September 2021

ALPENA Senior Citizens CENTER

"501" River News

NATIONAL SENIOR CENTER MONTH

STAFF EXTENSIONS

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Joette Putkamer, Accounts Receivable/HR
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Kitchen 26

BJ Sander, Program Manager
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ALPENA Senior Citizens CENTER

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Phone: 989-356-3585 or 888-251-1082
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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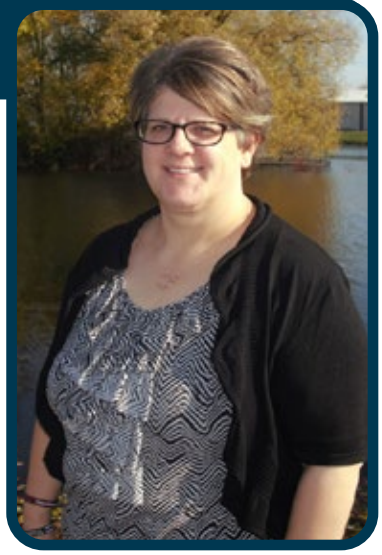
OUR MISSION STATEMENT

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



Happy Labor Day! It's just amazing to me how the days, months and years fly by. I am not sure where the time has gone this year.

I want to touch base a bit about the most recent updates with COVID. MIOSHA and the CDC is strongly encouraging people to mask no matter their vaccination status. At this time, this is a recommendation only, but I would like to just remind everyone that if things change with the regulations, we will be keeping you posted. So please keep in mind the rules with all of this can change and will be posted on the front door of the center. I do appreciate your patience. We really want to keep in mind the population we are working with and that we are working towards the safety of everyone.

September is National Senior Center month. Here at The Alpena Senior Center, we focus on all facets of senior living. We offer programs that help with nutrition, exercise, socialization, mindfulness, medication set up, transportation, support groups, in-home services and resources to assist you in living your best life. We want you to know that we are here to help you if needed. 🙂

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.

SEPTEMBER COMMODITIES PICK-UP SCHEDULE

September 13th Noon to 5:00 pm
September 14th 8:00 am to 5:00 pm
September 15th 8:00 am to 5:00 pm
September 16th 8:00 am to 5:00 pm

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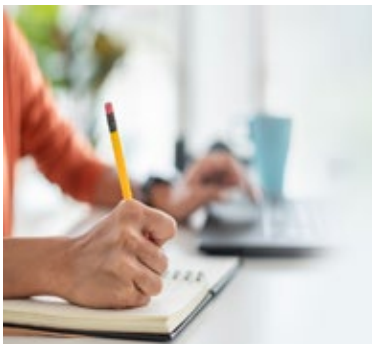
Alpena Senior Center's Book Club



We are well into reading "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 currently have participants in our conference room and on Zoom every Thursday from 11:30 to 12:30 pm. 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 989-356-3585.

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.

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

"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:

Sep 8, 2021 010:00AM	Oct 13, 2021 010:00AM
Nov 10, 2021 010:00AM	Dec 8, 2021 010:00AM

BINGO

As we move forward with bringing activities back to the center we have decided to proceed slowly with BINGO. During the months of 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

Smart 911 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 responses 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 was a huge success with over 50 participants. We do plan to continue with this project in October with the meetings being held the first and third Wednesday of the month. Please contact BJ at 356-3585 to register or for additional informati

Smart911™

Happy Birthday

Join us on the 3rd Wednesday of the month to celebrate monthly birthdays! Alpena Agency has offered to bring birthday cake or cupcakes along with ice cream, of course, during lunch time. So join us, as we start celebrating birthdays once again at the center!!!

Local Shopping

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

SEPTEMBER 2021 ACTIVITIES

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

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

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

SEPTEMBER 2021 MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Menu is subject to change.			1 Hamburger Stroganoff Peas & Carrots Hot Peach Delight	2 Breaded Pork Mashed Potatoes Carrots Oranges	3 Goulash Green Beans Garlic Biscuits Fresh Fruirt	4
5	CLOSED 6 Happy Labor Day	7 Breakfast Casserole Hashbrowns Biscuits Fresh Fruit	8 Roast Pork Mashed Potatoes Carrots Fruit Cup	9 Pepperoni Pizza Tossed Salad Tropical Fruit	10 Sloppy Joes Baked Beans Chips Melon	11
12	13 Swiss Steak Mashed Potatoes California Blend Pears	14 Pork Chop Suey Rice Broccoli Fresh Fruit	15 Swedish Meatballs Parmesan Noodles Peas Fruit Cup	16 Fish Sandwich Red Skin Potatoes Carrots Peaches	17 Chicken à la King Biscuits Green Beans Fresh Fruit	18
19	20 Sweet & Sour Chicken Rice Broccoli Apples	21 Spaghetti/Meat sauce Garlic Toast Peas & Carrots Hot Peach Delight	22 Pork Adobe Garden Rice California Blend Fresh Fruit	23 Blackberry Dijon Chicken Red Skin Potatoes Kyoto Vegetable Blend Fruit Cup	24 BBQ Beef Sandwich Asparagus Berry Applesauce	25
26	27 Country Fried Steak Mashed Potatoes Peas Pears	28 Baked Fish Rice Pilaf Broccoli Apples	29 Breaded Pork Parmesan Noodles Carrots Peaches	30 Roast Beef Mashed Potatoes Green Beans Dinner Roll Fresh Fruit		

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.

