February 2022

ALPENA Senior Citizens CENTER

"501" River News

American Heart Month

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Website: www.alpenaseniors.com
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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

We are already into the second month of the year; it amazes me how the months go so quickly. Did you know that February is American Heart Month? This has been celebrated since 1963. In 2004 February was also the signature month for the American Heart Association's Go Red for Women campaign with the message that heart disease is not only a man's problem. This year National Wear Red Day will be celebrated on February 4th, so be sure to wear your RED!

Did you know:

- Heart disease kills an estimated 630,000 Americans each year
- It is the leading cause of death for men and women in the United States
- The most common type of heart disease is coronary heart disease

So, in February I challenge you to take care of yourself and your heart. Here are some samples for selfcare for seven days.

1. Selfcare Sunday - create your self-care checklist for the week
2. Mindful Monday - know your blood pressure numbers and other heart stats
3. Tasty Tuesday - try a tasty, heart healthy recipe
4. Wellness Wednesday - Put your heart into your wellness routine
5. Treat yourself Thursday - treat your heart to some relaxation and fun
6. Follow Friday - share who inspires you to show your heart more love
7. Selfie or Journal Saturday- Post or write about your favorite way to take care of your heart

Some other tips to keep your heart healthy are to reduce stress using relaxation techniques, make sure to schedule your annual physical, aim for a regular exercise routine up to five days a week, get 7-8 hours of quality sleep and focus on more vegetables and healthier food choices.

I also want to wish everyone a Happy Valentine's Day 💗 and make sure to celebrate yourself and keep your heart healthy. 😊

Annie Hepburn

Improving Our Health!!

Offering exercise classes 5 days per week seems to be settling in! I've added 10 minutes of some fun cardio to our Empowered Movement Class! Everyone seems to be enjoying the brain and movement challenge. We continue to add more people to both our Zoom and in-center classes.

Enhance Fitness participants seem to be settling in with learning a new routine. Challenging our brain and our body with new things is beneficial to each of us.

If you are interested in participating in our classes please give BJ a call at 989-356-3585.

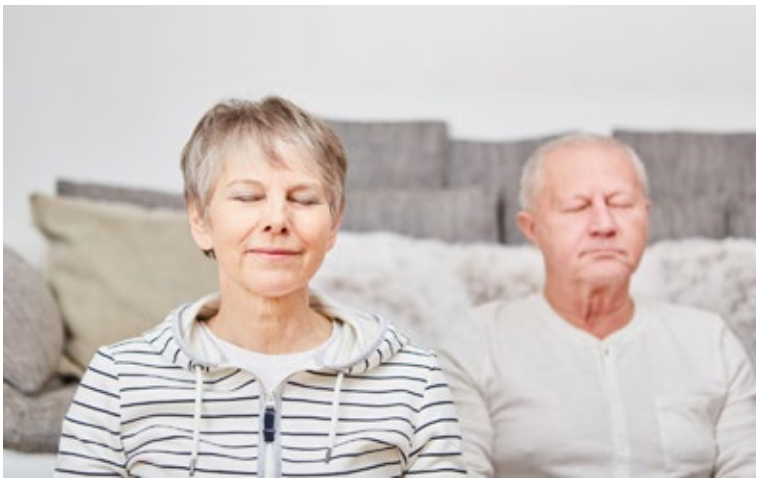
Healthcare Loan Closet...

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



A regular and simple meditation practice benefits the body and mind. It promotes a healthy nervous system and a calmer mind overall. We continue to explore a variety of tools including, mindful awareness, visualization and breathing techniques amongst others.

Join us as Daniel Carpenter, a yoga and meditation teacher based in the Detroit area, guides us through an amazing ½ hour of relaxation and awareness. Daniel has been teaching for over nine years and has his own studio, "Bodhi Seed Yoga". Daniel's goal is to make yoga and meditation accessible to everyone.

Participants can join us via Zoom or at the Senior Center on Thursdays at 2:00 pm. Our journey with Daniel has been quite amazing. This event is growing rapidly so if you would like to participate or have questions please give BJ a call at 989-356-3585.

FEBRUARY COMMODITIES PICK-UP SCHEDULE

February 7th Noon to 5:00 pm
February 8th 8:00 am to 5:00 pm
February 9th 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

We are off to an amazing start with our new book, "Living a Healthy Life".

