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OCTOBER 2017
STAFF EXTENSIONS

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10

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11

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14

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18

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19

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email: bwozniak@alpenaseniors.com  
19

Kitty Glomski, MMAP Counselor  
email: cglomski@alpenaseniors.com  
21

Cindy Josey, In-Home Services Coordinator  
email: cjosey@alpenaseniors.com  
22

Kate Straley, Accounts Receivable Clerk/HR  
email: kstraley@alpenaseniors.com  
23

Kitchen  
26

B.J. Sander, Program Manager  
email: bjsander@alpenaseniors.com  
28

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

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

Alpena Senior Citizens Center
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.

Are You a Snowbird?
If you are a snowbird and have a Newsletter subscription, don’t forget to call us! We can either suspend your subscription until your return or send it to your winter address.

Our Mission Statement
To promote and protect dignity, independence, and welfare of older adults throughout Alpena County.

Our Vision
The Alpena Area Senior Citizens Center is the focal point in Alpena County of leadership, innovation, and advocacy in providing Senior Services.
From the Director

Happy Fall Y’all!!

September was such an exciting month packed with great programs and activities here at the center. I hope you had an opportunity to participate in at least one, if not all the activities. Thanks to an amazing team that works so hard to create these opportunities.

The kick-off for Project Student Gourmet has begun. The excitement generating amongst the seniors and the students is contagious. This is such a great opportunity for our Seniors, ACEs Academy students and our team to do amazing things here in the community.

We continue to add great resources and opportunities to educate the community. We had a great turnout for our Fall Risk Screenings. Those who participated walked away knowing whether they were a fall risk and what steps they needed to take to maintain their independence. Our Elder Abuse Conference featured seven guest speakers who provided valuable information to all of us. Thanks to all who attended and to the wonderful presenters. I was proud to represent the Senior Citizens Center, as a panel participant, at an End of Life presentation held at the Knights of Columbus. What a fabulous turnout and I was so happy to be able to participate.

As we approach the end of 2017 I know that the next three months will be packed with many fun activities and educational presentations. While reading the newsletter, I hope you can pick out one NEW thing to try or educate yourself on. Remember we must all be our own advocates and to do this we must educate ourselves.

Please invite someone NEW to the Center this month. I would love to meet a friend of yours!

Annie Hepburn

Planned Giving
Making a lasting contribution through a planned gift

Bryan Strong will present an overview on the basics of making a planned gift on Wednesday, October 18th at 4:00 pm. As a member of MidMichigan Medical Center - Alpena’s Planned Gifts Committee and experienced Edward Jones financial advisor, Bryan brings a wealth of knowledge regarding opportunities for giving to the organizations you believe in most through estate, will and trust planning. Whether bequests are large or small, the impact of such planned giving on future families of this region is profound.

leave your lasting legacy
In August 2017, the Alpena Senior Citizens Center provided these services for the Seniors of Alpena County...

**Our Nutritional Program**
We served 1,199 congregate meals.

**Our Prescription Maintenance Program/MMAP**
Served 80 clients; 175 phone calls 30 new to Medicare, 15 Part D plans, 6 Medigap, 5 Rx assistance & manufacturer applications, 12 MSP applications, 9 LIS applications, 4 Medicaid applications & recertifications, 7 Insurance Reviews and 4 Billing Assistance & Insurance Appeals, 54 Fraud Counselling, 81 Benefit Explanations, 6 Employer Insurance, 3 Out of State Insurance Enrollment, 11 Michigan Health Endowment Fund Applications and 2 referrals saving Alpena County Seniors $24,636.

**Our In-Home Services Program**
51 total assessments, 373 phone calls received, provided 76.75 hours of Respite Care Services, 681.75 hours of Homemaker Services, 150.75 hours of Personal Care Services and delivered 5,507 Meals On Wheels.

**Additional Services Provided**
416 participated in exercise classes

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**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.
- Incontinence products available.

