



July 2018 						
Su	Mo	Tu	We	Th	Fr	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				

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Calendar of Events:

- July 4th INDEPENDENCE DAY**
- July 16-20th Federally Employed Women (FEW) National Training Program**
(<https://www.few.org>)
- July 26th Anniversary of the Americans with Disabilities Act**
- July 27th Korean war Armistice, 1953**

Featured Topics

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In Corunna, MI	
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Welcome...
Vet Affairs Monthly Newsletter by Shiawassee County Veterans Affairs & Services.
 Each month look for information and current events to keep you updated. All monthly newsletters will be available online and in our office. Sign up at vetaffairs@shiawassee.net to receive monthly newsletter via email.

Contact Us:

201 N. Shiawassee St.
 3rd floor, Surbeck Building
 Corunna, MI 48817
 Phone: (989)743-2231
 Fax: (989)743-2393
vetaffairs@shiawassee.net

Notes from the Director:

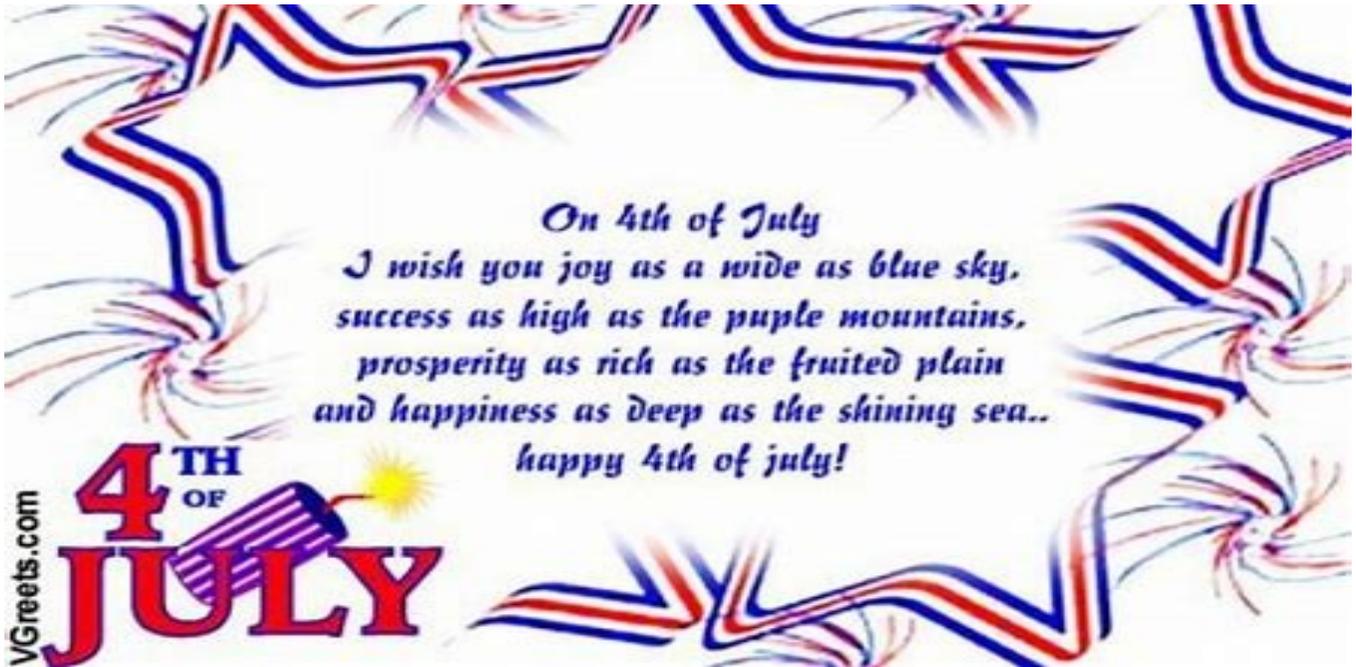
Another year has come and with it warm weather and another 4th of July. Across the country in thousands of communities, parades will be held, barbecues conducted and fireworks watched. We'll enjoy the company of friends and family as we celebrate American Independence Day. However, July 4th is not just another holiday. It's much more than a trip to the beach, lake or pool. It's much more than a picnic in the park or backyard. This holiday is more than oohing and awing at fireworks displays.

July 4th is about freedom and liberty won and maintained through great personal sacrifice, commitment and faith. Our independence was won by those who were willing to pay the ultimate price so that you and I could enjoy a holiday such as this.

So as we go about our day, take a minute or two to say; "Thank you" to those who have given so much, a hand-shake to those whose commitment still protects our neighborhoods, communities and country, and a prayer for not only our faith in God, but in his faith in us.

In the words of President Harry S. Truman; "America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."

Happy 4th of July everyone!



