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FEBRUARY 2017

Sunday, March 26th
Game Starts at 12:30pm
Leave Walmart at 6:00am
$125 per person
Call Now 989-356-3585
Reserve Your Spot By Tuesday, February 28th
Section 201 & 202A
The Joe
Transportation By Air Bear Travel

Detroit Red Wings vs Minnesota Wild
A NEW...YET FAMILIAR FACE AT THE SENIOR CENTER

The Alpena Area Senior Citizens Council, Inc. is pleased to announce Andrea “Annie” Hepburn as the new Director.

Annie is married to Jason, has a 10 year old son Tristin and an exchange daughter Larissa from Germany and is a native of Posen. She has a Bachelor’s Degree in Family Life Education through Spring Arbor College. She is very involved in the Alpena Community with different organizations. Prior to coming to the Alpena Senior Center she worked for Tendercare/Fortis for the last 16 ½ years. She worked as a Social Services Coordinator for 13 years, two years as the referral manager and the last year as Director of Marketing over the twelve Michigan Centers. Annie is also a very good resource for Senior Services. She was a support group leader for the Alzheimer’s Association for ten plus years and is involved in the Longest Day Event with the Association. She was the founder of a caregiver support group. She has been involved with the Alzheimer’s Association, Friends Together, American Cancer Society-Relay for Life, The Posen Chamber of Commerce, The Alpena Senior Center Board and Served as a Delegate on the Northeast Michigan Regional Council on Aging. Annie is a certified leader for Creative Confident Caregivers and a certified Laughter Leader. At this time Annie continues to be on the NEMCSA Senior Companion Advisory Board.

Annie has a strong passion for helping seniors and caregivers with whatever needs that may come their way. She also loves spending time with her family and making new memories. She is very excited to be the New Director and is looking forward to 2017 at the Alpena Senior Center. Feel free to stop in and meet Annie. ☺

A New Face Up Front!

Hi,

My name is Joette Putkamer, you may call me Jo. I am honored to have been hired for the receptionist position. I have been happily married to my husband John for 30 years. We have two beautiful children, Jareth 28 and Joellen 26, who are both happily married as well. I am so excited to be working at the center and am enjoying each and everyone of you!! John and I enjoy traveling and spending time with family and friends. In the warmer months, we enjoy riding our Harley. I am looking forward to a long and wonderful relationship with all of our seniors and my co-workers.
How We Helped...

In December 2016, the Alpena Senior Citizens Center provided these services for the Seniors of Alpena County...

Our Nutritional Program
Delivered 6,466 meals to homes and served 1,305 congregate meals.

Our Prescription Maintenance Program/MMAP
Served 178 clients, 8 new to Medicare, 1 Medigap/Insurance review, 1 disability application, 1 waiver referral and 6 in need of extra help, saving Alpena County Seniors $184,257 in prescription savings, and another $13,935 in BCBSM subsidy enrollment savings.

Our In-Home Services Program
Provided 50.25 hours of Respite Care Services, 383.75 hours of Homemaker Services and 119.25 hours of Personal Care Services.

Additional Services Provided
407 participated in exercise classes

Healthcare Loan Closet...

Check with the Alpena Senior Citizens Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to the Center! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done. Items typically on hand are:

- Walkers - Canes - Commodes - Shower Chairs
- Wheelchairs & other miscellaneous supplies.
- We also have incontinence products available.

If you have questions about our Healthcare Loan Closet, call us at 356-3585. We’ll be glad to help!

If YOU applied to the Michigan Health Endowment Fund for a subsidy and it was not applied to your January bill, here are the possibilities:

1. It is extremely possible that the approval process missed the cut-off date for Blue Cross bills to go out with January premiums. We anticipated that this might occur, so Blue Cross has arranged to reflect two subsidy payments on the February bills: January (catch up) and February (normal amount).

2. If your February bill arrives without a subsidy payment for January, please call the Medigap Subsidy call center at 1-866-824-9772 to inquire about the status of your application.

3. If it is determined that the subsidy should have been effective 1/1/17, then the Health Endowment Fund will reimburse the missed subsidy payment.

