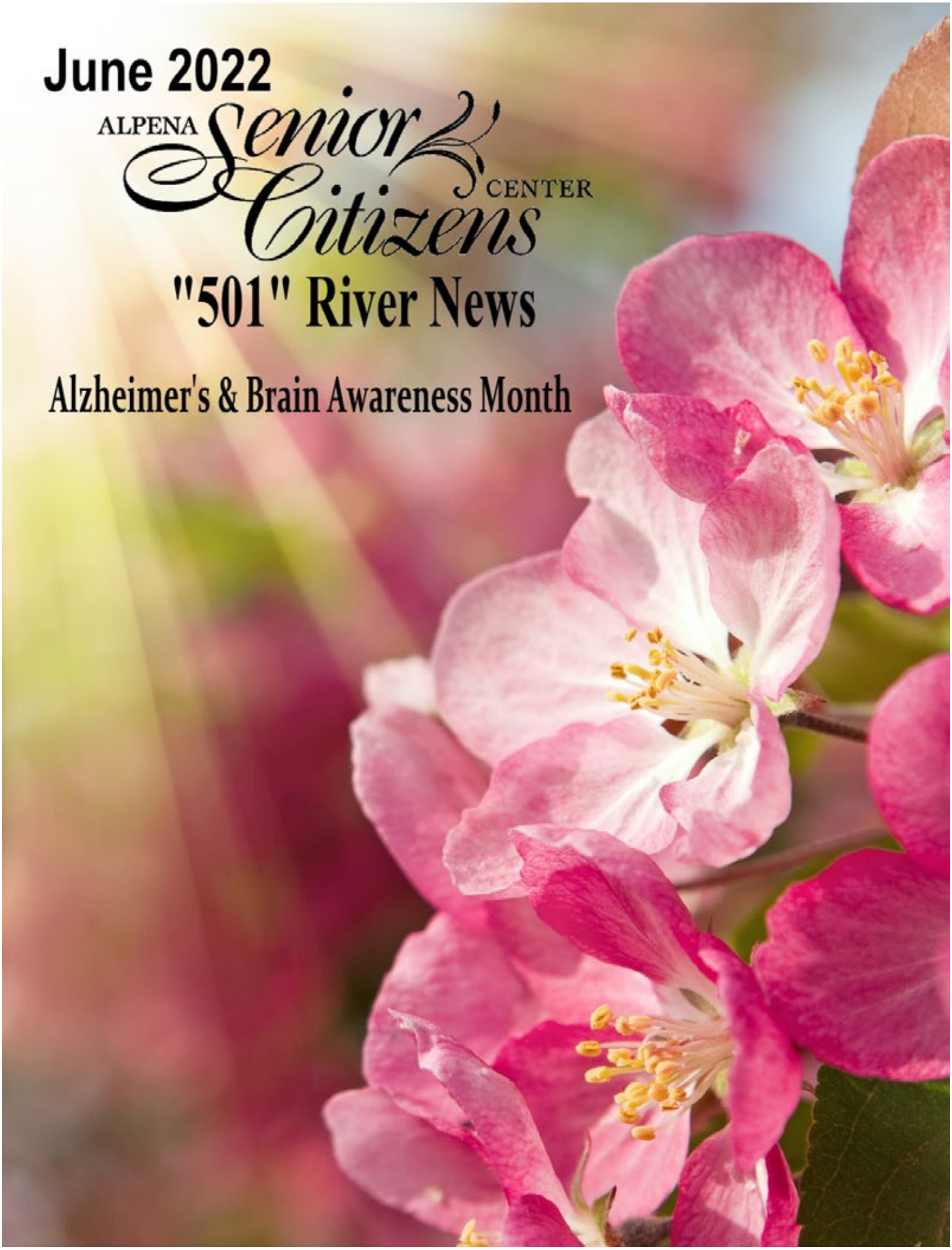
June 2022

ALPENA Senior Citizens CENTER

"501" River News

Alzheimer's & Brain Awareness Month



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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

Who else is with me when I say that I am really looking forward to some sunny summer days?!? Summer is such a great time of the year to get outside and enjoy the beautiful flowers, gardens, and the sites in our Alpena community. I would really encourage you to try something new this summer or explore something new. There are many opportunities within our center, with programs, exercise, our gardens, activities, etc. Also, there are many programs and activities happening in our community all summer long.