The Story of the Fourth of July

The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the **Declaration of Independence** and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775).

And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was August 2, 1776).

So what did happen on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed!

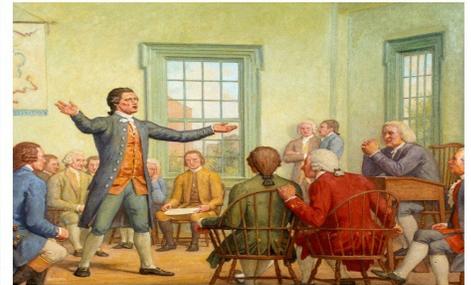
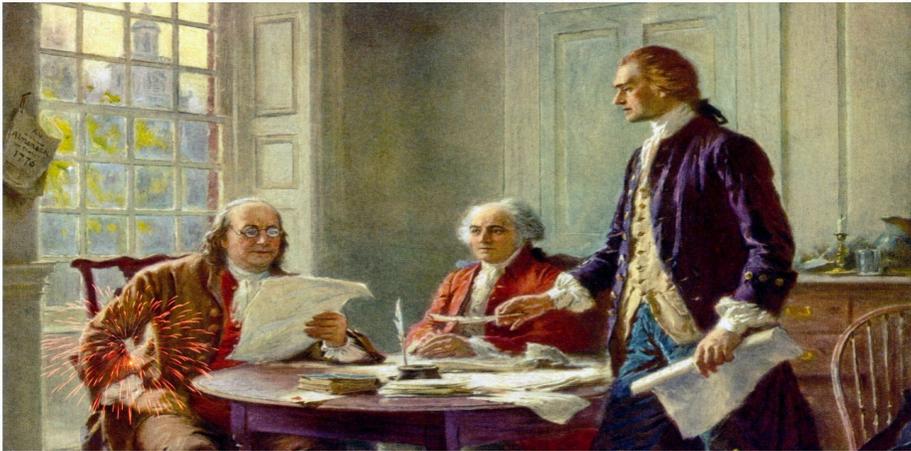
How did the Fourth of July become a national holiday?

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date. It was too new and too much else was happening in the young nation. By the 1790s, a time of bitter partisan conflicts, the Declaration had become controversial. The Democratic - Republican Party admired Jefferson and the Declaration. But the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

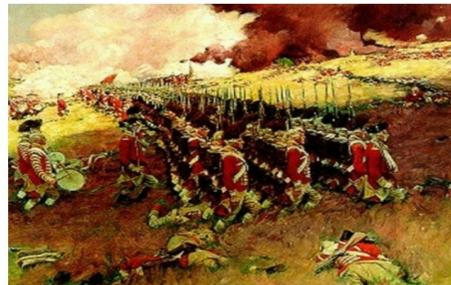
By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist Party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941.



The History of **July 4th**



A no charge program for
**Military and Veteran
 Spouses/Partners**

HomeFront STRONG

Building Resilient Military Families

HomeFront Strong is an 8-week program to help military or veteran spouses/partners prepare for, cope with, or rebound from the challenges of deployment and military life.

Web-based Program

or

In-person Groups

New groups starting soon in Flint, Lansing,

Ann Arbor, Grand Rapids, and Southfield, MI

DINNER PROVIDED

CHILDREN'S PROGRAM AVAILABLE

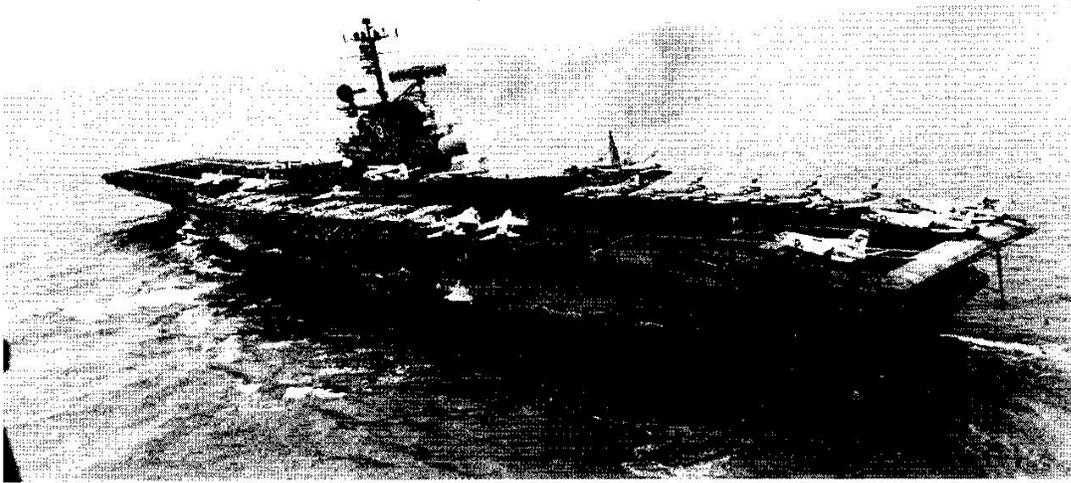
Participants can receive up to \$140 for completing a research evaluation of the program