4. The Medigap Subsidy call center continues to be fully staffed and continues to take applications from people who were late in applying 1-866-824-9772.

5. Individuals may continue to apply for the subsidy throughout the year, however, they will be eligible for the partial year after the month they apply. Beneficiaries new to Medicare who purchase a Medigap could apply for the months after they turn 65.

---Kitty Glomski, MMAP Counselor
STAFF EXTENSIONS

Joette Putkamer, Receptionist
email: jputkamer@alpenaseniors.com

Mike Stauffer, In-Home Service Manager
email: mstauffer@alpenaseniors.com

Lillian Johnson, Financial Administrator
email: ljohnson@alpenaseniors.com

Andrea Hepburn, Director
email: ahepburn@alpenaseniors.com

Tracy Niedzwiecki, PR/Graphic Designer
email: tniedzwiecki@alpenaseniors.com

Matt Gepford, Activities Coordinator
email: mgepford@alpenaseniors.com

Kitty Glomski, MMAP Counselor
email: cglomski@alpenaseniors.com

Cindy Josey, In-Home Services Coordinator
email: cjosey@alpenaseniors.com

Kate Straley, Accounts Receivable Clerk/HR
email: kstraley@alpenaseniors.com

Reid Krebs, Kitchen Manager
email: rkrebs@alpenaseniors.com

B.J. Sander, Program Manager
email: bjsander@alpenaseniors.com

BOARD OF DIRECTORS
Wendy Servia - President
NA - Vice President
Bill Forbush - Secretary
Josh Viegelahn - Treasurer
Jerry Broad • Ann Lange
Pat Rondeau • Darlene Huff
Mary Jo Oke • Lorri Rondeau • Tim Moran

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Russ Rhynard, Chairman
Don Gilmet • Margie Haaxma
BJ Sander • Jackie Krawczak

Website: www.alpenaseniors.com
Phone: 989-356-3585 or 888-251-1082
Fax: 989-356-6548
Office Hours: Mon - Fri 8:00a.m. - 5:00p.m.

Volunteers Michael Wyman and Betty Gordon packaging slices of bread to be delivered to our Meal on Wheels Clients.
Happy 65th B-day Baby Boomers! A Checklist.

√ Determine whether you’re eligible for Medicare benefits

Where?

• Go online to the Medicare.gov website’s Eligibility & Premium Calculator: https://www.medicare.gov/eligibilitypremiumcalc/

• Visit your local Social Security office to apply for Medicare and request your red-white-blue Medicare card. The initial Enrollment Period to sign up for Medicare starts 3 months before your 65th birthday, includes the month you turn 65, and ends 3 months after the month you turn 65. You may also be able to enroll if you’re under 65 because you have a disability or special condition. If you started drawing your Social Security benefit, you will automatically receive your Medicare card.

√ Explore your options & Choose your Coverage

Why? Medicare doesn't cover everything. You may want to consider supplementing Original Medicare (Parts A and B) with a Medicare Supplement plan (Medigap); you may need a Medicare Part D Prescription Drug coverage; OR you may want to enroll in a Medicare Advantage plan.

√ Research & consider enrolling in a Medicare Part D Prescription Drug plan OR a Medicare Advantage Plan with prescription coverage

Why? If you decide not to join a Medicare Prescription Drug plan when you’re first eligible, and you don’t have other creditable prescription drug coverage (or you’re not eligible for Extra Help), then when you do enroll in a prescription drug plan, you’ll likely pay a late enrollment penalty in addition to the plan premium for your lifetime.

√ Make an appointment with your MMAP Counselor to review your health insurance needs

Why? Your MMAP Counselor can guide you through the complex Medicare Enrollment process that can impact your existing coverage. For example, if you’re on your employer’s plan, you might be able to coordinate your Medicare coverage with your employer’s plan; your employer could change your premiums; the benefits may change; or your employer’s plan may cancel your coverage once you’re enrolled in Medicare. If you are lower income, there may be assistance to help you in paying for your coverage.

