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Do You Qualify for Social Security LIS & MSP?

What is it?

In addition to Medicaid, there are at least two other main assistance programs available to Medicare recipients whose income is at or below the Federal Poverty Level for each program. The Low Income Subsidy (LIS) and Medicare Savings Program (MSP) are two subsidy programs that you need to review with a MMAP Counselor to see if you qualify for the benefit. Based on your income and assets, you may be able to get help paying your Medicare Part B premium (MSP) and/or Extra Help (LIS) paying for your prescription drug costs. The amount of help can be substantial to your monthly budget!

In Order to Qualify:

If your GROSS income AND your Resources (money in checking/savings account; stocks, bonds, IRA’s, Annuities, etc.) are at or below the levels on the chart above, then you may qualify for the subsidy. Countable resources don’t include: your home, one car, burial plot, up to $1,500 for burial expenses if you have put that money aside, furniture or other household and personal items. Call me at 356-3585 extension 21 to make an appointment for help with your application.

– Kitty Glomski, MMAP Counselor

Spiritual and Inspirational Book Club, meeting at the Alpena Senior Citizen Center the 2nd & 4th Wednesday of the each month from 1:00 - 3:00pm, looking for new members. To sign up please call 356-3585.
Food Bank is crucial in helping bridge the gap between what it costs to provide a meal, and what we receive from funding and client donations. For every dollar spent at Food Bank, we receive approximately $14 in product value back.

Raising funds for Food Bank is always important, but during the months of March and April, a generous grant through Food Bank provides a 10% match to all of the funds raised during that time. Last year, (10/2015 - 9/2016), the Center received enough county, state and federal funds along with fundraising and client donations to provide 96,410 meals. Those meals accounted for 77,609 Meals on Wheels and 18,801 congregate meals.

No one should have to worry about how they will afford to feed themselves or their family. Sadly, many seniors in our community are faced with this concern every day. You can fight hunger today by helping the Alpena Senior Citizen’s Center during our Luxury Event Fundraiser. Right now, your donation and the donations you collect will go even further because the Food Bank of Eastern Michigan, our food supplier, will match 10% of all donations raised during the March Against Hunger campaign.

This whimsical take on the traditional “Jail & Bail” fundraiser honors each participant who helps raise the much-needed funds to a luxury event. The luxury event will feature good food and beverages, soft music, massages and other stress relieving amenities. We ask that you turn your pledges in on or before the Luxury Event on Thursday, April 27th to the Senior Center. The event will be held in the conference room at Hospice of Michigan, Harbor Side Mall, 145 S. State Street, Alpena during the hours of 4:00 pm – 7:00 pm.

You can help raise money for the Senior Center’s meal program and help reach our goal this year of $10,000. Just stop by the Senior Center and ask for a packet!
STAFF EXTENSIONS

Joette Putkamer, Receptionist
email: jputkamer@alpenaseniors.com

Mike Stauffer, In-Home Service Manager
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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
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Cindy Josey, In-Home Services Coordinator
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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
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Your 2017 Income Tax Form 1040 might help you qualify for the MHEF Subsidy after all!

Take another look at your income tax! If you tried to apply for a Michigan Health Endowment Fund subsidy this fall to help pay your Blue Cross Medigap premiums and didn’t qualify – you may want to try it again.

It was discovered that when some of you file income tax forms this year, you’ll need to look at your “Adjusted Gross Income” on line 37 of form 1040. For many of you whose other income (like a pension) is under certain levels, your social security income does not count and zero’s out so that your “Adjusted Gross Income” is well under the specified income level to qualify for the Michigan Health Endowment Fund subsidy. That means you’ll need to re-apply for the subsidy to help pay your Blue Cross, Priority Health or United Health Care (AARP) Medigap premiums.

To qualify for the subsidy:

1. Check out the amount on your Form 1040 - line 37 “Adjusted Gross Income” OR Line 28 Michigan Homestead Property Tax Credit (MI 1040 CR) OR Line 30 Michigan Home Heating Credit (MI 1040 CR-7)
   This amount would need to be at $17,820 or less for one person OR $24,030 or less for two people – AND…

2. You have a Medigap from a participating insurer (Blue Care Network, BCBSM, Priority Health, or United Health Care-AARP) – AND…

3. Be a Michigan resident AND have Medicare.

How much will the subsidy pay?