Please call Jodi Goodman
 at (734) 998-5849 or email homefrontstrong@umich.edu
 to register or for more information



House passes benefits fix for ailing ‘blue water’ veterans, now awaits Senate’s move

By: Leo Shane III



The U.S. aircraft carrier Bon Homme Richard sails into the Gulf of Tonkin in March 1968. A bill passed by the House Monday would extend disability benefits to U.S. troops who served in the seas around Vietnam and may have been exposed to Agent Orange contamination. (AP photo)

WASHINGTON — House lawmakers on Monday advanced plans to extend disability benefits for nearly 90,000 “blue water” veterans exposed to toxic chemicals during the Vietnam War but until now denied compensation for that danger.

The move was hailed as a major breakthrough by veteran’s advocates, but it will likely take several months before the Senate moves on the same plan and officially starts the process of getting payouts to those elderly veterans.

The House approved the plan by a vote of 382-0. It now heads to the upper chamber, where Senate Veterans’ Affairs Committee Chairman Johnny Isakson, R-Ga., has called the issue a top priority for the remainder of the year.

However, that committee must first tackle the confirmation of VA Secretary Nominee Robert Wilkie, a process that starts with a hearing this Wednesday. That work will delay hearings on the new benefits bill for at least a few weeks, leaving no clear timetable on when the legislation may be completed.

HALF-STAFF NOTIFICATION

Honoring the Shooting Victims of Capital Gazette in Annapolis, Md

**Fly the United States Flag at Half-Staff
Until Sunset on Tuesday July 3, 2018**

**BY THE PRESIDENT OF THE UNITED STATES
OF AMERICA**

A PROCLAMATION

Our Nation shares the sorrow of those affected by the shooting at the Capital Gazette newspaper in Annapolis, Maryland. Americans across the country are united in calling upon God to be with

the victims and to bring aid and comfort to their families and friends. As a mark of solemn respect for the victims of the terrible act of violence perpetrated on June 28, 2018, by the authority vested in me as President of the United States by the Constitution and the laws of the United States of America, I hereby order that the flag of the United States shall be flown at half-staff at the White House and upon all public buildings and grounds, at all military posts and naval stations, and on all naval vessels of the Federal Government in the District of Columbia and throughout the United States and its Territories and possessions until sunset, July 3, 2018. I also direct that the flag shall be flown at half-staff for the same length of time at all United States embassies, legations, consular offices, and other facilities abroad, including all military facilities and naval vessels and stations.

IN WITNESS WHEREOF, I have hereunto set my hand this third day of July, in the year of our Lord two thousand eighteen, and of the Independence of the United States of America the two hundred and forty-second.

DONALD J. TRUMP



1500 Weiss Street
Saginaw, MI 48602



U.S. Department
of Veterans Affairs

Contact: Carrie Seward, Public Affairs Officer
(989) 497-2500, extension 13020
carrie.seward@va.gov

FOR IMMEDIATE RELEASE

July 2, 2018

We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Af-

Aleda E. Lutz VA Medical Center

Welcomes Volunteers

Voluntary Service at the Aleda E. Lutz VA in Saginaw has many positions for volunteers to help Veterans and staff. Some of these positions include escorting Veterans by wheelchair throughout the medical center, driving parking lot shuttle, assisting departments with light clerical duties, drivers for the Veterans Transportation Network, and volunteering in the “No Veteran Dies Alone” program.

One such volunteer, Phillip Markey, can tell you first hand just how volunteering helped him. Phillip was attending Saginaw Valley State University as a pre-med student when he was accepted into the Uniformed Services University of the Health Sciences (USUHS). Although his grades were a large factor in his acceptance, his volunteer assignment at the Aleda E. Lutz VA, along with a letter of recommendation from the Chief, Voluntary Service, were certainly noteworthy in the University’s decision.

“I feel my experience at the Aleda E. Lutz VA Medical Center helped shape my decision to join the US Army and apply to the USUHS. The body of patients at the VA Hospital was a much easier population to work with than those at other hospitals I had volunteered at, and the staff and other volunteers were incredibly friendly. There was just a sense of community around the hospital that I appreciated. That, along with my prior urge to serve our country, led me to apply and pursue medicine at USUHS in order to “learn to care for those in harm’s way,” which is the motto of USUHS. The men and women out there protecting our Nation’s freedoms and values deserve everything, and I will be honored to provide them with the quality medical care they deserve,” stated Phillip J. Markey, B.S. Biochemistry | Saginaw Valley State University – Class of 2018.

