asset, our Clubhouse and making sure everything is working as it should for our members. Ellen has embraced her position as Clubhouse chairperson proudly. Please give her all your support and pitch in where and when she needs you.

Pinochle

2nd, 3rd, & 4th Wed., New Time is 7:00 pm
A Fun evening out! Join Us!!



48 hours in....Ann Arbor By Bill Semion

Herewith begins a series on where you can go and what you can do on a weekend both nearby and a bit farther.

We'll begin with an easy one, A-squared, as some of us know the city on the Huron, or for those who don't, Ann Arbor.

Whether you're a grad of the maize and blue, green and white, or like me, Wayne State, or any other school, or none at all, you've got to admit that Ann Arbor is now THE place to be for fun in Southeast Michigan. Apart from Chicago, the city's dining choices have been rated the best in the Midwest. Downtown shopping is among the Midwest's most eclectic.

There are so many things to do in A2 that I've had to edit my recommendations to these below:

Places to stay

Spots include the **Michigan League**, the ivy-covered center of campus life, where John F. Kennedy stood to announce the idea of the Peace Corps. Great rooms, along with dining inside, will put you right in the mix.

Of course, there are hotels, too, like the **Holiday Inn & Suites** near Briarwood Mall, or famous **Weber's Inn** on the west side of town. Most hotels offer a variety of weekend package stays, some with meals. Or, just make a day commute out of it from your condo.

Good Eats

Like a little adventure? Travel the world bite by bite.

Head to my favorite A2 restaurant: **Blue Nile**. At this ethnic spot, order the all-you-can-eat plate for two or more, and your only utensils will be your fingers. Wrap great tasting food from

chicken to lentils in soft Ethiopian bread, while sipping spicy tea.

Want more European flair? Head for **The Earle**, an Ann Arbor mainstay for French-style. On the outskirts, live a little and head to **Exotic Cuisine and Bakeries** for a taste of Syrian foods. This small place run by immigrants from Syria features absolutely great dishes made daily, from vegetarian to meats.

Or, go to Main Street and take your pick from breakfasts at **Bell's Diner**, or the famous **Fleetwood Diner**, Italian at **Argerio's** or **Gratzi**, or several others, Indian at **Raja Rani** or several others, including lots of brewpubs.

'Playing'

Ann Arbor's tops for this, too. First, one of my favorites is **The Ark**, on Main Street. It's been hosting top-name as well as local musical groups, from soft rock to folk, for well over 30 years, and you'd be surprised at the names who've played here. The Ark also is the focus of the annual Ann Arbor Folk Festival, featuring artists like Joan Baez, Richard Thompson, bluesman Ry Cooder, and others, Jan. 20 and 30.

The Purple Rose is not far away, either. Co-founded by local boy Jeff Daniels, it also has been presenting new works and old for years in Chelsea.

Lydia Mendelssohn Theatre often features student-performed plays and concerts, and **Hill Auditorium** for concerts from classical (Royal Philharmonic Jan. 11) to Irish (The Chieftans, March 5).

So again, step out of the mainstream, your own personal comfort zone, and out of your routine, and have some fun! What are you waiting for?

HISTORY IN YOUR BACKYARD

When young Scott Lorenz founded the Plymouth Ice Carving Festival some 33 years ago, he had no idea he was helping to establish the art as a world-class competitive event! It has become the largest and oldest activity of its kind in North America.

Held this year, January 8-10, the weekend long event draws an average of a half million people to downtown Plymouth. Featuring over 100 carvings on display in the park and in front of downtown businesses who have sponsored them.

The competing sculptors come from all over the country, utilizing about 280 blocks of ice, some individually, or as many as 24 in mass. Participants include individual artists, seasoned culinary chefs and teams of college students.

They create characters from the popular animation, Frozen, to backdrops or objects like the child size race car on which visitors can pose for pictures.

