

# Center Point



August/September  
2006

A newsletter brought to you by the Comstock Community Center

## Vote Yes! for the Senior Millage Renewal August 8, 2006

Since 1986, Comstock Township voters have approved a special millage to support senior activities at the Comstock Community Center. This year voters are being asked to approve a renewal of the current 1/2 mill for four years on August 8, 2006. In order for the Center to continue its current level of services to over 3,500 seniors, approval of this millage request is needed. This is only a renewal not an increase.

These individuals have supported the Comstock Community Center for over thirty-seven years.



Please join them in continuing the services to our seniors.

Residents are currently taxed \$0.50 per \$1,000.00 of the taxable value on all taxable property. (For example a home with a market value of \$100,000 and taxable value of \$50,000 would pay \$25.00 a year for 1/2 mill.)

(The space for this article was paid for by the Comstock Senior Millage Committee.)

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### Supporting Your Community is Good Business

The Comstock CenterPoint newsletter needs the support of local businesses and organizations. Your ad in the CenterPoint supports this community and builds a stronger bond with more than 7,000 potential customers, who in turn support your business. To advertise in the Comstock CenterPoint, please call the Community Center **345-8556**.

## Notes from the Director



Dear Members of the Community:

This is the 20th year of senior millage funding from Comstock Township residents. We are coming back to the voters for a renewal of the 1/2 mill or \$25.00

per year for most residents on August 8th. Those funds help to provide the many services we offer at the Comstock Community Center. It specifically provides funding for programs that serve older adults. That population of individuals is constantly growing and we are looking for new programs and services to address the changing demands.

Your continued support over the past 20 years has made a difference for thousands of individuals who seek our services. I am proud of the many opportunities and services that we are able to offer to our community with your assistance.

Please vote yes on August 8th to renew the Senior Millage!

Thank you for your continued support.

Mary T. Gustas  
Executive Director

## New Travel Coordinator



Please welcome Judith Dafoe to the Center staff.

Judi has a passion for travel and a desire to share her sense of adventure with you. She has organized many

group trips in the past and travels extensively on her own. Mark your calendar for August 2, 2004 for the Travel Preview and an opportunity to meet Judi.

## Welcome Joe Gall New CCC Building Maintenance



Joe is a Kalamazoo resident. He worked at Mead for 16 years, Clausung Industrial and Evergreen North Apartments. He is very familiar with what needs to be done to take care of

the building and grounds. Don't forget to welcome him to the center when you see him.

## MISSION STATEMENT

**Comstock Community Center develops resources and provides a setting for education, recreation, social events, human services and life-long learning activities to enhance the lives of community members and build a healthier community.**

### Center Staff

Mary T. Gustas, Executive Director  
Nola Harlan, Account/Data Manager  
Sue Benson, Office Manager  
Mindy Spencer, Sr. Program Coordinator  
Judith Dafoe, Travel Coordinator  
Carolyn Kuester, Volunteer Coordinator  
Joe Gall, Maintenance  
Amanda Cross, Youth Director  
Kelly Moore, Child Services Director  
Traci Scarbrough, P-T Coordinator  
Meredith Spicer, K.K. Teacher  
Shay Mavis, K.K. Teacher  
Jeremy Smith, K.K. Teacher  
Melissa Pearson, K.K. Teacher

### Board of Directors

Ted Fiebiger, President  
Jackie Wahl, Vice-President  
Jan O'Halloran, Recording Secretary  
Sandy Scrote, Treasurer  
Dorothy Bourner, Emeriti  
Tom Crump  
Virginia Hudson  
Reginald Kissinger, Jr  
Tammy Mazure  
Oscar Roberts  
Norm Shanahan  
Gary Thomas  
Joe VanBruggen  
Joyce Watts

## KALAMAZOO COUNTY FAIR SENIOR HAPPENINGS

Wednesday, August 9, 2006

Door Prizes All Day!

8:00 - 9:30	Free Breakfast - Hazel Gray Building (Donated by Julianna's Restaurant)
8:00 - 12:00	Visit Vendor Exhibits - Hazel Gray Building
12:00 - 1:00	Lunch on your own
1:00 - 2:00	Celery City Cloggers - CC Building - Room A
2:00 - 3:00	Bob Lowe, Green Valley Boys, CC Building - Room A
3:00 - 5:00	Bingo, CC Building - Room A or Bus Trip to Avalon Farms
5:00 - 5:45	Free Hot Dogs, Chips & Ice Cream, CC Building - Room A
6:00 - 7:15	4H Fashion Show, CC Building - Room A
7:15 - 9:00	Dance to live music or CabTown Checkers

## ADULT SPECIAL EVENTS

### Lunch and Learn:

**Thursday, August 24** – JoAnn will be here from Sojourner House, assisted living facility.

**Thursday, August 31** – Senior Wellness Program - Sydney Brush will speak about Depression and the Older Adult.

### Family Style Friday Lunch:

You can come expecting a great home cooked meal for \$10 and under. We'll gather together with some entertainment to share a meal and laugh the afternoon away.  
September: Friday the 8th at NOON.

## AUGUST

**2nd: Wednesday:** Open House and travel preview. Travel preview 1-3pm. Come and go Open House for the entire center 3-7pm.

**7th: Monday: MEN'S MYSTERY LUNCH** \$3 for transportation and money for lunch. Lunch will be \$10 and under. Call to reserve your spot quickly! 345-8556.