If you are 65 to 75 years old, the subsidy pays $40 per month;
If you are 76 years and older, the subsidy pays $65 per month; and
If you are under 65 years old with a disability, the subsidy pays $125 per month.

If this describes your situation, the Alpena Senior Citizens Center has the application forms. If you normally don’t fill out tax forms, this might be a reason to do it. If you need help with filing your taxes, there may be help through the AARP volunteers here at the Senior Center or at the Alpena County Library. Please call us at 356-3585 for more information.

- Kitty Glomski, MMAP Counselor

BEATING THE WINTER BLUES A SUCCESS!

Thank you to all the teams, volunteers, sponsors and donors of the first “Beat the Winter Blues” Cornhole Tournament. The event was a large success raising over $1,500 towards programs and services such as Meals on Wheels, In-Home Care, Exercise and many more that the Alpena Senior Citizens Center offers to the senior citizens of Alpena County.

Congratulations Winners! first place team “Flip Flop”, Chris Corwin and Craig Stepaniak, second place team “Pair of ski’s” Mike Stepaniski and Jim Henski, third place team “Tri – Fecta” Jim Kuligowski and John Kuligowski and fourth place team “Children of the Corn” Melissa Burns and Tiffany Miller.

Pictured First Place Team “Flip Flop” Chris Corwin and Craig Stepaniak
STUDENTS EXTEND LOVE TO OUR SENIOR’S ON VALENTINES DAY!

Student’s from Posen Consolidated Schools Kindergarten, 1st/2nd, 3rd/4th, 4th/5th; Mrs. Abbitt’s German Class and Mrs. Sharpe’s Class; Lil Spuds Day Care Posen and Alpena’s Wilson Elementary School Mrs. Hartley’s 1st and Mrs. Feys/Mr. Jones 4th/5th classes all created cards or place-mats for Valentines Day. The card’s and placemats were given out to the Seniors during both meals at the Center and were delivered to all of our Meals on Wheels client’s.

Everyone enjoyed the great meal and the cards made by the student’s during our Valentine’s Day Celebration at the Senior Center. Terry Ayres provided entertainment at both meals and after dinner got out on the floor with a group to line dance.
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Tai Chi 9:15am</td>
<td>T'ai Chi 12:00pm</td>
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<td></td>
<td>AARP Tax Prep</td>
<td>PICKIN’ FOR PEOPLE</td>
<td>EUCHRE TOURNAMENT</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30am – 3:00pm</td>
<td>Meal 4:30 – 5:30pm,</td>
<td>Meal &amp; Registration 5:45pm</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Needle Group 1:00pm</td>
<td>Music 5:30 – 7:30pm</td>
<td>$10 Play Begins 6pm Sharp!</td>
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<td></td>
<td>Over 60: $3.50 Sug. Donation</td>
<td>$10 Admission Includes Meal Paying 4 Places, 50/50 Meal Includes:</td>
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<td></td>
<td>Under 60: Cost is $7</td>
<td>Assorted Pizza, Tossed Salad, Homemade Cookies</td>
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<td>Southern BBQ Chicken, Cheesy Potatoes, Vegetable Sweated Corn Cake</td>
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<td>Thunder Bay Therapy 10:15am</td>
<td>Tai Chi 9:15am</td>
<td>Tai Chi 12:00pm</td>
<td>Sock Hop 6:00 – 9:00pm</td>
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<td>10:15am</td>
<td>AARP Tax Prep</td>
<td>9:30am – 3:00pm</td>
<td>$10 per person</td>
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<td></td>
<td>BOARD MTG – 8:30am</td>
<td>Tai Chi 9:15am</td>
<td>Tai Chi 12:00pm</td>
<td>Happy St. Patrick’s Day</td>
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<td></td>
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<td>Public Welcome</td>
<td>AARP Tax Prep</td>
<td>9:30am – 3:00pm</td>
<td>6:00 – 9:00pm</td>
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<td>Needle Group 1:00pm</td>
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<td>$10 per person</td>
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<td>CARD PARTY</td>
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<td>Meal 5:00-6:00pm</td>
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<td>Games 6:00-9:00pm</td>
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<td>Cards/ Games - $5 per person</td>
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<td></td>
<td>Assorted Buttermilk Chicken Sandwich, Curly Fries, Salad &amp; Assorted Desserts</td>
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<td>60 &amp; Over: $3.50 Sug Donation</td>
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<td>Under 60: Cost is $7</td>
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<td>Prescription Drug Abuse &amp; Over the Counter Drug Safety with Barbara Edison of Catholic Human Services 10:30am</td>
<td>Tai Chi 9:15am</td>
<td>Tai Chi 12:00pm</td>
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<td></td>
<td></td>
<td></td>
<td>10:30am</td>
<td>AARP Tax Prep</td>
<td>9:30am – 3:00pm</td>
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<td>Dental Clinics North Mouth Screening with Mary Smuda 10:30am - 11:30am</td>
<td>Tai Chi 9:15am</td>
<td>Tai Chi 12:00pm</td>
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<td>10:30am - 11:30am</td>
<td>AARP Tax Prep</td>
<td>9:30am – 3:00pm</td>
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<td></td>
<td>Needle Group 1:00pm</td>
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</table>

