July 2021
ALPENA
Senior
CENTER
Citizens
"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 MICHIGAN COMMUNITY FOUNDATION

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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 for summer as I'm sure most of you are. I am also super excited to say that we will be reopening Tuesday, July 6th for the noon meal only from 11:30 to 12:30. At this time, we will continue offering curbside meals but of course this is also subject to change. We do not have plans, yet, to start the evening meal. The center will be open from 8 am to 5 pm.

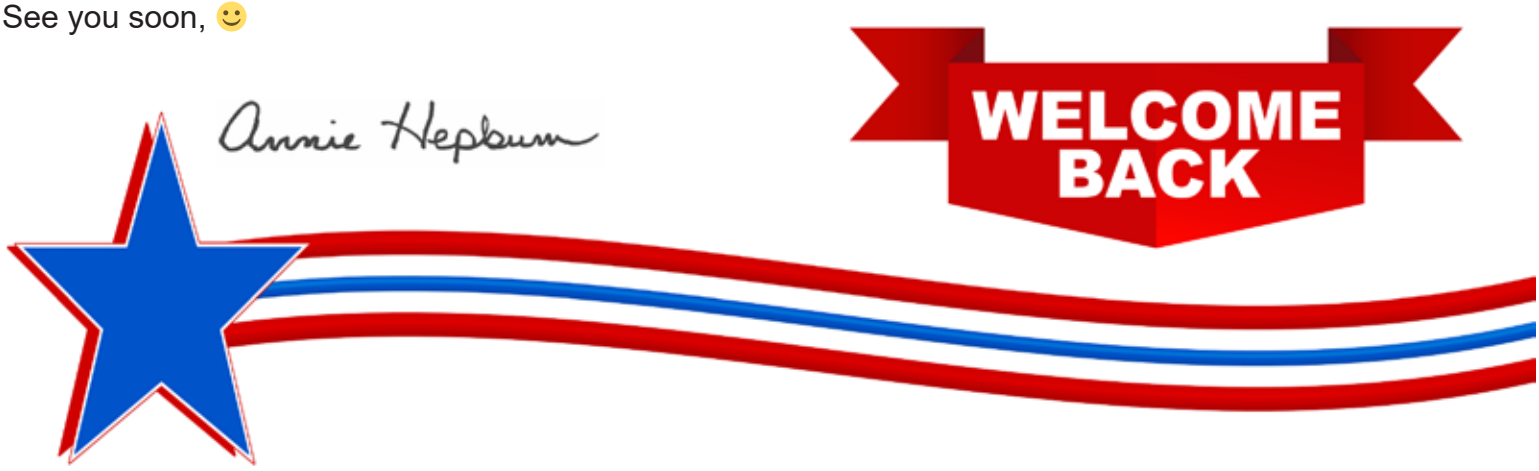
Card playing and quilting, will start July 12th. Exercise class will start August 2nd and BINGO will be every Wednesday with a start date of August 11th. We will continue with our Zoom exercise class.

Please be patient with us as we move forward, focusing on safety for everyone, as well as staffing looking a bit different these days. Even though the Governor has loosened up restrictions we do still have guidelines to follow.

The whole staff is excited to see everyone again and remember "we are all in this together".

See you soon, 🙂

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!

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.

As we move forward participating via Zoom with Daniel, we will be setting up the conference room for those who can't participate from home due to lack of technology. Our journey with Daniel has been quite 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.

JULY COMMODITIES PICK-UP SCHEDULE

July 12th Noon to 5:00 pm
July 13th 8:00 am to 5:00 pm
July 14th 8:00 am to 5:00 pm
July 15th 8:00 am to 5:00 pm

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Alpena Senior Center's Book Club

While closed due to the COVID-19 pandemic, the Senior Center started a "Zoom Book Club" collaborating with University of Michigan-Flint. Now that we are re-opening, we plan to continue the program via Zoom and face-to-face. Our next book will start Thursday, July 15th from 11:30 to 12:30.

We are excited to add our next book, Keep Sharp: Build a Better Brain at Any Age by Sanjay Gupta M.D. We have decided to add the companion workbook for each participant.