**9th: Wednesday: Lifeline** will be here from 9:00am to 4:30pm doing screenings. You must register in advance at 1-800-324-1851. For more information call us at 345-8556. **ALSO ON THE 9TH: SENIOR HAPPENINGS AT THE KALAMAZOO COUNTY FAIRGROUNDS. 8-Noon.**

**19th: Saturday: FIRST EVER "BUN RUN" BIKER FUNDRAISER!!!** We'll start at CCC and head to Leonadis, Michigan's "Thunderhog Saloon" for door prizes and a variety of basket lunch choices. Call to sign up yourself or a group. Cost is \$20 and proceeds will go for scholarships here at the center. Starts at 10:30 am with beverages and snacks. All bikes welcome so long as they are street legal!

**21st and 28th: Monday: Kalamazoo Kings baseball game.** \$3 for transportation. Spending money if you'll want something in the park. We have a limited number of FREE tickets. Call early to sign up...men and ladies welcome! Game is at 6:30pm and we'll leave CCC about 5:45pm.

**23rd: Wednesday: Lunch and a Movie:** \$3 for transportation and \$10 and under for self-pay lunch, \$6.25 (pay @ movie) for the movie. We'll leave the center for lunch at a local place then head to the movies. Call to Mindy to sign up and get details. 345-8556.

**26th: Saturday: COMSTOCK DAZE PANCAKE BREAKFAST** 9am-11am. Will take place of pancake supper. Come join us for a great breakfast and smiling service before you head out for the day's events! \$4.

## SEPTEMBER

**6th: Wednesday: Line Dancing Starts again @ 9am.**

**8th: Friday: "Family Style Friday":** Home cooked meal under \$10 @ noon. RSVP to 345-8556.

**14th: Thursday: Fall Festival Lunch** at the meal site with entertainment.

**18th: Monday: Subsidized and Fixed Income apartment tour.** Adult housing in the area for those needing a lower income based housing option. \$3 transportation plus \$10 or under for a self-pay lunch. Call to sign up 345-8556

**20th: Wednesday: First Testosterone Trip for men only:** Mystery lunch and a day of fun...Sure to be a Hoot!

**25th: Monday: Non-driver lunch and Meijer's trip.** 11am. Call for a pick up time. \$3 members transport \$5 non-members. Call to sign up for a pick up time. Speak to Mindy or leave a message so I can call you back. 345-8556

**NEW SERVICE:**

Traveling on your own? Not comfortable booking on the internet? Let us help you arrange individual flights, hotels, vacation packages, some sporting event tickets. Service fees apply. Call for more details!

**Guide to Walking Levels:**

Minimal walking such as lunch/dinner theatre packages.



Activities such as museums, estate tours, spectator sports, river cruises, walking short distances, up and down bus steps at several stops.



Walking which may include city tours, extended time on your feet such as shopping destinations, amusement parks, airports, outdoor sidewalks, stairs.

**Trip Office Hours**

Comstock Community Center Trip Office is open on Tuesday, Wednesday and Thursday, 8:30am - 4:30pm. Individuals may sign up for trips, make deposits, or obtain information regarding upcoming trips. We have also implemented Visa or Master Card payment options for your convenience. Other days, you may leave a voice mail for Judith Dafoe, Travel Coordinator at: 345-8556, ext. 16.

**PLEASE NOTE: Deposits**

All trips require a deposit to hold your spot. Day trip deposits are \$30.00 and extended trips are \$70.00. Deposit amounts may vary on specialty trips. Your reservation will be held when your deposit is received.

***Are you having trouble selling your used vehicle?***

You will receive the retail value of the vehicle as your donation. The Comstock Community Center is looking for a donation. If you have a mini-van or a full-sized station wagon that you would like to donate, please contact us. We will use it to transport our local seniors to and from the Center. Please call Mary at 345-8556.

**Cancellations**

Anyone canceling within 10 days of a trip will be charged the ticket price of the attraction, plus a \$10.00 cancellation fee for day trips or a \$20.00 fee for extended trips. Some specialty trips may have stricter penalties. You will be advised at the time of booking. Emergency cancellation circumstances will require a review by the Executive Director.

**Mailed Payments**

If you find it easier to mail in your registration for a trip, please provide the following information: name, address and phone number of each traveler, and which trip or trips you wish to take. Please send a deposit for each trip you are registering for. (Please do not send cash).

**Health Issues**

Individuals who sign up for trips must be physically able to participate in all activities associated with the excursion. *All participants will be required to complete a health information sheet prior to going on any trip.* These must be on file with Comstock Community Center at least two weeks prior to the planned trip. Comstock Community Center reserves the right to deny participation in activities because of health issues.

**Look at these great trips for summer – we'd love to have you join us!**

**Double JJ Ranch and Golf Resort In Rothbury, Michigan PLUS!****Shelby Gem Factory  
September 14, 2006**

Start off this fun-filled day with a visit the Shelby Gem Factory. See how they make their gemstones by starting with the raw chemicals, all the way through the crystallization and continuing on through the cutting, faceting, final polishing, and finally placing the gem in a piece of 14 kt gold jewelry.

Enjoy a delicious BBQ cook out in Town Square with all the fixin's. Then it's off to Line Dance Lessons in the Dance Hall! Stroll down the Old fashioned "Main Street" where you will be treated

to an ice cream cone in the Ice Cream Parlor, find a General Store, Arts and Crafts Shop and much more What a FUN Day! \$87.00 members/non members add \$10.00

## **Birch Run Outlet Shopping, September 16, 2006**



Enjoy the ambiance of Frankenmuth with its Bavarian heritage. You can shop till you drop at Birch Run or spend half-a-day at each location. There is more to do than time allows. Travelers will receive shopping bags, discount coupons, complementary package pick up, a stop at Bronner's Christmas Wonderland and more. \$ 49.00 members/ non-members add \$10.