This is just one testimony and example of an individual who found volunteering to be life-changing. Those who volunteer at the Aleda E. Lutz VA in Saginaw have a wonderful mission to fulfill, caring for those who have served our nation. Volunteers work alongside a dedicated group of individuals, receive detailed attention, and truly become part of our volunteer family, as well as part of our health care team. If you have an interest in giving back and can volunteer a minimum of four hours per month, please contact us at 989-497-2500 ext. 13360. Our volunteer ages range from 15 to 96 years old, so all are welcome to apply.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,300 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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**“I wondered why
somebody didn’t
do something.
Then I realized, I
am somebody.”
-Unknown**



News Release

FOR IMMEDIATE RELEASE

June 28, 2018

Aleda E. Lutz VA Medical Center
1500 Weiss Street
Saginaw, MI 48602

Contact: Carrie Seward, Public Affairs Officer
(989) 497-2500, extension 13020
carrie.seward@va.gov

We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13020 or e-mail carrie.seward@va.gov

Aleda E. Lutz VA Medical Center To Hold Veteran Enrollment Fair in Saginaw

Calling all Veterans who may want to learn more about their eligibility and potentially enroll for VA Health Care.

The Aleda E. Lutz VA will host a Veteran Enrollment Fair at the American Legion, Post 439, 5190 Weiss Street, Saginaw, Michigan on Thursday, July 26, 2018, from 1:00 p.m. – 3:00 p.m.

"We encourage any Veteran who may want to learn about their eligibility to receive VA health care to attend. Many Veterans don't realize they are eligible, or haven't been advised the net worth requirement for income assessments is no longer calculated, meaning Veterans financial information is based on household income only," states Karandeep Sraon, Acting Medical Center Director.

VA staff will be available to answer your questions and to help you complete the necessary 10-10EZ, Application for Medical Benefits to enroll for care. Please bring your DD 214, Certificate of Release or Discharge from Active Duty, with you if you have it available. This will help with verifying your military service for eligibility purposes.

If you are unable to attend this event, you may visit <https://explore.va.gov/health-care> and apply on-line, in person, by mail or by phone. The Eligibility Office can be contacted at 989-497-2500, Extension 13120 or 13121 to assist as well.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,300 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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ANNOUNCING

Donation
\$20 per Rider
\$5 per
Passenger

Durand Post 2273
AMVETS Riders

Silent
Auction,
Food & Fun!!



Registration
10am - 12pm

July 14th

Last Bike in
by 6pm

All Proceeds will Benefit
The Child Advocacy Center
of Shiawassee County



Prizes - 1st \$100 - 2nd \$50 - 3rd \$25



Poker Run Rules

1. Drivers/Riders will sign up and be given a registration form with a map at Post 2273. One extra hand can be purchased for \$5. At each stop along the route registrants will draw a card then have their form stamped.
2. Upon returning to Post 2273, registration cards will be turned in with all 5 stamps.
3. The Poker Run route starts at 12pm and must be completed within 6 hours including stops. Participants must be back at Post 2273 by 6pm.
4. Standard Poker hand rules apply relevant to winning hands.
5. Prizes will be awarded to the three best hands. Decision of judges is final in all cases including ties.



All Vehicles Welcome!
Come and Join the Fun!!!



American Legion Elsie

Post #502

Meetings 1st Thurs. of Month

47th Old Time

Country Jamboree

July 11, 2018



**Elsie Dairy Festival
Bingo**

American Legion

Post 502

Elsie, MI

Date: July 12, 13, 14

2 PM to 6 PM



25¢ Cents Per Card

**Are you coming to
the Elsie Dairy Festival
this year? If your
not from going to the
Festival, come on in
and join us at Bingo
all three days!**



© Can Stock Photo - csp26277639

Commander & Service Officer

Gene Nethaway

6pm-9pm Donation Only

Anyone that plays a stringed instrument can
join the player singers.

Open mike MC Mr. Tim Evans.

There is a sign up sheet and this determines
when you sing or play at the Jamboree.

Maybe you would just like to sit and listen to
people play. Come on out, many people do!

Cost: Donation

American Legion

220 South Ovid St.

Elsie, MI 48831

(989)834-2438



DRIVERS NEEDED

**THE SHIAWASSEE COUNTY DAV VAN NEEDS VOLUNTEER DRIVERS
TO TRANSPORT VETERANS TO AND FROM VA MEDICAL
APPOINTMENTS.**

**CALL SHIAWASSEE COUNTY VETERANS AFFAIRS AT
(989) 743-2346 OR ASK STAFF FOR AN APPLICATION**



WE WANT YOU!

DONATE YOUR TIME AND HELP A VETERAN IN NEED.