The favorite tradition of lighting the Fire and Ice Towers in Kellogg Park will take place at 7:30 Friday and Saturday evenings.

Saturday night at 7 is a chain saw competition where dueling chain saws create amazing art while racing the clock.

Also, if you are a winter sports enthusiast, for the 5th year a temporary cross country ski trail has been set up in Kellogg park by Sun and Snow Sports who used snow making equipment to back up Mother Nature.

So pack up your skis or snow shoes and let the arctic adventure begin!

KIM'S CORNER

SOLD

61740 Williamsburg..... 138-2..... \$95,500
61741 Williamsburg..... 137-6..... \$105,000

PENDING

62068 Ticonderoga 82-2..... \$72,000

ACTIVE

61957 Ticonderoga 80-4..... \$69,900
25715 Adams Court 86-2..... \$74,900
25721 Adams Court 85-5..... \$79,900
61957 Ticonderoga 80-3..... \$79,900
62178 Ticonderoga 83-2..... \$79,900
25832 Lexington Dr..... 87-5..... \$82,000
25120 Heritage Ct..... 59-4..... \$84,900
25748 Lexington Dr..... 77-1..... \$84,900
25127 Jefferson Ct..... 67-6..... \$84,900
25916 Lexington Dr..... 96-2..... \$87,000
25748 Lexington Dr..... 77-4..... \$89,000
62402 Raleigh Ct. 97-1..... \$92,500
62361 Arlington Cir..... 110-5..... \$92,900
62320 Arlington Cir..... 105-3..... \$105,000

Cheers for Our Dears...

Barb and Jerry Gies that is, for donating the reindeers that lit our holiday clubhouse garden.

We thank you for your giving spirits that brought cheer to us all!

The body is like a piano, and happiness is like music. It is needful to have the instrument in good order." By Henry Ward Beecher (1813 – 1887)

Exercise is not Optional: Your Life Depends on It!

By Linda B. White, MD, reprinted from *Everyday Health*

If regular physical activity didn't make your list of New Year's resolutions, add it now. Your life depends upon it.

Sedentary lifestyles count as a major risk factor for chronic illnesses such as heart disease, diabetes, and osteoporosis (brittle bones). A

2010 study found that, compared to women who spent fewer than three hours a day sitting, those who sat six hours or more were 34 percent more likely to die.

The remedy is simple: Move. The benefits are plentiful.

- **Muscles** increase in size, gaining strength and endurance. You have the energy to enjoy dancing, hiking, cycling
- **Body weight** is easier to maintain. Because muscle uses lots of fuel, the rate at which you burn calories increases.
- **Bones** thicken under the influence of weight-bearing and resistance exercises (working against weights, bands, or your own body weight), which reduces the risk of osteoporosis. To stimulate bone, do weight-bearing and resistance exercises
- **Joints** become more flexible when moved through their full range of motion. Strengthening the muscles around joints protects them and eases **arthritis** symptoms.
- The health of **heart, lungs, and blood vessels** improves with aerobic exercise—the type that uses big muscles and increases your pulse and respiratory rate to the point you can talk but not sing.
- Exercise protects against **stroke** and **cardiovascular diseases** such as high blood pressure, atherosclerosis, and heart attacks. It lowers LDL (“lousy”) cholesterol and elevates HDL (“good”) cholesterol.
- The **nervous system** functions more optimally. Mood, attention, learning, and memory improve. Aerobic exercise seems to reduce the risk of **Alzheimer’s disease** and vascular dementia.
- Exercise relieves **stress** and **anxiety** and aids recovery from **depression**.
- Moderate daily exercise improves nighttime **sleep** and reduces **fatigue**, even in energy-zapping conditions such as cancer.
- The **immune system** benefits with moderate exercise.
- Exercise increases tissue sensitivity to insulin, the hormone that ushers blood sugar inside cells. For that reason, the risk of type 2 **diabetes** declines.
- Exercise also increases **growth hormone**, which stimulates growth, cellular reproduction and regeneration, and maintenance of muscle and bone.
- The **digestive system** perks along better. Constipation becomes less likely. Symptoms of irritable bowel syndrome improve.
- Working out makes you feel better about yourself, stimulates the sympathetic nervous system, which is involved in sexual arousal, and protects arterial health, thereby reducing the risk of erectile dysfunction. A study in women found that a bout of exercise counteracted the libido-dampening effect of antidepressants.
- Exercise reduces the risk of some **cancers**.
- Lastly, regular physical activity **extends your life**. Research has shown that people who follow federal guidelines for physical activity reduce their risk of dying by 25 to 35 percent.

