December 2021

# ALPENA Senior Citizens CENTER

# "501" River News

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**Kitchen 26**

**BJ Sander, Program Manager**
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ALPENA Senior Citizens CENTER

**Website:** www.alpenaseniors.com
**Phone:** 989-356-3585 or 888-251-1082
**Fax:** 989-356-6548
**Office Hours:** Mon. - Fri. 8:00 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

As I sit here writing this message, I am shocked that 2021 is coming to an end as we approach the holiday and winter season. Despite the uncertainty in our world over the last two years I am super proud of the team and the seniors who are part of the senior center. We have had to become more flexible and willing to change things up to make programs work and keep our seniors engaged.

This month we are focusing on the theme "Finding Joy." Everyone finds and deals with joy in different ways. We never know the journey someone is on, so we always need to be mindful of others around us. Here is a list of 11 simple ways to find joy in everyday life. I challenge you to focus on one of these daily or monthly. Do what works for you.

1. Stop waiting to be happy.
2. Add happiness to your life, right now.
3. Make self-care part of your routine.
4. Get in a joyful state of mind.
5. Stop worrying.
6. Appreciate the small things.
7. Surround yourself with positive people.
8. Laugh more.
9. Love more.
10. Find bliss in a bucket list.
11. Plan your happiness.

I want to wish everyone a happy and safe Christmas and holiday season. What do the holidays mean to you? Holidays to me are making new memories with my family, baking cookies, decorating, and just enjoying the small things.

Looking forward to many great things in the upcoming year.
Merry Christmas 😊 Annie Hepburn

## "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:**

Dec 8, 2021 010:00AM

# 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.

# DECEMBER COMMODITIES PICK-UP SCHEDULE

**December 6th Noon to 5:00 pm**

**December 7th 8:00 am to 5:00 pm**

**December 8th 8:00 am to 5:00 pm**

**Note change in schedule - no Thursday pick up.**

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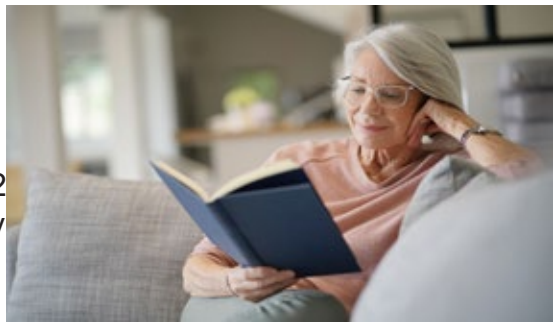
# Alpena Senior Center's Book Club



During the month of December, we will continue working on barriers, interfering with our desire to move forward with healthy nutrition. Each participant will be making a "Vision Board" focusing on our 2022 journey. This program continues to be 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 learning 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.

# Open Enrollment

The time for reevaluating your prescription coverage is coming to an end. If you have questions or concerns, please contact Julie at 356-3585. Open enrollment does end on December 7, 2021.

# 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.

Alpena Senior Citizens Center

# CHRISTMAS DINNER

The greatest gifts we have
are your Love, Support and Friendship.

**Please join us on December 8th for our Christmas curbside pickup only holiday meal. Please call 989-356-3585 to reserve your meal by December 3rd. Pickup time will be from 11:30 am - 1:30 pm.**

## MENU

**Pineapple Glazed Ham**
**Mashed Potatoes**
**Gravy**
**Vegetable**
**Dinner Roll**
**Cheesecake**
**Juice**

**Seniors 60 and older - Suggested Donation $3.50**
**Under 60 - $7.00**

Alpena Senior Citizens Center, 501 River St, Alpena - 356-3585

# DECEMBER 2021 ACTIVITIES

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | 1<br>Exercise<br>10:00 – 11:00 am<br>**BINGO: 12:45 pm** | 2<br>ZOOM Book Club<br>11:30 am - 12:30 pm<br>ZOOM Meditation<br>2:00 pm | 3<br>Exercise<br>10:00 – 11:00 am | 4 |
| 5 | 6<br>Exercise<br>10:00 – 11:00 am | 7 | 8<br>Exercise<br>10:00 – 11:00 am | 9<br>ZOOM Book Club<br>11:30 am - 12:30 pm<br>ZOOM Meditation<br>2:00 pm | 10<br>Exercise<br>10:00 – 11:00 am | 11 |
| 12 | 13<br>Exercise<br>10:00 – 11:00 am | 14 | 15<br>Exercise<br>10:00 – 11:00 am<br>**BINGO: 12:45 pm** | 16<br>ZOOM Book Club<br>11:30 am - 12:30 pm<br>ZOOM Meditation<br>2:00 pm | 17<br>Exercise<br>10:00 – 11:00 am<br>CLOSING AT 12:30 PM | 18 |
| 19 | 20<br>Exercise<br>10:00 – 11:00 am | 21 | 22<br>Exercise<br>10:00 – 11:00 am | 23<br>ZOOM Book Club<br>11:30 am - 12:30 pm<br>ZOOM Meditation<br>2:00 pm | **CLOSED** 24 | 25<br>MERRY CHRISTMAS |
| 26 | 27<br>Exercise<br>10:00 – 11:00 am | 28 | 29<br>Exercise<br>10:00 – 11:00 am | 30<br>ZOOM Book Club<br>11:30 am - 12:30 pm<br>ZOOM Meditation<br>2:00 pm | **CLOSED** 31<br>Happy New Year! | |