**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, Foot Clinic $20 2nd & 4th week
- THURSDAY: Exercise 10am, Pinochle/Bridge 12:30pm
- FRIDAY: Exercise 9:30am, Pinochle 12:30pm, Maj Jong 12:00pm

**COBBYGOOSE AT THE CENTER**
- 1:00pm – 3:00pm
Create a unique gift for someone or yourself $20 per person

**BETTER LIVING MASSAGE**
- 1:00 – 3:00pm
MUST PRE-REGISTER
LIMITED SPACE
### MARCH 2017 MENU

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>NOON</td>
<td>Country Fried Steak</td>
<td>Kielbasa &amp; Sauerkrut</td>
<td>NOON</td>
<td>NOON</td>
<td>NOON</td>
<td>NOON</td>
</tr>
<tr>
<td>5</td>
<td>Mashed Potatoes</td>
<td>Warm German Potato</td>
<td>Goulash</td>
<td>Maple Mustard Glazed Pork</td>
<td>Fish Tacos</td>
<td>EUCHE瑞</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>Salad, Green Beans</td>
<td>Garlic Cheese Biscuit</td>
<td>Glazed Pork Red Potatoes</td>
<td>Fresh Toppings</td>
<td>TOURNAMENT</td>
</tr>
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<td></td>
<td>Mixed Fruit</td>
<td>Peaches</td>
<td>Succotash Veg. Blend</td>
<td>Key West Vegetable Blend</td>
<td>Caribbean Rice</td>
<td>Assorted Pizzas</td>
</tr>
<tr>
<td></td>
<td>NIGHT</td>
<td>Peas</td>
<td>Peas</td>
<td>Apple Crisp</td>
<td>Diced Peaches</td>
<td>Tossed Salad</td>
</tr>
<tr>
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<td>Soup and Sandwich</td>
<td>NIGHT</td>
<td>(Fish Option Available)</td>
<td>NIGHT</td>
<td>Pickin' for People</td>
<td>Homemade Cookies</td>
</tr>
<tr>
<td></td>
<td>Special: Warm Turkey</td>
<td>Veal Piccata</td>
<td>Hot Beef Sandwich</td>
<td>Fettuccine Alfredo</td>
<td>Southern BBQ Chicken</td>
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<tr>
<td></td>
<td>Sandwich</td>
<td>Elbow Macaroni</td>
<td>Potatoes, Apples</td>
<td>Grilled Chicken</td>
<td>Cheesy Potatoes</td>
<td>Vegetable</td>
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<tr>
<td></td>
<td>Choice of</td>
<td>Mixed Vegetable Blend</td>
<td>Peas and Mushrooms</td>
<td>Broccoli</td>
<td>Sweetened Corn Cake</td>
<td>Sweetened Corn Cake</td>
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<td>Soup and Tossed Salad</td>
<td>Ambrosia Salad</td>
<td>(Fish Option Available)</td>
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<td>(Fish Option Available)</td>
<td>(Fish Option Available)</td>
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<td>12</td>
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<td>13</td>
<td>Tony Burgers</td>
<td>Dijon Chicken</td>
<td>Pork Marsala</td>
<td>Pork Marsala</td>
<td>Pork Marsala</td>
<td>St. Patrick's Day</td>
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<td>French Fries</td>
<td>Rice Pila</td>
<td>Egg Noodles</td>
<td>Egg Noodles</td>
<td>Egg Noodles</td>
<td>Corned Beef &amp; Cabbage</td>
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<td>Steamed Veg. Blend</td>
<td>Pila</td>
<td>Brussels Sprouts</td>
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<td></td>
<td>Fresh Fruit</td>
<td>Broccoli</td>
<td>Applesauce</td>
<td>Apple Sauce</td>
<td>Apple Sauce</td>
<td>Gravy</td>
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<td></td>
<td>NIGHT</td>
<td>Mandarin Orange</td>
<td>Egg Noodles</td>
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<td>Egg Noodles</td>
<td>Irish Soda Bread</td>
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<td>Mixed Vegetables</td>
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<td>(Fish Option Available)</td>
