June 2021

ALPENA Senior Citizens CENTER

"501" River News

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Fax: 989-356-6548
Office Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.

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NORTHEAST COMMUNITY FOUNDATION MICHIGAN

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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

I am excited summer is here and hoping for many sunny days ahead for all of us. We all know that we need the brighter, sunnier days to improve our overall mood. Getting some sun increases your serotonin and can help you stave off Seasonal Affective Disorder. Sun exposure can also help people with anxiety and depression. The summer months allow us to be outside more enjoying the fresh air, flowers, gardens, exercising and much more.

June is Alzheimer's and Brain Awareness Month. Here are 5 facts about Alzheimer's:

- 50 Million people are living with Alzheimer's and other dementias worldwide.
- Alzheimer's is the 6th leading cause of death in the United States.
- Every 65 seconds someone in the United States develops Alzheimer's disease.
- One in 10 people aged 65 and older has Alzheimer's disease.
- Two-thirds of Americans with Alzheimer's are women.

If you are a person with dementia or memory loss or a caregiver and are needing resources, please call BJ or Annie at the Senior Center. We have a lending library of resources and brochures on related topics. We also provide a 1:1 program, REACH, for the caregiver. If you just need to talk, we also have a listening ear. We want you to know YOU ARE NOT ALONE. WE ARE HERE FOR YOU!

Lastly, I am very excited to announce we will be reopening, Tuesday, July 6th. Please see page 7 of the newsletter for further guidance. We are so excited to see everyone but need to be sure all safety precautions are in place. Thanks so much for understanding. 🙂

Annie Hepburn

REACH Program

Resources Enhancing Alzheimer's Caregiver Health serves family caregivers who are providing assistance to a loved one with Alzheimer's disease or another type of dementia. The program uses a "coaching" model rather than the usual caseworker or classroom approach to supporting caregivers.

The coach takes REACH into the homes of the families, other location of the caregiver's choice, or virtually, scheduled at a time that is convenient for them. During the allotted sessions, the coach and caregiver work together to identify which issues are causing the most difficulty and then develop strategies to overcome the challenges.

Caregivers also receive training in stress management and coping with dementia behaviors. The caregiver not only gains information but also learns new problem solving and coping skills that will serve them long after their involvement in the program has ended.

If you are a family caregiver providing assistance to a loved one with Alzheimer's disease or another type of dementia and are interested in working with one of our coaches please give us a call at 356-3585. Our three certified coaches are BJ, Annie and Mike.

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 items 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!

Introduction to Meditation

This class is an introduction to meditation. A regular and simple meditation practice benefits the body and mind. It promotes a healthy nervous system and a calmer mind overall. We will explore a variety of tools including, mindful awareness, visualization and breathing techniques amongst others.

The practice will be led by Daniel Carpenter, who is a yoga and meditation teacher based in the Detroit area. Daniel has been teaching for nine years and last year opened his own studio, "Bodhi Seed Yoga". Above all Daniel wants to make yoga and meditation accessible to everyone.

I have participated in several of Daniel's classes already and each have been amazing. Each class sets me up for a peaceful afternoon at work! If you are interested in participating in this live Zoom class every Thursday at 2:00 pm please call BJ at 356-3585 to register for the class.

JUNE COMMODITIES PICK-UP SCHEDULE

June 7th Noon to 5:00 pm
June 8th 8:00 am to 5:00 pm
June 9th 8:00 am to 5:00 pm
June 10th 8:00 am to 5:00 pm

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Alpena Senior Center's Book Club

The Mind-Gut Connection is a revolutionary new holistic view of what keeps us healthy, ranging from the food choices we make to the ways we can train our mind, with the ultimate goal of attaining optimal health. Jinal Patel, a Master of Public Health student from University of Michigan-Flint, will be facilitating a weekly discussion of the book, The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health.

Join Jinal and students from the University to discuss a couple of chapters of this book each week. In addition to chatting about the book there will be guest speakers, enhancing our understanding of its topics. We will talk about and try out some practical ways to put what we learn into our day to day lives.

Jinal is excited to read and connect with you, and to share resources, tips and tricks to live healthy, mindful lives. We are in the process of selecting our next book, which we will start in July.

