Effective Friday, November 20th and through Friday, December 11th, all Township services will be available for in-person meetings only through pre-scheduled appointments. Please reference the list below for each Department’s contact information. **Township offices will be closed Thursday, November 26th and Friday November 27th in observance of Thanksgiving. This change is a result of the latest emergency order and Pause to Safe Lives released by the Michigan Department of Health and Human Services, in an effort to minimize exposure for employees and residents to attempt to control the aggressive spread of the COVID-19 pandemic in Washtenaw County and the State of Michigan. Staff will be working and will be taking appointments for necessary in-person services to allow for physical distancing and reduced capacity in Township facilities. Public Safety (YTFD) services and personnel will continue to provide uninterrupted services. Ypsilanti Township continues to be in close contact with the Washtenaw County Health Department in order to appropriately monitor and address the township’s response as it relates to its operations and risk of contact with individuals locally who may have been exposed or may have the disease. See page 2 for more details.

**Expired Memberships**

It’s time to think about renewing your membership if it is expired. Anyone renewing between now and the end of the year will have a membership from Jan. 2021 to Jan 2022. Beat the winter and come in now to take care of this.

We will mail one more newsletter in 2020 the first week of December.

We will continue the weekly emailed updates as well.
Ypsilanti Charter Township Civic Center and Community Center Open by Appointment Only

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Ypsilanti Township continues to be in close contact with the Washtenaw County Health Department in order to appropriately monitor and address the township’s response as it relates to its operations and risk of contact with individuals locally who may have been exposed or may have the disease.

Customer services for all administrative issues will be maintained via email, phone or a scheduled appointment during normal business hours; Monday – Friday, 9:00 a.m. – 4:00 p.m. (closed for lunch between 12:00 p.m. – 1:00 p.m.) by contacting one of the following departments:

- **Supervisor’s Office:** 734-481-0617 or supervisor.info@ytown.org
- **Clerk’s Office:** 734-484-4700 or clerk.info@ytown.org
- **Treasurer’s Office:** 734-484-1002 or treasurer.info@ytown.org
- **Assessing:** 734-487-4927 or assessing@ytown.org
- **Building Department:** 734-485-3943 or building@ytown.org
- **Office of Community Standards:** 734-485-3943 or hr@ytown.org
- **Planning and Zoning:** 734-485-3943 or planning@ytown.org
- **Green Oaks Golf Course:** 734-485-0881
- **Human Resources:** 734-484-0065
- **Ordinance:** 734-485-4393 or ordinance@ytown.org
- **Recreation:** 734-544-3800 or ytrd@ytown.org
- **Residential Services:** 734-484-0073 or rsd@ytown.org

**Residents may make summer and winter (starting December 1) tax payments by utilizing the following options:**

1. **Drop-box:** Hand-drop your payments in the drop box located at the Township Civic Center (7200 S. Huron River Drive). Receipts will be emailed to you (if an email is provided) or mailed to you.
2. **Online:** Make payments via the township website (https://ytown.org/how-to-make-a-tax-payment)
   a. All online payment fees will be temporarily waived through December 31, 2020.
3. **Local Bank Payments (Winter tax payment ONLY):**
   a. Any Ypsilanti branch of the Washtenaw Federal Credit Union or Bank of Ann Arbor. Payments must be made in full and include the top portion of your bill.

Washtenaw County Sheriff’s Office: For Emergencies, call 911
For non-emergencies, call Washtenaw County Dispatch at 734-994-2911

ytown.org
A community of opportunity

2
Are you feeling lonely? Would you like to receive a “warm wishes” call every couple weeks? Give us a call (734-544-3838) or email Debbie (daue@ytown.org) and we will add you to our list. Debbie or Jennifer will check in with you a couple times a month.

**Facebook Users:** Please join the Twp FB page for up to date information and fun recreation programs and challenges. [https://www.facebook.com/ytownparksandrec/](https://www.facebook.com/ytownparksandrec/)

**EMAILS:** If you have not been getting weekly emailed updates from us then we don’t have a valid email address for you in the new system. Please provide us with one so we can keep in touch moving forward. Call or email Debbie. daue@ytown.org. You may need to check your “spam” folder for the first email we send. These are computer generated emails and some anti-virus software flag all computer generated emails as spam.