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<td>Beef Stroganoff</td>
<td>Pears</td>
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<td>Mixed Fruit</td>
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<td>20</td>
<td>BBQ Meatballs</td>
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<td>Panko Crusted Fish</td>
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<tr>
<td></td>
<td>Rice Pila</td>
<td>Paillard w/Sage</td>
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<td>NOON</td>
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<td>NIGHT</td>
<td>Key West Veg. Blend</td>
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<td>NOON</td>
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<td>5:00 – 6:00pm</td>
<td>Apples</td>
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<td>Cauliflower</td>
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<td>Lemon Herb Rice</td>
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<td>Bell</td>
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<td>Panko Crusted Fish</td>
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<td>Garlic</td>
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<td>Rice Pila</td>
<td>Corn</td>
<td>NOON</td>
<td>NOON</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td></td>
<td>Key West Veg. Blend</td>
<td>Applesauce</td>
<td>NOON</td>
<td>NOON</td>
<td>Beef</td>
<td>Beef</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>NIGHT</td>
<td>NOON</td>
<td>NOON</td>
<td>Tips</td>
<td>Tips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:00 – 6:00pm</td>
<td>NOON</td>
<td>NOON</td>
<td>Beef</td>
<td>Beef</td>
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<tr>
<td></td>
<td></td>
<td>Cabbage Rolls</td>
<td>NOON</td>
<td>NOON</td>
<td>Tips</td>
<td>Tips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roasted Potatoes</td>
<td>NOON</td>
<td>NOON</td>
<td>Beef</td>
<td>Beef</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Glazed Carrots</td>
<td>NOON</td>
<td>NOON</td>
<td>Tips</td>
<td>Tips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Blueberries</td>
<td>NOON</td>
<td>NOON</td>
<td>Tips</td>
<td>Tips</td>
</tr>
</tbody>
</table>

**NOON MEAL:** 11:30am - 12:30pm  
**EVENING MEAL:** 4:30pm - 5:30pm  
**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 **under 60 & Over:** 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 March 7th!**

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**Starting Monday, March 13th Evening Meal will be from 5:00 – 6:00pm.**
**...Area Support Groups**

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

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

**Caregivers Support**
Jessica Bannasch: 989-356-1030

**Diabetes Support**
Angela Soltysiak: 989-356-7548

**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

**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

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**Piecing Memories Together**
A unique grief support group where you will have the opportunity to share and learn with others experiencing grief and to make a huggable “Remembrance Bear or Pillow” from your loved ones clothing. The sessions are facilitated by a licensed social worker and an experienced sewing leader. This group will be meeting for five consecutive Tuesdays starting at 1:00 pm on March 7th, 2017 at the Alpena Senior Center. There is no fee, and sewing experience is not required. To register please call BJ at 356-3585.