When? Now! Call your MMAP Counselor to schedule an appointment at 989-356-3585 x 21.
Valentines Day Food

Before we talk about the food associated with Valentine’s Day, we need to talk about the history of the day itself. Like many holidays, the origins of the day we set aside to celebrate love are murky. Historians believe the day is named after a Roman saint (or possible more than one), named Valentine. One legend says Valentine was a physician who fell in love with one of his patients, the blind daughter of an emperor. Prior to his execution (due to his religious beliefs), he sent a note to the girl and signed it “Your Valentine.” The story goes on to say that the blind girl was miraculously healed and able to read Valentine’s letter (unfortunately after his death).

Herbs – Basil, lavender, and rosemary are the three herbs most associated with Valentine’s Day. Basil is a traditional symbol of fertility and was often worn by women to signal their single nature. The scent of lavender is not only relaxing, it is said to be an aphrodisiac. Rosemary has long been a symbol of love, with it being used frequently in wedding bouquets during the Middle Ages.

Wine – The warm feelings one gets upon drinking a glass of wine have long been compared to the euphoria of love. This has easily made wine a symbol of the same.

Honey – Bees are traditionally a symbol of love because of the sweetness of honey and the bitterness of their sting.

Strawberries – Their red color and heart shape make strawberries a perfect fruit to celebrate love. Strawberries are also the symbol of Venus, the Roman Goddess of Love.

Chocolate – We won’t leave out the most popular Valentine’s Day food, even though it’s one of the more recent additions to the holiday menu. Chocolates became a common gift during the Victorian era. Richard Cadbury (yes, that Cadbury), a chocolatier who worked during the mid-1800s, not only developed a recipe for a creamier chocolate, but also dreamed up the special heart-shaped boxes now associated with Valentine’s Day.

Have a safe and wonderful holiday!!!!!!

Benefits of Dark Chocolate

If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious.

7 Proven Health Benefits of Dark Chocolate

- Quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese and a few other minerals.
- Cocoa and dark chocolate have a wide variety of powerful antioxidants, way more than most other foods.
- The bioactive compounds in cocoa can improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.
- Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.
- Observational studies show a drastic reduction in heart disease risk for the people who consume the most chocolate.
- Studies show that the flavanols from cocoa can improve blood flow to the skin and protect it against sun-induced damage.
- Cocoa also contains stimulant substances like caffeine and theobromine, which may be a key reason cocoa can improve brain function in the short term.

But of course, this doesn’t mean people should go all out and consume lots of chocolate every day. It is loaded with calories and easy to over eat on. Maybe have a square or two after dinner and try to really savor them.

Be aware that a lot of the chocolate on the market is crap. You need to choose quality stuff...organic, dark chocolate with 70% or higher cocoa content.
# FEBRUARY 2017 ACTIVITIES

**501 River Street • 989-356-3585**

## REPEATING DAILY EVENTS:
- **MONDAY**: Exercise 9:30am, Euchre 12:30pm, Board Games 12:30pm
- **TUESDAY**: Exercise: 10am, Quilting 10am, Spitzer 12:30pm
- **WEDNESDAY**: Exercise 9:30am, Wii Bowling 10:30am, Bingo 12:45pm, Tai Chi 9:15am, AARP Tax Prep 9:30am – 3:00pm
- **THURSDAY**: Exercise 10am, Pinochle/Bridge 12:30pm
- **FRIDAY**: Exercise 9:30am, Pinochle 12:30pm, Maj Jong 12:00pm

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**COBBYGOOSE AT THE CENTER**
9:00AM – 11:00PM
Create a unique gift for someone or yourself $20 per person

**6:30pm Cribbage League**

**KINSHIP MEETING**
with Kitty Glomski
10:00am
Birthday Celebration at Both Meals

**7:00pm Tai Chi**

**BALLOON TOSS & STRETCHES**
with Angela from Tendercare Greenview
10:30am

**TAX FRAUD & SCAMS**
with Detective Mike Lash
10:30am

**FALL SAFETY**
How to get up when you have fallen with a focus on artificial knee’s and hips with Cheryl Kramzo of Tendercare
10:00am

