Age my way!

OLDER AMERICANS MONTH

ALPENA Senior Citizens CENTER

"501" River News

May 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

Where is this year going? I honestly cannot believe it is May. I sure am looking forward to warmer weather and to be outside more. I am excited to see what this Spring brings to us at the Senior Center.

May is Older Americans Month and this year's theme is "Age My Way". It is so important to focus on aging in place, meaning that the goal is to stay in your own home and live independently in the community if possible.

What are some of the ways that you can do this? We offer many programs to help you work on this. Our daily exercise program, book club, nutrition classes, diabetes support group, presentations offered regularly, art classes, meditation and so much more is available to support you.

We also have opportunities to come and socialize at our congregate meals Monday – Friday from 11:30-12:30. We have activities such as Bingo, Euchre, Spitzer, Pinochle/Bridge, Maj Jong, Bingo, working on puzzles, quilting group, knitting group and so much more. There is something for everyone to participate in and keep you active in our community. If you haven't come to the center, I encourage you to stop in to see what we have happening, we love being active.

If you are interested in any volunteer opportunities, please contact BJ Sander. We will be starting our gardens soon and will be looking for individuals to help.

Also, to remain safely in your own home you may need some services, and we may be able to help you. All our services are for seniors 60-years of age and over in Alpena County. We have Meals on Wheels that are delivered to your own home and in-home services such as personal care, home making and respite care. Reach out to Mike Stauffer to find out more about these services.

If you are interested in local transportation to medical appointments, contact BJ Sander to set that up and if you need help setting up your medications, please contact Annie Hepburn.

All these programs and services are provided through the senior center, and you can learn more about them by calling 989-356-3585. We are here to help you 😊

We have some new cooking classes coming up with our Teaching Kitchen and we are so excited to continue our partnership with Art in The Loft. Justin and his crew are amazing to work with and are doing a great job assisting with our cooking and art classes.

Thank you to all those who donated to our Meals Fundraiser, "Together We Can Fight Senior Hunger". We cannot continue to provide these amazing programs and services without the support of all of you. We are funded approximately 70% through grants and the other 30% requires us to raise funds.

Thank you and we enjoy serving you as our Seniors 😊

Annie Hepburn

Garden Helpers

Looking for "Garden Helpers"! I have some ideas of how to keep things simple and not so labor intense. Thanking everyone in advance for any help you can provide. Please give BJ a call at 989-356-3585 with any questions.

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!

Beware Of Medicare Scams And Aggresive Marketing

We have had an increase in calls from our Seniors concerned with telephone calls and solicitations about Medicare Advantage (MA) plans and Prescription Drug Plans (PDP). If you receive an unsolicited call, ask for their name and phone number so that you can report it, or simply hang up. Agents and brokers are prohibited from making unsolicited calls, sending unsolicited text messages or leaving unsolicited voicemail messages regarding MA and PDP plans. If you initiate a phone call from a television ad, and you start to feel uncomfortable, end the phone call. Senior Medicare Patrol (SMP) can assist Medicare beneficiaries in preventing, detecting and reporting health care fraud, errors and abuse.

The following link is a podcast which addresses an aggressive marketing situation: www.buzzsprout.com/1930758.

If you have questions or concerns, please call Julie Robinette at (989)356-3585, ext. 21.

SCAM ALERT SCAM ALERT SCAM ALERT

MAY COMMODITIES PICK-UP SCHEDULE

May 2nd Noon to 5:00 pm
May 3rd 8:00 am to 5:00 pm
May 4th 8:00 am to 5:00 pm
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Staying Connected

We have all built barriers to love. We've had 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 or depression? Are you new to the community and wanting to make friends? Please give BJ a call at 989-356-3585 to reserve a spot or for additional information.

Teaching Kitchen

We will be hosting another "Cooking Experience" with Art in the Loft in May. We want to make sure that everyone has a chance to participate, so if you are interested please call BJ at 989-356-3585.