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

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**Living With Diabetes Is A Journey**
On October 19th at 10:30 am Carol O’Connor will be presenting “Living Well With Diabetes”. Let Carol who is a Registered Nurse and Certified Diabetes Educator guide you on that journey with information on diet, day to day self-care and lifestyle changes. Whether you have been diagnosed with pre-diabetes, diabetes or living with someone who has diabetes this class may benefit you.

Carol is retired from Alcona Health Centers, where she was a diabetes educator for fifteen years. If you are interested in participating in this presentation please call BJ at 356-3585 to reserve a spot.
New Medicare Cards to be Issued starting April, 2018

This month, the Centers for Medicare & Medicaid Services (CMS) gave the public its first look at the newly designed Medicare card. The new Medicare card contains a unique, randomly-assigned number that replaces the current Social Security-based number. CMS will begin mailing the new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. In addition to today’s announcement, people with Medicare will also be able to see the design of the new Medicare card in the 2018 Medicare & You Handbook. The handbooks are being mailed and will arrive throughout September.

“The goal of the initiative to remove Social Security numbers from Medicare cards is to help prevent fraud, combat identify theft, and safeguard taxpayer dollars,” said CMS Administrator Seema Verma. “We’re very excited to share the new design.”

CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. People with Medicare will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential. Issuance of the new number will not change benefits that people with Medicare receive.

Healthcare providers and people with Medicare will be able to use secure look-up tools that will allow quick access to the new Medicare numbers when needed. There will also be a 21-month transition period where doctors, healthcare providers, and suppliers will be able to use either their current SSN-based Medicare Number or their new, unique Medicare number, to ease the transition.

This initiative takes important steps towards protecting the identities of people with Medicare. CMS is also working with healthcare providers to answer their questions and ensure that they have the information they need to make a successful transition to the new Medicare number. For more information, please visit: http://www.cms.gov/newcard -- Sept 2017, MI Updates

Do YOU have a Part D Drug Plan?

Call 356-3585 - Extension 20 - to make your appointment now with a MMAP Counselor & review the 2018 Part D Plans. Don’t wait, appointments fill up fast!
New Medicare Cards will be issued Next Year

Beware of Telephone Calls from Medicare – It’s a SCAM!

**Scam Alert! Beware of Callers pretending to be from Medicare.**
Beginning in April 2018, new Medicare cards will be issued *WITHOUT YOUR SOCIAL SECURITY NUMBER* on them. The idea is to cut down on identity theft. Con Artist Scammers try to steal Social Security numbers to file fake tax returns and open credit cards. According to the Detroit Free Press, scammers are impersonating Medicare representatives, are calling and asking seniors to verify their Social Security numbers. **Don’t fall for it!**

Guard your Medicare card! Don’t trust CALLERS pretending to be from MEDICARE! Scammers know that seniors are afraid of losing their Medicare coverage. So con artist scammers are good at tricking seniors into handing over bank account information and Social Security numbers. **MEDICARE doesn’t EVER call you unexpectedly** – just hang up the phone! The Senior Medicare Patrol offers alerts at http://www.smpresource.com; or contact statewide 800 803-7174; or contact your Alpena Senior Citizens Center MMAP Counselor.

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Project Student Gourmet
at work
with instructor Jess Krawczak
### October 2017 Activities

**Alpena Senior Citizens Center • 501 River Street • 989-356-3585**

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### Repeating Daily Events:

- **Monday:** Exercise 9:30 am, Euchre 12:30 pm, Board Games 12:30 pm
- **Tuesday:** Exercise 10 am, Quilting 10 am, Spitzer 12:30 pm
- **Wednesday:** Exercise 9:30 am, Wii Bowling 10:30 am, Bingo 12:45 pm, Foot Clinic $20 2nd & 4th week
- **Thursday:** Exercise 10 am, Pochle/Bridge 12:30 pm
- **Friday:** Exercise 9:30 am, Pinochle 12:30 pm, Maj Jong 12:00 pm
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<td>Meatloaf</td>
<td>Cheese Mashed Potatoes</td>
<td>Buttery Noodles</td>
<td>Arms Tri-Tip</td>
<td>Mac &amp; Cheese</td>
<td>Pulled Pork Sandwich</td>
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<td>Buttery Noodles</td>
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The Menu is subject to change.
Upcoming Casino Trips

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

- **Sunday, October 29th**
  Saganing Eagles Landing, Standish
  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

---

**Area Support Groups**

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

**Alpena Parkinson’s Support**
Donna Precord: 989-354-5590
Judy Poli: 989-370-6854

**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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**AmazonSmile**
You shop. Amazon gives.