**BOARD MTG – 8:30am**
Public Welcome

**VALENTINE’S DAY AT THE CENTER**
LUNCH & DINNER
Special Meal Served both lunch & dinner
Entertainment by Terry Ayres, 50/50 & More

**6:30pm Cribbage League**

**CARD PARTY**
Meal 4:30 – 5:30pm
Games 6:00 – 9:00pm
Cards/Games - $5 per person
Gourmet Sandwich Bar, Soup & Dessert
60 & Over: $3.50 Sug Donation
Under 60: Cost is $7

**5:00pm COBBYGOOSE AT THE CENTER**

**PICKIN’ FOR PEOPLE**
DINNER & CONCERT
Meal 4:30 – 5:30pm
Music 5:30 – 7:30pm
Over 60: $3.50 Sug. Donation
Under 60: Cost is $7
Lasagna, Garlic Bread, Steamed Green Beans & Blueberry Cobbler

**6:00pm MEAL**

**REPEATING DAILY EVENTS:**
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- **TUESDAY**: Exercise: 10am, Quilting 10am, Spitzer 12:30pm
- **WEDNESDAY**: Exercise 9:30am, Wii Bowling 10:30am, Bingo 12:45pm, Foot Clinic $20 2nd & 4th week
- **THURSDAY**: Exercise 9:30am, Pinochle/Bridge 12:30pm
- **FRIDAY**: Exercise 9:30am, Pinochle 12:30pm, Maj Jong 12:00pm
# February 2017 Menu

**Alpena Senior Citizens Center**

501 River Street • 989-356-3585

**FEBRUARY 2017 MENU**

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<td>Noon: French Dip Sandwich, Home Fries, Brussels Sprouts, Apples, <strong>NIGHT</strong>: Sweet and Sour Pork, Rice, Snap Peas, Bananas</td>
<td>Noon: Boiled Dinner, Mixed Veg. Blend, Orange Wedges, <strong>NIGHT</strong>: Beef Tips, Egg Noodles, Broccoli, Mixed Fruit</td>
<td>Noon: Fish Almondine, Garlic Mashed Potatoes, Corn, Pears, <strong>Pickin' for People</strong>: Lasagna, Garlic Bread, Steamed Green Beans, Blueberry Cobbler</td>
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**The Menu is subject to change.**

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**NOON MEAL:** 11:30 am - 12:30 pm  
**EVENING MEAL:** 4:30 pm - 5:30 pm  
**Options:** Hot Meal or Soup & Salad Bar  
**Options:** Hot Meal/Soup or Side Salad available  
**Hot Meal or Soup & Salad for those age 60 & Over:** Suggested Donation of $3.50  
**Hot Meal or Soup & Salad for those under age 60:** Cost is $7.00  
**Soup or Side Salad for those age 60 & Over:** Cost is $2.50 (Evening Meal Only)  
**Soup or Side Salad for those under age 60:** Cost is $2.50 (Evening Meal Only)  
Federal and state grants cover only a portion of the meals we provide. Donations are important to the Alpena Senior Citizens Center.  

**Birthday Celebration February 7th!**
**Kinship Meeting Announced**

Are you a grandparent or family member age 55 or older raising a child? Did you know that there are mini-grants available to help purchase emergent items for your child or seasonal clothing or help them participate in sports or other activities? On Tuesday, February 7 at 10:00am, the Senior Center will hold an informational session to help grandparents apply for mini-grants up to $150. Call 356-3585 to register.

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**Area Support Groups**

- **Alzheimer’s Association**
  989-356-4087

- **Alpena Parkinson’s Support**
  Donna Precord: 989-354-5590

- **Newcomer’s Welcome Service**
  Rita Hoeberling: 989-471-2382

- **Heart & Soul**
  **Creative Art Therapy**
  Arts Therapy for those physically disabled or chronically ill.
  Corina: 616-430-4001

- **Depression & Bipolar Support**
  989-354-4470

- **Grief Support Groups**
  Hospice of Michigan: 888-247-5701
  Hospice of the Sunrise Shore
  Vital Care: 800-342-7711
  Grief Share: 989-354-2730

- **Friends Together Cancer Support**
  Judy: 989-356-3231
What’s going to happen if the Affordable Care Act is repealed?