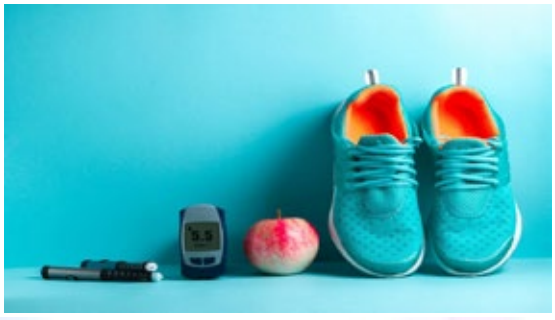
Stroke Awareness Month

NATIONAL STROKE AWARENESS MONTH MAY

It can happen any time and any place. A stroke can come on suddenly, and its effects can be devastating. Stroke ranks as the third leading cause of death in the U.S. It's the most common cause of adult disability. The good news is that you can halt the brain damage caused by a stroke if you act quickly. That's why it's important to know the warning signs of stroke, and to get help right away if you see them.

May is National Stroke Awareness Month. Please join us at the Senior Center on May 25th at 11 AM with Jameson Robarge, from MyMichigan Medical Center, as he talks about stroke prevention signs and symptoms.

Diabetes Support Group



If you are prediabetic or diabetic and struggling, please join us on May 6th 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.

National Physical Fitness and Sports Month

We know that exercise is such a crucial element to good health. However, approximately 70% of people in America are overweight and out of shape. Heart disease is still our number one killer and the average American spends five hours in front of a television screen daily. This wellness observance is an excellent time to promote fitness at any level and work to lessen these numbers.

The most common misconception about exercise is that you don't have time. Many of us have very busy, hectic schedules. But the reality is that what we make time for reveals our priorities. You may think you have no time to exercise, but do you have time for all the health complications that may come from a sedentary lifestyle?

It's certainly a legitimate concern when you have underlying health issues that make it more challenging to exercise. However, it's only more detrimental to your health to let them stop you. Be sure to consult your doctor about what exercise may be beneficial to you. Do you have bad joints? Exercises like walking or swimming may be your best options. There are even some seated workouts available.

Don't hesitate to modify strength training exercises to fit your needs. When you are carrying a lot of extra weight, it can be difficult to perform certain exercises. Modification is a great way to get started. Gradually, as your fitness level improves, you may not need to modify. Many of your current health issues may disappear as your habit of exercise increases your overall health.

It can be overwhelming to start an exercise program when you feel you have so far to go. Set small, incremental goals for yourself. Don't expect changes in your body overnight. Your main goal in creating a habit of exercise should be just that – creating a habit. Exercise is part of a lifestyle. Losing weight or gaining muscle can be great benefits, but they should always come secondary to your health.

Take it one day at a time and celebrate what your body is capable of doing! When you exercise, it isn't to punish yourself for eating poorly. Exercise is a way to care for your body and your health.

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.

MAY 2022 ACTIVITIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise 10:00 – 11:00 am	3 Enhance Fitness 9:00 – 10:00 am	4 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	5 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	6 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	7
8	9 Exercise 10:00 – 11:00 am	10 Enhance Fitness 9:00 – 10:00 am	11 Exercise 10:00 – 11:00 am	12 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	13 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	14
15	16 Exercise 10:00 – 11:00 am	17 Enhance Fitness 9:00 – 10:00 am	18 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	19 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	20 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	21
22	23 Exercise 10:00 – 11:00 am	24 Enhance Fitness 9:00 – 10:00 am	25 Exercise 10:00 – 11:00 am	26 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	27 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	28
29	CLOSED 30 	31 Enhance Fitness 9:00 – 10:00 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

MAY 2022 MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Menu is subject to change.	2 Cheeseburgers Potato Rounds Vegetable Fruit	3 Smothered Pork Mashed Potatoes Vegetable Fruit	4 Chicken à la King Biscuits Vegetable Fruit	5 Cabbage Rolls Rice Vegetable Fruit	6 Ham Salad Sandwich Chili Fruit	7
8	9 Salisbury Steak Rice Pilaf Vegetable Fruit	10 Pork Roast Mashed Potatoes Vegetable Fruit	11 Hamburger Stroganoff Vegetable Fruit	12 Oven Fried Chicken Baked Potato Vegetable Fruit	13 Goulash Dinner Roll Vegetable Fruit	14
15	16 Chicken Broccoli Casserole Vegetable Fruit	17 Roast Beef Mashed Potatoes Vegetable Fruit	18 Turkey Shepherd's Pie Mashed Potatoes Vegetable Fruit	19 Taco Salad Bowl Fresh Toppings Refried Beans Fruit	20 Pork Adobo Rice Vegetable Fruit	21
22	23 Coney Dogs Baked Beans Chips Fruit	24 Omelets Sausage Links Hash Browns Orange Juice	25 Sloppy Joes Coleslaw Fruit	26 Pepperoni Pizza 3 Bean Salad Fruit	27 Tuna Noodle Casserole Vegetables Fruit	28
29	CLOSED 30 	31 Ham Mashed Potatoes 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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Train Your Brain Series

