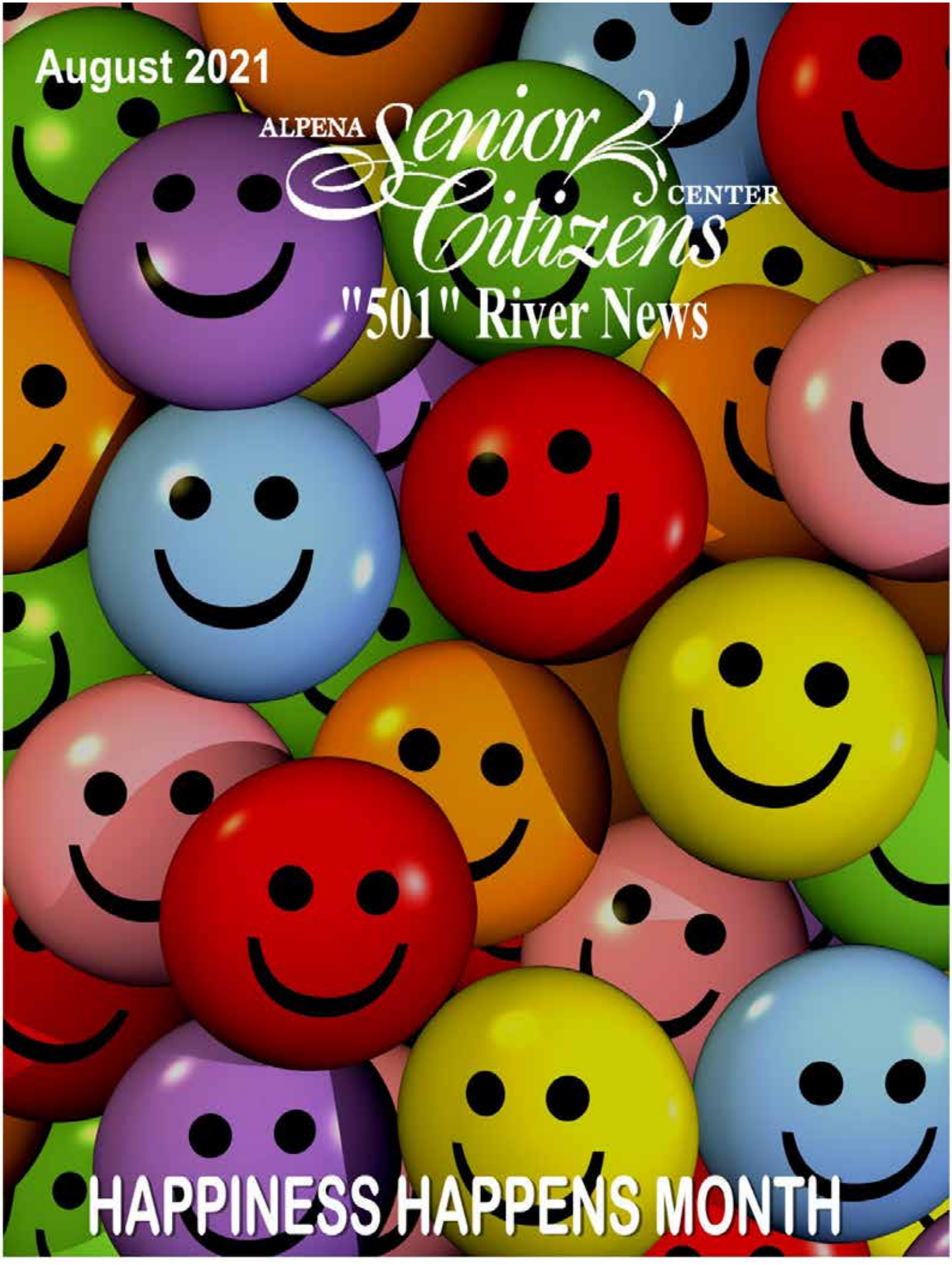
August 2021

ALPENA Senior Citizens CENTER

"501" River News



HAPPINESS HAPPENS MONTH

STAFF EXTENSIONS

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Joette Putkamer, Accounts Receivable/HR
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Kitchen 26

BJ Sander, Program Manager
email:bjsander@alpenaseniors.com **28**

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ALPENA Senior Citizens CENTER

Website: www.alpenaseniors.com
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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

Welcome back and happy August everyone. It is crazy to think that it is already August. I am so happy to have the center open and to see everyone again. It has been great listening to all the socialization and laughter. This is what the center is all about having fun, being with our friends and meeting new people.

We are excited to bring back Empowered Movement and BINGO this month. We are hoping to restart our shopping trips soon once we get staffing situated. Thanks for your patience and understanding, we appreciate it.