This question has been in the forefront of everyone’s minds, especially those who serve seniors. Hopefully, this information will help you understand the process of repealing the legislation. The Patient Protection and Affordable Care Act (ACA) was signed into law by President Obama on March 23, 2010. Although most major parts of the Act were phased in by January 2014, there are others yet to be implemented by 2020. Recently the House of Representatives and the Senate passed a budget resolution, which is the first step in repealing the ACA. Next, Congress will write a budget reconciliation bill. This process is said to be faster because it only requires a majority vote to pass and no Senate filibuster is allowed. Additionally, no committee hearings are required and only limited amendments that are germane to the bill are allowed.

There are some specific limitations to a budget reconciliation. Basically, they provide some protections to the national budget. Changes must impact spending, revenues or the debt ceiling, but the overall budget can’t increase the deficit 10 or more years into the future. Also, changes to Social Security are not allowable. Committees in both the House and Senate will work on the budget reconciliation. Each committee is responsible for making the changes that fall under its jurisdiction (Senate Finance; Senate Health, Education, Labor and Pension [HELP]; House Ways & Means and the House Energy & Commerce). Changes must achieve a savings of at least $1 billion over a 10 year period. Also, a provision to set aside money in a reserve fund to pay for an ACA replacement is to be included. The deadline for the House to present its changes is Jan. 27, though it could be extended. The Senate will follow. Essentially, it all comes down to this:

1. Each committee writes legislation and reports back
2. Reconciliation bill is introduced on the floor
3. Both houses vote (only a majority is needed for passage)
4. If passed, it is sent to the President

The new administration seeks to have the new bill on the President’s desk by Feb. 21.

So, Back to the beginning...

There were many positive impacts for seniors when the ACA was passed in 2010. Maybe the most notable was the gradual elimination of the “donut hole” or coverage gap for prescription benefits. (By the year 2020, the donut hole is to be eliminated.) Other Medicare positives include more preventive services and extending the solvency of the Medicare trust fund.

Additionally, the ACA created funding for the Innovation Center of CMS and pilot projects geared towards reducing spending; expanded Medicaid benefits for people 19-64; increased funding for the Home Community Based Services; increased funding to combat Medicare fraud, waste and abuse; and more funding through the Older Americans Act. Although no one knows for certain what will happen if the ACA is repealed in part or in whole, these are some of the programs that may impact the seniors and persons with disabilities we serve.

--Susan Eagling Bowen,
Planning and Volunteer Coordinator, Region 9 Area Agency on Aging/NEMCSA

Large groups are turning out for the Tai Chi classes under way here at the Center every Thursday from 9:15 - 10:15am and Friday from 12:00 - 1:00pm. Tai Chi for Arthritis led by instructor Desiree Nowaczyk incorporates exercises that improve muscular strength, flexibility and fitness.

Tai Chi is a program funded in part with funds through the Older Americans Act, Aging and Adult Services Agency of the Michigan Department of Health and Human Services and Region 9 Area Agency on Aging and is at no cost to the seniors who attend.
Love, Cupid, hearts, chocolates, cards and flowers are everywhere--it’s Valentine’s Day! On February 14, Americans celebrate love and friendship.

Chef Reid & Staff will be preparing a special meal just for you of Stuffed Cornish Game Hens, Roasted Sweet Potatoes, Fresh Vegetable Blend, Mixed Fruit and Assorted Desserts.

Musician Terry Ayres will be here to entertain you at both meals. So come celebrate with us.