MONTHLY BIRTHDAY CELEBRATION
THIRD WEDNESDAY OF THE MONTH
SPONSORED BY ALPENA AGENCY

Grapes

Grapes are versatile fruits used in a wide range of popular foods — from raisins to jelly to wine. They are also packed with nutrients and antioxidants, and have high amounts of the phytonutrient resveratrol, which is good for the heart, according to some studies. In fact, while grapes are good for your overall health, they are especially lauded for their heart benefits.

Grapes are berries that grow on a vine. Because of their versatility, variety and portability, grapes are popular all over the world. More than 72 million tons of grapes are grown annually around the globe — more than bananas, oranges or apples. Only 12 percent of that number goes toward table grapes (grapes grown to be eaten fresh), however. The majority of grapes are turned into wine, according to the University of Missouri Division of Plant Sciences.

Grapes, especially the Concord grape variety, contain phytonutrients, including phenols, polyphenols, resveratrol and carotenoids. Phytonutrients are chemicals produced by plants. They provide significant benefits for people who eat plant foods. Grapes are also a good source of vitamin K, copper and many of the B vitamins and they are also a good source of fiber and relatively low in calories.

The richest concentrations of nutrients and antioxidants, including resveratrol, are in the grape skin and seeds, and most scientific studies of grapes have looked at extracts of these parts. That doesn't mean that their findings don't apply to people eating whole grapes, or that eating a whole grape isn't good for you. Nevertheless, it is good to be aware that grape flesh contains no more than 5 percent of the antioxidants found in the skin and seeds.

There are several colors of grapes, including red, black, purple or blue (Concord), green (which is used to make white wine), pink and yellow. Although all types of grapes are healthy, red grapes and Concord grapes are higher in flavonoids and phytonutrients, including resveratrol. Though sometimes available fresh, Concord grapes are usually used to make grape juice, grape jelly and grape flavoring.

You want to eat grape skins — it's where the majority of the nutrients are. But grape skins can be covered in pesticides. Grapes rank sixth on the Environmental Working Group's Dirty Dozen list, which compiles the fruits and vegetables with the most pesticides in the United States. Be sure to wash your grapes thoroughly or try buying organic grapes.

Grapes can be incorporated into the diet as an afternoon or bedtime healthy snack, a crunchy salad topping, or a tasty addition to a morning smoothie. They are a very versatile fruit and can be added to most dishes for a healthy burst of flavor. One serving is about 32 seedless grapes (one cup).

Labor Day

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. After municipal ordinances were passed in 1885 and 1886, a movement developed to secure state legislation. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws creating a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

Many Americans celebrate Labor Day with parades, picnics and parties – festivities very similar to those outlined by the first proposal for a holiday, which suggested that the day should be observed with – a street parade to exhibit "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day.

Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

American labor has raised the nation's standard of living and contributed to the greatest production the world has ever known and the labor movement has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker.

The Senior Center will be closed on September 6th so that our staff can enjoy the holiday.

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National Senior Center Month

Senior centers do so much for their local communities. Each year, we devote a month to celebrate and recognize the work that senior centers throughout the country to do help seniors enjoy their golden years. Every day, senior centers give aging Americans a place they can gather, find events and even improve their fitness and health. Many are supported through a mix of federal and state funding, generous donations from fellow members of the community and the aid of volunteers.

Senior centers do a lot of good for seniors in their areas, so taking one month out of the year to appreciate them makes sense. The easiest way to get involved is by attending an event at a senior center near you. The Alpena Senior Center has something going on every weekday so if you would like to have lunch with us, play cards or bingo, exercise, join our amazing book club, or just visit you are welcome to join us.

Open Enrollment

It's time to reevaluate your prescription coverage. Please call for an appointment, starting October 4th at 989-356-3585. If you have any questions or concerns, please feel free to contact Julie at the same number.

Closing

The Senior Center will be closing at 12:30 on Friday, September 17th for Staff Educational Training. This training is required by our funding sources. Should you have any questions please contact Annie at 356-3585.

September is Healthy Aging Month

September is Healthy Aging Month, the national observance month created by the Healthy Aging® organization over 25 years ago.

The mission behind September is Healthy Aging Month, is to draw attention to the importance of healthy lifestyles for adults, 45-plus. Since the early 1990s there have been no more significant changes in the world and the lives of older adults than what we have seen over the past year and a half. We've hunkered down, taken stock of our health status, changed the way we communicate, work and play. While it's been a challenge in many ways, we can now ready to capitalize on what we've learned and move forward in a healthy, positive way.

What has not changed and is more important than ever is the opportunity to follow a healthy lifestyle, remain positive and passionate about life, and look forward to better days ahead. Sometimes, it isn't easy, though, to get going. If you are in that boat and feel you need a boost to improve your lifestyle, here are a few tips for physical and mental wellness in recognition of "September is Healthy Aging Month".

- If you feel overwhelmed by some activities learn to say NO! Eliminate an activity that is not absolutely necessary. You may be taking on more responsibility than you can or should handle. If you meet resistance, give reasons why you're making the changes. Be willing to listen to other's suggestions and be ready to compromise.
- The first key guideline for adults is to move more and sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of all-cause mortality, heart disease, and high blood pressure. All physical activity, especially moderate-to-vigorous activity, can help offset these risks. Even for inactive adults, replacing sedentary behavior with light-intensity physical activity is likely to produce some health benefits.
- Choose a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes a variety of protein foods such as seafood, lean meats, and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds. Chose a diet low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars and stay within your daily calorie needs.

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Alpena, MI 49707

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Alpena Senior Citizens Center

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