When shopping on Amazon for that perfect Holiday gift don’t forget to support the Alpena Senior Citizens Center with Amazon Smile.

When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Alpena Area Senior Citizens Council Inc.
Spinach Lovers Month

Spinach is a dark green leafy vegetable belonging to the Amaranthaceae family. Native to Central and Southwestern Asia, spinach plant grows up to a height of about 1 foot. It has a slightly bitter taste but is considered as one of the functional foods due to its nutritional, antioxidants and anti-cancer constituents. Its tender, crispy, dark green leaves are used as ingredients in a variety of cuisines.

Low in calories and high in vitamins, spinach is one of the most nutrient-dense foods in existence. One cup of the leafy green vegetable contains far more than your daily requirements of vitamin K and vitamin A, almost all the manganese and folate your body needs and nearly 40 percent of your magnesium requirement. It is an excellent source of more than 20 different measurable nutrients, including dietary fiber, calcium and protein. And yet, 1 cup has only 40 calories! Spinach is an excellent choice for nutrition without high calories.

We all have seen Popeye eating it and building big muscles. This is, indeed, true because spinach is a super food promising a range of health benefits. Spinach is rich in vitamin K which is vital for maintaining bone health. Vitamin K also promotes the synthesis of osteocalcin, the protein that is essential for maintaining the strength and density of bones. Spinach is a good alternative to dairy products as it gives proper substitute to calcium, thus preventing the occurrence of osteoporosis. It is an important protein diet for vegans as it helps in building the muscle tissues as well as supporting the collagen growth.

Skin is the largest and the most sensitive organ of our body. We all crave for healthy and glowing skin as it enhances our appearance. Thus, even our skin needs certain nutrients for maintaining its health. Green leafy vegetables are great for skin and spinach is no exception. Loaded with most useful vitamins like Vitamin A, vitamin C, vitamin E and vitamin K as well as vital minerals, this vegetable plays an important role in skincare.

A Living Trust Education Initiative

Who Should you Trust

Avoiding Estate Planning Mistakes

Important Information For Seniors

- Attend this informal, 60 minute seminar which will include a:
  - Short informative presentation by Michigan licensed lawyers;
  - Dynamic question and answer period; and
- Free specially designed folder containing essential estate planning information, forms, and other materials for effective estate planning and avoiding estate planning mistakes and annuity insurance scams.

Wednesday, October 11, 10:45 am

For more information contact BJ at 356-3585.
Samaritas
Affordable Living of Alpena

Be part of our community.
210 WILSON STREET  ALPENA
Call (989) 356-6725
• Income-based rent. Rent is 30% of adjusted income.
• Utilities and maintenance included.
• On-site manager and service coordinator.
• Security cameras and secure access to building.
• Exercise/computer room and monthly activities.
www.samaritas.org

First Federal of Northern Michigan
We Put You First
Mortgages • Savings • Checking Accounts
Business Accounts • Business Loans
www.first-federal.com • 800-498-0013
Alpena • Alanson • Cheboygan • Gaylord • Mi • Lewiston • Oscoda

Simply Hair Salon
Professional Hair Care
989-255-9265
2483 US 23 South
Alpena, MI 49707
Next to Eye Talk

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

Dial-A-Ride...
Serving our adult senior community members for 40 Years!
Remember to call at least 1 hour in advance of your trip – the day prior is even better!

Call us any time of day or night to get the help you need. We’ll be there.
24/7 tollfree: 888.247.5701 | www.hom.org

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.