**Upcoming Casino Trips**

- **Wednesday, February 8th**  
  Odawa Casino, Petoskey  
  Leaving the Senior Center at 9:00am - returning 5:00pm (please arrive for 8:00am)  
  $40 PER PERSON

- **Thursday, February 23rd**  
  Turtle Creek Casino, Williamsburg  
  Leaving the Senior Center at 8:00am - returning 5:30pm (please arrive for 7:00am)  
  $40 PER PERSON

- **Wednesday, March 15th**  
  Odawa Casino, Petoskey  
  Leaving the Senior Center at 9:00am - returning 5:00pm (please arrive for 8:00am)  
  $40 PER PERSON

**CALL 989-356-3585**  
Payment Due Before Leaving the Day of the Trip  
Transportation by Air Bear Travel
Thank You! Thank You!

We would like to thank the following individuals for their in-kind donations to the Center...

Charlotte Harris  
Don Phillips  
Floyd Tacia  
Frank Riley  
Geraldine Harmon  
Gertrude Schultz  
Harriett Kelm  
John Harris  
Mark Hasse  
Marlene Fetter  
Onni Kuhna  
Sally Zdybel  
Scott Fouts  
Tammy McDonald  
The Bruce LaFleche Family  
White & Wojda

Card Game Winners November 2016

**Euchre**
Karen Heraty  
Rita Makowski  
Steve Clements  
John Bagger

**Double Deck Pinochle**
Phyllis Daleski  
Gloria Gregory  
Francis Keen  
Jim Daleski

**Single Deck Pinochle**
Phyllis Daleski  
Dennis McDonald  
Jim Daleski  
Jim Mott

**Spitzer**
LeRoy Schaedig  
Barb Pokorznski  
Grace Gagnon

**Bridge**
Congratulations to all the winners!

Program Manager BJ Sander presents Exercise Instructor Dodi Lance with flowers for completeing her recertification as an “Arthritis Based Fitness Instructor”.

We HAVE A WINNER
In Memory Of / In Honor Of

Donations to “In Memory Of” or “In Honor Of” (birthdays, anniversaries or other) can be made by completing this form and returning it with your check made payable to: Alpena Senior Citizens Center

In Memory Of / In Honor Of:
__________________________________

Acknowledgement to be sent to:
__________________________________

Address: ____________________________________

Message: ____________________________________

Donor: ____________________________________

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Alpena Senior Citizens Center Subscription/Information Update

Name: ________________________________

Date of Birth: _________________________

Spouse: ______________________________

Date of Birth: _________________________

Anniversary: __________________________

Address: ____________________________________

Phone: _______________________________

E-Mail: ______________________________

Has your Newsletter subscription expired? You may renew it in person or by mailing in this form.

For the price of $12.00 a year, you may have a subscription mailed to you.

Subscription Type:  New ____  Renew ____

Mailed ____  or  E-Mailed ____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Thanks to Bill & Betty McDonnell for the donation in memory of
Donald McNeil

Thanks to Bill & Betty McDonnell for the donation in memory of
Gordon Tanney

Thanks to Barbara Agius and Patricia Gilmour for the donation in memory of
Elaine LaQuerre

Edna Manning

Virginia Kavanaugh
Mardi Gras, or Fat Tuesday, is the festival celebrated by Roman Catholic countries and communities around the world on the Tuesday before Ash Wednesday, which marks the beginning of Lent, a period of penance. Elaborate parades, spectacular masked balls and revelers dancing in the streets, along with plenty of food and drink are the hallmarks of Mardi Gras, especially in New Orleans.

New Orleans, Louisiana is still host to the largest and arguably most elaborate Mardi Gras celebration in the United States. Over 1 million people flock to the Crescent City each year to enjoy the stunning floats and lavish celebrations for an entire week before Ash Wednesday. Mardi Gras in New Orleans is often called “America’s Greatest Party”!

Chef Reid and staff will be preparing a special New Orleans style meal for both lunch and dinner on February 28th. So come celebrate “Mardi Gras” with us!

Noon Meal Menu: Chicken/Sausage Jambalaya, Red Beans & Rice, Apples and King Cake
Evening Meal Menu: Creole Casserole, Cajun Potatoes, Smothered Green Beans, Diced Pears and King Cake
For those age 60 & over: Suggested Donation of $3.50
For those under age 60: Cost is $7.00