If you are interested in participating please give BJ a call at 989-464-9885.

Elder Abuse Awareness

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die. While studies show that 60% of abusers are family members, abuse can happen in any setting: in the older adult's own home or a senior living community.

Between 1 million and 2 million Americans over 65 years old were injured, exploited or mistreated by someone they depended on for care or protection, according to the National Center for Elder Abuse.

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

Reopening Plans

Hello everyone!! I know that you have all been waiting to hear that we are going to reopen the center. The plan is to open on Tuesday, July 6th. With the everchanging guidelines we will be reopening in phases.

We will be starting with serving our lunch meal from 11:30-12:30 pm only. We are hoping, once we see how things go, to move forward with more programs and activities.

Please be patient with us and know that we will be posting more specifics as we get closer to July 6th. As we learn about and develop the guidelines, we will be posting them via Facebook, our website and the newspaper.

We are looking forward to seeing everyone. We are in this together and our main focus is the safety of everyone 😊.

Annie Hepburn

Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2021 will occur on Monday, May 31.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

The Senior Center will not be staffed on Monday, May 31st.

Local Shopping

We will be offering a local shopping trip, from 12:00 to 2:00 pm, every Tuesday in June starting June 8th. Because of staffing and time constraints we will be limited to one or two stores each trip. If you would like further information, please contact BJ at 356-3585.

JUNE 2021 ACTIVITIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Zoom Exercise 10:00 - 11:00 am	3 Zoom Book Club 11:30 am - 12:30 pm Zoom Meditation 2:00 pm	4 Zoom Exercise 10:00 - 11:00 am	5
6	7 Zoom Exercise 10:00 - 11:00 am	8	9 Zoom Exercise 10:00 - 11:00 am	10 Zoom Book Club 11:30 am - 12:30 pm Zoom Meditation 2:00 pm	11 Zoom Exercise 10:00 - 11:00 am	12
13	14 Zoom Exercise 10:00 - 11:00 am	15	16 Zoom Exercise 10:00 - 11:00 am	17 Zoom Book Club 11:30 am - 12:30 pm Zoom Meditation 2:00 pm	18 Zoom Exercise 10:00 - 11:00 am	19
20	21 Zoom Exercise 10:00 - 11:00 am Zoom Summer Safety 11:00 am	22	23 Zoom Exercise 10:00 - 11:00 am	24 Zoom Book Club 11:30 am - 12:30 pm Zoom Meditation 2:00 pm	25 Zoom Exercise 10:00 - 11:00 am	26
27	28 Zoom Exercise 10:00 - 11:00 am	29	30 Zoom Exercise 10:00 - 11:00 am			

JUNE 2021 MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chicken à la King Biscuits Spiced Pears	2 Italian Beef Casserole Green Beans Breadstick Banana	3 Baked Fish Rice Pilaf California Veg. Blend Grapes	4 Pulled Pork Sandwich Coleslaw Parsley Potatoes Apples	5
6	7 Beef Stew Biscuit Fruit Cup	8 Oven Fried Chicken Baked Potato Peas & Carrots Fresh Fruit	9 Country Fried Steak Biscuits Mashed Potatoes Broccoli	10 Breakfast Casserole Hashbrowns Peaches	11 Deli Sub Macaroni Salad] Chips Melon	12
13	14 Breaded Pork Squash Green Beans Tropical Fruit	15 Roast Beef Dinner Roll Mashed Potatoes Corn Apples	16 Ham Potato Broccoli Fruit Compote	17 Swedish Meatballs Garden Rice Kyoto Blend Fresh Fruit	18 Grilled Sausage Potato Salad 3 Bean Salad Fruit Cup	19
20	21 Cheese Stuffed Noodles Garlic Biscuits Green Beans Fresh Fruit	22 Grilled Hamburger Potato Rounds Corn Watermelon	23 Chicken Parmesan Noodles Kyoto Veg. Blend Warm Applesauce	24 Taco Salad Bowl Fresh Toppings Beans Pears	25 Egg Salad Sandwich Veg Salad Ambrosia	26
27	28 Omelets Ham Biscuits Sliced Apples	29 Sweet Potato Crusted Fish Stewed Tomatoes Banana	30 Smothered Pork Rice Pilaf Carrots Fruit Cup			

We are providing curbside pickup for meals from 11:30 am - 12:30 pm following our lunch menu for seniors in Alpena County age 60 and over. Please call the Senior Center 356-3585 by 10:00 am to inform us if you will be picking up a meal. We will bring it out to your vehicle.