## **Soaring Eagle Casino - Ziibiwing Native American Museum, September 19, 2006**



Day Trip to Soaring Eagle Casino and Resort plus a visit to the Native American Museum. Travelers will receive a \$20 coin package for the casino and admission into the Native American Museum. \$54.00 Members/non members add \$10.00

## **Washington DC - Our Nation's Capital, October 5 - 10, 2006**



Enjoy 5 nights hotel accommodations including 3 nights in the Washington DC area. Eight meals ( 5 breakfasts, 3 dinners); two full days of tours in Washington DC featuring the various Washington monuments, WW II Memorial, Capital Hill, Embassy Row, The White House, The Smithsonian and more. \$599.00 per person (double occupancy) Final payment due by August 30, 2006.

## **Canyon County Adventure plus Las Vegas, October 18- 25**



Experience the splendor of the Grand Canyon, Monument Vally, Lake Powell, Bryce and Zion National Parks on this 8 day trip. The trip includes overnight lodging on the rim at Grand Canyon, a cruise on Lake Powell, Tour of the magnificent Bryce and Zion National park , Guided excursion of Monument Valley and a Navajo cookout. Daily

breakfast and 5 three course dinners. Price includes land tour, air from Kalamazoo, and sightseeing fees. \$1,971.00 double occupancy

## **Ozark Christmas/Branson Style, November 27- December 1, 2006**



Head to Branson to see wonderful entertainment that reflects the ambiance of the Christmas season. Enjoy the traditions of the Ozark Mountains as well as wonder food, music, history, shopping and southern hospitality. Trip includes four shows, luncheon cruise, Cavern tram tour and nine meals. \$629.00 double occupancy/nonmember \$10 more

## **Chicago at Christmastime, Museums and Shopping, December 9, 2006**



Designed for a family oriented day of shopping or plan your own itinerary. Drop-off at museums, art institute, Michigan Ave and a scheduled package pick-up. \$39.00 / \$49 non members

### **COMSTOCK COMMUNITY CENTER'S 1st EVER BUN RUN**

**Saturday, August 19, 2006**

**10:30 a.m.**

**Cost: \$20.00**



**Meet us at the Center  
(6330 King Hwy.,)**

We'll travel by motorcycle to  
**Leonidas' Thunder Hog Saloon**  
for a variety of dinner basket  
choices and a beverage.

Call **269-345-8556** to register.

## Learning Garden Progressing Thanks to Generous Donors



The Children's Learning Garden at the Comstock Community Center is looking good! The garden has a vegetable plot, lovely annuals and perennials and a sensory herb garden in the center. We want to thank all the businesses and people who have helped make the garden a success. For donations of money, plants and garden supplies we extend much thanks to:

Kalamazoo In Bloom  
Bell's Greenhouse  
Meijer  
Fran Galow  
Nancy Justin  
Lynn and Char Scholl  
Lilo Brower

Wenke Greenhouses  
Turf Works  
Liz Snyder  
Phil Niece  
Joyce Herbert  
Becky Yaple



We also want to thank Phil Niece for his help rototilling, wood chipping and offering gardening advice. In addition, we want to recognize and thank the many volunteers from the women's division of KPEP (Kalamazoo Probation Enhancement Program) who have put in many hours helping with planting, weeding and landscaping in the garden!

We would love to have you stop by to see the garden and hear about how children and others in the community can be involved.

## Operation Fix-It Mobile Spay/Neutering Program



### At Comstock Community Center Tuesday August 22 & Thursday August 24

The Kalamazoo Humane Society operates a 30' mobile spay/neuter clinic in an effort to reduce pet overpopulation in Kalamazoo County. The goal of the program is to spay or neuter pets that would have remained unaltered due to the limited financial resources of their owners.

Operation Fix-It offers assistance with spay/neutering the pets of low-income individuals/families at a reduced fee of \$20 for male cats, \$30 for female cats \$40 for male and female dogs. Operation Fix-It days are held on Tuesdays and Thursdays each week at various locations in Kalamazoo County. If you think you may qualify for the program, or want further information, please call 345-1181 the KHS Operation Fix-It Program Coordinator.

## REGULARLY SCHEDULED ACTIVITIES

The Adult Program offers a variety of programs and workshops throughout the year. If you are interested in receiving the newsletter, please call us at 345-8556. Hours are 8:30am to 4:30pm.

**Out to Breakfast:** Join us at 8:15am on the first Tuesday of each month for good food and conversation as we dine at area restaurants.

**August:** Uncle Ernie's Pancake House,  
Portage Road

**September:** Lunchtime Cafe, Gull Road

**Bingo:** Every Thursday at 1:00 pm (1:30pm after special events) No fee. Bring a \$1.00 value non-perishable unopened food item in a paper sack. Everyone is welcome!

**Friendship Center Lunch Program:** Enjoy a hot and healthy meal Tuesday-Thursday at 11:45am for seniors -a donation on a sliding scale. All others join us for a \$3.50 fee. *Call 345-8556 before noon one day in advance to reserve your spot.*



**Monthly Birthday Party:** Join us one Thursday each month at 11:30am to celebrate that month's birthdays with ice cream & cake, decorations, presents and festivities. *Celebrants must reserve one week in advance, and all others two days prior by calling 345-8556. August 17 and September 21.*

## Classes

**Classes with \*\*\* are \$2 each or buy a punch card 10 for \$20 or 20 for \$38. Use the punches only for the classes you attend.)**



**Exercise:** Tuesday & Thursday at 10:30-11:30am taught by Jeannie Nichols—light chair and light impact aerobics for everyone at all physical abilities. \*\*\*

**Line Dancing:** Wednesdays 9-10:30 am taught by Shari Rarick. Starting up again September 6, 9-10:30 am.

**Therapeutic Swim Class:** Classes meet on Tuesdays and Thursdays for 6 weeks \$24, 8 week classes are \$36.00 for CCC members. For details regarding starting dates of classes contact Carol Williams at 552-2314 at Borgess Health and Fitness.