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**A Matter of Balance is Back!**
A Matter of Balance is an eight-week program that is based on managing the fear of falling while increasing the activity level amongst older adults who have this concern and emphasizes practical coping strategies to reduce this concern. The program starts on Monday, April 3, 9:30 to 11:30 with coaches Pat Rondeau and Kitty Glomski. Class size is limited, call 356-3585 to register.
Two Exciting Nutrition Programs to offer Participation Incentives

The Alpena Senior Citizens Center is pleased to offer two new back-to-back six week education programs from Michigan State University Cooperative Extension. Beginning April 4, Nutrition Instructor Amy Page will present “Eat Smart, Live Strong,” a nutrition series that introduces new ideas, gives tips, and helps seniors adopt healthier lifestyle behaviors by: 1) increasing fruit & vegetable consumption and 2) increasing senior physical activities.

“Eat Healthy, Be Active” begins in June and specifically targets adults. As part of the “Prescription for Health Project,” MSU Extension is partnering with Alcona Health Center and the Community Foundation for Northeast Michigan in order to provide participants with $10 coupons for every class attended. The coupons are used to purchase fresh fruits and vegetables at local Farmer’s Markets and participating grocery stores.

Both programs also meet the education requirement for Senior Project Fresh. Participation certificates will be awarded to seniors after attending either/both series making participants eligible for Senior Project Fresh in June. Call 356-3585 now to reserve your seat for “Eat Smart, Live Strong.”

Attention! Artisans & Crafters of... Crochet, Knitting, Tatting, Spinning & any other Needle Work!

Come join us at 1:00 pm every Thursday to learn a new needle craft, work on projects, share your talent, learn new tips, try a new pattern or join in lively conversation with some of the most talented crafters in Alpena County.
Reach Your Target Market
PUT YOUR AD HERE
CALL RAY TODAY 989-356-0834

Generations...
COMMUNITY  FAMILIES
DEDICATION  VISION
GROWTH  BUILDING
EDUCATION  NEIGHBORS
Proud to be a part of this community

Call Dial-A-Ride for all your transportation needs: 356-4596

WHEN IT'S HARDEST, WE'RE HERE
Call us any time of day or night to get the help you need. We'll be there.
Quick Nutrition Tips for Older Adults

- Choose fiber-rich foods often.
- Drink water and other beverages that are low in added sugars.
- Use fortified foods or supplements to meet your vitamin D and vitamin B12 needs.

Eat Right

- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn, or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

Upcoming Casino Trips

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

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

- **Wednesday, April 5th**
  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...

Floyd Tacia
Onni Kuhna

Card Game Winners January 2017

**Euchre**
Barb Smith
Dick Shiemke
Mary Thompson
Rita Makowski

**Double Deck Pinochle**
Ron Stevens
Frank Riley
Norm Schultz
Ruth Thiem

**Single Deck Pinochle**
Fred Daleski
Jim Daleski
Phyllis Daleski & Oliver Keen
Jim Mott

**Spitzer**
Ray Jakiel
Doris Krentz
Dick Shiemke

**Bridge**
Congratulations to all the winners!

Would you like to learn?
If you are interested in learning to play single or double deck Pinochle call or talk to BJ Sander at the Center 356-3585.
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

When someone you love
Becomes a
Memory
The memory
Becomes a
Treasure

In honor of those who have passed away we have started a “Memory Tree” at the Senior Center.

For a small donation of $15.00 we will put a heart ornament, with the name of your loved one, on the “Memory Tree”. Starting in May we will have an event every month in memory of those who have passed. At the end of the year we will be featuring our “Memory Tree” at the Besser Museum.

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
Are You Caring for a Family Member With Memory Loss?

- Have you started to have difficulty communicating with your family member?
- Are you frustrated with his/her inability to do simple things?
- Have you noticed changes in your family member’s mood or personality?
- Does your family member exhibit decreased judgment?

If you answered yes to any of the above questions, the Creating Confident Caregivers workshop will help.

Meeting April 4, 11, 18, 25, May 2 & 9

Classes begin Tuesday, April 4th 3:30 - 5:30 p.m.
Hospice of the Sunrise Shore offices 2078 M-32 West, Alpena

“This 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.”