January Birthdays

- 2 Joan Spencer
- 3 Denise Catt
- 3 Alice Ciszewski
- 3 Ron Makowski
- 4 Cynthia Mitchell
- 4 Wally Tomiuk
- 7 Dottie Saunders
- 8 Eileen Cowen
- 9 Linda Walpole
- 10 Michael Livingstone
- 10 Kathy Waker
- 10 Nico Akemann
- 11 Nancy Meininger
- 14 Bill, II Schulte
- 15 Mary Forgacs
- 17 Susan Leu
- 17 Pat Sparrow
- 17 Angie Spitzig
- 18 Jack Hay
- 19 Georgette Rose
- 20 Debbie McGinniss
- 20 John Nickoloff
- 20 Don Rickard
- 20 Doug Fox
- 21 Richard Stinson
- 23 Phyllis Powloski
- 24 Margaret Banaitis
- 24 Joyce Kemp
- 24 Michael Pehrson
- 24 Barbara Tognetti
- 24 Frank Hoskins
- 25 Marita Neal
- 25 Catalina Stadwick
- 26 Mary Sitek
- 27 Norma McNeill
- 27 Charles Page
- 28 Sue Dull
- 28 Janet Johnson
- 28 Mary Ann Merritt
- 28 Carl Womack

January Anniversaries

- 24 Matt & Karen Palazzola
- 29 Ken & Peggy Berry
- 30 Doug & Elaine Wendrick

Nature Nurtures Discovery

By Denise Semion

*"It's not what you look at that matters,
it's what you see."*

- Henry David Thoreau.

Nature surprises in many ways; sometimes you just have to discover it. Walking by Reflection Pond the other day, I saw several ducks swimming, dipping their heads under the water for food. But then I spotted something swimming near the shore, heading toward the bridge. I watched for a few minutes, wondering if we have a muskrat living in the banks. I'll be looking for this friend, and you can, too, if you visit the pond and walk along its shore.

And although it was a joy to see ducks and possibly a muskrat, I still see many, many Canada geese on our grounds. At the December Colonial Acres Phase V Board meeting, the Board agreed to put up "Don't feed the Wildlife" signs and to purchase additional flashing lights for all the ponds to help keep the geese away. In November, the Board asked me to head up a committee to deal with the geese, and I now have several volunteers. But even with my "geese posse" we will need additional eyes and ears to help address this problem.

This spring, we will need to know the locations of any nests within Phase V. Please note that Canada geese nest in a variety of areas, including shrubs and under trees. I am aware of one nest near the pool last year. I will need to know of any others within Phase V. Your help will be appreciated! I can be contacted at 734-658-8755 or dsemion@gmail.com.

Make a storybook for your grandkids!

If you have a Mac computer, use iPhoto and have good quality photos, I'm offering my services to help you create a photo book. I recently used "projects" in iPhoto to design a wonderful 20-page storybook for my three-year old grandson on his first trip to Michigan. I'm willing to share my skills and knowledge with anyone interested. Please contact me at dsemion@gmail.com.

Did You Know...

Depression can lower immunity and can compromise a person's ability to fight infections. In addition to treatment with medication and therapy to improve mood, possible solutions to improve senior living might be to increase physical activity — or to interact more socially.