In the introduction part of his book Dr. Gupta states:

As I started traveling the world talking to people about this book, I realized something else extraordinary. According to an AARP survey of Americans aged thirty-four to seventy-five, nearly everyone (93 percent) understands the vital importance of brain health, but those same people typically have no idea how to make their brain healthier or that achieving such a goal is even possible. Most believe this mysterious organ encased in bone in a black box of sorts, is untouchable and incapable of being improved. Not true. The brain can be continuously and consistently enriched throughout your life no matter your age or access to resources. I have opened the black box and touched the human brain, and I will tell you all about those extraordinary experiences in this book. As a result of this training and decades of additional learning, I am more convinced than ever that the brain can be constructively changed-enhanced and fine-tuned. Just consider that. You probably think of your muscles that way-even your heart, which is a muscle. If you are reading this book, you are someone who is probably already proactive about your physical health. It is time to realize the same is possible with your brain. You can affect your brain thinking and memory far more than you realize or appreciate, and the vast majority of people haven't even begun to try. **Keep Sharp** is going to help you design your own "sharp brain" program, which you can easily incorporate into your daily life. I have already done it myself, and I am excited to teach you to do it as well.

If you are interested in participating in the Book Club, please contact BJ at 356-3585.

Local Shopping

We will be offering a local shopping trip soon. Staffing constraints have caused us to delay this program until August. I only have a few people on the list so in the meantime, if you are interested in participating, please call and leave your name with BJ at 356-3585.

July is Social Wellness Month

Celebrate Social Wellness Month by nurturing your social relationships. Volunteer with a group. Call an out-of-state friend. Join a walking club.

Social wellness means nurturing yourself and your relationships. It means giving and receiving social support – ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image. Social support enhances quality of life and provides a buffer against adverse life events. Social support can also take different forms:

- Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical, such as money and housekeeping.
- Informational support means providing information to help someone.

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure and obesity.

Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

According to Drs. Gay and Kathlyn Hendricks, in their book Lasting Love: The 5 Secrets of Growing a Vital Conscious Relationship, the following concepts are instrumental in attaining a healthy and lasting relationship.

1. Become a master of commitment. It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to follow through on the commitment.
2. Make commitments you can stand by. In a relationship, it is important to be honest and empathetic to each other's feelings, hopes and dreams.
3. Break the cycle of blame and criticism. It is important to own your part in the relationship dynamics.
4. It can be helpful to shift your attention away from "fixing the other person" and onto more creative expressions for resolving conflict. Shifting the focus in this way will help to inject more positive energy into the relationship.
5. Become a master of verbal and nonverbal appreciation. Showing appreciation of others is critical to healthy relationships.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.

Join us at the Senior Center on July 14th from 3:30 to 4:30 for a "Social Hour". If you are feeling lonely and would like to make some new friends this may be for you. For more information or to reserve a spot please call BJ at 356-3585.

Empowered Movement

As Annie mentioned in her notes our exercise class, Empowered Movement, has a tentative start date of August 2, 2021. During the past year, we did continue to exercise via Zoom so it's important that I chat with each of you about what you were doing for exercise before you start the class. Our class will continue to be on Zoom for those individuals not able to get to the center. Please contact BJ at 356-3585 if you plan to attend the class or if you have any questions.

JULY 2021 ACTIVITIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Zoom Book Club 11:30 am - 12:30 pm; Zoom Meditation 2:00 pm	2 Zoom Exercise 10:00 - 11:00 am	3
4 Happy 4th of July	5	6 Welcome Back!	7 Zoom Exercise 10:00 - 11:00 am	8 Zoom Book Club 11:30 am - 12:30 pm; Zoom Meditation 2:00 pm	9 Zoom Exercise 10:00 - 11:00 am	10
11	12 Zoom Exercise 10:00 - 11:00 am	13	14 Zoom Exercise 10:00 - 11:00 am	15 Zoom Book Club 11:30 am - 12:30 pm; Zoom Meditation 2:00 pm	16 Zoom Exercise 10:00 - 11:00 am	17
18	19 Zoom Exercise 10:00 - 11:00 am	20	21 Zoom Exercise 10:00 - 11:00 am	22 Zoom Book Club 11:30 am - 12:30 pm; Zoom Meditation 2:00 pm	23 Zoom Exercise 10:00 - 11:00 am	24
25	26 Zoom Exercise 10:00 - 11:00 am	27	28 Zoom Exercise 10:00 - 11:00 am	29 Zoom Book Club 11:30 am - 12:30 pm; Zoom Meditation 2:00 pm	30 Zoom Exercise 10:00 - 11:00 am	31

REPEATING DAILY EVENTS:
MONDAY: Euchre 12:30 pm
TUESDAY: Quilting 10:00 am - Spitzer 12:30 pm
WEDNESDAY: *Not at this time*
THURSDAY: Pinochle/Bridge 12:30 pm
FRIDAY: Pinochle 12:30 pm - Maj Jong 12:00 pm

Starting Monday, July 12th!!