**12 resources every senior should know about**

1. **Area Agency on Aging 1B—1-800-852-7795.** Our local agency on aging they’re a wealth of knowledge (The agency doesn’t provide direct services, but they can direct you to the organizations that do.)
2. **Eldercare Locator.** This web tool provides plenty of other resources, too: It connects older people and caregivers with local organizations and trustworthy sources of information. Case managers can often help you find legal services, transportation, housing alternatives, employment services, financial assistance, and more. To find out what’s available, call 800-677-1116, or visit Eldercare Locator Monday through Friday from 9 a.m. to 8 p.m. EST to chat with a specialist.
3. **Catholic Social Services of Washtenaw County, 734-712-7774.** This organization is a national network that serves people regardless of their religious, social, or economic backgrounds.
4. **Legal Hotline for MI seniors** (phone advice) 1-800-347-5207
5. **Ypsilanti Meals on Wheels, 734-487-9669.** Home meal service, call to see if you qualify.
6. **Counseling/Mental Health Services:** Washtenaw County Mental Health, 734-544-3050. CSSW Behavioral Health Services, 734-926-0155.
7. **AARP.** It’s one of the best-known foundations in the country, and for good reason: Its members can connect you with the sources you need to find help with local housing, health care, and meals. Visit the AARP’s website, or call 888-OUR-AARP (888-687-2277).
8. **State Health Insurance Assistance Program (SHIP).** SHIP provides free health benefits counseling services for Medicare beneficiaries and their families or caregivers. (SHIP isn’t affiliated with the insurance industry.) 1-800-803-717 or online at [http://www.mmapinc.org](http://www.mmapinc.org).
9. **Local transit services.** AA Transportation Authority (info line) 866-227-7448. HVA Mobility Transportation (wheelchair vans) 734-477-6404.
10. **Social Security Administration,** national office 800-772-1213.
11. **Local Library.** Looking for a little research help? Try visiting the local library. Most provide free Internet access and have staff members who can help you search for resources. Ypsilanti District Library, 5577 Whittaker Rd or 229 W. Michigan. 734-482-4110 (both locations)
12. **The United Way of Washtenaw County.** They offer programs that intervene to keep seniors from losing their homes, get the medical care they need, pay their utility bills, loosing their independence and more. 734-971-8200.

Members: We are going to update you weekly for the rest of the year. Please note that our full time staff is back in the office everyday. If you need assistance please email Debbie at daue@ytown.org or call 734-544-3838 and leave a voicemail. These weekly updates are also posted on the website [www.ytown.org](http://www.ytown.org), under the recreation tab.
WE ARE OPEN – we are in Phase 2 of our re-opening plan

- The 50 & Beyond program is currently in Phase Two of our opening plan. Under the current Executive Order everyone entering the building must wear a mask.
- Most rooms may be locked. Activities not listed in the current phase will NOT be permitted. There are large posters throughout the building with this list. Please be kind to staff as they are only doing their job. These rules are in place to protect everyone. There is a new Code of Conduct posted that anyone entering the building will need to agree to before they can stay.

Please look over the individual programs listed in the 3 phases on page 5. You will notice many of them will not open until we are in Phase 3. Please be patient with us as we try to get things back up and running while keeping everyone as safe as possible in the process. Check the list every week because as we learn more about this virus there could be changes to what phase an activity is listed.

The front counter will be closed between 12-1pm daily for lunch. Monday to Friday.

50 & Beyond Program Membership
Resident single rate is $15.00.
Resident household is $25.00.
Non-Resident single rate is $20.00.
Non-Resident household is $35.00.

The Coffee Program is suspended until further notice. Due to CDC guidelines we will not be offering coffee. There are too many shared items and touchable surfaces. Thank you for understanding. We are doing all we can to keep you safe. There will not be any donuts offered either until further notice.