The goal of the book is to help people with chronic illness explore healthy ways to live with physical or mental conditions. A healthy way to live with a chronic illness is to seek soundness of body, and mind and work to overcome physical and emotional issues. The challenge is to learn how to function at your best regardless of the difficulties of living with a chronic condition can present.

Natalie Golden, our new UofM-Flint student facilitator, is excited to work with our participants and has started off with much enthusiasm. Natalie is a student in the Public Health Department. Should you have any questions regarding our book club please contact 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.

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.

Staying Connected

We have all built barriers to love. We've had to in order to protect ourselves from the harsh realities of living a human life. But there is another way to feel safe and protected. When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change. We can learn to embrace ourselves and our lives, despite inner and outer imperfections, and provide ourselves with the strength needed to thrive.

Are you struggling with loneliness? Are you new to the community and wanting to make friends? We are starting a new project in March that may be of interest to you. If you would like additional information and/or would like to reserve a spot please contact BJ at 989-356-3585.

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!!!

Diabetes Support Group

If you are prediabetic or diabetic and struggling please join us on February 4th at 1:00 pm. Norman Schultz, RN from MyMichigan Medical Center will be facilitating. We are pleased to be partnering with our local hospital. If you have any questions or would like to reserve a spot please call BJ at 989-356-3585.

FEBRUARY 2022 ACTIVITIES

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

REPEATING DAILY EVENTS:
MONDAY: Exercise 10:00 am, Euchre 12:30 pm
TUESDAY: Enhance Fitness 9:00 am, Quilting 10:00 am - Spitzer 12:30 pm
WEDNESDAY: Exercise 10:00 am, Bingo 12:45 pm
THURSDAY: Enhance Fitness 9:00 am, Pinochle/Bridge 12:30 pm
FRIDAY: Enhance Fitness 9:00 am, Exercise 10:00 am Pinochle 12:30 pm - Maj Jong 12:00 pm

BINGO
First & Third Wednesday of the Month

FEBRUARY 2022 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 Omelets Sausage Links Hashbrowns Orange Juice	2 Hamburger Stroganoff Vegetable Fruit	3 Turkey Shepherd's Pie Mashed Potatoes Vegetable Fruit	4 Beef Stew Biscuits Vegetable Fruit	5
6	7 Blackberry Dijon Chicken Rice Pilaf Vegetable Fruit	8 Spaghetti/Meat sauce Vegetable Fruit	9 Baked Fish Parsley Potatoes Vegetable Fruit	10 Pork Roast Sweet Potatoes Vegetable Fruit	11 Cheeseburgers Potato Rounds Vegetable Fruit	12
13	14 Swedish Meatballs Rice Pilaf Vegetable Fruit	15 Turkey Sandwich Cream of Mushroom Soup Vegetable Fruit	16 Swiss Steak Mashed Potatoes Vegetable Fruit	17 Breaded Pork Garden Rice Vegetable Fruit	18 Chicken Fajitas Mexican Rice Vegetable Fruit	19
20	21 Breakfast Casserole Hashbrown Fruit	22 Oven Fried Chicken Red Skin Potatoes Vegetable Fruit	23 BBQ Beef Sandwich Vegetable Fruit	24 Pork Chop Suey Rice Vegetable Fruit	25 Goulash Dinner Roll Vegetable Fruit	26
27	28 Chicken à la King Biscuit Vegetable 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
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American Heart Month – Know How Stress Affects Your Body

Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better-and have a healthier heart, too!

Whether it's from everyday deadlines, the life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow-and especially over the long term that's not healthy! Research shows that stress can makes us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So, try to listen to your body while thinking about what's going in your life.

Did you know your body also has a relaxation response? Your breathing slows and blood pressure and heart rate decrease. The good news is that you can trigger that response.

Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images.

You may want to try progressive muscle relaxation. This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Meditation is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including through mindfulness meditation. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment

Deep breathing is something you can do anytime, anywhere. Take in a slow, deep breath, let your stomach or chest expand, then exhale slowly. Repeat a few times.

You can always participate in our weekly meditation at the senior center. Please give BJ a call at 356-3585 if you would like any additional information.