Health

Ask your health care team about exercise options through the MOVE! Program. Ask, too, if you qualify for any special programs that offer help with fitness. Examples are “Wheelchair Games” and the “Diabetes Education Program.”

HEALTH OBSERVANCES

1. Cleft & Craniofacial Awareness & Prevention Ameriface.org/nccapm.html
2. International Group B Strep Awareness groupbestreinternation.org
3. Juvenile Arthritis-Arthritis.rog

Take Steps Towards Healing

About one third of adults 65 and older fall each year in the United States. Help prevent falls with these tips:

- ◆ Do regular exercise to improve your strength and balance such as yoga, tai chi and walking.
- ◆ Use grab bars and no-slip mats in tubs and showers
- ◆ Use handrails next to toilets and stairways.
- ◆ Clear paths and stairs of clutter, water, grease, etc.
- ◆ Use non-slip rugs or double-sided tape under rugs.
- ◆ Wear non-slip shoes at all times.
- ◆ Use nightlights throughout the house.
- ◆ Clear ice and snow from outdoor walking surfaces.
- ◆ Get Vision and blood pressure checks as advised.
- ◆ Beware of side effects of your medicines, such as dizziness or drowsiness.



Health Goal: I will wear sturdy, non-slip shoes at all times, including in the house.

Fall-prevention Measures Can Keep Older Adults Independent

Falls account for nearly one-third of all non-fatal injuries in the U.S., according to Injury Facts, the source for statistical data on unintentional injuries created by the National Safety Council.

For some, falls result in hurt feelings, skinned knees or broken bones. For others, falls can signal the beginning of lifestyle changes – or even lead to death.

Because the natural aging process can affect vision, strength and balance, adults 65 and older are at elevated risk for falls, however falls are not a natural part of aging and can be prevented.

Every 20 minutes an older adult dies from a fall, and many more are injured, according to the Centers for Disease Control and Prevention. CDC data indicates:

- More than one in four older adults falls every year; fewer than half tell their doctor.

- More than 800,000 patients are hospitalized each year because of a fall injury, most often because of a head injury or hip fracture

Growing older doesn't have to mean a loss of independence. By planning ahead and envisioning the future you want, you can identify simple steps that can make a big difference – here are some resources to help:

Find a community falls prevention program: The National Council on Aging makes it easy. Punch in your zip code and contact your local agency.

Practice balance exercises at home. The National Institute on Aging at NIH makes it easy with its Go4Life program.

Check your risk for falling: This CDC self-assessment test allows you to answer yes or no to each statement. Compute your score. Then, share the results with your doctor. (See Page 17 for Self-Assessment)

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Talk to Your Doctor

Talking to your doctor is the first step in figuring out your personal fall risk and what changes you can make to be safer. Ask your doctor or pharmacist to review your prescriptions and over-the-counter medications regularly, paying attention to tranquilizers, sedatives and antidepressants. Some medicines on their own or when combined with other medicines can affect balance and cause drowsiness, dizziness or a feeling of being light-headed. Vitamin D deficiency can increase fall risk.

During a regular exam, be sure to check for foot pain and proper footwear. Have your vision tested on an annual basis.

Walking aids can mean the difference between safely navigating your world or experiencing a fall doing what you love. Don't be shy about talking to your doctor or physical therapist about the right device for you – including finding the proper fit.

Make Your Home Safer

While falls can occur anywhere, they most often occur at home. Try these tips to make your home safer:

- Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip
- Arrange or remove furniture so there is plenty of room for walking
- Add grab bars inside and outside of your bathtub or shower and next to the toilet
- Put railings on both sides of the stairs, and make sure stairs and hallways have good lighting
- Make sure outdoor areas are well lit and walkways are smooth and free of puddles/ice

While we all are aging every day, fall do not have to be a part of that process. Understanding fall risks is the first step to keeping our loved ones and ourselves safe.

Four Things You Can Do to Prevent Falls:

1 Speak up.

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

2 Keep moving.

Begin an exercise program to improve your leg strength and balance.

3 Get an annual eye exam.

Replace eyeglasses as needed.

4 Make your home safer.

Remove clutter and tripping hazards.

Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- go.usa.gov/xN9XA
- www.stopfalls.org

Stay Independent

Learn more about fall prevention.



1 in 4 people 65 and older falls each year.

Falls can lead to a loss of independence, but they are preventable.

