November 2021

ALPENA Senior Citizens CENTER

"501" River News

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

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

November is a very special month for many reasons. The leaves are turning beautiful bright colors as we look forward to Thanksgiving. It's also National Alzheimer's Awareness Month and Gratitude Month.

Did you know that over 5 million Americans have Alzheimer's Disease? Alzheimer's Disease is a form of dementia that impacts memory, thinking and behavior. It is the 6th leading cause of death in the U.S. and the most common form of dementia in 60-80% of all diagnosed cases. This is a disease that you do not have to handle alone, we want to help you. If you are a caregiver, we realize that there are many new challenges and changes in your life that are taking place on a regular basis. As a caregiver self-care is very important. Some suggestions are for you to reach out for help, use an Adult Day Care, join a support group, and make sure you are attending your own medical appointments. Other ideas are to eat well, get a good night's rest or take naps when able to, exercise, etc. Are you aware that if you or someone you know has been diagnosed with Alzheimer's or dementia that we have resources here at the Senior Center? We have a lending library, the Reach Program where we can work with caregivers one on one, and services that may help you. Please reach out to BJ or Annie to help you on this journey.

I am hoping with the Thanksgiving holiday coming up that you are planning time to spend with family or friends to make new memories. Thanksgiving to me is a time to make new memories with my family as well as look at what I am thankful and grateful for. What are some of your best Thanksgiving memories?

Did you know that to experience gratitude, we must understand that something positive comes from something other than ourselves? As a reminder, I challenged you last month to do a few things to show what you are grateful for. I challenge you this month to write three things down each day that you are grateful for. "Gratitude turns what we have into enough."

Have a Happy Thanksgiving! ☺

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:

Nov 10, 2021 010:00AM
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.

NOVEMBER COMMODITIES PICK-UP SCHEDULE

November 1st Noon to 5:00 pm

November 2nd 8:00 am to 5:00 pm

November 3rd 8:00 am to 5:00 pm

Note change in schedule - no Thursday pick up.

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McLaren HOMECARE

Alpena Senior Center's Book Club

During the month of November, we will be working on turning bad habits into good habits. We will be focusing on different articles to guide us through this process. Going into December we will be announcing the next book we will be reading. 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 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.

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.

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

THANKSGIVING DINNER

You are really special,
In all you say and do.
You've made a difference in our lives;
We're thankful now for you.

Join us for CURBSIDE PICKUP ONLY Thanksgiving meal on November 10th from 11:30 to 1:30. The Center will be open BUT not for indoor dining. We are expecting lots of orders so please call the center at 989-356-3585 to order your meal by November 5th.

MENU

Turkey
Mashed Potatoes
Dressing
Gravy
Vegetable
Roll
Apple Pie
Juice

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

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

NOVEMBER 2021 ACTIVITIES

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

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

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

NOVEMBER 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** Cabbage Rolls Mashed Potatoes Corn Tropical Fruit	**2** Pork Adobo Rice Carrots Fresh Fruit	**3** Roast Beef Mashed Potatoes Broccoli Oranges	**4** Oven Fried Chicken Rice Pilaf Green Beans Fruit Cup	**5** Breakfast Casserole Sausage Links Hashbrowns Juice	**6**
7 	**8** Tuna Noodle Casserole California Veg. Blend Peach Delight	**9** Swiss Steak Rice Pilaf Carrots Fruit Cup	**Curb Side** **10** Turkey, Stuffing Mashed Potatoes, Gravy Vegetable Blend Dinner Roll Pie Juice	**11** Pepperoni Pizza 3 Bean Salad Fruit Compote	**12** Coney Dogs Baked Beans Chips Fresh Fruit	**13**
14	**15** Chicken Parmesan Dinner Roll Green Beans Fresh Fruit	**16** Baked Fish Garden Rice Winter Veg. Blend Pears	**17** Salisbury Steak Mashed Potatoes Peas & Carrots Bananas	**18** Pork Chop Suey Rice Kyoto Veg. Blend Tropical Fruit	**19** Sloppy Joes Potato Rounds Broccoli Oranges	**20**
21	**22** Chicken Broccoli Casserole Breadstick Carrots Warm Applesauce	**23** Smothered Pork Red Skin Potatoes California Veg. Blend Pears	**24** BBQ Beef Sandwich German Potato Salad Beets Fruit Cup	**CLOSED** **25** 	**26** Goulash Dinner Roll Corn Fresh Fruit	**27**
28	**29** Turkey Shepard's Pie Mashed Potatoes Green Beans Pears	**30** Sausage & Sauerkraut Red Skin Potatoes Carrots Apples				

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

Walnuts

To say that walnuts are a nutritious food is a bit of an understatement. Walnuts provide healthy fats, fiber, vitamins and minerals – and that's just the beginning of how they may support your health.

