March 2022

ALPENA Senior Citizens CENTER

"501" River News

March is National Nutrition Month®!

#NationalNutritionMonth

eat right. Academy of Nutrition and Dietetics

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NATIONAL NUTRITION MONTH® 2022

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Kitchen 26

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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

It's hard to believe we are already moving forward into our third month of the year. As usual, we have been super busy with services and programs. We have so many exciting things coming up this month!

This is the time we kick off our annual fundraiser "Together We Can Fight Senior Hunger", raising funds for our meals program, including Meals on Wheels and congregate.

Our meal program is open to seniors 60 years of age and older living in Alpena County. We provide Meals on Wheels deliveries Monday through Friday in the city and Monday, Wednesday and Friday to county routes. We serve over 5,000 meals a month, that are made on site. To find out more about our Meals on Wheels program please contact Mike Stauffer at 989-356-3585.

Our congregate lunch is served Monday through Friday from 11:30 am to 12:30 pm. It is a wonderful place to come for a nutritional meal, as well as socializing with our seniors and our staff. We also offer curbside meals that must be ordered by 10 am and picked up between 11:30 am and 12:30 pm. Our meals for those 60 and over are a suggested donation of $3.50 and a cost of $7.00 for those under the age of 60.

Many people don't understand how our services and programs are funded. We do receive state and federal funds for our nutrition program and others. These funds are subsidized with the many grants we write through foundations and various organizations but there is a remaining percentage of costs that require us to do our annual fundraising.

We are asking that our community help support this fundraiser for our meal program starting March 1st and ending April 30th. Help us make this the best year ever as we work towards our goal of $30,000. That's $500 a day we will need to reach our goal by April 30th. We appreciate all that our friends and community do for our Alpena County seniors!

Lastly, I do want to mention five ways for you to observe National Nutrition Month:

1. Move your body!
2. Find inspiration by looking for new recipes or swapping healthy recipes with friends or family.
3. Join our book club at the senior center.
4. Attend presentations at the center when we host them.
5. Meet with a dietician to develop your own meal plan.

And here are five realistic ways to eat healthy this month:

1. Increase your water intake.
2. Choose real foods.
3. Opt for color in your diet by adding more fruits and vegetables. Bright green vegetables or vibrant red fruits give you a healthy boost.
4. Plan your meals ahead or pack your lunch.
5. Shop the perimeter of the store as this helps ensure you are getting the healthier foods versus processed foods that contain unnecessary additives and sugars.

Have a great month everybody and remember I am always available if you need anything.

Annie Hepburn

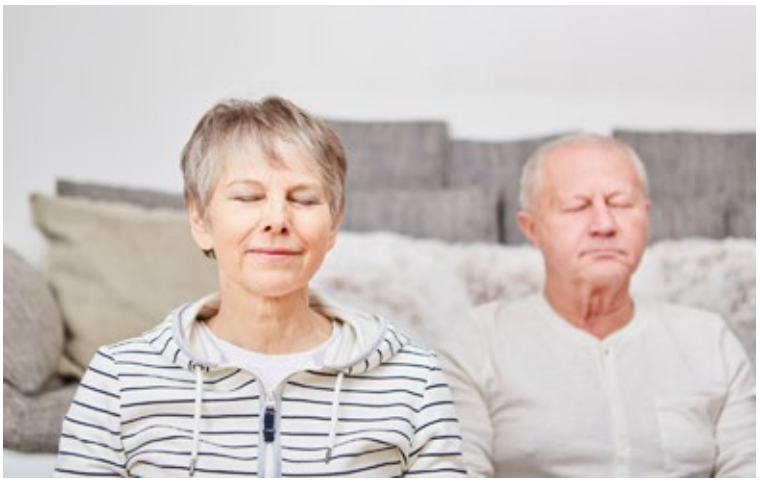
Healthcare Loan Closet...

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.