Age 60 & Over: Suggested Donation of $3.50
Under Age 60: Cost of $7.00

National Safety Month

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2018, 162 people died in the U.S. from exposure to excessive heat, according to Injury Facts.

People most at risk include:

- Infants and young children, especially if left in hot cars.
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

HEAT EXHAUSTION

- When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the National Safety Council, signs and symptoms include:
- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

HEAT STROKE

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

Contiue on page 11

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days or call relatives or city services to arrange for them to stay cool.

Summer Safety

Join us on June 21st at 11:00 am for a Zoom presentation with Andy Marceau "Fireman Andy". The weather is finally getting warmer so Andy will be talking about the symptoms of heat exhaustion, heat stroke and dehydration along with ways to stay safe this summer and when to seek medical assistance. If you would like to participate in this Zoom presentation, please give BJ a call at 356-3585 to register and to get the Zoom link.

Dehydration is an Often Overlooked Health Risk for Seniors

Imagine it's peak summer and you've just finished up working in the garden for two hours, with the afternoon sun beating down on your back. As you walk into the house you beeline straight to the sink. There's only one thing you can think about: an ice-cold glass of water.

You most likely know this feeling of thirst – or even of being parched. But as you age, that sense of thirst diminishes. So even when your body needs to be replenished with water, you might not realize it.

Because of that, many older adults don't drink enough liquids. By the time they are thirsty, that's already an indication of early dehydration. It's not known exactly what causes this reduction in thirst, but the consequences of it are well known: Dehydration is a common cause of hospitalization among elderly people.

Seniors are also at a greater risk for dehydration because of how body composition changes with age. Older adults have less water in their bodies to start with than younger adults or children.

Water is necessary for every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. So not getting enough of it can have serious health consequences.

Adding to the problem is that symptoms of dehydration in the elderly often go unrecognized. Many of the earliest signs, like dry mouth, fatigue, dizziness and muscle cramps, are nonspecific and could easily be attributed to other medical conditions, medications or natural effects of aging. Persistent dehydration that causes difficulty walking, confusion, rapid heart rate or other more severe symptoms can land seniors in the hospital.

The best way to prevent this is as obvious as it seems – good hydration. The "eight glasses of water per day" rule is a general recommendation that became popular because it's easy to remember – drink eight 8-ounce glasses each day. Some people can definitely tolerate less, and sometimes you need more.