Reach Your Target Market
PUT YOUR AD HERE
CALL RAY TODAY
989-356-0834

Friends Together
If you or someone you know has cancer, we can help. You are not alone!
Call (989) 356-3231
105 Prentiss St. • Alpena
www.friendstogethermi.org

FRIENDS HELPING FRIENDS TOUCHED BY CANCER

Hillman’s Haven
Senior Assisted Living Apartments

Hillman’s Haven is an assisted living facility located in the beautiful village of downtown Hillman! We are licensed by the State of Michigan to provide personal care to persons aged 60+. Our professional and compassionate staff are trained to assist with ADLs and medication management. Home cooked meals, housekeeping, and laundry services are also provided.
Call (989) 742-2699 OR stop in and visit us at 200 N. Elizabeth St.

Generations...
COMMUNITY  FAMILIES
DEDICATION  VISION
GROWTH  BUILDING
EDUCATION  NEIGHBORS
PROUD TO BE A PART OF THIS COMMUNITY

Be part of our community.
210 WILSON STREET  ALPENA
Call (989) 356-6725

Samaritas
Affordable Living of Alpena

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Call (989) 356-6725

Samaritas
Affordable Living of Alpena
“I was 15 when I started going with him and he was 18. It was the summer of 1942, I worked at my grandmas. My step-dads brother (Arlie) said to me ‘Audrey, I want you to meet my neighbor’. So we walked across the field where Vernell was driving the tractor and he stopped. Arlie said ‘Audrey This is Vernell, Vernell this is Audrey Smith’. Our first date was on Halloween night. Three years later we got married on October the 27th. If we live till the 27th of October this year, we will have been married 72 years. We’ve been together 75 years and I’m thankful for every one. I’d say we hit it off pretty good. We’re 90 and 93 now and you can tell it.”

The Alpena Senior Center is grateful to serve seniors like Vernell and Audrey.
Thank You! Thank You!

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

ALICE STRZELECKI
FLOYD TACIA
PAT PAGE
HARRIETT KELM
MARLENE BARTZ

we have a winner!

Card Game Winners August 2017

Euchre
Stan Mischley
Margaret Dziesinski
Carol Beaudoin
Oliver DeRocher

Double Deck Pinochle
Jack Talbot
Kathy Muszynski
Ruth Thiem
Norma Schultz
Phyllis Daleski

Single Deck Pinochle
Patty Densteadt
Sherry McDonald
Sherry Hentkowski
Sarah Winder

Spitzer
Jerry McConnell
Ruth Thiem
Gladys Wisniewski
Yogi Krentz

Bridge
Congratulations to all the winners!

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MARLENE BARTZ
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:

Acknowledgment to be sent to:

Address:

Message:

Donor:

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Compassus Presents “A Virtual Dementia Tour”

During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care.

The Alpena Senior Center is hosting this event on October 18th starting at 10:30 am. If you would like to participate in this event please contact BJ Sander at 356-3585 to reserve a spot.

Alpena Senior Citizens Center Subscription/Information Update

Name:_________________________________________

Date of Birth:_________________________________

Spouse:_______________________________________

Date of Birth:_________________________________

Anniversary:___________________________________

Address:_______________________________________

Message:_______________________________________

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 McDonnell for the donation in memory of Betty McDonnell

Thanks to Marilyn Ross for the donation in memory of Marie Deno
Alpena Senior Citizens Center Presents

YOU ARE NOT ALONE”
A 6-month Alzheimer’s Series

Fifth Session
Saturday, October 28, 2017
9:00am - Noon

• Neil Seabase - Long Term Care
• Kara Lamarre - Generation Alzheimer’s “The Defining Disease of the Baby Boomers”
• Veterans Affairs - Benefits

Thank you to everyone who attended our fourth presentation on September 23rd. Sheriff Steven Kieliszewski, Deputy Mike Lash and Annie Hepburn did a wonderful job presenting to the audience. Thank you so much for your participation in this event.

For more information or to participate please contact BJ at 989-356-3585