MARCH COMMODITIES PICK-UP SCHEDULE

March 7th Noon to 5:00 pm
March 8th 8:00 am to 5:00 pm
March 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 in the last month of our current book, "Living a Healthy Life". I believe that each of us has gained some insight from this book that will empower us with the desire to seek soundness of body and mind, and work to overcome physical and emotional issues.

What an amazing journey we have travelled since the conception of this club. The bonding, friendships and knowledge we have experienced has been heart-warming. We've shared life experiences, tears and laughter with each other in person and on Zoom. Here's to the lifelong relationships we have established!

Book choices for April are still being evaluated. If you are interested in learning more about this program please feel free to 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

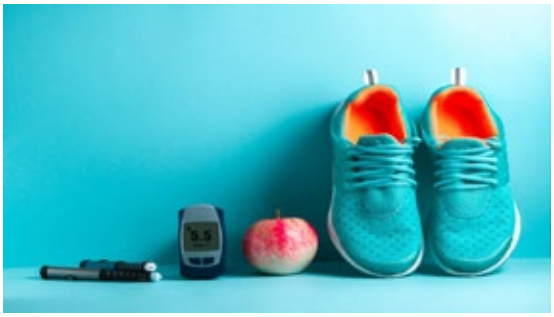
We have all built barriers to love. We've had to in order to protect ourselves from the harsh realities of living a human life. But there is another way to feel safe and protected. When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, 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?

Join us on Thursdays at 1:00 to socialize while we knit, crochet, cross stitch or embroider. Bring your project, some creativity and join our group. If you have any questions please feel free to call BJ at 989-356-3585.

Diabetes Support Group



If you are prediabetic or diabetic and struggling please join us on March 4th at 1:00 pm. Norman Schultz, RN from MyMichigan Medical Center will be facilitating our support group. We are excited to be partnering with our local hospital.

I was very excited and impressed with our meeting in February. If you have any questions or would like to reserve a spot please call BJ at 989-356-3585.

MARCH 2022 ACTIVITIES

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

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	29 Enhance Fitness 9:00 – 10:00 am	30 Exercise 10:00 – 11:00 am	31 Enhance Fitness 9:00 – 10:00 am 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: 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

MARCH 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 Country Fried Steak Mashed Potatoes Vegetable Fruit	2 Sweat & Sour Meatballs Rice Pilaf Vegetable Fruit	3 Cheese Stuffed Noodles Vegetable Fruit	4 Tuna Noodle Casserole Vegetable Fruit	5
6	7 Cabbage Rolls Mashed Potatoes Vegetable Fruit	8 Chicken Broccoli Casserole Vegetable Fruit	9 Smothered Pork Parsley Potatoes Vegetable Fruit	10 Taco Salad Bowl Fresh Toppings Refried Beans Fruit	11 Egg Salad Sandwich Cream of Broccoli Soup Vegetable Fruit	12
13	14 Sweat & Sour Chicken Rice Vegetable Fruit	15 Roast Beef Mashed Potatoes Vegetable Fruit	16 Pork Adobo Rice Vegetable Fruit	17 Corned Beef Cabbage Red Potatoes Cornbread Cookie	18 Fish Taco Coleslaw Rice Fruit	19
20	21 Salisbury Steak Rice Pilaf Vegetable Fruit	22 Coney Dog Baked Beans Chips Fruit	23 Meatloaf Mashed Potatoes Vegetable Fruit	24 Oven Fried Chicken Red Skin Potatoes Vegetable Fruit	25 Fish Sandwich Potato Rounds Vegetable Fruit	26
27	28 Italian Beef Casserole Vegetable Fruit	29 Pizza Vegetable Fruit	30 Chicken Fried Steak Mashed Potatoes Vegetable Fruit	31 Breaded Pork Baked Potato 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
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
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Pomegranates

Pomegranates have been used for years for their health benefits. Modern science has found that pomegranates can help protect your heart and may even prevent cancer.