JULY 2021 MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		The Menu is subject to change.		1 Pepperoni Pizza Tossed Salad Fresh Fruit	2 Deli Sub Coleslaw Chips Apples	3
4 	5	**Welcome Back!** 6 Grilled Hamburgers Potato Salad Baked Beans Chips Fresh Fruit	7 Turkey Shepard's Pie Carrots Dinner Roll Pears	8 Breaded Pork Parsley Red Skins Seasoned Green Beans Fruit Parfait	9 Sloppy Joe Bean Salad Fruit Compote	10
11	12 Ham Potatoes Broccoli Tropical Fruit	13 Swiss Steak Mashed Potatoes Peas Apples	14 Cheese Stuffed Noodles Dinner Roll Broccoli Berry Applesauce	15 Swedish Meatballs Garden Rice California Veg. Blend Fresh Fruit	16 Tuna Wrap Macaroni Salad Chips Fruit Cup	17
18	19 Sweet & Sour Meatballs Rice Kyoto Vegetable Blend Fresh Fruit	20 Country Fried Steak Cheesy Mashed Potatoes Carrots Peaches	21 Chicken Fajitas Green Peppers & Onions Mexican Rice Warm Applesauce	22 Roast Beef Mashed Potatoes Green Beans Dinner Rolls	23 Grilled Hot Dogs Macaroni & Cheese Peas Fresh Fruit	24
25	26 Sausage & Sauerkraut Red Potatoes Carrots Sliced Apples	27 Oven Fried Chicken Mashed Potatoes Peas & Carrots Bananas	28 Goulash Corn Garlic Biscuit Fruit Cup	29 Pepperoni Pizza Tossed Salad Fresh Fruit	30 Chicken Salad Vegetable Salad \Chips Tropical Fruit	31

Noon Meal: 11:30 am - 12:30 pm - Congregate Meal Starting Tuesday, July 6th
Hot Meal for those **age 60 & Over:** Suggested Donation of $3.50
Hot Meal for those **under age 60** - Cost is $7.00
Federal and state grants cover only a portion of the meals we provide. Donations are important to the Alpena Senior Citizens Center.

National Blueberry Month: Just a Few Proven Health Benefits of Blueberries

Blueberries are low in calories but high in nutrients.

- Fiber: 4 grams
- Vitamin C: 24% of the RDI
- Vitamin K: 36% of the RDI
- Manganese: 25% of the RDI
- Carbohydrates: 15 grams
- 84 calories per cup

Blueberries are the king of antioxidants:

- Blueberries have the highest antioxidant capacity of all the popular fruits and vegetables.
- Flavonoids appear to be the berries' antioxidant with the greatest impact.

Blueberries reduce DNA damage, which may help protect against aging and cancer:

- Several studies suggest that blueberries and blueberry juice reduce DNA damage, which is a leading driver of aging and cancer.

Blueberries protect cholesterol in your blood from becoming damaged.

- The antioxidants in blueberries have been shown to reduce a predominant risk factor for heart disease by preventing oxidative damage to "bad" LDL cholesterol.

Blueberries may lower blood pressure:

- Regular blueberry intake is tied to lower blood pressure in numerous studies.

National Watermelon Month Just a Few Health Benefits of Eating Watermelon

Watermelon is a delicious and refreshing fruit that's also good for you. It contains only 46 calories per cup but is high in vitamin C, vitamin A and many healthy plant compounds.

Drinking water is an important way to keep your body hydrated. However, eating foods that have a high-water content can also help. Interestingly, watermelon is 92% water. A high-water content is one of the reasons why fruits and vegetables help you feel full. The combination of water and fiber means you're eating a good volume of food without a lot of calories.

Heart disease is the number one cause of death worldwide. Lifestyle factors, including diet, may lower your risk of heart attack and stroke by reducing blood pressure and cholesterol levels. Several nutrients in watermelon have specific benefits for heart health. Studies suggest that lycopene may help lower cholesterol and blood pressure. It can also help prevent oxidative damage to cholesterol. Watermelon also contains citrulline, an amino acid that may increase nitric oxide levels in the body. Nitric oxide helps your blood vessels expand, which lowers blood pressure.

Inflammation is a key driver of many chronic diseases. Watermelon may help lower inflammation and oxidative damage, as it's rich in the anti-inflammatory antioxidants, lycopene and vitamin C. As an antioxidant, lycopene may also benefit brain health.

Citrulline, an amino acid in watermelon, may reduce muscle soreness. It's also available as a supplement. Interestingly, watermelon juice appears to enhance the absorption of citrulline.