Coffee Talk Zoom “Talk with Debbie” Wednesday’s at 11:00am
Since we can’t do the Lunch with Debbie currently we thought we would try this “Talk with Debbie”. Anyone wanting to join in on the Zoom meeting can.
You will need to download the Zoom app and then just copy and past this link into your internet browser it should take you right to Zoom. Then follow the instruction on how to join the meeting.

https://ytown.zoom.us/j/96935950977?pwd=bjB4RUXemFYmFkQ0g5ZVhndz09
The password to get in is: 282295

How to use Zoom
If you are not sure how to use zoom check out this youtube video. It explains it all in easy to follow instructions.

https://youtu.be/9isp3qPeQOE
National Kidney Foundation Workshops

If you have any questions, please contact 800-482-1455 or e-mail at PATHPrograms@nkfm.org.

**General PATH**

PATH
Wednesdays at 1:00 – 3:00pm
Info Session: **February 17** at 1:00 – 1:30pm
Sessions 1-6: **February 24, March 3, 10, 17, 24, 31**
To register contact Ascension: 248-849-5752

Kidney PATH
Fridays at 10:00 – 12:00pm
Info Session: January 8 at 10:00 – 10:30am
Session 1-8: January 15, 22, 29, February 5, 12, 19, 26, March 5
To register contact 800-482-1455 or via email at PATHPrograms@nkfm.org

Kidney PATH
Tuesdays at 6:00 – 8:00pm
Info Session: **January 26** at 6:00 – 6:30pm
Session 1-8: February 2, 9, 16, 23, March 2, 9, 16, 23
To register contact 800-482-1455 or via email at PATHPrograms@nkfm.org

Kidney PATH
Thursdays at 10:00 – 12:00pm
Info Session: February 17
Session 1-8: February 24, March 3, 10, 17, 24, 31, April 7, 14
To register contact 248-849-5752

**Diabetes PATH**

Diabetes PATH
Wednesdays 1:00pm-3:00pm
Info Session: January 13 at 1:00 – 1:30pm
Session 1-6: January 20, 27, February 3, 10, 17, 24
To register contact PATHPrograms@nkfm.org or call 800-482-1455

*This Virtual workshop is available for all Michigan Residents.*

Diabetes PATH
Tuesdays at 1:00 – 3:00pm
Info Session: January 19 at 1:00 – 1:30pm
Sessions 1-6: January 26, February 2, 9, 16, 23, March 2
To register contact Ascension: 248-849-5752

Diabetes PATH
Wednesdays at 10:00 – 12:30pm
Info Session: March 24 at 10:00 – 10:30am
Sessions 1-6: March 31, April 7, 14, 21, 28, May 5
To register contact Ascension: 248-849-5752

**Chronic Pain PATH**

Chronic Pain PATH
Thursdays at 10:00am – 12:00pm
Info Session: January 21 at 10:00 – 10:30am
Sessions 1-6: January 28, February 4, 11, 18, 25, March 4
To register contact Ascension: 248-849-5752

**WHAT IS PATH:**

- PATH is the Michigan name for the Chronic Disease Self-Management Program developed by Stanford University. PATH helps people better manage their long-term health conditions.
- Six-week workshop, held once per week for around 2 1/2 hours.
- Led by two trained leaders, at least one of whom has a long-term health condition.
- Participants learn strategies to deal with pain, fatigue, and difficult emotions. Each week participants create personal action plans and set practical, achievable goals.

**WHO SHOULD PARTICIPATE:**

- Adults with chronic or ongoing health conditions including arthritis, heart disease, diabetes, emphysema, asthma, kidney disease, obesity, and depression.
- Family members, friends, and caregivers of someone with a chronic condition are also encouraged to attend.
- Caregivers interested in caring for their own health.
## Senior Focus Webinar Schedule - Winter 2021

Class schedule subject to change, please check your email regularly for class news.

All these classes are held over Zoom. No in person instruction.

