

October Birthdays:

Shiela Marentette	3
Christine Tachuk	4
Clifford Trudell	7
Pearlie Malone	7
Dawn Johnson	7
Marie Layman	14
Sandra Farmer	14
Becky Cronin	17
Karen Schaupter-Hefferan	20
Sandra Claybaugh	22
Patricia Didorosi	27
June Foukes	27
Megan Farrell	31
Patricia Parent	31



Fun Spooky Facts:

- Early trick or treaters had to dance for candy.
- If you spy a spider on Halloween, legend has it a loved one is watching over you beyond the grave.
- Harry Houdini died on Halloween in 1926.
- 17% of people in the U.S. dress their pet up for Halloween.
- Some shelters won't allow black cats to be adopted near the end of October, for fear they will be sacrificed.



Breast Cancer Awareness Month:

October is breast cancer awareness month. Every October, people all over the world show their support for everyone affected by breast cancer.

Did you know?



- 1 in 8 women will be diagnosed with breast cancer in her lifetime. That's 1 person every 12 minutes in the United States.
- The 2 greatest risk factors are being female and getting older.
- Getting screened once a year is crucial to catching it early and providing life saving treatment.

**Don't forget to get your yearly mammogram!
Early detection the best protection!**

Let's Welcome Our New Friends:

**Marsha Frazer~3013
Rick Kropik~5012
Alice & Frank Lane~8011**



Leisure Manor Gazette

What's New in Our Community October 2024 Edition

1000 Blossom Heath Blvd., St. Clair Shores, MI 48080
Phone: (586)773-9200/Fax: (586)776-8281/After Hours: (586)466-7050
www.scshec.org

**Office Hours:
Monday-Friday
8:30am-5:00pm**

October Dates of Importance:

Housing Commission Meeting	10
Tenant Council Meeting	11
Columbus/Indigenous People Day	14
Commodities LMI Community Room 3PM	23
Halloween	31

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Vaccines are Coming!

Do not miss your chance to get your vaccine this year!

Macomb County Health Department will be in the building on October 16th distributing vaccines for those that are interested.

Available vaccines are flu, pneumonia and covid.

You MUST have an appointment! If interested, please come down to the office to sign-up and pick up the paperwork. At that time please bring a copy of your ID and medical insurance cards.

Deadline to sign up for vaccinations is October 4th.

You only have a few days left to sign-up!

Don't Delay!



October is Depression Awareness Month: Depression is NOT a normal part of the aging process.

Often times it is difficult differentiating the difference between aging and depression.

If you have noticed any of the following signs, you may be suffering from depression:

- Unexplained aches and pains. You may not notice that physical complaints can also be a symptom of depression.
- Lack of motivation and energy.
- Memory problems
- Loss of interest in socializing or hobbies.
- Sleep disturbances.
- Weight loss or loss of appetite.

If you think you may be suffering from depression, please reach out.

Bed Bug Preventative Treatment:



The Housing Commission has renewed our preventative bed bug treatment contract for another two years. We are committed to the health and safety of our residents and will continue to treat each unit four times a year.

In order to make this program successful, you must do your part as well. This means if you suspect you have bed bugs, contact the office so a proper inspection can be done.

Do NOT use any over-the-counter foggers or powders in an attempt to get rid of the bed bugs. Over-the-counter treatments DO NOT work!

When you self-treat for bed bugs you run the risk of making the bugs scatter. In addition, self treating can void any warranties given by the pest control company.

If you feel you might have an issue, please contact the office.

Thank you for being a part of this program and making it a success!



Senior Center Day Trips:

The Senior Center has some exciting trips planned for the month of October!

Blakes Orchard & Cider Mill:
When: Thursday, October 10th
Time: 9:30am-2pm
Price: \$10



It's the perfect time of year to enjoy some delicious cider and yummy treats.

MGM Casino:
When: Tuesday, October 15th
Time: 9:30am-3pm
Price: \$10

Grab a friend and test your luck! Lunch on your own at the Casino.

Music of the Knights @ Detroit Symphony Orchestra Hall
When: Friday, October 25th
Time: 9:45am-3pm
Price: \$50

Enjoy some hits from music's royalty, such as Andrew Lloyd Webber, Elton John & Paul McCartney. Lunch on your own after at Gilbert's.

Halloween Party
When: October 30th
Time: 12pm-2pm
Price: \$18



Come down to the Senior Center for a spooky good time. This years theme is witches and wizards, so dress to impress. Prizes are available to win, a 50/50 raffle will be held and a delicious catered meal will be served. Preregistration required by Wednesday, October 23rd.

LAST Farmer's Markets of the Season:

The last farmer's market of the season will take place:

- Sunday, October 6th from 12pm-6pm



Sun. October 6th is Pumpkin Patch at the Market. Stop by to pick up your pumpkin!

If you would like a ride from the Senior Center SMART van, please call ahead of time to schedule an appointment. Space is limited.

If interested, please call 586-498-2331.

Don't miss your last chance to visit the Farmer's Market this season!

Mark your Calendar! Tenant Council has some exciting events planned for the upcoming 2024/2025 year:

- October 6, 2024- Flea Market
- November 3, 2024-Craft Show
- November 21, 2024-Thanksgiving Dinner
- December 5, 2024-After Dinner Social
- January 4, 2025-Cozy Cupboard Sale
- February 14, 2025-Valentine's Day Potluck
- March 8, 2025-Pizza & Bingo
- April 6, 2025-Chili Cook-Off
- May 5, 2025-After Dinner Social

Keep an eye on the bulletin boards for more information!



Reminder:

Tenant Council Meetings are Back in Session:

The Tenant Council meeting will take place on the second Friday of the month at 2pm in the LMI Community Room.

Come attend and be an active participant in our community.

Fresh ideas and input are always welcomed! Hope to see you there.

Concerned about another resident:

Haven't seen your neighbor in a few days?

Being a tight-knit community, we tend to notice our neighbors and friends daily patters. If you have not seen you neighbor for a few days and if that is unusual for them, please do not hesitate to give them a call or a knock on their door. If you would like to request a wellness check, please call the St. Clair Shores Police Department.

When in doubt, it is always best to call 911.

It important that we look out for one another!