Did you know August is Happiness Happens Month 🙂. Happiness happens one small moment at a time, and it is our job to recognize those moments when they happen. Some of the ways to celebrate happiness month is by doing something nice for yourself. Happiness has to start with ourselves to be able to pass it on to others. Some other things you can do is do something nice for a neighbor, friend, or family member, you could volunteer, send a card to someone, etc. As we all know, laughter is the best medicine so be sure during this month to watch a funny movie, read jokes but most of all make sure to laugh. I would love to hear what you are going to do to celebrate happiness this month.

As always know that we are here if you need anything, please let us know.

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.

AUGUST COMMODITIES PICK-UP SCHEDULE

August 2nd Noon to 5:00 pm
August 3rd 8:00 am to 5:00 pm
August 4th 8:00 am to 5:00 pm
August 5th 8:00 am to 5:00 pm

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Alpena Senior Center's Book Club

We are just now starting our new book "Keep Sharp: Build a Better Brain at Any Age" by Dr. Sanjay Gupta. This program is in collaboration with University of Michigan-Flint. Students and a professor from the Public Health Department facilitate the book club and have been doing an amazing job.

We started the book club, via ZOOM, while the center was closed due to the pandemic with 10 people, and we are now up to 19 participants. Since we are now open, we are inviting members to join us in our conference room where we connect with others via ZOOM.

The enthusiasm generated by our group to learn ways to improve our health is contagious. If you have any questions or interest in joining our weekly club, please call BJ at 356-3585.

"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:

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

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.

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.

Senior Project FRESH
Market Fresh Food

BINGO

As we move forward with bringing activities back to the center we have decided to proceed slowly with BINGO. During the months of August, September and October we will be playing on the first and third Wednesday of the month only and we will start at 12:45. Of course with the closure of Neimans we have decided to try cash prizes for the first few months. Should you have any questions please give BJ a call at 356-3585.

Smart911

Smart911 is a service that allows residents to create a free Safety Profile for their household that includes any information they want 9-1-1 and first responders to have in the event of an emergency. Then, when anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the proper response to the proper location. At a time when seconds count, Smart911 provides details that could impact response the second an emergency call is placed, which could be the difference between life and death.

The Alpena Senior Center is collaborating with the City of Alpena Fire Department and 9-1-1 to facilitate monthly Smart911 presentations along with assisting individuals in completing their Smart911 profile. Our goal is to increase the number of Alpena County seniors enrolled in the program.

Our first educational presentation will be September 1st from 11am to noon followed by an additional "assistance with profile" meeting on September 15th from 11am to noon. Please contact BJ at 356-3585 to register or for additional information.

Smart911™

Bake Sale

Mackenzie, our staff baker, has been experimenting with some amazing baked goods. Of course, the rest of the staff have all become professional "tasters". Join us on August 18th from 10 am till "sold out" to purchase cookies, cupcakes, brownies and more.

Local Shopping

We will be offering a local shopping trip soon. Staffing constraints have caused us to delay this program until September. 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.

AUGUST 2021 ACTIVITIES

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise 10:00 – 11:00 am	3	4 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	5 ZOOM Book Club 11:30 am - 12:30 pm ZOOM Meditation 2:00 pm	6 Exercise 10:00 – 11:00 am	7
8	9 Exercise 10:00 – 11:00 am	10	11 Exercise 10:00 – 11:00 am	12 ZOOM Book Club 11:30 am - 12:30 pm ZOOM Meditation 2:00 pm	13 Exercise 10:00 – 11:00 am	14
15	16 Exercise 10:00 – 11:00 am	17	18 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	19 ZOOM Book Club 11:30 am - 12:30 pm ZOOM Meditation 2:00 pm	20 Exercise 10:00 – 11:00 am	21
22	23 Exercise 10:00 – 11:00 am	24	25 Exercise 10:00 – 11:00 am	26 ZOOM Book Club 11:30 am - 12:30 pm ZOOM Meditation 2:00 pm	27 Exercise 10:00 – 11:00 am	28
29	30 Exercise 10:00 – 11:00 am	31				

REPEATING DAILY EVENTS:
MONDAY: Exercise 10:00 am, Euchre 12:30 pm
TUESDAY: Quilting 10:00 am - Spitzer 12:30 pm
WEDNESDAY: Exercise 10:00 am, Bingo 12:45 pm
THURSDAY: Pinochle/Bridge 12:30 pm
FRIDAY: Exercise 10:00 am Pinochle 12:30 pm - Maj Jong 12:00 pm