To register or for more information, please visit [wccnet.edu/start-now/enrich-your-life/seniors](http://wccnet.edu/start-now/enrich-your-life/seniors)

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Supplies Needed</th>
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<tbody>
<tr>
<td><strong>Mondays</strong></td>
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<tr>
<td>Ball Exercise</td>
<td>10-11am</td>
<td>1/11</td>
<td>3/22</td>
<td>Mark Harris</td>
<td>Exercise or yoga ball</td>
</tr>
<tr>
<td>Tai Chi - Beginning</td>
<td>10-11am</td>
<td>1/11</td>
<td>4/5</td>
<td>Diane Evans</td>
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</tr>
<tr>
<td>Stretching for Seniors</td>
<td>11am-12pm</td>
<td>1/11</td>
<td>3/22</td>
<td>Mark Harris</td>
<td></td>
</tr>
<tr>
<td>Tai Chi - Intermediate (Part A)</td>
<td>11:15am-12:30pm</td>
<td>1/11</td>
<td>4/5</td>
<td>Diane Evans</td>
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<tr>
<td><strong>Tuesdays</strong></td>
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<tr>
<td>Cognitive &quot;Stretching&quot;</td>
<td>10:00-11:00am</td>
<td>1/12</td>
<td>3/16</td>
<td>Mark Harris</td>
<td>a metal folding chair, 3 yoga blankets, a 10ft yoga strap, two yoga blocks</td>
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<tr>
<td>Yoga for Seniors</td>
<td>10-11:30am</td>
<td>1/19</td>
<td>3/23</td>
<td>Liz Brauer</td>
<td>yoga mat, sturdy chair, 2 yoga blocks, yoga mat, 1-2 yoga blankets, yoga belt</td>
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<tr>
<td>Chair Exercise</td>
<td>11am-12pm</td>
<td>1/12</td>
<td>3/16</td>
<td>Mark Harris</td>
<td>Stable chair</td>
</tr>
<tr>
<td>Ball Exercise</td>
<td>1-2pm</td>
<td>1/12</td>
<td>3/16</td>
<td>Mark Harris</td>
<td>Exercise or yoga ball</td>
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<td><strong>Wednesdays</strong></td>
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<td>1/13</td>
<td>3/17</td>
<td>Mark Harris</td>
<td>Exercise or yoga ball</td>
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<tr>
<td>Yoga for Seniors</td>
<td>10:30-11:30am</td>
<td>1/13</td>
<td>3/17</td>
<td>Patty Hart</td>
<td>yoga mat, sturdy chair, 2 yoga blocks, yoga mat, 1-2 yoga blankets, yoga belt</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>1-2pm</td>
<td>1/13</td>
<td>3/17</td>
<td>Patty Hart</td>
<td>yoga mat, a sturdy chair, 2 yoga blocks, 1 yoga belt, 1 blanket</td>
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<tr>
<td>Strength &amp; Conditioning</td>
<td>2-3pm</td>
<td>1/14</td>
<td>4/1</td>
<td>Michele Williams</td>
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<tr>
<td>Tai Chi - Beginning</td>
<td>10-11am</td>
<td>1/14</td>
<td>4/1</td>
<td>Diane Evans</td>
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<tr>
<td>Stretching for Seniors</td>
<td>10-11am</td>
<td>1/14</td>
<td>3/18</td>
<td>Mark Harris</td>
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<tr>
<td>Watercolor Workshop</td>
<td>10:30am-12:30pm</td>
<td>1/14</td>
<td>4/1</td>
<td>Cathy Doran</td>
<td>Basic watercolor supplies</td>
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<td>Exercise for Seniors</td>
<td>11am-12pm</td>
<td>1/14</td>
<td>3/18</td>
<td>Mark Harris</td>
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<tr>
<td>Tai Chi - Intermediate (Part B)</td>
<td>11:15am-12:30pm</td>
<td>1/14</td>
<td>4/1</td>
<td>Diane Evans</td>
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<tr>
<td>Chair Exercise</td>
<td>1-2pm</td>
<td>1/14</td>
<td>3/18</td>
<td>Mark Harris</td>
<td>Stable chair</td>
</tr>
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<td>Yoga for Seniors</td>
<td>1-2:30pm</td>
<td>1/21</td>
<td>3/25</td>
<td>Liz Brauer</td>
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<td><strong>Fridays</strong></td>
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<tr>
<td>Ball Exercise</td>
<td>10-11am</td>
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<td>3/19</td>
<td>Mark Harris</td>
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</tr>
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<td>Yoga for Seniors</td>
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<td>1/22</td>
<td>3/26</td>
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<td>a metal folding chair, 3 yoga blankets, a 10ft yoga strap, two yoga blocks</td>
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<tr>
<td>Strength &amp; Conditioning</td>
<td>10:30-11:30am</td>
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<td><strong>Saturdays</strong></td>
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<td>Line Dance</td>
<td>9-10am</td>
<td>1/23</td>
<td>4/17</td>
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<tr>
<td>Line Dance</td>
<td>10:30-11:30am</td>
<td>1/23</td>
<td>4/17</td>
<td>Dee Grantham</td>
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</tr>
</tbody>
</table>