**Bell Ringers Choir:** Mondays 7:00 PM. conducted by Phil Neice. No fee.

**Tai Chi:** Wednesdays 12:30pm and Mondays at 5pm. A relaxing form of martial arts that increases balance, strength, circulation and mental alertness. The Arthritis Foundation has certified instructor Ed Kehoe. Ed's oldest student is over 100 years old so no one has an excuse! Please call 345-8556. Classes are \$5 per session.

**Legal Assistance Information: Gary Tibble, Attorney at Law.** Call Comstock Community Center 345-8556 for free 15 minute appointments at the Center.

## Mystery Lunches

A meal and unknown adventures! You never know where you are going, but you will have a darn good time doing it. Transportation is \$3 and meal cost on your own (menu will always have choices under \$10 unless otherwise specified).



**Friday, August 25, 11am**  
**Friday, September 15, 11am**

## Texas Hold' Em

Learn Texas Hold'em. On Tuesdays at 12:30 (\$Free\$) the card sharks come out to the Center. We want you.



## Foot Care Clinic

Advance appointments are required for a Registered Nurse to trim your nails, buff calluses, massage those feet and check for trouble spots. **Fee: \$20 for each visit.** Appointments are available for August 14 and September 11. Bring a towel with you. Please call 345-8556 to make an appointment.

## Blood Pressure Clinic



Blood pressure clinic is cancelled for August. Starting September, the bloodpressure clinics will be on the **2<sup>nd</sup> Wednesday and 4<sup>th</sup> Friday** of each month from 1-2 PM.

## Center Point Community Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 7-8 a.m. AA Meeting 8:15 Out to breakfast- Uncle Ernie's 10:30 Exercise 11:45 Lunch 12:30 Texas Hold'em 1-3 Food Pantry 3-5:30 Piano	<b>2</b> 7-8 a.m. AA Meeting 11:45 Lunch 12:30 Tai Chi 1-3 Travel Preview 3-7 Community Center Open House	<b>3</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Clown Lunch 1:00 Bingo 1-3 Food Pantry	<b>4</b> 7-8 a.m. AA Meeting 7-8:30 AM Kiwanis	<b>5</b>
<b>6</b>	<b>7</b> Camp Week 7 7-8 a.m. AA Meeting 9am Special Events Mtg. 11 am Men's Mystery Lunch 5 pm Tai Chi	<b>8</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Lunch 12:30 Texas Hold'em 1-3 Food Pantry 3-5 Piano	<b>9</b> 7-8 a.m. AA Meeting 9-4:30 Lifeline Screening All day Senior Happenings @ Fair 11:45 Lunch 12:30 Tai Chi	<b>10</b> 7-8 a.m. AA Meeting 10:30 exercise 11:45 Lunch 1:00 Bingo 1-3 Food Pantry	<b>11</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis 9:00 Comstock United Way 12:00 Family Style Lunch	<b>12</b>
<b>13</b>	<b>14</b> Camp Week 8 7-8 a.m. AA Meeting 9-4 Foot Care Clinic 5 pm Tai Chi	<b>15</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Lunch 12:30 Texas Hold Em 1-3 Food Pantry 3-5:30 Piano	<b>16</b> 7-8 a.m. AA Meeting 12:30 Tai Chi 10-1 CHIKS Bowling	<b>17</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Birthday/Sum- mer Time Lunch 1:00 Bingo 1-3 Food Pantry	<b>18</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis	<b>19</b> 10-12 Aglow 10:30 - ? 1st Annual Motorcycle Bun Run
<b>20</b>	<b>21</b> 7-8 a.m. AA Meeting 9-3 Commodities 5 pm Tai Chi 5:45pm Kings Game	<b>22</b> <b>Humane Society Neutering BUS</b> 7-8 a.m. AA Meeting, 8-11 Well Child Clinic 10:30 exercise 11:45 Lunch 12:30 Texas Hold Em 1-3 food pantry 3-5:30 Piano	<b>23</b> 7-8 a.m. AA Meeting 11am Lunch & Movie 12:30 Tai Chi	<b>24</b> <b>Humane Society Neutering BUS</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Lunch & Learn Sojourner House 1:00 Bingo 1-3 Food Pantry	<b>25</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis 11:00 Mystery Lunch	<b>26</b> 9-11 Pancake Breakfast 12pm-1pm Comstock Daze - Robert Morris Park
<b>27</b>	<b>28</b> 7-8 a.m. AA Meeting 5:00 Tai Chi	<b>29</b> 7-8 a.m. AA Meeting 10:30 exercise 11:45 lunch 12:30 Texas Hold'em 1-3 food pantry 3-5:30 Piano 5:45- King's Game	<b>30</b> 7-8 a.m. AA Meeting 11:45 Lunch 12:30 Tai Chi	<b>31</b> 7-8 a.m. AA Meeting 10:30 exercise 11:45 Lunch 12:30 Depression Presentation 1 Bingo 1-3 food pantry		