BINGO
First & Third Wedneday of the Month

AUGUST 2021 MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Menu is subject to change.	2 Italian Beef Casserole Garlic Biscuits Carrots Fresh Fruit	3 Pork Chop Suey Rice Broccoli Tropical Fruit	4 Lemon Baked Fish Potatoes Peas Fruit Cup	5 Hamburger Stroganoff Green Beans Spiced Peaches	6 Pulled Pork Sandwich Coleslaw Redskin Potatoes Warm Applesauce	7
8	9 Breakfast Casserole Biscuit Hash browns Orange Juice	10 Pork Adobe Rice Peas & Carrots Pears	11 Chicken Parmesan Noodles California Veg. Blend Mixed Fruit	12 Taco Salad Bowl Mexican Rice Fresh Toppings Fruit Jello	13 Beef Stew Biscuit Berry Applesauce	14
15	16 Salisbury Steak Mashed Potatoes Carrots Fresh Fruit	17 Breaded Fish Sandwich Garden Rice Broccoli Fruit Parfait	18 Cabbage Rolls Mashed Potatoes Green Beans Peaches	19 Trio Salad Platter Vinegar Coleslaw Fresh Toppings Fruit Jello	20 Grilled Hamburger Macaroni & Cheese Corn Melon	21
22	23 Country Fried Steak Hash browns California Veg. Blend Applesauce	24 Roast Beef Mashed Potatoes Dinner Roll Peas	25 Chicken Broccoli Casserole Carrots Fresh Fruit	26 Pepperoni Pizza Italian Vegetable Salad Ambrosia	27 Coney Dogs Baked Beans Chips Spiced Apples	28
29	30 Omelets Sausage links Roasted Potatoes Applesauce	31 Blackberry Dijon Chicken Rice Pilaf Green Beans Fresh Fruit				31

Noon Meal: 11:30 am - 12:30 pm
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.

More Herbs, Less Salt

Eating a healthy, balanced diet is often easier said than done – it takes thought, time and effort to prepare fresh and nutritious food, when less healthy options are much easier and more convenient!

But eating healthy doesn't have to be boring! Getting accustomed to cooking with less salt does the body good – and the tastebuds just might not realize what they have been missing.

More herbs and less salt is a perfect way to begin paying more attention to salt intake, while getting creative with other ways to flavor food. This can be accomplished through the use of herbs in home-cooked dishes in place of salt. In fact, cooking at home is the only real way to control the use of salt because restaurants and premade convenience foods often use high amounts of salt that can't be changed. But that's okay, because cooking at home can be simple, tasty and enjoyable – especially for those who know they are doing something good for their bodies.

It doesn't take much room or effort to grow a variety of fresh herbs, and a little rosemary, thyme, mint or other herbs can do just as much to enrich a dish as a heavy dose of salt. Growing herbs at home can actually be fairly simple – and much less expensive than buying fresh herbs at the grocery store.

For those who have a full-fledged garden, this is perfect for summer. But even garden growers will need to either have a greenhouse or a space indoors (preferably with grow lights) so that they can have access to fresh herbs all year round.

Cutting back on salt in the diet might feel overwhelming, as if all of the flavor is going to be removed from life. But it doesn't have to be that way! Try these ideas for limited salt intake:

- Minimize the use of packaged meats. Fresh cuts of chicken, pork and beef have a much lower sodium content than preserved meats, such as bacon, ham or deli meats.
- Check frozen vegetable bags for salt content. Be sure that they are "fresh frozen" instead of having been preserved with salt prior to freezing.
- Compare brands. Some brands will pack the product full of sodium when it simply isn't necessary. Get used to reading labels on all prepared products including soups, frozen foods, boxed food mixes and even prepared dairy products like cottage cheese.

The Importance of a Colorful Diet

Pack your plate full of color and boost your daily intake of important, and often overlooked, nutrients.

Colorful foods, which are generally fruits and vegetables, contain many of the vitamins and antioxidants we need – with few calories. Along with maintaining good health, the nutrients in vegetables and fruits work together to protect against cancer, heart disease, vision loss, hypertension and other diseases. Increasing fruits and vegetables in your diet is a great step to improve your health.

Red fruits and vegetables protect our hearts. Red color in most fruits and vegetables contain antioxidants that reduce the risk of developing atherosclerosis, hypertension and high cholesterol. They also lower the risk of developing different types of cancer, including prostate cancer and protect against heart diseases and improve brain function. Try adding tomatoes, radishes, red cabbage and beets along with red grapes, strawberries, watermelon, cherries, raspberries, pomegranates, cranberries and red apples to your diet.

Blue and purple fruits and vegetables help prevent heart disease, stroke and cancer. Blue and purple fruits and vegetables are very important for your memory and promote healthy aging. This food also protects urinary tract health and regulates healthy digestion. Try adding eggplant, purple cabbage and purple potatoes along with blackberries, blueberries, purple grapes, plums, raisins and figs to your diet.