"Alzheimer's and Brain Awareness Month" is observed in June as an opportunity to spread the word and be aware of Alzheimer's and other dementias.

Did you know that there are over 6.5 million people ages 65 an older who has a diagnosis of Alzheimer's Dementia?

Of the U.S population about 1 in 9 people aged 65 and older are living with Alzheimer's dementia. Dementia is a disease that many people don't often want to talk about or try to hide too often. It is so important to not be afraid to share if you or a loved one has cognitive impairments. The earlier you recognize signs and symptoms and reach out for help the better. There are many things that can assist you through the diagnosis as the person or the caregiver.

We will be offering programs in the upcoming months for people to get some education and resources on how to approach or work with persons living with dementia. Please be on the lookout for an upcoming program on becoming a Dementia Friend. We will also be doing some upcoming programs with the National Council on Dementia called Dementia Minds. BJ and I are both passionate about people who are living with or caring for a person who has memory impairments Please reach out to us if you need any help. We are here for you.

During the month of June, there are a few ways to observe "Alzheimer's and Brain Awareness Month". You can do this by taking part in education programs, helping someone you know who has dementia or their caregiver or wear purple.

I want to also express my sincere gratitude to all those who donated and supported our recent fundraiser for Meals on Wheels, "Together We Can Fight Senior Hunger". The ongoing support from all of you is greatly appreciated.

Wishing you a safe and happy June 😊

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!

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.

JUNE COMMODITIES PICK-UP SCHEDULE

June 6th Noon to 5:00 pm
June 7th 8:00 am to 5:00 pm
June 8th 8:00 am to 5:00 pm
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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.

Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on June 3rd at 1:00 pm. Norman Schultz, RN from MyMichigan Medical Center will be facilitating. We continue to have a great group of people participating but we always have room for more. If you have any questions or would like to reserve a spot please call BJ at 989-356-3585.

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.

Blueberries

Brain health is important at every age in the lifecycle, but especially relevant for older adults. Diseases such as Alzheimer's disease and other forms of dementia are most common in adults 65 and older, and the risk increases with age. The older adult population is growing at a rapid rate, and according to the Centers for Disease Control and Prevention, the number of Americans 65 and older is expected to reach 71 million by 2030 and 98 million by 2060 – when older adults will make up nearly 25% of the population.

Evidence suggests that eating a diet containing a variety of vegetables, fruits, nuts, beans and seafood during adulthood is associated with lower risk of age-related cognitive impairment, dementia and Alzheimer's disease.

A growing body of scientific evidence is examining how blueberries can be part of eating patterns to support brain health, especially as part of an overall healthy lifestyle.

According to the Centers for Disease Control and Prevention, 34.2 million Americans have diabetes and 88 million people aged 18 and older have prediabetes. Approximately 90-95% of those with diabetes have type 2 diabetes, which occurs when the body's cells do not respond to insulin, the hormone produced in the pancreas which helps blood sugar enter the cells. The prevalence of type 2 diabetes is increasing in the U.S. population due to aging, physical inactivity and a high prevalence of overweight and obesity, all of which are serious risk factors.

The American Diabetes Association notes that fruit can fit into a diabetes friendly meal plan, help to satisfy a sweet tooth and provide extra nutrition. Blueberries are a great way to add natural sweetness to your favorite foods including cereal, yogurt, salads and smoothies. Not only can they help satisfy your sweet tooth, but they provide the added benefit of essential nutrients like fiber, vitamin C, manganese and vitamin K. In fact, including blueberries in your diet may offer health benefits and help manage your diabetes.

Scientific evidence supports the role blueberries play in diabetes management, from helping to improve metabolic syndrome risk factors like cholesterol and blood pressure to helping to modestly lower hemoglobin A1C (average blood sugar level) as a good source of fiber. Importantly, the science to date suggests dietary changes are effective and low-cost ways to improve blood sugar levels, manage weight and reduce cardiovascular risk factors for diabetic patients.