"There is hope, even when your brain tells you there isn't" - John Green

Mild Cognitive Impairment affects 15-20% of people above 60 years old. Channels Rehabilitation LLC proudly provides the Train Your Brain program, developed by Dr. Paul Callaghan, designed specifically to counteract the negative changes in ***memory, attention, language, and planning/organization skills***. In therapy, your Speech-language Pathologist will complete an evaluation, education for compensatory strategies, and exercises to improve independence and success with restoring cognitive functioning.

This group is a 4-part education series targeted toward individuals and their loved ones who are experiencing changes in cognition and seek to learn more about ways to support brain health. These program principles encourage communication and support in your community! This program will include:

- Open dialogue about challenges you may be facing day-to-day
- Implementing new learning to facilitate neuroplasticity within the domains of memory, attention, executive functioning, and language
- Promote brain health and lifestyle changes to reduce the risk of dementia and slow cognitive decline

This series will be held at the Alpena Senior Center during the month of May. We look forward to seeing you there!

May 6, 2022 at 11:00 am
May 13, 2022 at 11:00 am
May 20, 2022 at 11:00 am
May 27, 2022 at 11:00 am

If you would like to attend this series, please contact BJ at 989-356-3585 to reserve a spot.

The following dates are reserved for our Book Club members only. These sessions will start before Book Club!

May 5, 2022 at 11:30 am
May 12, 2022 at 11:30 am
May 19, 2022 at 11:30 am
May 26, 2022 at 11:30 am

Alpena Senior Center's Book Club

We will be starting our new book on May 5th, "How Not to Die" by Dr. Michael Greger. By following Dr. Greger's advice he states, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to help prevent or fight certain diseases and to live longer. In addition to showing what is best to help treat the top fifteen causes of death, "How Not to Die" includes Dr. Greger's Daily Dozen – a checklist of the foods and activities we should try to incorporate into our daily routines. Full of practical, actionable advice and surprising, cutting-edge nutritional science, this book should provoke lots of thoughts, chatter and maybe even some changes!!

This book club is facilitated by a UofM-Flint student. You may participate in this group face to face or via Zoom. If you are interested in learning more about this program, please feel free to contact BJ at 989-356-3585.

What is the USDA Senior Farmers Market Nutrition Program (SFMNP)?

- Known as 'Senior Project FRESH/Market Fresh' in Michigan.
- Provides coupons to adults 60 and older, income eligible, OR aged 55 and over who are members of the twelve federally recognized tribes in Michigan and those Tribal members in Michigan that are a part of the urban Indian center population who are income eligible.
- To use like cash at registered farmers markets and roadside stands.
- Registered markets and roadside stands accept the coupons, have the user sign them, and then turn them in to the State Unit on Aging for reimbursement.
- Eligible items include any unprocessed fruits and vegetables that are grown in the state of Michigan.
- Operates between May 1 – October 31 each year.

Starting May 1st, I will be scheduling appointments to get your Project Fresh coupons.

You must be 60 years or older at the time of receiving coupons OR aged 55 and older and a member of a Michigan federally recognized tribe or urban tribal group. You must also reside in Alpena County. There is an income requirement as well.

EXCITING NEWS THIS YEAR!! THE COUPON BOOKLETS HAVE GONE UP TO $25.00!!!

Please call BJ at 989-356-3585 to schedule your appointment or for additional information.

Senior Project FRESH
Market Fresh Food

Sweet Vidalia Onion Month

During the Great Depression, farmers had high hopes of onions being new cash crop. Imagine their surprise when what grew was not an instant money maker but a strange new sweet tasting onion. In 1940 the state built a Farmers' Market central to Macon, Augusta and Savannah. Word of "those sweet onions from Vidalia" began to spread throughout the state, and a name was born as recognition grew. In the 1960s Piggly Wiggly grocery store, headquartered in Vidalia, saw the potential of the produce and helped farmers from all over the Vidalia area get their newfound onions on store shelves. In 1990, Vidalia onions were named the Official State Vegetable of Georgia. Each year, the pack date is set by the Georgia Ag Commissioner. No onion sold before the pack date can be called a "Vidalia". Approximately 200 million pounds of Vidalia onions are distributed across the country and Canada each year.