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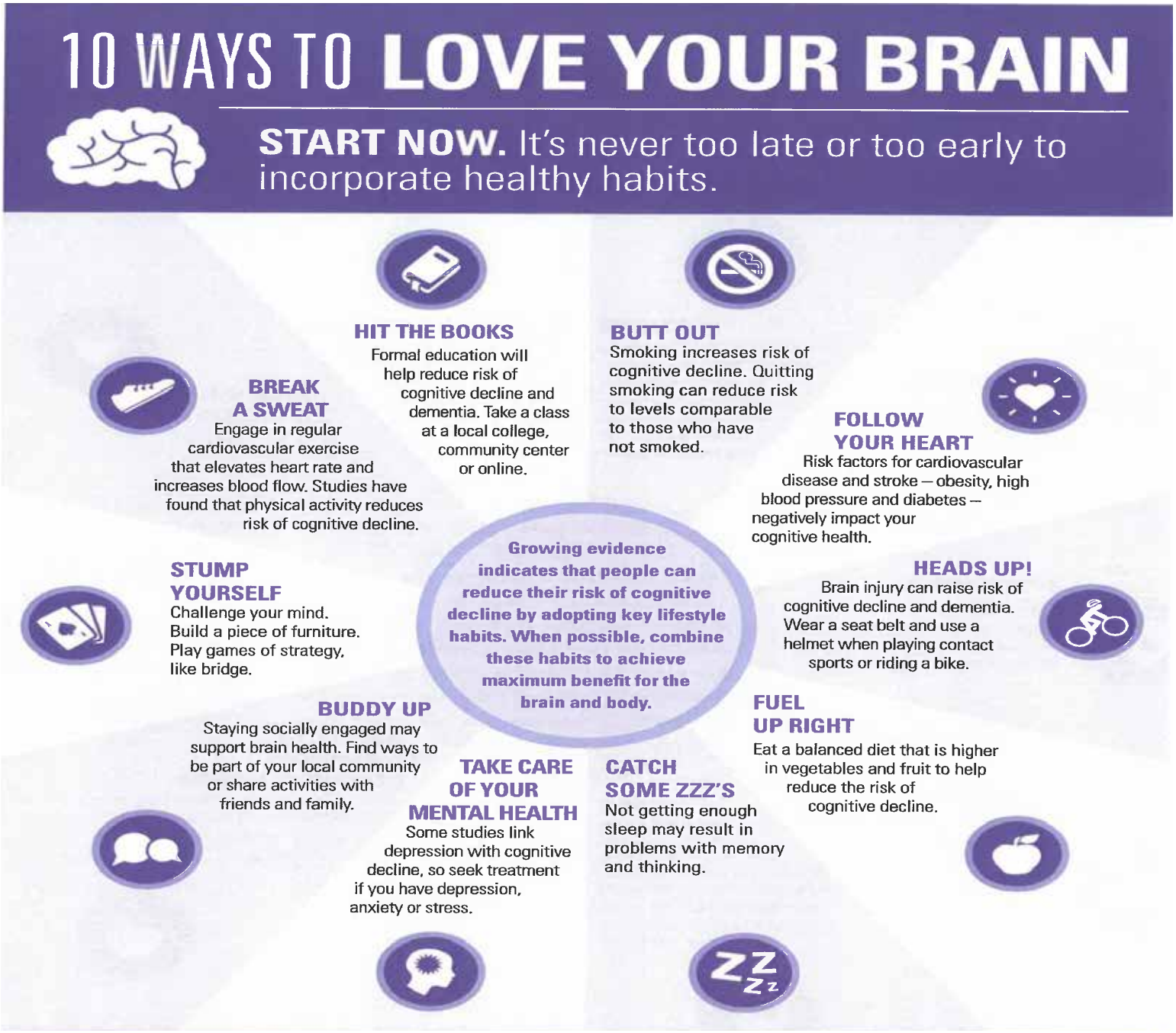

"New to Medicare" Zoom Presentation

Sponsored by Region 9 Area Agency on Aging and the Councils/Commissions on Aging in the following counties: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon. Participants must pre-register and schedule a follow-up appointment with a MMAP Counselor to attend. Please call Julie at 989-356-3585 to pre-register or for additional information.

Client's Zoom Date and Time:

Jun 9, 2021 010:00AM	Jul 14, 2021 010:00AM	Aug 11, 2021 010:00AM
Sep 8, 2021 010:00AM	Oct 13, 2021 010:00AM	Nov 10, 2021 010:00AM
Dec 8, 2021 010:00AM		

Dill

Dill immediately brings to mind dill pickles and potato salad today, but it has had a place for centuries in cuisines throughout Europe and Asia. Dill leaves are known as the dill weed herb, while dill seed is used as a spice. Fresh dill is in season in spring and early summer, but it is often grown in greenhouses, so it is available year-round.

The dill plant (Anethum graveolens) provides feathery green leaves for the dill weed herb, while the flat, oval fruits make the dill seed spice. It's an annual herb related to celery that tends to replant itself and spread widely, which is good to know if you're considering planting it in your garden. Dill seeds are used in seasoning, such as in pickles. Dill weed is delicate and works particularly well with eggs or in salads.

Dill tastes grassy with a bit of anise-like licorice flavor. Be aware that once the weather turns hot, dill plants flower or "bolt." This bolting changes the flavor of the leaves, making them less aromatic and more bitter. Dill seed tastes like a mild version caraway.

When used in cooking, dill weed will lose flavor the longer it is cooked, so it should be added at the last minute only. The opposite is true for dill seed, which develops more aroma and flavor when heated. Recipes often call dill seed to be toasted in a hot frying pan before being added. As well, dill seeds are often used in pickling.

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