Chronic lower respiratory diseases, such as COPD, are the third most common cause of death among people 65 and older, annually taking 127,194 lives. About 10 percent of men and 13 percent of women are living with asthma, and another 10 percent of men and 11 percent of women are living with chronic bronchitis or emphysema, according to the CDC.

All of the carbohydrates you eat — fruits, vegetables, grains, sugar, and more — enter your body as sugar. Some foods are digested slowly (say, fibrous veggies), while others, like candy, tend to be digested more quickly. At first, these fast-digesting sugars will give you a rush of energy, but once they're out of your bloodstream, you'll probably crash, and you may feel sleepy. Sugary foods like cookies, candies, and soft drinks cause energy slumps. Instead, opt for carbohydrates that are absorbed more slowly, like whole grains, fruits, nuts, and vegetables.

Older adults who exercise may not be affected by brain damage that can limit mobility. Aging Americans who aren't physically active may be missing out on a chance to protect their brains from age-related diseases that make walking and moving more difficult, according to a March 2015 study published in the journal Neurology. Researchers scanned the brains of older adults and found that the most physically active people maintained their motor skills better than those who were sedentary. "Physical activity may build a biological reserve in the brain that may protect motor function from age-related brain damage," says Debra Fleischman, PhD, lead study author and professor of neurological sciences and behavior at Rush University Medical Center in Chicago. Being physically active as you get older can be as simple as going for a 30-minute walk in the morning or evening. The most important thing is that you embrace your mobility.

Prevent heart disease by lowering triglycerides and reducing inflammation with fish oil. It also reduces the risk of abnormal heart rhythms, including those that can cause sudden death. Moreover, fish oil does its good work without significantly affecting either LDL or HDL. According to a Scientific Statement published by the American Heart Association in its journal *Circulation*, members of the association's Nutrition Committee concluded that "omega-3 fatty acids have been shown in epidemiological and clinical trials to reduce the incidence of cardiovascular disease." The statement also noted that a daily intake of 0.5 to 1.8 grams of EPA plus DHA through supplements or eating fatty fish like salmon significantly reduced mortality among people who had already had a heart attack.

Type 2 diabetics have an increased incidence of periodontitis, or gum disease. While more research is needed a few theories about why this might be the case: One proposes that when infections in your mouth get bad enough, they can lead to low-grade inflammation throughout your body, which in turn wreaks havoc on your sugar-processing abilities. "There are all kinds of inflammatory molecules," says Dr. Ryan Demmer, associate researcher at the department of epidemiology at the Mailman School of Public Health, Columbia University and the lead author. "and it's believed that maybe some attach to insulin receptors and prevent the body's cells from using the insulin to get glucose into the cell."

There has been a link established between poor oral health and pneumonia. A 2008 study of elderly participants found that the number who developed pneumonia was 3.9 times higher in patients with periodontal infection than in those free from it. "The lungs are very close to the mouth," says Rubin. "Even in a healthy mouth there is lots of bacteria, but bacteria in a not-healthy mouth can get aspirated into the lungs, causing pneumonia or aggravating COPD."



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

WINTER
 SNOWFLAKE
 SNOWMAN
 ICICLE
 SPRUCE
 HOLLY
 CARDINAL
 FROZEN
 BRRR
 CHILLY
 SLED
 GLOVES
 HAT
 SKATE
 SKI
 TOBOGGAN
 COCOA
 SHOVEL
 MITTENS

EYE DOCTORS

BIFANO OPTOMETRISTS
COMPREHENSIVE VISION

FOOT CARE

GENTLE FOOT CARE
SOUTH LYON FOOT & ANKLE

FUNERAL HOMES

OBRIEN SULLIVAN FUNERAL
PHILLIPS FUNERAL HOME

FURNITURE

TENPENNY FURNITURE

GLASS

VILLAGE GLASS COMPANY

HAIR CARE

FANTASTIC SAMS
GREAT CLIPS
IN HOME HAIR SERVICE
MANE STREET SALON
PRECISION EDGE HAIR DES.