Orange and yellow fruits and vegetables are packed with nutrients that are known to protect your nervous system, promote eye health and prevent heart diseases. They also play an important role in maintaining skin health, boosting your immune system and helping build strong bones. Try adding carrots, pumpkin, sweet corn, sweet potato, yellow pepper and yellow tomatoes along with yellow apples, apricots, oranges, grapefruit, peaches, mangoes, papaya, pears and pineapple to your diet.

Green fruits and vegetables protect your eye health, lowering the risk of developing age-related macular degeneration. The essential nutrients found in green vegetables and fruits protect you from cancer and high levels of bad cholesterol, regulate digestion and improve immune system functioning. Try adding broccoli, spinach, cabbage, lettuce, Brussels sprouts, green beans, cucumbers, zucchini, peas and green pepper along with green apples, kiwi, green grapes, lime and avocado to your diet.

White fruits and vegetables contain nutrients known to lower the level of bad cholesterol in your body as well as lower high blood pressure. They also have a great immune boosting effect on your body. Nutrients found in white fruits and vegetables minimize the risk of colon, prostate and breast cancer as well. Try adding potatoes, onions, mushrooms, cauliflower and turnips along with bananas, white peaches and pears to your diet.

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National Relaxation Day

National Relaxation Day on August 15th encourages us to slow down and unwind. It's a day to focus on taking care of ourselves and take a moment to relax.

This is an important day, as we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks, too. It has been proven that stress can be harmful to our health, both mentally and physically. Most doctors will agree that finding ways to relax and finding ways to reduce stress will improve overall health.

Spending time in nature improves your overall wellbeing, but it turns out even just a little greenery is great for your health. Studies have shown patients in hospital rooms with plants report lower stress. Even just stepping into a lush space can reduce your heart rate. Plus, plants are effective at increasing oxygen and clearing out toxins, which should help you breathe easier-literally.

Artificial light from TV and computer screens affects melatonin production and throws off circadian rhythms, which messes with your sleep. Studies have found that individuals were more likely to suffer from sleep disorders, high stress and even depression if they reported intensive use of cell phones and computers at night.

Potassium helps your body regulate blood pressure. Keeping that under control should help you bounce back more quickly from what's got you stressed. Still hungry after that chocolate and banana? Try citrus, Recent studies show that vitamin C helps to alleviate the physical and psychological effects of stress.

Any music you enjoy is bound to make you feel better, but classical music, in particular, has been shown to slow heart rate, lower blood pressure and even decrease levels of stress hormones.

Green tea contains L-theanine, which reduces stress, and honey-unlike cane sugar-has been shown to counteract free radicals and reduce inflammation, which is sometimes linked to depression.

No matter what flavor it is, the act of chewing gum has been proven to lower cortisol and improve reported mood. Reacting to stress with short, shallow breaths will only exacerbate the problem-your body needs more oxygen, not less, to relax. Blowing up a balloon will help you refocus on your breathing. No balloons around? Just concentrate on taking a few deep breaths.

Research shows that a chemical released by a mowed lawn-that fresh-cut grass smell-makes people feel happy and relaxed. Plus, knocking it off your to-do list will give you one less thing to stress about.

Watching a funny video online does more than just brighten your afternoon, it physically helps to relax you by increasing the endorphins released by your brain. What's also good at releasing endorphins? Chocolate. Studies show that even just 40 grams of dark chocolate a day can help you de-stress.

Take a break from whatever you're doing and, starting at your toes and working upwards, spend a few moments slowly tensing, and then releasing, the muscles of each part of your body.

If you're feeling overwhelmed, take a moment to close your eyes and picture a particularly relaxing scene. It may sound cheesy, but numerous studies show that just a few minutes of disengaging from your stressors rejuvenates your ability to tackle whatever it is.

Empowered Movement

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

A recent study found that physical activity was the number one contributor to longevity, adding extra years to your life – even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. It's never too late to find simple, enjoyable ways to become more active, improve your mood and outlook, and reap all the physical and mental health benefits of exercise.

As your metabolism naturally slows with age, maintaining a healthy weight can become a challenge. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers. Exercise improves your strength, flexibility, and posture, which in turn can help with your balance and coordination and reduce your risk of falls. Strength training can also help alleviate the symptoms of chronic conditions such as arthritis.

Exercise can also help you to improve how well you sleep. Quality sleep is vital for your overall health as you get older. Regular activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed. Exercise can aid brain functions as diverse as multitasking and creativity, and help to prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.

Starting or maintaining a regular exercise routine can be a challenge at any age – and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or you may think you're too old or frail and can never live up to the standards you set when you were younger. Or may you think exercise is boring.

Empowered Movement Exercise Class is returning to the center on August 2nd. Class will be held Monday, Wednesday and Friday from 10 to 11 am at the center and via Zoom. Please call BJ at 356-3585 to reserve a spot or for additional information. We are excited to see all of you in class!

Empowered Movement

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