Watermelon contains lots of water and a small amount of fiber – both of which are important for healthy digestion. Fiber can provide bulk for your stool, while water helps keep your digestive tract moving efficiently. Eating water-rich and fiber-rich fruits and vegetables, including watermelon, can be very helpful for promoting normal bowel movements.

Dog Days of Summer

Dog Days bright and clear
Indicate a happy year;
But when accompanied by rain,
For better times, our hopes are vain.

The term "**Dog Days**" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat. Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity.

This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Egypt, the Nile River flooded each year, usually beginning in late June. The people welcomed this event, called the Inundation, because the floodwaters brought rich soil needed to grow crops in what was otherwise a desert.

No one in Egypt knew exactly when the flooding would start, but they noticed a coincidence that gave them a clue: The water began to rise on the days when Sirius (known to them as "Sothis") began to rise before the Sun. Sothis and the Inundation became so important to the Egyptians' survival that they began their new year with the new Moon that followed the star's first appearance on the eastern horizon.

Unlike the Egyptians, the ancient Greeks and Romans were not as pleased by Sirius's appearance. For them, Sirius signaled a time when evil was brought to their lands with drought, disease, and discomfort.

Sirius was described as a "bringer of drought and plague to frail mortals, rises and saddens the sky with sinister light" by the Roman poet Virgil.

Is this just superstition? A 2009 Finnish study tested the traditional claim that the rate of infections is higher during the Dog Days. The authors wrote, "This study was conducted in order to challenge the myth that the rate of infections is higher during the dog days. To our surprise, the myth was found to be true."

Old-timers believed that rainfall on the Dog Days was a bad omen, as foretold in this verse:
Dog Days bright and clear
Indicate a happy year;
But when accompanied by rain,
For better times, our hopes are vain.

"Dog Days are approaching; you must, therefore, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him."
–The Old Farmer's Almanac, 1817

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Client's Zoom Date and Time:

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

Project Fresh

You must be 60 years or older, live in Alpena County and meet the income guidelines to qualify. If you haven't signed up to receive your Project Fresh coupons or if you would like additional information please contact BJ at 356-3585.

VOLUNTEERS NEEDED

The Medicare Medicaid Assistance Program is seeking volunteers to assist Medicare beneficiaries in Alpena County.

Training is provided. For more information, please contact MMAP Counselor Julie Robinette 356-3585 or MMAP Regional Coordinator Kitty Glomski 358-4612.

The Fourth of July

The fourth of July – also known as Independence Day or July 4th – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2021 is on Sunday, July 4, 2021; the federal holiday will be observed on Monday, July 5th, 2021. The staff will not be at the center on the 5th.

Adventures in a Pumpkin Patch by Kitty Glomski, Hubbard Lake Gardener

It is always exciting to plant a garden and watch it grow. In spring of 2020, we tilled a brand-new plot of land and on it, we put in a very large garden – with a deer fence. If you did not know it, gardens are deer magnets. The deer look longingly all season through the electric fortress that stands between them and the delicate greens growing in my garden. I have written about my garden experiences many times, so it is no surprise that this year's garden was a really big one. All the latest vegetable varieties from the Gurney, Burpee, Jung's and Johnny's seed catalogs called to me like a Christmas wish list. What was unexpected was what happened from one small packet of seeds that my dad gave me.

My parents always enjoy the tasty results of my plantings. So, when dad gave me the packet of pumpkin seeds, it was very natural to him that every garden needed pumpkins too, even though I wasn't sure I'd have room for them. My precious tomato transplants were all in the ground before I discovered I ran out of row space for the pumpkins. Predictably, when I opened the packet, there were just a few seeds. With only a measly 8 seeds, I nested them into the outside edge of the corn plot.

Pumpkins grow amazingly fast. It became a daily battle of the vines poking their tendrils into the aisles versus me heading them off and herding them back into the corn like a cowgirl herding cattle. The corn plants loved the pumpkins shading their roots and the pumpkins took over the whole area – and they grew! So fast that much to my surprise, I turned around one day and came face-to-face with a soft-ball size pumpkin whose vine had spiraled up a corn stalk about five feet from the ground. The weight of the growing pumpkin eventually bent the stalk back to the ground which continued growing throughout the season. We delivered that pumpkin to my dad as thanks for the eight seeds that produced 36 pumpkins! Amazing!

What is even more remarkable were the delicious home-made pumpkin pies my daughter baked for Thanksgiving from a couple of the pumpkins. I saved at least eight more seeds for my next year's garden. So, Dad started a new garden and holiday tradition for sure!

Bill Cross with the cornstalk pumpkin

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