HANDYMAN

COLONIAL ACRES HANDYMAN
TRALA MAINTENANCE
K B SERVICES

HEARING

PERSONALIZED HEARING

INSURANCE

FARMERS INSURANCE

LIBRARY

SOUTH LYON DISTRICT LIB.

PHYSICAL THERAPY

BROSTROM PHYS. THERAPY

PIZZA

LINDSAY'S PIZZA

REAL ESTATE

COMMUNITY REAL ESTATE
KIM CHAMPE
JAN RAUPP
TEAM HAMILTON REAL ESTATE

RESTAURANTS

ALEXANDER'S RESTUARANT
LUCAS CONEY ISLAND
FORTUNA INN, CHINESE
JAVA HOUSE CAFÉ

SENIOR CARE

HOMETOWN HELPING HANDS

TRANSPORTATION

PEOPLES EXPRESS

UPHOLSTERY

CAROL'S UPHOLSTERY

ADVERTISERS

ATTORNEY

PHILIP WEIPERT

AUTOMOTIVE

COOK AUTOMOTIVE
FLASH AUTO GLASS
NORM'S TOTAL AUTOMOTIVE
SOUTH LYON COLLISION
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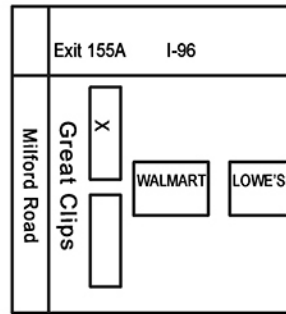
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JANUARY 2016

Phase V Clubhouse Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
					1 New Year's Day 	2 RENTAL																																																																																				
3	4 8:30 am Coffee Hour 9:30am Take down Christmas Tree 12:30 Card Party Bridge 7 pm Card Party Euchre	5 12pm Senior Dining 1:00 pm Billiards 7 pm Card Party Holdem	6 10:00 am needlework 7:00 Men's Club	7 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	8 7:00:pm Bible Study	9 1 pm - 5 pm Games and Card Party																																																																																				
10	11 8:30 am Coffee Hour 12:30 Card Party Bridge 7 pm Card Party Euchre	12 9:30 am Clubhouse Committee Meeting 12pm Senior Dining 1:00 pm Billiards 7 pm Card Party Holdem	13 10:00 am needlework 1:00 pm Board of Directors Meeting	14 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	15 7 pm Card Party Holdem	16 1 pm - 5 pm Games and Card Party																																																																																				
17	18 Deadline Newslett 8:30 am Coffee Hour 12:30 Card Party Bridge 7 pm Card Party Euchre	19 12pm Senior Dining 1:00 pm Billiards 7 pm Card Party Holdem	20 10:00 am needlework 7 pm Card Party Pinochle	21 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	22 7:00:pm Bible Study	23 1 pm - 5 pm Games and Card Party																																																																																				
24	25 8:30 am Coffee Hour 12:30 Card Party Bridge 7 pm Card Party Euchre	26 12pm Senior Dining 1:00 pm Billiards 7 pm Card Party Holdem	27 10:00 am needlework 7 pm Card Party Pinochle	28 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	29 7 pm Card Party Holdem	30 1 pm - 5 pm Games and Card Party																																																																																				
31	2 3rd Quarter 9 New Moon 16 1st Quarter 23 Full Moon 31 3rd Quarter	December <table border="1"> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>		Su	M	Tu	W	Th	F	Sa		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			February <table border="1"> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		Su	M	Tu	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29						Colonial Acres Phase V Clubhouse Contacts: For Events, call John McGraw, 248-437-4909 For Rentals, call Carol Sidelko, 248-667-7098 Advertising Sales, call John McGraw, 248-437-4909 Newsletter Editor, call Nancy Meininger, 248-366-4845
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