A pomegranate is a sweet, tart fruit with thick red skin. While the skin is not edible it holds hundreds of juicy seeds that you can eat plain or sprinkle on salads, oatmeal, hummus and other dishes. Bottle pomegranate juice is also an easy way to enjoy some of the health benefits of this delicious fruit.

Pomegranates are grown on trees. These trees need ample heat to grow and ripen these hard, delicious fruits. Pomegranates are native to the Middle East and some Asian countries, but they can also be produced in the United States. The majority of pomegranates are grown in California. They're in season from September to November, but their long shelf life means you can usually find them in grocery stores until January.

Pomegranates can have up to three times more antioxidants than green tea or red wine. Antioxidants protect cells from damage, prevent diseases – such as cancer – and reduce inflammation and the effects of aging.

Additionally, other health benefits of pomegranates include the following:

- Heart Health – Studies have suggested that pomegranates can protect the heart in many ways, including lowering blood pressure and reducing blood sugar levels.
- Atherosclerosis – The build-up of cholesterol and fats in the arteries – is a common cause of heart disease. Pomegranate juice may help reduce low-density lipoprotein cholesterol - "bad" cholesterol" – that clogs arteries. It can also increase high-density lipoprotein cholesterol – "good" cholesterol" – which lowers the risk of strokes and heart attacks.
- Diabetes control – Initial studies have revealed that people with type 2 diabetes who begin to drink pomegranate juice showed an improvement in insulin resistance. Pomegranates can also help people without diabetes maintain a healthy weight.
- Lowering risk of cancer – Pomegranates are rich in antioxidants and flavonoids, both of which are know to prevent free radicals from damaging your cells. In some studies, pomegranates show potential to be effective in preventing prostate, breast, lung and colon cancers.
- Fresh pomegranate is also a source of fiber, which can promote weight loss, lower cholesterol, and ease constipation. In addition pomegranates provide folate, Vitamins K, E, B6 and potassium. Half of a pomegranate is one serving and contains 64 calories, 1 gram of protein, less than 1 gram of fat, 14 grams of carbohydrates, 3 grams of fiber and 11 grams of sugar.
- Although pomegranates are typically safe to eat, some people may experience unwanted side effects. An allergic reaction to pomegranate is rare but can happen. If you have a preexisting allergy to plants, check yourself for symptoms of an allergic reaction when consuming pomegranate.

National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "Celebrate a World of Flavors," showcases how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

The following ideas may help you get a jumpstart on developing a plan to improve your health.

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain Greek yogurt, fruit and whole grain cereal.

Make half your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 cups of vegetables your daily goal. Experiment with different types, including fresh and frozen.

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

Regular physical activity has many health benefits. Start by doing what exercise you can. Adults should aim for at least two hours and 30 minutes of physical exercise per week. You don't have to hit the gym – take a walk after dinner or put on some music and dance at home.

Get to know food labels. Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs. Please pay special attention to the ingredients list.

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

Preparing foods at home can be healthy, rewarding and cost-effective. Get creative and have fun!

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Stages of Chronic Kidney Disease

March is National Kidney Month! Did you know 37 million people in the United States are estimated to have chronic kidney disease (CKD). As many as 9 in 10 people are not aware that they have CKD. If you have diabetes or high blood pressure you are at higher risk for developing kidney disease.

Join us on Friday, March 4th at 11:00 am for a "Stages of Chronic Kidney Disease" presentation. Ashley Misiak FNP-C, MSN from MyMichigan Medical Center will be presenting ways to prevent advancement through the stages. Protecting our kidneys are so important so you won't want to miss out on this critical information. Please give BJ a call at 989-356-3585 to reserve a spot.

Improving Our Health!!

Our fitness programs are going quite well at this time. I continue to add new people to our Empowered Movement program. Both classes continue to be in-person and via Zoom. If you are interested in participating in our classes please give BJ a call at 989-356-3585.