# Center Point Community Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>1</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis 7:00 Square Dancing	<b>2</b>
<b>3</b>	<b>4</b> LABOR DAY CCC Closed	<b>5</b> 7-8 a.m. AA Meeting 8:15 Out to Breakfast- Lunchtime Cafe 10:30 Exercise 11:45 Lunch 12:30 Texas Hold Em 1-3 Food Pantry 3-5:30 Piano 4-5:30 Girl Scouts	<b>6</b> 7-8 a.m. AA Meeting 9:00 Line Dancing 11:45 lunch 12:30 Tai Chi	<b>7</b> 7-8 a.m. AA Meeting 10:30 Exercise 1:00 Bingo 1-3 Food Pantry 4:00 4-H	<b>8</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis 12:00 Family Style Friday home made lunch	<b>9</b>
<b>10</b>	<b>11</b> 7-8 a.m. AA Meeting 9am Special Events Mtg. 9-4 Foot Care Clinic 5:00 Tai Chi 7:00 Bell Choir 7:00 Boy Scouts	<b>12</b> 7-8 a.m. AA Meeting 10:30 exercise 11:45 lunch 12:30 Texas Hold'em 1-3 food pantry 3-5:30 Piano 4-5:30 Girl Scouts 6:30 Boy Scout Comm	<b>13</b> 7-8 a.m. AA Meeting 9 line dancing 11:45 lunch 12:30 Tai Chi 1-2 p.m. Blood Pressure 5:30 CCC Board Mtg.	<b>14</b> 7-8 a.m. AA Meeting 10:30 exercise 11:45 Fall Festival Lunch 1:00 Bingo 1-3 Food pantry	<b>15</b> 7-8 a.m. AA Meeting 7:30-8:30 Kiwanis 11:00 Mystery Lunch	<b>16</b> 10-12 AGLOW
<b>17</b>	<b>18</b> 7-8 a.m. AA Meeting Subsidized/fixd income Apt. Tour 3-5 CHIKS 5:00 Tai Chi 7:00 Bell Choir 7:00 Boy Scouts	<b>19</b> 7-8 a.m. AA Mtg. 10:30 Exercise 11:45 Lunch 12:30 Texas Hold Em 1-3 Food Pantry 3-5:30 Piano 4-5:30 Girl Scouts 6:30 Boy Scouts Committee	<b>20</b> 7-8 a.m. AA Meeting 9:00 Line Dancing 11:00 Testosterone Trip/Men's Mystery Lunch 12:30 Tai Chi	<b>21</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Birthday Lunch 1:00 Bingo 1-3 Food pantry	<b>22</b> 7-8 a.m. AA Meeting 7-8:30 Kiwanis 1-2 p.m. Blood Pressure	<b>23</b>
<b>24</b>	<b>25</b> 7-8 a.m. AA Meeting 5:00 pm Tai Chi 7:00 Bell Choir 7:00 Boy Scouts Non Driver Meijer/lunch trip	<b>26</b> 7-8 a.m. AA Mtg. 8:00 Well Child Clinic 10:30 Exercise 11:45 Lunch 12:30 Cards 1-3 Food Pantry 3-5:30 Piano 4-5:30 Girl Scouts	<b>27</b> 7-8 a.m. AA Meeting 9:00 Line Dancing 12:30 Blood Pressure 12:30 Tai Chi	<b>28</b> 7-8 a.m. AA Meeting 10:30 Exercise 11:45 Lunch 1:00 Bingo 1-3 Food Pantry	<b>29</b> 7-8 a.m. AA Meeting 7-8:30 Kiwanis	<b>30</b>

# SEPTEMBER

# 2006

## ALL YOU CAN EAT!

Pancake Breakfast  
Saturday, August 26  
Comstock Community Center  
9:00 AM – 11:00 AM



Start the Comstock Daze Celebrations with breakfast at the Community Center!

## Alcohol and Medicine Misuse Can Happen Accidentally

As you age, you may find yourself needing more and different kinds of medicines. Growing older also means your body responds differently to alcohol. It's important to know that:

- One alcoholic drink a day is the recommended limit for people over the age of 65.
- Many medications do not mix well with ANY amount of alcohol
- Some of your medicines won't mix well with other medications, including over-the-counter (OTC) medications and herbal remedies.
- Changes in your weight can influence the amount of medicine you need to take and how long it stays in your body.

Be sure to read the labels on your medicines carefully and look for pictures or statements that tell you not to drink alcohol. Tell your doctor about all of the medications you take, and let your doctor know about any unexpected side effects. Here are some signals that may indicate an alcohol or medication-related problem:

- Memory trouble after having a drink or taking medicine
- Loss of coordination (walking unsteadily, frequent falls)
- Changes in sleeping or eating habits
- Unexplained bruises
- Irritability, sadness, depression
- Wanting to stay alone a lot of the time
- Having trouble concentrating

## Volunteers Needed

**Box Social:** I would like to plan a box social and 50's theme sock hop for Saturday, November 21st. I need people to volunteer to donate a "box". Boxes can include a home made meal or baked good. Please call me at the center to inquire or offer a box. 345-8556 ask for Mindy. Boxes will be raffled off at the dance.