Cultivated for more than 80 years by growers, the Vidalia onion is considered America's favorite sweet onion. Its distinctive taste is derived from the combination of weather, water and soil uniquely found within 20 South Georgia counties.

Hand planted, harvested and cured each season, the sweet, juicy bulbs are available from April to August. Impeccable in quality, the Vidalia onion is sweet and crisp with a distinctive flavor all its own that cannot be replicated anywhere else in the world.

Considered a favorite sweet onion by chefs and home cooks, the Vidalia onion is known for its sweetness and versatility. From soups to salads to even desserts, Vidalia onions compliment any dish.

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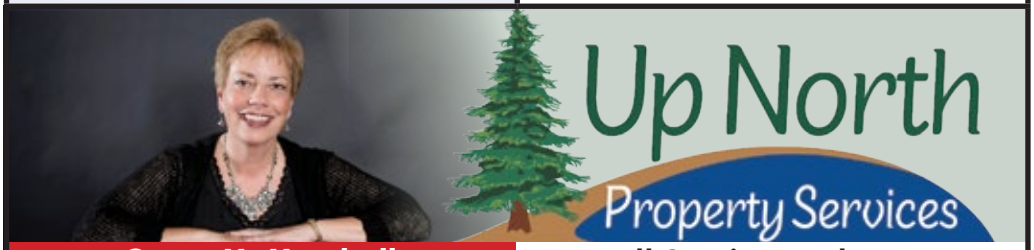

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Older Americans Month 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Join us on May 11th after lunch, at 12:30, for cake as we talk about some programs you may be missing out on and some future planning. Please call BJ at 989-356-3585 to reserve a spot!!

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.

Happy Mother's Day!!

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May. It complements similar celebrations, largely pushed by commercial interests, honoring family members, such as Father's Day, Siblings Day and Grandparents' Day.

The modern American version of the holiday began in the United States in the early 20th century at the initiative of Anna Jarvis, who organized the first Mother's Day service of worship and celebration at Andrews Methodist Episcopal Church in Grafton, West Virginia, which serves as the International Mother's Day Shrine today.

Enjoy your special day!!

Arthritis Awareness Month

Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 58 million men and women. To recognize this toll on American's health, CDC, the Arthritis Foundation and other partners observe Arthritis Awareness Month in May.

Arthritis affects working-age adults, older adults and even children. Everyone knows someone with arthritis. It is a leading cause of disability, and causes pain, aching, stiffness and swelling of the joints, but is not a normal part of aging. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus and fibromyalgia. Arthritis costs at least $81 billion in direct medical costs annually. Many adults with arthritis are prescribed opioid medicines, yet other options for pain are safer. Physical activity can decrease pain and improve physical function by about 40% and may reduce healthcare costs. Still, 1 in 3 adults with arthritis are inactive. Adults with arthritis also can reduce their symptoms by participating in disease management education programs. Only 1 in 10 normally take part in these programs.

Problem:

Arthritis is common and a growing health threat.

- Arthritis is common in adults.
- About 1 in 4 adults have arthritis.
- More than half of adults with arthritis are of working age (18-64 years).

Arthritis is disabling.

- The percent of adults limited by arthritis has increased by about 20% since 2002. The everyday activities of 24 million adults are limited by it, such as holding a cup, lifting a grocery bag or walking to a car.
- More than 1 in 4 adults with arthritis report severe joint pain.
- Adults with arthritis are more than twice as likely as adults without arthritis to report an injury related to a fall.

Arthritis makes it harder to manage heart disease, diabetes or obesity.

- About half of adults with heart disease or diabetes have arthritis, as do one-third of those who are obese.
- About half the adults with arthritis who also have heart disease, diabetes or obesity, have some limitations of their normal activities because of their arthritis.
- Physical activity helps manage all these conditions.
- Increased pain, fear of pain and lack of knowledge of safe forms of physical activity can make it harder for people with arthritis to be physically active.

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