Valley Area Agency on Aging (VAAA) is pleased to introduce Yaushica Aubert as the President, CEO!

Ms. Aubert has worked in the field of aging since 1999 and has held many positions during her tenure at VAAA beginning as a Social Worker Care Manager, then lead Care Manager. In 2002 she became the Director of the MI CHOICE Waiver Program until 2008 when she became the Director of Planning and Contract Management. Yaushica had oversight of the agency’s multi-year plan development, contract management, Senior Wellness Services and other programming.

In 2016 she was promoted to Vice-President of Operations. As VP she was responsible for increasing community awareness of VAAA via branding and community outreach and implementing several unique programs serving older adults and their families in Planning and Service Area (PSA) 5. VAAA’s service area consists of Genesee, Lapeer, and Shiawassee Counties.

As the Vice-President of VAAA, Yaushica Aubert has been responsible for implementing the following:

- Successful application submission to bill for Medicare-covered services
- Medical Nutrition Therapy (Medicare-funded program)
- Implementation of the SilverSneakers programming within VAAA
- Keeping Independent Senior Safe (KISS) – winner of the 2017 n4a Aging Innovations Award
- Retired and Senior and Volunteer Program (RSVP) – winner of Governor’s Service Award for Outstanding National Service Program

“I have great shoes to fill. Kathy Boles our previous President, CEO, grew the organization exponentially and taught me how to be a visionary. We have an amazing Board of Directors, an engaged Advisory Council, dedicated Executive staff, and an overall amazing team and family at VAAA and I am excited to work with them and going to the next level in serving our seniors in Genesee, Lapeer and Shiawassee Counties!”

Ms. Aubert has her BA in Social Work (Go Blue!) and her Master’s Degree in Public Administration. She is also a graduate of the n4A Leadership Institute, and the Resource Genesee Leadership Program. She is married to Terrell Aubert, has two children and two grandchildren.
CURRENT VOLUNTEER OPPORTUNITIES

- Tutor/mentor students in school
- Short friendly visits to seniors in nursing homes and assisted living facilities near you
- Deliver blood products to local hospitals for the American Red Cross
- Small home repairs in the Lapeer Area for Senior Reach
- Transport veterans to hospital appointments thru Lapeer Veteran’s Affairs
- Help prepare and serve food at soup kitchens
- Basic Computer Instructor
- Backpack Program at Durant Tuuri Mott
- Transportation to medical appointments for seniors through the Hispanic Services Center in Imlay City.

Daylight Savings Time ENDS
Saturday, November 3, 2018

CALL FOR AN APPOINTMENT
(800)-803-7174
Hispanic Service Center is a Multicultural non-profit agency in Imlay City, a registered as a non-profit in Michigan since 1986, which provides services for Lapeer County residents. Their services include:

- A family shelter (the only one in the area) to keep a family together and help provide temporary shelter, with bedrooms, a kitchen, and living room and their own bathroom. It is hopeful that the limited time in this shelter will give the family time to find a job and permanent housing.

- A food pantry with canned goods, staples, baby items, some meats, bread, veggies, and snack items available for those who are in need. Our partners, Stone Soup of Lapeer Food Pantry and the Food Bank of Eastern Michigan help us with this mission.

- Our Senior Program (with Valley Area on Aging) helps to reach out to the seniors in the area. We help provide transportation, senior congregate meals, informative speakers, bingo, crafts, and coffee & donut time on Friday mornings.

- The Retired & Senior Volunteer Program (RSVP) a newer program we have partnered with. See what opportunities are available to help others and help you stay active.

- Medicare/Medicaid Assistance Program (MMAP) volunteers educate, counsel, and empower Michigan’s older adults and individuals with disabilities, so that they can make informed health benefit decisions.

- The KISS Program (Keeping Independent Seniors Safe) will be up soon. The KISS program is a telephone reassurance program. Participants are called (or can call in) each day, Monday thru Friday to be sure they are okay.

English as a Second Language classes are offered during select times of the year. Translation of documents from Spanish to English, help with immigration services, preparing for the United States citizenship test, and help with legal referrals is also available.

The Hispanic Service Center of Imlay City is open Monday through Friday from 9:00 am to 4:00 pm.

The 4th Annual RSVP Bedsheet Sale has been extended to Tuesday, October 30th, 2018!

These bedsheets are 1,800 thread count, microfiber, moisture wicking, stain and wrinkle resistant, and have deep pockets. There is also a large variety of colors to choose from.