## Comstock Community Center May - July 2006 Donations

### Donations

Evonne Gustas - Scholarship Fund  
Patricia & Phil Burton - donation  
Square One - donation  
Maxine Campbell - donation  
Reinald VanOsterum - donation  
AGLOW - donation  
Phyllis Brown - memorial - Jerry Simon  
Bell's Brewery – Golf Tournament

### Flower Donations

Fran Galow  
Lilo Brower  
Joyce Herbert  
Nancy Justin  
Phil Niece  
Liz Snyder  
Lynn & Char Scholl  
Becky Yapple  
Bell's Flowers  
Kalamazoo In Bloom  
Meijers Gull Rd  
Turf Works  
Wenke Flowers

**Comstock Township Library**  
**6130 King Highway**  
**Comstock Michigan 49041**  
**269-345-0136**  
**www.comstocklibrary.org**

### August Events



Wednesday, August 2, the Kalamazoo Nature Center will present "Nature detectives" from 2 to 3 pm. There is no registration required for this free event.

The last day for turning in reading logs and entry forms will be Saturday Aug. 5 at 4pm. The Young People's Summer Reading Party will be held on the Library grounds, rain or shine, on August 9 from 1:30 -3:30 pm. The reading party is open to all children. Those children who have not earned tickets reading this summer may purchase them at the door.

### September Events

The library will be closed Saturday September 2 through Monday Sept 4. Beginning Tuesday Sept 3 the library will be open Mon - Thurs 10am - 9pm, Fri 10am- 6pm, and Sat 10am - 4pm. The library is not open on Sundays.

The library book sale is scheduled from Mon, Sept 11, through Saturday, Sept 23. The book sale room is open during regular library hours but closes 15 minutes before the library closes.



### Story Time Sessions:

Registration for the next session of story times begins Monday Sept 11. The six week story time session starts Monday Sept 18 and goes through Thursday, Oct 26. There is no charge for story time sessions but registration is required. Session times and ages are as follows:

Mon: 10:30-11 am Baby and Me

(moms/dads and 12-24 month olds)  
Tues: 10:30-11:15 am 3-5 year olds  
Wed: 10:30-11:15 am 2-3 year olds  
Thurs: 10:30-11:15 am 2-3 year olds

Join us for stories, songs, finger plays and crafts. For the Baby and Me session parents will help their toddlers participate in interactive songs, explore board books and small group activities. There will be time after this session for toddlers to play while parents visit.

### Craft Class:



Saturday, Sept 23, 10:30 - 11:30 am or 1:30 - 2:30 pm. We will be using foam leaf stamps and fabric paint to decorate a fall-themed shirt. Please bring your own t-shirt or sweatshirt, pre-washed with no fabric softener added

to the class. The class is free and geared towards 5 year olds and older, younger children may attend if accompanied by an adult. Class size is limited, registration begins Monday, Sept 11.

**COMSTOCK DAZE FAMILY FESTIVAL**

**August 26, 2006**

**9:00 -11:00** Pancake Breakfast at Comstock Community Center

**Noon** - Car Show, Arts & Crafts, Entertainment & Food at Robert Morris Park

**10:00 PM** - Fireworks over the water

For more information call Comstock Parks & Recreation 343-8212

**Arnie's Auto Glass**

**"We do it all... with just one Call!"**

Arnie's Auto Glass Center now offers both auto and residential glass installation and repair! We're just a phone call away.

**342-2520**  
5015 E. Michigan  
Comstock



## Summer and Fall Activities at Kids Korner

The children at Kids Korner went to so many places this summer! We began our camp with a picnic at Merrill Park and then off to Frosty Boy for some yummy ice cream. We had a great time, and got a little sticky too. Next was a trip to the Binder Park Zoo to see all the great animals and feed some really tall giraffes. Did you know their tongues are purple? The kids definitely liked the train ride best of all; they couldn't wait to ride on it!



The children also visited Mayor's Riverfront Park near where the Kalamazoo Kings play baseball. There is a fantastic playground there and sometimes you even get to see the Kings practice! Our

next adventure took us to the Grand Rapids Children's Museum. Our imaginations went wild at this great place! The children went shopping at a pretend grocery store, became farmers and "cooked" some of their harvest, delivered mail around the museum, took care of a bee hive, put themselves inside giant bubbles, played in a tree house, became musicians, and the list goes on! This year they have a Clifford the Big Red Dog exhibit. It was so cool! Our highflying journey to the Kalamazoo Air Zoo came next where the children went on a trip to the International Space Station, flew in hot air balloons and also became excellent pilots! We also watched some big airplanes take off and land at the airport while we ate lunch. The following week we went to the Kalamazoo Valley Museum and Planetarium. We learned about the stars in our backyard, explored how the human body works, made some log cabins, drove a bus, played with puppets, saw some mummies, and so much more! The Battle Creek Children's Garden at Leila Arboretum is another place the children visited. There we saw an ABC garden, a giant butterfly made out of flowers, a compost station where we found lots of busy worms, a hot air balloon, we planted flowers, made bird feeders, and created some beautiful pictures. We also went to Kindleberger Park in Parchment for a picnic and to play at the two really neat playgrounds there. At the Kalamazoo Nature Center we learned a lot of really neat things about farm animals. We went on

a nature walk and looked for butterflies and hummingbirds. We even got to take a wagon ride! Our final trip of the summer was to South Haven's Kids Corner playground. It is designed like a pirate's paradise with dungeons, ships, and LOTS of things to climb, swing and slide on. It is where we go every summer to end another great camp adventure.



If all of these great places weren't enough to keep the children going we also threw in weekly visits to the Comstock library for story hours and special events like a puppet. The kids also continued their weekly swimming lessons. WOW! It's been a great summer! We would like to thank the children, their families, and all the great people we met on our adventures for a great summer. We look forward to the new school year and hope to see a lot of new faces next summer!