**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 Wednesday of the Month**

# DECEMBER 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<br>Italian Beef Casserole<br>Carrots<br>Peaches | 2<br>Breaded Pork<br>Baked Potato<br>Beets<br>Fruit Cup | 3<br>Sweet & Sour Chicken<br>Rice<br>Kyoto Vegetable Blend<br>Applesauce | 4 |
| 5 | 6<br>Goulash<br>Garlic Biscuit<br>Corn<br>Peaches | 7<br>Chicken Fajitas<br>Rice<br>Mexican Beans<br>Oranges | **Curb Side** 8<br>Ham<br>Mashed Potatoes/Gravy<br>Vegetable Blend<br>Dinner Roll<br>Cheesecake<br>Juice | 9<br>Baked Fish<br>Stewed Tomatoes<br>Garden Rice<br>Apples | 10<br>Country Fried Steak<br>Mashed Potatoes<br>Green Beans<br>Tropical Fruit | 11 |
| 12 | 13<br>Swedish Meatballs<br>Rice Pilaf<br>Carrots<br>Fresh Fruit | 14<br>Bruschetta Chicken Bake<br>Cauliflower<br>Apples | 15<br>Pizza Pasta Casserole<br>Garlic Toast<br>Green Beans<br>Peaches | 16<br>Smothered Pork<br>Mashed Potatoes<br>Broccoli<br>Tropical Fruit | 17<br>Ham & Cheese Sandwich<br>Cream Potato Soup<br>Coleslaw<br>Fruit Cup<br>**CLOSING AT 12:30 PM** | 18 |
| 19 | 20<br>Chicken Broccoli Casserole<br>Carrots<br>Warm Peaches | 21<br>Roast Beef<br>Mashed Potatoes<br>Corn<br>Fruit Cup | 22<br>Chicken Parmesan<br>Noodles<br>Brussels Sprouts<br>Fresh Fruit | 23<br>Beef Stew<br>Biscuits<br>Fruit Compote | **CLOSED** 24 | 25<br> |
| 26 | 27<br>Pork Chop Suey<br>Rice<br>Broccoli<br>Fruit Cup | 28<br>Pepperoni Pizza<br>Salad<br>Fresh Fruit | 29<br>Salisbury Steak<br>Potatoes<br>Peas & Pearl Onions<br>Oranges | 30<br>Chicken Salad Wrap<br>Macaroni Salad<br>Chips<br>Apples | **CLOSED** 31<br> | |

**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**

# Finding Joy

Do you ever feel like you struggle with finding joy in life during the holidays? Maybe trying a mental list of easy habits every week could make you feel happier.

Whatever joy means to you, this feeling can be harnessed in surprisingly simple ways, even during trying times when it can be hard to remember what being happy feels like. Here are some tips for finding joy in life that can be incorporated into your daily life.

When we are feeling overwhelmed or feeling sadness and loss, the secret to finding joy is in taking life one day at a time. Difficult periods can seem more manageable when we don't overwhelm ourselves by worrying about the future and all the unknown.

Practice focusing on small moments in the present that spark some joy, whether that means playing your favorite song or visiting with a good friend. When we take time each day and do something fulfilling, big or small, finding joy becomes more natural.

Everything you taste, smell, touch, hear and see can affect your mood. When we spot a butterfly or take the perfect bite of food, our senses are heightened, and we instantly feel excitement and joy. So, satisfy your sweet tooth with that piece of cake, light a fresh candle, pet your furry friends, listen to songs that boost your spirits, or watch the sunset. Anything you can do that awakens your senses will give you feelings of joy.

As we get older, we tend to become more cynical and lose sight of our inner child and the ability to be silly and have fun. But the key to staying plugged into the experience of joy is to remind us of our youthful spirit. By occasionally letting go of any rigidness that comes with growing up, we can shake off the doldrums and truly enjoy ourselves.

Have you ever been so overwhelmed or stressed out that you felt like a shaken-up can of soda about to explode? We have all been there. Releasing those pent up and negative feelings will enable you to experience other, more positive emotions.

Exercise, taking a long shower, or cranking up the music and singing along are great ways to pop the soda cap and feel more relaxed. When your mind and body are free from tension, it is much easier to find joy in life.

When we are going through a difficult time, we can become so concerned with the future or the past that we miss out on life's simple pleasures in the present. Perhaps it's the sound of a child's laughter, an unexpected rainbow in the sky or a compliment. These little surprises in life can easily be overlooked but taking the time to appreciate them will make each day more rewarding.