Walnuts have higher antioxidant activity than any other common nut. This activity comes from vitamin E, melatonin and plant compounds call polyphenols, which are particularly high in the papery skin of walnuts.

Walnuts are significantly higher in omega-3 fat than any other nut. Omega-3 fat from plants, including walnuts, is called alpha-linolenic acid. It's an essential fat, meaning you have to get it from your diet.

Inflammation is at the root of many diseases, including heart disease, type 2 diabetes, Alzheimer's disease and cancer, and can be caused by oxidative stress. The polyphenols in walnuts can help fight this oxidative stress and inflammation.

Studies suggest that if your gut is rich in health promoting bacteria and other microbes (your gut microbiota), you're more likely to have a healthy gut and good overall health. An unhealthy composition of your microbiota can contribute to inflammation and disease in your gut and elsewhere in your body, increasing your risk of obesity, heart disease and cancer. What you eat can significantly influence the makeup of your microbiota. Eating walnuts may be one way to support the health of your microbiota and your gut.

National Alzheimer's Disease Awareness Month

Most of us know someone who has been impacted by Alzheimer's disease, whether it's touched our own family or a friend's loved ones. Nationally, the month of November is known as Alzheimer's Disease Awareness Month. Recognizing the need for heightened awareness of this disease, President Ronald Reagan made this designation in 1983. According to the Alzheimer's Association, there were less than two million Americans with Alzheimer's disease at that time. That number has increased to nearly six million nationally. According to the World Health Organization (WHO), roughly 50 million people worldwide live with Alzheimer's disease and other types of dementia.

Whether it's during November or any other time of the year, understanding Alzheimer's disease can improve the quality of life for those with previously undiagnosed Alzheimer's. And that's what National Alzheimer's Disease Awareness Month is all about!

Alzheimer's disease is a type of dementia, which is a term that describes memory loss symptoms and cognitive decline significant enough to interfere with daily life. Alzheimer's dementia, the most common type of dementia, accounts for 60 to 80 percent of all cases.

Although everyone experiences a change in brain function as they age, what occurs with Alzheimer's disease is not a normal part of aging. Alzheimer's is a progressive neurodegenerative disease, which means it gets worse over time, and the person affected eventually loses the ability to accomplish daily tasks.

Memory loss, such as frequently forgetting names, words, or new information, is typically one of the first warning signs of Alzheimer's disease. Although unwanted and frustrating, occasional memory lapses and instances of mild forgetfulness do not mean that a person has Alzheimer's. One clear distinction for any dementia diagnosis, including Alzheimer's, is that memory struggles and other symptoms need to be significant enough to impair someone's ability to accomplish everyday tasks independently.

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!

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In Memory of our Friend Rosa

Her Journey's Just Begun

Don't think of her as gone away
Her journey's just begun,
Life holds so many facets
This earth is only one.
Just think of her as resting
From the sorrows and the tears
In a place of warmth and comfort
Where there are no days and years.
Think how she must be wishing
That we could know today
How nothing but our sadness
Can really pass away
And think of her as living
In the hearts of those she touched
For nothing loved is ever lost
And she was loved so much.

Rosa started working at the Senior Center 12 years ago. She soon became a big part of the center. Rosa gave it her all at work and was very passionate about our seniors and the center. Her work included, preparing meals, cleaning, gardening and whatever else she decided to do. She very rarely sat still for any length of time.

We all have so many fond memories of her. She is truly missed and has left a mark in our hearts forever. We know that she is watching over all of us and the Senior Center.

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

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In Memory

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Thanks to Robert & Diana Kelly, Eileen Wikaryasz, James & Anne Dessenberg, Gary & Anne Moody and Melodee Marceau
for the donations in memory of
Wan Yun "Rosa" Greene

Alpena Senior Citizens Center

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