For more information, visit www.cdc.gov/steady

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI
Stopping Elderly Accidents,
Deaths & Injuries

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below		Why it matters	
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

Official list of the TOP 15 Michigan festivals and events to not miss in 2018



- 1. *Holland's Tulip Festival 2018***
- 2. *Michigan's State Fair 2018***
- 3. *Muskegon Summer Celebration in Muskegon, MI***
- 4. *Rothbury Electric Forest Music Festival 2018***
- 5. *The Ann Arbor Art Fair in Ann Arbor, MI***
- 6. *Michigan Renaissance Festival and Fair 2018***
- 7. *Ann Arbor Film Festival in Ann Arbor, MI. Check out the Ann Arbor Festival Feed***
- 8. *GR Art Prize is always one event to mark on your calendars. GR gets it going with the ART Prize Festival by the DeVos family out of Grand Rapids, MI***
- 9. *D-Town Music Festival is one of the top things to do in Detroit, MI***
- 10. *Michigan's Beer Festival***
- 11. *The National Cherry Festival in Traverse City, MI-July 5-12, 2018***
- 12. *Greek Week at MSU and MSU's Rose Bowl win in 2018***
- 13. *Fremont Michigan's Gerber Baby Food Festival Days***
- 14. *Michigan's Fiber Festival***
- 15. *Grand Haven Coast Guard Festival-late July - early August
Grand Haven, Michigan***

GET RID OF YOUR OLD TIRES

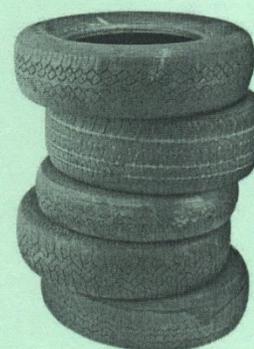
TIRE COLLECTION

When: **July 28, 2018**

Time: 8:00 AM – 12:00 PM
(or until trailer is full)

Where: Shiawassee County Road Commission
701 West Corunna Ave.
Corunna, MI

Contact: (989) 743-2390



<u>COST:</u>	<u>WITHOUT RIM</u>	<u>WITH RIM</u>
AUTO TIRES	\$2.00	\$3.00
SEMI-TRUCK TIRES	\$5.00	\$10.00

NO TRACTOR TIRES PLEASE



SPONSORED BY:

SHIAWASSEE COUNTY HEALTH DEPARTMENT

FRIENDS OF THE SHIAWASSEE RIVER

Shiawassee Conservation Club

WHEELS FOR WARRIORS

CLASSIC CAR TRUCK AND BIKE SHOW

July 7th 2018
10 am to 4 pm

LIVE PERFORMANCE

50's & 60's Music During Carshow • Country Hits After 3:00 pm



Now a proud member of the Country Music Association (CMA), the 16x award-winning songwriter/performer and the man AMB Magazine called "one of country music's future leading men," is touring, nationally, while promoting the current radio single, "I Choose the Whiskey," which, as of September 10, 2017, has hit #1 on Florida Country Radio and, as of January 27, 2018, has reached #27 on the Iceman's syndicated Top 40.

All proceeds go to the
Veterans

BIG RAFFLES

with many prizes,
all day 50/50 raffle drawing

**ALL MILITARY VETERANS
EAT FOR FREE**

Many
Military

Vehicles on Display

**CRUISE IN EVERY 2ND AND 4TH
WEDNESDAY OF THE MONTH
APRIL - SEPTEMBER**

Great pulled pork sandwiches,
hamburgers, hotdogs, beer, pop,
and coffee

Shiawassee Conservation Club
North M-52, Owosso, Michigan

\$10.00 Registration Fee

Registration starts at 10:00am,
first 100 cars to register will
receive a dash plaque and gift bag.

Judging begins at
12:00am until 2:00pm

Trophies will be given out at 3:00pm



Mike LePior • Toll free # 800.288.8139 Ext. 201 • Cell # 989.277.3274
In memory of Shelley Michelle Joy LePior 8/2/61 - 7/25/17

FUN FOR THE WHOLE FAMILY



Upcoming Events

Mark Your 2018 Calendar

Volunteer Workshop

Fri. May 31st.

Respite Volunteers
of Shiawassee

Owosso

10:00 a.m. – 2:00 p.m.

Golf Scramble

Sat. July 28th.

8:00 a.m. Registration

9:00 a.m. Shot Gun Start

Rock- a-Thon

To be held this
summer - date to be
announced

Fall Purse

Party Bingo

Thurs. Oct. 18th.

Owosso K of C Hall

Doors open 5:45 p.m.

Games start 6:30 p.m.

25th Anniversary & Annual Meeting Celebration

Thurs. Nov. 8th.

D'Mars

Conference Center

Giving Tuesday

November 27th.

www.givingtuesday.org

Attention Golfers!

We will be hosting our 5th Annual Golf Scramble fundraiser on Saturday, July 28th at the Corunna Hills Golf Course. Registration with coffee, fruit and donuts begins at 8:00 a.m. with a shot gun start at 9:00 a.m. After golfing nine holes, lunch will be served, prizes will be awarded followed by the drawing for many wonderful raffle prizes. It's going to be a beautiful day and a fun time for everyone! Organize your foursome of friends and business



A&B Lawn Care Team

associates or call our office in advance if you need help filling a team.