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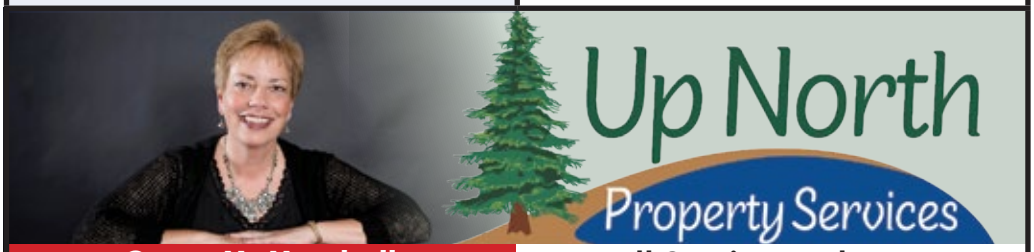

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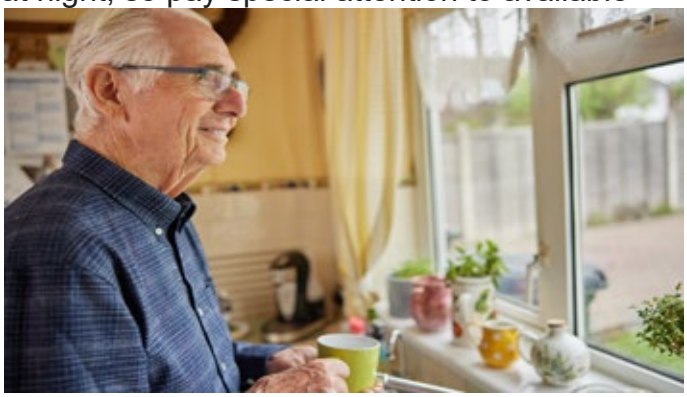
National Senior Independence Month

We all think of February as the month to celebrate Valentine's Day, but what you might not know is that February is also National Senior Independence Month. This is a time to celebrate and empower seniors to have the confidence and quality of life that comes with independent living. There are some simple things we can do to help seniors remain safe at home without disrupting routines.

First, look around. Make sure there are obvious paths of navigation around the home. Rearrange furniture to support walking with ease. Eliminate tight spaces and tripping hazards. Also, consider the height of some furniture – bruising is more common in seniors due to thinning blood, so think about how to eliminate those risks as well. The most dangerous time to fall is at night, so pay special attention to available light sources, such as night lights or motion sensor stick-on lights.



If you don't already have grab bars in your bathroom, install them! Whether you need them or not right now they are always handy and can accommodate any layout or design. Also, check the banisters on your stairs. They can come loose from years of use and pose a risk.

Maintaining a healthy mind and body is also important for preserving independence. Be sure to get regular exercise, take walks when possible and eat well. You can keep your mind sharp by developing a new skill, participating in a new activity or learning how to use technology.

Grapefruit

It's the dog days of winter, so why not brighten up the relentless gray with a splash of color? Maybe ruby red – or perhaps a white gold.

February is National Grapefruit Month, a good reminder for us to consider the health and nutritional benefits of one of the world's most beloved fruits. According to the US Department of Agriculture, grapefruits are grown all over the world, with China, the United States and Mexico as the world's leading producers.

Grapefruits are a good source of vitamins A and C. They help us maintain our immune systems and the nutrients they contain protect our skin and our eyes. Grapefruit is also loaded with magnesium, potassium and calcium. And they're low in calories!

Red, white and pink grapefruit are the most popular. The flavors run the gamut from super acidic and sour to sweet and tart.

There's a whole host of tasty and easy-to-make recipes that include grapefruit. Make a tart and tasty grapefruit salad. Add it to your chicken dish for a Caribbean-style treat that's sure to please.

Heart-Healthy Eating

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures you can lower your risk of developing heart disease and also improve your overall health and wellbeing.

Heart-healthy eating involves choosing certain foods, such as fruits and vegetable, while limiting others, such as saturated and trans fats and added sugar.

The following foods are the foundation of a heart-healthy eating plan.

- **Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- **Fruits** such as apples, bananas, oranges, pears, grapes, and prunes
- **Whole grains** such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- **Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt
- **Protein-rich foods:**
  - **Fish** high in omega-3 fatty acids (salmon, tuna, and trout)
  - **Lean meats** such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey
  - **Eggs**
  - **Nuts, seeds**, and **soy products** (tofu)
  - **Legumes** such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans
- **Oils and foods high in monounsaturated and polyunsaturated fats:**
  - **Canola**, **corn**, **olive**, **safflower**, **sesame**, **sunflower**, and **soybean oils** (not coconut or palm oil)
  - **Nuts** such as walnuts, almonds, and pine nuts
  - **Nut** and **seed butters**
  - **Salmon** and **trout**
  - **Seeds** (sesame, sunflower, pumpkin, or flax)
  - **Avocados**

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