*no classes Jan 18

*no classes Apr 3
November 2nd we entered Phase 2

Phase One: Our target date for this phase is Oct 5th
- Zoom with Debbie virtual weekly meetings
- Inside walking program
- Virtual art, dance and exercise classes
- Wellness calls
- Weekly newsletter updates
- Monthly newsletter online and emailed
- One on one services with staff
- Outside pickleball (recommendation: only 2 players and no sharing equipment)
- Small group social meet ups in room 202 only 3 people per table and no more then 10 in the room. (no games or cards)

Phase Two: (continue all of Phase One) this phase will open on November 2
- Bible Study (10 or less people, must social distance and wear mask)
- Quilting (10 or less people. No shared items, must social distance and wear mask))
- Board meeting (monthly)
- Art Classes (10 or less people and no shared materials, must social distance and wear a mask)
- Billiards – must social distance/limit 4 players in the room at a time & bring their own stick. TV will not be available. You can not use the exercise equipment. Must wear a mask. Center table is closed.
- Indoor Bingo with 12 people or less in the room, social distance and wear a mask
- TOPS weigh in only — no meeting
- Inside Pickleball — limited number of participants and mask worn at all times
- Card making—10 people or less, social distance and mask at all time. No Shared items.

Phase Three: (continue all of Phase one and two) this phase will not happen until it is safe for large gatherings or there is a vaccine available. It is possible we may continue to bring categories up to phase 2 if we discover they are safe to participate in. We do not anticipate moving to this phase before 2021)
- Birthday Tuesday/holiday parties
- Lively Singers
- Card Playing
- Dance Classes (small numbers in person starting in January)
- TOPS
- Music Makers
- Mahjong
- Bridge
- Enhance Fitness
- WCC exercise classes with restrictions of 10 or less and social distancing (Tai Chi, Line Dance, Fitness, Yoga – this will depend on what WCC chooses to do)
- Travel Program
- Coffee Program (with restrictions)
- Congregate Lunch (with restrictions)
- Speakers with small group attendance
- Wednesday and Tuesday Country Music
- The workout room and all exercise equipment
Trivia Questions

10 Questions About History
1. When was William Shakespeare born?
2. On what date did the Battle of Culloden take place?
3. Who was Henry VIII's first wife?
4. Which famous battle between the British Royal Navy and the combined fleets of the French Navy and Spanish Navy took place on 21st October 1805?
5. Who became the British Prime Minister after Winston Churchill in 1955?
6. When did Margaret Thatcher become Prime Minister?
7. When did the Cold War end?
8. Who was the architect who designed the Millennium Dome?
9. When did the Eurostar train service between Britain and France start running?
10. When was the euro introduced as legal currency on the world market?