Kids Korner Preschool/Wrap-Around is a licensed program that encourages children to learn through experience. In addition to actively learning developmentally appropriate skills, children enrolled in our program have the benefit of weekly swim lessons at the Maple St. YMCA with certified swim instructors; weekly story ours at the Comstock Library; and a volunteer visits every week to do music and movement with the children. We also take field trips to neighboring businesses to help children learn about other people, places, and things in their community.

Kids Korner offers full and part time schedules and we accept Department of Human Services (formerly FIA) payments. Childcare scholarships are also available.

If you would like to know more about our program please call 345-7243 or stop in and visit us at the Comstock Community Center.

### Enrollment Is Now Open For Fall 2006!

Comstock Community Center, Kids Korner offers pre-school for ages 2- 5 (toilet learned), Kindergarten Wrap-Around and before and after school care for grades 1 – 5. The programs are open from 6:30 AM to 6:30 PM Monday through Friday.

## News from Comstock Parks & Recreation

Comstock Daze Family Festival will be held on August 26, 2006, starting at Noon Robert Morris Park 8415 East H Avenue. Come and see the car show, arts and crafts show, entertainment, food, and fireworks, 10:00 PM, over the water! For more information, to volunteer at the event, or to make donations to the events please call the Comstock Parks & Recreation office at (269) 343-8212.

A Very Special Thank You to the many people that have made Robert Morris Park as beautiful as it is today! Our park looks better than ever. Thank you so much to Tim Hudson, Dick McCullough and the township maintenance crew.

Register for Fall Softball Leagues! Registrations for fall softball leagues are now available and due by August 18, 2006. Fall season begins August 28, 2006. Call the Parks & Recreation office at (269) 343-8212 for more details.

Coming in October! Comstock Parks & Recreation will be sponsoring our annual HAUNTED FOREST. Keep October open to be scared and entertained. It's a fun event at Robert Morris Park.

## Hot Weather Safety

Hot weather triggers a variety of medical emergencies. Even healthy people should take it easy during extremely high temperatures, and those with respiratory and other health problems must be especially careful. Stay out of the sun as much as possible. Drink extra fluids, but avoid alcoholic beverages. Alcohol can cause dehydration. The best ways to prevent a sun or heat stress emergency are:

- Drink before you're thirsty and drink often.
- Eat a healthy diet.
- Wear a hat or cap, keep the neck covered and wear loose fitting clothing.

If you can, work in the cool hours of the day or evening. The greatest amount of heat loss from the body occurs at the head. This is why it is important to wear a hat or cap in the sun.

Do not use of table salt or salt tablets to replace body electrolytes. Many electrolyte replacement drinks are available on the market.

Electrolytes are crucial for the proper functioning of the body. Common electrolytes are:

Calcium, Sodium & Potassium.

Heat-related injuries fall into three major categories:

- Heat cramps
- Heat exhaustion
- Heatstroke

**Heat cramps** are muscular pains and spasms that occur when the body loses electrolytes during profuse sweating or when inadequate electrolytes are taken into the body. They usually begin in the arms, legs or abdomen, and often precede heat exhaustion. Treatment for heat cramps is to rest in the shade, get near a fan, spray the person with water and massage the cramp.

**Heat exhaustion** is a medical emergency. When a person is suffering from heat exhaustion, they will perspire profusely and most likely will be pale. It is best treated by taking the patient to a cool place, applying cool compresses, elevating the feet and giving the patient fluids.

**Heat stroke** is the worst heat-related injury. The brain has lost its ability to regulate body temperature. The patient will be hot, reddish and warm to the touch. Their temperature will be markedly high and there will be no perspiration. This is a medical emergency, call 9-1-1. The emergency care of heatstroke is to cool the body as quickly as possible. One of the best methods for cooling the body during a heat emergency is to wrap the patient in cool, wet sheets.



## Information and Referral Services

Need Help? Not sure where to turn? The Comstock Community Center is a source of information and services available throughout the County, from emergency assistance or health care services, to child care, youth programs, counseling and other human services. Call 345-8556 for information and referrals.

## Federal Commodities Food Distribution

The Kalamazoo County Community Action Bureau offers a variety of Federal foods every other month at the **Comstock Community Center**. Applicants who financially qualify can sign up on the next distribution day, between the hours of 9:00 a.m. and 3:00 p.m. or on Tuesday at the Comstock Community Center. **Applicants should bring current proof of income, proof of local residency, proof of family size, and Social Security numbers for all household members.** The Federal Food Program generally offers items from all food groups and is intended to supplement the food supply of individuals and families who have modest income.

### NEXT COMMODITIES DISTRIBUTION

**Monday, August 21 from 9:00 a.m.- 3:00 p.m.**

#### ELIGIBILITY GUIDELINES

##### Under 60 Years Of Age

Based on 130 percent of Federal Poverty Income Guidelines

Household Size	Annual	Monthly	Weekly
1	\$12,103	\$1,009	\$233
2	16,237	1,354	313
3	20,371	1,698	392

For each additional family member add:  
4,134      45      80

##### 60 Years Of Age And Older

Household Size	Annual	Monthly	Weekly
1	\$14,896	\$1,241	\$287

## Immunization Clinics

Children from **two months to 18 years** of age can receive immunizations at Comstock Community Center. Bring immunization record. Fees based on ability to pay. 4th Tuesday of each month. Call **373-5203** for information.

## Well Child Clinics

Children from **birth through 18 years of age**, without Healthy Kids or MICHild, who live in Kalamazoo County, and whose family meets eligibility requirements, may come to the **Well Child Clinic**. Complete head-to-toe physicals are done **free of charge** at Comstock Community Center. **Clinics held 4th Tuesday of each month.** Please Call **373-5116** to schedule an appointment.