Practicing gratitude is another path to happiness. When we remind ourselves to appreciate the everyday gifts in life, like the fresh air we breathe or good friends and family, we automatically find more joy in our daily lives.

# Closing Early!!

On December 17th the center will be closing after lunch, at 12:30, so that the staff may gather for a holiday celebration. We thank you for your understanding.

# Senior Center Holidays!

The Senior Center will be closed on December 24th and December 31st so that our staff can enjoy the holidays with their families and friends. We thank you for your understanding!

# Holiday Cookie Sale

## Alpena Senior Citizens Center's

## " The Bread Basket"

Start placing your orders for your homemade Holiday Cookie Trays! The assortment will include a variety of delicious cookies displayed on a tray, wrapped with ribbon. A wonderful idea for gifts, parties and business meetings.

**Orders are flooding in, so call soon!**

**One dozen assorted cookies $8.00**
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# Cup of Soup, Anyone?

If you're in the mood for some healthy comfort food or just crave a warm meal, then soup may be precisely what you need. Enjoying a bowl of soup may be an easy, quick and tasty way to add more nutrients to your diet. However, though it may be a very versatile and flavorful dish, not all soups are as healthful as you'd think.

When prepared with the right ingredients, soup can be a truly healthy dish with multiple nutritional benefits. For example, soups made with bone-, vegetable-, or meat-based broths provide vitamins, minerals and nutrients. They also deliver great flavor while keeping added fats and calories to a minimum. Additionally, eating soup is an easy and tasty way to increase your vegetable intake. High vegetable intakes are associated with a reduced risk of weight gain, which is a risk factor for chronic diseases, such as heart disease, type 2 diabetes and certain cancers. Furthermore, vegetables provide numerous health benefits due to their high content of vitamins, minerals, fiber and plant compounds. Soups can be made with almost anything you have available in your kitchen. That said, there are certain ingredients to look out for, such as thickeners and condiments, which may increase your soup's calorie and sodium content and turn it into a somewhat unhealthy meal.

Aside from helping increase your vegetable intake, eating soup is associated with other potential health benefits. For starters, it may help you manage your weight. Studies show that daily calorie intake tends to be lower for people who eat soup.

Lastly, eating soup can help you stay hydrated. Water is essential for your health, and your total water intake may come from drinking water, water in beverages, or water in food – as in the case for soup, fruits and vegetables.

Just as choosing nutrient-rich ingredients will lead to a healthy soup, some ingredients used to improve texture or taste may produce an unhealthy dish that you might want to eat less frequently. Some of the most popular ingredients used to thicken soups include full fat milk, heavy cream, coconut cream, cornstarch, bread, cheese, egg yolks and roux – a mixture of butter and flour. In small quantities, these ingredients can be part of a healthy lifestyle, but it's the amounts used in cream-based soups you need to be wary of. Most thickeners are high energy density foods – foods that provide high amounts of calories per gram. Consuming large amounts of high energy density foods can mean that you consume more calories than your body needs, which may lead to weight gain. If you wish to improve your soup's texture without high calorie thickeners, you could add yogurt or mashed legumes, such as beans, chickpeas or lentils. That way, you'll enhance your soup's nutritional profile even further.

# Love Working With Your Hands?

If you knit, crochet, cross stitch or embroider and would like to join our craft group please give BJ a call at 989-356-3585. We're headed into the right time of year to start some projects or even finish up some projects!!!

# Empowered Movement or Enhance Fitness?

Beginning January 3rd, 2022 the Senior Center will be offering exercise classes Monday through Friday. Our Empowered Movement class, we have been doing for a few years, will continue Monday, Wednesday and Friday from 10 to 11 am. Enhance Fitness will be on Tuesday, Thursday and Friday morning from 9 to 10 am. You must register to participate in either class. I can only take 12 people in the Enhance Fitness class so if you have any interest in that class, please call me as soon as possible. Feel free to contact me, BJ at 989-356-3585, with any questions or to sign up for either class. Thank you for your interest.

# A Bit of Mistletoe Talk

Originally, holly was preferred at Christmas festivities by the church, but mistletoe which had been a symbol of hardiness and survival became a symbol of peace and goodwill, as it had been with the Norse.

The mistletoe kissing ball made its first appearance during the 18th Century. During Christmas festivities a young lady standing under a ball of mistletoe should not refuse to be kissed. It represented the (Norse) goodwill, a lasting friendship and possibly a deep romance. If she were not to be kissed, it was believed she would not marry that following year. In parts of Europe, if a couple in love kissing under the mistletoe was traditionally interpreted as a promise in marriage.

## In Memory Of / In Honor Of

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**Alpena Senior Citizens Center**

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

## In Memory

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Thanks Jeanne Szymanski
for the donations in memory of
**Nancy Lay**

Thanks to Darlene Edwards, Quentin & Brenda Hartman, Susan Plowman, Rowena Gonzalez, John & Linda McGill, Joan Cook, Donna Czarnecki and Wayne Christopherson
for the donations in memory of
**Wan Yun "Rosa" Greene**

## Alpena Senior Citizens Center

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