Twin Size $30.00 PLEASE CALL THE
Full Size  $35.00 RSVP OFFICE TO
Queen Size $40.00 ORDER.
King Size  $45.00

GUARANTEED DELIVERY FOR CHRISTMAS!

Sudoku Puzzle

SOLUTION ON PAGE 6
The Keeping Independent Seniors Safe Program (KISS) is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure in their own homes. The KISS program is available to seniors 60 years of age or older who live in Genesee, Lapeer, or Shiawassee Counties. KISS Program staff and volunteers make calls to participants Monday through Friday from 8:00 am and 12:00 noon to make sure that they are safe and doing well.

The KISS Program has helped many participants in the past year with referrals to area agencies and other assistance programs. Below are a few examples:

<table>
<thead>
<tr>
<th>Meals on Wheels</th>
<th>Housekeeping assistance</th>
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</thead>
<tbody>
<tr>
<td>Transportation services</td>
<td>Rides to Wellness</td>
</tr>
<tr>
<td>Nutrition Information</td>
<td>Medicare Medicaid Assistance Program (MMAP)</td>
</tr>
<tr>
<td>MI-Choice Waiver Program</td>
<td>Tax preparation assistance</td>
</tr>
<tr>
<td>Legal Services</td>
<td>Senior Centers in their area</td>
</tr>
<tr>
<td>Housing assistance information</td>
<td>Medical Equipment Loan Closets</td>
</tr>
<tr>
<td>Water Crisis Programs</td>
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</tbody>
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This past month, we also had a KISS Participant turn 101 years of age!!!

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age.

Would you like to volunteer 1 to 2 hours a week to teach an Arthritis Exercise Foundation class to seniors in your community? Benefiting you and your friends! Please call Abbie Mars, Health and Wellness Program Manager, VAAA at (810) 600-0633 for more information!
Spaghetti Squash Pepperoni Pizza Boats

- 2 whole spaghetti squash
- kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- 1 c. chopped pepperoni
- 2 c. marinara
- 2 c. shredded mozzarella
- 1/4 c. chopped parsley

1. Preheat oven to 400°. Place spaghetti squash on a plate and microwave 5 minutes. Halve each lengthwise and remove any seeds (be careful of hot steam). Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil.
2. Bake, cut-side down, for 30 minutes. Remove from oven and heat the broiler.
3. Meanwhile, in a small skillet over medium heat, heat pepperoni, stirring occasionally. Transfer to a plate.
4. Loosen spaghetti squash strands using a fork. Add 1/2 cup marinara, 1/4 cup mozzarella, and 1/4 cup pepperoni to each baked squash half. Mix filling with a fork and top with 1/4 cup more mozzarella and parsley. Return to baking sheet, cut side up.
5. Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.

Did you know…

- the infinity sign is called a lemniscate.
- the name of the dog next to Sailor Jack on the Cracker Jack box is Bingo.
- Mt. Vernon Washington grows more tulips than the entire country of Holland.
- ears of corn always have an even number of rows of kernels.
- the scientific term for the common tomato means “wolf peach.”
- the can opener was invented 48 years after cans were introduced.
- approximately one billion snails are served in restaurants annually.
- the largest statue in the world is Mount Rushmore National Memorial
- Elizabeth I of England suffered from anthophobia, a fear of roses.
- the harmonica is the world’s best-selling music instrument.
- the groove between the nose and upper lip is called the philtrum.
VERY IMPORTANT REMINDERS

Don’t forget to turn in your monthly Time Sheets: When you fill out your time sheets, please list all the hours you volunteered each day for that month on one time sheet and the total mileage amount (round trip) to your station and back home again each day. Even if you do not want mileage reimbursement, we still need those time sheets! Please be sure it is received in the RSVP office by the 5th of the following month by one of the these 3 methods:

* Scan and e-mail the time sheet to RSVP@valleyaaa.org
* Fax the time sheet to (810) 244-0980
* Send by US Mail to: RSVP, 225 E Fifth St, Suite 200, Flint, MI 48502

You can request postage-paid return envelopes and/or more blank time sheets by emailing rsvp@valleyaaa.org or calling Pam at (810) 249-0820.

Holiday Closings: Monday, October 8, 2018 in observance of Columbus Day
Monday, November 12, 2018 in observance of Veteran’s Day
Thursday & Friday November 22-23, 2018 in observance of Thanksgiving
Monday, December 24, 2018 in observance of Christmas Eve
Tuesday, December 25, 2018 in observance of Christmas Day
Monday, December 31, 2018 in observance of New Years Eve
Tuesday, January 1, 2019 in observance of New Years Day