Hemenway Business Service

In association with



H&R BLOCK®

We are proud to announce that this year's Golf Scramble Event Sponsor is **Hemenway Business Service/H&R Block**. You can still be a Major Sponsor for \$500 (includes golf for 4) or be a Prize Sponsor for \$200 (includes golf for 2). Golf Cart or the Food and Beverages or Tee Sponsorships are only \$100. This is a great advertising value and business exposure. Carol Nama, Jackie Hurd and Audrie Polhemus have already signed up to be golf cart sponsors. Please consider being a sponsor or donating a prize for our raffle. Respite Volunteers will be selling raffle tickets in advance (you do not need to be present to win). Individual golf tickets are \$40 or \$160 for a team. We only have slots for 14 teams left.

Watch our website and Facebook for a listing of our sponsors and for more details. Pick up a Golf registration form at our office or contact us at (989)725-1127. Thank-you Dan and Tracey Molnar for helping us plan this fun event.

2018 ROCK-A-THON for Respite Volunteers



Jane VanderWey
ROCKS!

This summer we will be having our Rock-A-Thon. This fun event is open to anyone who would like to seek pledges for Respite Volunteers. It's so easy! Just send your friends, relatives, neighbors and business associates a letter (we have a form letter) or email or Facebook a message explaining the importance of our mission and ask them to pledge their financial support. You, in turn, will rock as we celebrate the efforts of Respite Volunteers. If you are not available you can also participate by proxy and still encourage your friends to make donations. To participate as a Rocker please call (989)725-1127 or stop by our office in advance for instructions. We are planning a date in August.



FAMILY - FUN - ACTIVITIES

- 7AM...Registration - 5K Run & Walk * (6)
Presented by: SLH Metals, Inc.
- 8AM.....Run Start Time (6)
Presented by: Shawassee Spinal Center
- 8AM.....Walk Start Time (6)
Hosted by: Theresa Sarazin & Friends
- 7AM - 10:30 AM.....Pancake Breakfast * (2)
Hosted by: Corunna Parks & Recreation Commission
- 9AM.....Horseshoe Pitching Contest (5)
(Doubles & Singles)
Presented by: Owosso Eagles - Aerie No. 851
- 8AM - 3PM.....Corunna 4th of July Car Show (18)
Presented by: Blake Transportation Services, Inc.
Long's Transmission, Inc. • Mike's Repair
Signature Ford Lincoln • Windmill Pro Paint
Hosted by: Ralph Sanford & Friends
- 8AM - 3PM.....Car Show Entertainment (18)
Presented by: Graft Chevrolet-Durand Inc.
Hosted by: Disc Jockey Bill Young
- 9:30 AM.....Bike Decorating Contest
Located at Cavalier Green (formerly Shawassee Street School)
Hosted by: Sarah Barton & Friends
- 11AM.....Fire Cracker Parade
Located in Downtown Corunna
Presented by: Chemical Bank
- 11AM - 5 PM.....Craft Show (9)
Presented by: Precision Electric Motor Sales
Hosted by: Dorothy Dvorak
- NOON.....Historical Village Opens (14)
Hosted by: Friends of the Corunna Historical Village
- NOON - 5 PM.....Horse Drawn Wagon Rides
Presented by: PFCU
Hosted by: The Doneth Family
- Show Times Listed Below.....Animal Magic (17)
1:30 - 2:30 PM • 3:30 - 4:30 PM • 5:30 - 6:30 PM
Presented by: Collective Development
Hosted by: Mark Rosenthal
- NOON.....Registration - Belt Sander Races (7)
Presented by: Industrial Supply of Owosso
- 1PM.....Belt Sander Racing Starts (7)
Hosted by: Steve DeLong & Tom Adams
- 1PM - 5PM.....Children's Face Painting (17)
Hosted by: Creative Sisters Ink
- 12:30PM.....Euchre Tournament Registration * (2)
No pre-registration
- 1:00 PM.....Euchre Tournament Begins (2)
Hosted by: Janet Gillison & Friends
- NOON - Dusk.....Miniature Golf * (13)
Hosted by: Golf on the Go
- NOON - 5PM.....Petting Zoo & Pony Rides * (4)
Hosted by: Marilyn Tkaczyk
- 1PM - Dusk.....Photo Booth & Face Painting (13)
Presented by: CZAE
Hosted by: In His Image Photography
- NOON - 6PM.....Inflatable Games (20)
Presented by: Caledonia Charter Township
Hosted by: Fantastic Inflatables
- NOON - 6PM.....Children's Pirate Ship & Bear Spin Rides (17)
Presented by: Amvets Post No. 2273, Durand, MI
Hosted by: Mason Rail Time Adventures
- NOON - 4PM.....Tractor Sit & Show (22)
Presented by: Corunna Mills Feed
Hosted by: Heart of Michigan Antique Tractor Club
- 1PM - 3PM.....Bingo (6)
Hosted by: VFW & Auxiliary #4005 of Corunna
- 1PM.....Cake Walk (3)
Presented by: Riverwalk Apartments
Hosted by: Mike White & Family
- 2:30 PM.....Watermelon Eating/Seed Spitting Contest (3)
Hosted by: Mike White & Family