10 Questions About the Arts
1. Name the three primary colors.
2. In needlework, what does UFO refer to?
3. Name the famous ballet Russian dancer who changed the face of modern ballet.
4. What is the painting 'La Gioconda' more usually known as?
5. What does the term 'piano' mean?
6. Name the Spanish artist, sculptor and draughtsman famous for co-founding the Cubist movement.
7. How many valves does a trumpet have?
8. Who painted How Sir Galahad, Sir Bors, and Sir Percival were Fed with the Sanc Grael; But Sir Percival's Sister Died by the Way?
9. If you were painting with tempera, what would you be using to bind together color pigments?
10. What is John Leach famous for making?

5 Questions About TV
1. What was the most watched UK TV programme of all time?
2. Phyllis Nan Sortain Pechey was as famous for her flamboyant character as for her cookery books and TV show throughout the late 1960s to the mid-1970s. By what name was she more usually known?
3. Which popular BBC series about old collectables began in 1979, presented by Bruce Parker and Arthur Negus, and is still running to this day?
4. Which BBC music programme was broadcast weekly between 1964 and 2006?
5. Alastair Burnett, Sandy Gall, Reginald Bosanquet, Alastair Stewart, Carol Barnes and Trevor McDonald were all regular presenters of which TV programme?

5 Questions About Food and Drink
1. What flavor is Cointreau?
2. If you were to cut a hare into pieces, marinate it in wine and juniper berries then stew this slowly in a sealed container, what would this recipe be called?
3. Fried tarantulas, eggs boiled just before they're due to hatch, live octopus, and puffin hearts eaten raw when still-warm are all traditional foods—true or false?
4. How many crocus flowers does it take to make a pound of saffron?
5. Costing around $2,600 per pound and made only to order by Knipschildt, what is the name of this chocolate truffle?

Answers on page 10
Words
1. reindeer
2. egg nog
3. yule log
4. Santa Claus
5. mistletoe
6. presents
7. Rudolph
8. angels
9. kings
10. manger
11. candy cane
12. tree
13. carols
14. goose
15. chestnuts
THE BENEFITS OF COLORING FOR SENIORS

The therapeutic value of coloring comes in part from a participant’s need to concentrate and in doing so they may ‘forget’ their troubles whilst in the midst of a coloring activity. Relaxation and meditative moods often follow. You can use crayons, colored pencils or markers. We have provided a coloring page for you to get started. You will need to print the page or contact us and we will print it for you to pick up. (734-544-3838)

Coloring activities are known to:

- Improves mood
- Relieves stress
- Reduces agitation
- Promotes socialization and reminiscing
- Provides an outlet for self-expression
- Helps to maintain motor function
- Improves dexterity (grip control)
- Improves hand-eye coordination
- Encourages cooperation
- Promotes mindfulness (full attention & concentration required)
- Provides a sense of accomplishment

Enjoy a beautiful Coloring Page on page 11.
All township offices are closed to the public through December 11. Please call for an appointment if you need assistance. Thank You

Save Your Old Cell Phone and More!!!

laptops, cameras, mp3 players, and video game consoles.
Please do not include manuals or boxes.
THIS PROGRAM IS TEMPORARILY SUSPENDED DURING THE COVID RESTRICTIONS.

Medical Equipment Loan Closet

Temporarily closed until Phase 3 of the re-open program

Focus Hope Update:
Distribution at our center is cancelled until further notice. You may transfer your records to the SOS Community Service or the Inkster Location for pick up. We hope to allow distribution back at our center in 2021.
SOS Community Center, 114 N River St, Ypsilanti, 734-485-8730
Focus Hope Inkster location, 759 Inkster Rd, Inkster, 313-561-6342
For questions you can also contact Focus Hope directly at 313-494-4600

Please Welcome the NEW Charter Township of Ypsilanti Officials:

Brenda Stumbo, Supervisor
Heather Jarrell Roe, Clerk
Stan Eldridge, Treasurer

Board of Trustees:
Gloria Peterson, Trustee
Debbie Swanson, Trustee
Jimmie Wilson Jr., Trustee
John Newman, Trustee

The Ypsilanti Township 50 & Beyond Program is supported and operated by the Township of Ypsilanti, contributions, memberships, and volunteers, as part of the Township Recreation Department.