Grace Quilters

Grace Quilters need new or gently used flat sheets, pieces of material, old blankets and mattress pads. These are used to make quilts, which are donated to world relief organizations. The group also makes animal beds and toys that are donated to local animal rescue shelters. Donations can be dropped off at Grace Lutheran Church, 119 W. Dunbar, Alpena.

How to Keep a Healthy Mind

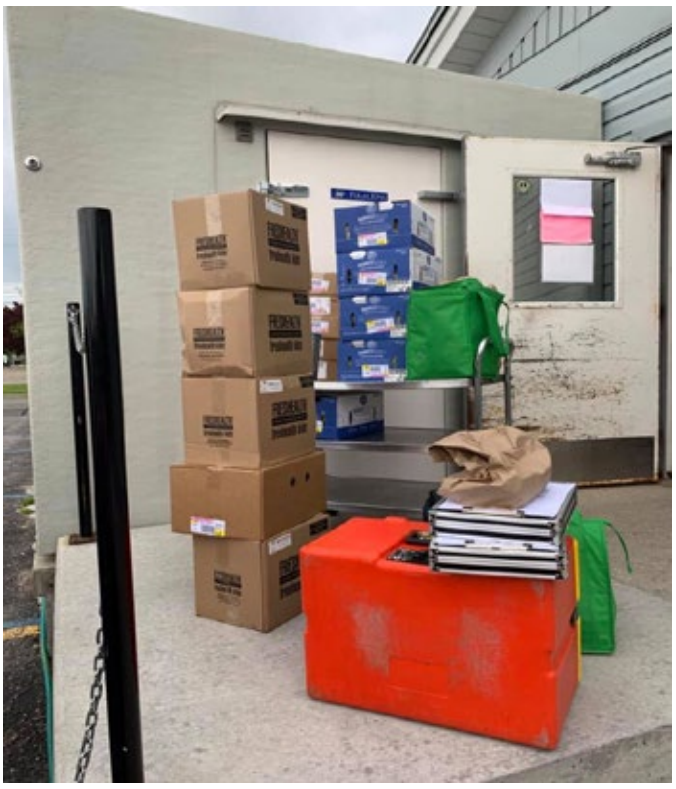
Join us on Monday, March 7th, at 11 AM for a presentation by Chase Thelan, SPT (student of physical therapy) from Central Michigan University. Chase plans to talk about "How to Keep a Healthy Mind". What a great topic we can all benefit from! I believe Chase may be accompanied by Andrew Doubek. Please contact BJ at 989-356-3585 to reserve a spot! This presentation will also be available via Zoom.

Together We Can Fight Senior Hunger!!

Everyone knows someone who's been touched by our Meals on Wheels program. They are our parents, grandparents, neighbors, and friends; the people who taught us, kept us safe and gave back to our communities. Today, they're all the people in Alpena County who face the challenges of limited mobility and isolation as they age. Tomorrow, it will be us. Help us make sure that the people who took care of us aren't left behind, forgotten or hungry – and instead are able to live out the independent lives they deserve and feel nourished through the kind of life-giving connections that help them thrive.

You can help us to fight Senior Hunger today by helping the Alpena Senior Citizen's Center during our "Together We Can Fight Senior Hunger" fundraiser.

Our goal this year is to raise $30,000 by April 30th. Every dollar donated makes a difference and helps put food on the table of a senior in need. Thank you for your help!



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Alpena Senior Citizens Center

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Thanks to Geraldine Rhoads, Marla & Joseph Jackowiak, Marcia Steele, Marilyn Ross, James & Barbara Wolf and Kathy Kindt for the donations in memory of

Lyle Shaw

Thanks to William & Carol Rasmussen and Ann Hendrick & Family for the donations in memory of

Lyle Rasmussen

Thanks to Starbase family-Steven Tezak for the donations in honor of

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