Fireworks
Celebration Finale
@ Dusk
Presented by: Meijer, Inc.
& Patsy Lou
Automotive Group

ENTERTAINMENT

TENT (16) ★

- 12:30PM - 1:30PM.....Jugglar Tim Salisbury
Presented by: Simplified Accounting & Tax Services, Inc
- 2:30PM - 3:30PM.....Jugglar Tim Salisbury
Presented by: Simplified Accounting & Tax Services, Inc

CENTER PAVILION (8) ★

- NOON - 3PM.....DJ Nikki Nik Spinning
Tunes & Karaoke
- 3PM - 5PM.....Los Hobo's
- 5:30 - 7:30 PM.....Nikki Nik & The Henchman
- 8:00 - CLOSE.....Lady Luck

ACTIVITIES • EVENTS • TIMES
SUBJECT TO CHANGE

* DENOTES FEE TO BE CHARGED

Benefits for Your Health

“Green Smoothie and Southwestern Chicken Wrap”

Fiber

Dietary fiber is found in all plant-based foods. Some benefits of fiber:

- Helps many people feel satisfied (full) faster
- Helps with regular bowel movements and digestive system health
- Helps lower cholesterol
- May help improve glucose tolerance for people with diabetes

Food sources high in fiber include avocados, black beans, and other fruits and vegetables.

Protein

Proteins serve as the building blocks for muscles, bones, skin, cartilage, blood, enzymes, hormones, and vitamins. They play an important role in normal bodily functions and also provide calories.

Food sources that are high in protein include chicken, yogurt, and beans.

Potassium

Potassium is important for the heart to function. It also helps with muscle contraction, making it important for normal bodily functions like muscle movement and digestion. People with kidney disease may need to be careful of too much potassium in their diets. Talk to your doctor or dietitian if you have concerns regarding potassium.

Food sources from the recipes that are high in potassium are bananas and tomatoes.

Vitamin C

Vitamin C is helpful for:

- Growing and repairing tissues in the body
- Helping make collagen, which is used to make skin, cartilage, blood vessels, ligaments, and tendons
- Healing wounds
- Maintaining bones and teeth
- Helping to absorb iron from non-meat sources

Your body does not store vitamin C, so it is important to get plenty of it from food. Vitamin C is also an antioxidant, which can help block damage to DNA that may cause faster aging, cancer, arthritis, and heart disease.

Food sources from the recipe that are high in vitamin C are tomatoes, limes and pineapples.

*Spinach Smoothie, Made
and Non Dairy Milk.*



with Fresh Spinach

Southwestern Chicken Wrap***Yield: 4 wraps******Serving size: 1 wrap*****Ingredients**

- 1 avocado
- 1 can (15 oz.) Black Beans Drained
- 2 cups cooked and Shredded Chicken (ie. Rotisserie Chicken)
- 1/2 tomato
- 1/2 red onion
- Salt
- Black pepper
- Lime Juice
- Canned jalapeno
- 1/4 cup Greek yogurt
- 1 (10-inch) tomato wrap
- 8 oz. (40 leaves) spinach

Directions

1. Cut tomatoes, avocado and red onion into thin slices.
2. Combine Greek yogurt with lime juice and canned jalapeno in a bowl.
3. Season with salt and pepper to taste.

Instruction for preparing wrap

1. Place a 10" tortilla wrap on a clean, dry surface. Smear with yogurt dressing.
2. Place spinach leaves on top of dressing.
3. Place pulled chicken, black beans, tomato, avocado and red onion slices on top.
4. Roll wrap.
5. Enjoy!

Nutrition Facts (Per Wrap)**Calories: 234.6****Fat: 6 grams****Protein: 11.3 grams****Green Smoothie*****Yield: 2 (8 oz. portions)*****Ingredients**

- 2 cups baby spinach
- 1 cup water
- 1 cup pineapple chunks
- 1 cup Greek yogurt
- 1 medium ripe banana

Directions

1. Put all ingredients in a blender, and blend until smooth.
2. Enjoy!

Nutrition Facts**Calories: 90****Protein: 13 gm**

About the author: Reut Cohen is a Clinical Dietitian with the Nutrition and Food Service at Miami VAMC