**Vision and Hearing Screening appointments** can be made by calling **373-5031**.

## MICHild/Healthy Kids Health

**Insurance for Children** is for families who are at or below 200% of poverty (family of 4 with annual income of \$32,900 or below would qualify & whose children are under the age of 19. Cost \$5 per family per month. For applications & information, call 373-5064. Spanish speaking assistance available.

## Assistance Service

My name is **Mary Suarez** and I am the Human Service Specialist (Outreach Worker) housed at the Comstock Community Center on Tuesdays. I am available to take your calls/walk-ins on most Tuesdays from 9:30 a.m. – 4 p.m. It is best to call ahead to make sure I am in.

I am able to assist with:

- Ongoing and Emergency Assistance
- Education and Head Start Enrollment
- Home Weatherization Programs
- Home Owners Rehabilitation Services
- Employment and Training Referrals
- Commodities Distribution

Please call **373-5066** for information or for an appointment.

## Head Start Enrollment

Kalamazoo County Head Start/School Readiness program offers no-cost pre-school for three and four year olds from low-income families. Services offered include transportation, meals, programming for special-needs children and more. Call 373-5066 for more information for an application.

## COMMUNITY MEETINGS

### Meetings held in the Board Room of the Township Hall:

**Township Board** - 1st & 3rd Monday - 7:00pm  
**Planning Commission** - 2nd & 4th Thursday-7:30pm  
(November & December only-1st & 3rd Thursday)  
**Zoning Board of Appeals** - 4th Tuesday - 4:00pm

### Meeting held in Heritage Room of the Library:

**Library Board** - 2nd Monday - 7:00pm

### Meeting held in Local History Room of the Library:

**Comstock Trailway Team** - 2nd Wednesday - 7:00 p.m.  
(Contact Lawrence Renuart at 382-6448 for information.)

### Meeting held in the Township Meeting Room:

**Parks & Recreation Commission** - 2nd Wednesday - 7:00pm

### Meetings held at the Comstock Community Center:

**Comstock Community Center Board** - 2nd Wednesday 5:30pm  
**Boy Scouts Troop #221** - Mondays - 7:00pm  
**Boy Scouts Troop #221 Comte. Mtg.** - 3rd Tues. - 6:30pm  
**\*Girl Scout Troop #495** - Tues. 4:00 - 5:30pm  
**AGLOW** - 3rd Saturday 10:00am-noon  
**County Center 4-H Club** - 1st Thursday 7:00p.m.  
**4-H Horse Group** - 3rd Sunday 2:00 PM  
**AA Meetings** - Monday-Friday 7:00-8:00a.m.  
**Kiwanis** - Friday 7-8:30 AM

## STAY CONNECTED WITH THE COMMUNITY

**Comstock Community Center**  
6330 King Hwy., P.O. Box 34, Comstock, MI 49041  
Phone 269-345-8556 Fax 269-345-9486

**Mary T. Gustas**, Executive Director  
execdir@comstockcc.com

**Comstock Township Offices**  
6138 King Hwy., P.O. Box 449, Comstock, MI 49041  
Phone 269-381-2360 Fax 269-381-4328

**Tim Hudson**, Supervisor  
www.comstockmi.com

**Chad Meints**, Treasurer  
cmeints@comstockmi.com

**Anna Scott-Goodsell**, Clerk  
agoodsell@comstockmi.com

**Comstock Township Library**  
6130 King Hwy, P.O. 25, Comstock, MI 49041  
Phone 269-345-0136 Fax 269-345-0138

**Meg King-Sloan**, Director  
http://www.comstocktownshiplib.org

### Comstock Township Parks & Recreation Commission

6133 King Hwy., P.O. Box 449 Comstock, MI 49041  
Phone 269-343-8212 Fax 269-381-9765  
Monday through Friday, 9:00am—1:00pm  
www.ComstockMI.com  
parksinfo@ComstockMI.com

## HELPFUL INFORMATION WHOM TO CALL

### Who to Contact:

**Comstock Township Office**  
**381-2360**  
Monday through Friday  
8am-5pm



**Robert Morris Park -**  
**Seasonal 343-0082**  
Call Parks & Rec. office for dates & times  
**343-8212**

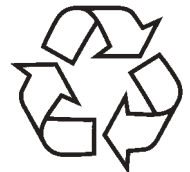
**Central Fire Station 345-2113**

**North Fire Station 349-5282**

**East Fire Station 381-0804**

### Compactor & Recycling Station Information 381-2360

- April 1 - November 30  
Tues. & Thurs. 11am-6pm -  
Sat. 8am-4pm
- December 1 - March 31  
Tues. & Thurs. 11am-4pm -  
Sat. 8am-4pm



(Covered loads are required when entering the station.)

### Comstock Township Library 345-0136

- Spring/Summer Hours  
Mon.-Thurs. 9am-8pm; Fri. 10am-6pm;  
Sat. 10am-4pm
- Fall/Winter Hours beginning day after Labor Day  
Mon.-Thurs 10am-9pm;  
Fri. 10am-6pm; Sat.10am-4pm

### Comstock Community Center 345-8556

- Monday through Friday 8:30 am - 4:30 pm

**Comstock Community Auditorium 388-9381**

# Vote Yes, Tuesday August 8 for the Senior Millage Renewal!



Continue the positive interactions  
for the seniors in our community!

**Comstock Community Center**  
**P.O. Box 34**  
**Comstock, MI 49041**

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**(269) 345-8556**  
[www.comstockccc.com](http://www.comstockccc.com)



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