Alpena Senior Center's Book Club

Dr. Michael Greger has been generating lots of interesting reviews from our Book Club members as we are reading his book "How Not to Die". This book is full of practical, actionable advice and surprising, cutting-edge nutritional science.

This book club is facilitated by a UofM-Flint student. Currently, we are working with Brittany Denam, a student in the Public Health Department at UofM-Flint. 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.

JUNE 2022 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 **BINGO: 12:45 pm**	2 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	3 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	4
5	6 Exercise 10:00 – 11:00 am	7 Enhance Fitness 9:00 – 10:00 am	8 Exercise 10:00 – 11:00 am	9 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	10 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	11
12	13 Exercise 10:00 – 11:00 am	14 Enhance Fitness 9:00 – 10:00 am	15 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	16 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	17 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	18
19	20 Exercise 10:00 – 11:00 am	21 Enhance Fitness 9:00 – 10:00 am	22 Exercise 10:00 – 11:00 am **Carole & Company** Lunch: 11:30am – 12:30pm Music: 1:00pm – 4:00pm	23 Enhance Fitness 9:00 – 10:00 am Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	24 Enhance Fitness 9:00 – 10:00 am Exercise 10:00 – 11:00 am	25
26	27 Exercise 10:00 – 11:00 am	28 Enhance Fitness 9:00 – 10:00 am	29 Exercise 10:00 – 11:00 am	30 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

JUNE 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 Sweet & Sour Meatballs Rice Pilaf Vegetable Fruit	2 Cheese Stuffed Shells w/ Meat Sauce Vegetable Fruit	3 Fish Sandwich Potato Rounds Vegetable Fruit	4
5	6 Spaghetti w/Meat Sauce Vegetable Fruit	7 Ham & Cheese Sandwich Potato Soup Vegetable Fruit	8 Blackberry Dijon Chicken Rice Pilaf Vegetable Fruit	9 Breaded Pork Baked Potato Vegetable Fruit	10 Beef Stew Biscuits Vegetable Fruit	11
12	13 Pork Chop Suey Rice Vegetable Fruit	14 Peperoni Pizza Vegetable Fruit	15 BBQ Beef Sandwich Vegetable Fruit	16 Pork Roast Sweet Potatoes Vegetable Fruit	17 Chicken Fajitas Mexican Rice Vegetable Fruit	18
19	20 Chicken à la King Biscuits Vegetable Fruit	21 Taco Salad Bowl Fresh Toppings Refried Beans Fruit	22 **Carole & Company** Cheeseburger Macaroni Salad Fruit	23 Tuna Noodle Casserole Vegetable Fruit	24 Swiss Steak Mashed Potatoes Vegetable Fruit	25
26	27 Cabbage Rolls Mashed Potatoes Vegetable Fruit	28 Bruschetta Chicken Bake Vegetable Fruit	29 Meatloaf Mashed Potatoes Vegetable Fruit	30 Oven Fried Chicken Red Skin 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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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!!!

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but when things go wrong,
a dad can be patient
and helpful and strong.
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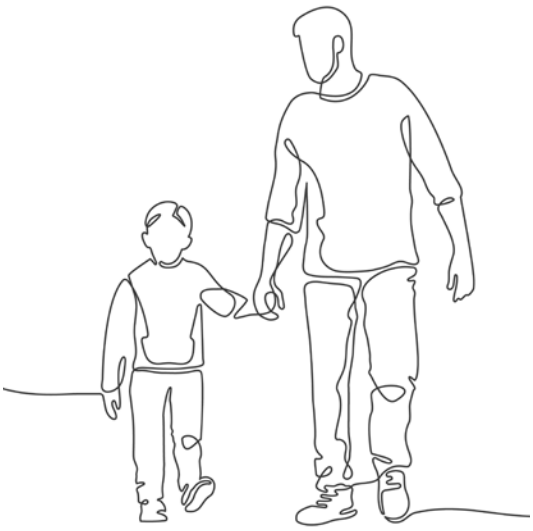
love plays a part.
There's always a place for him
deep in your heart.
And each year that passes,
you're even more glad,
more grateful and proud
just to call him your dad.
Thank you, Dad, …
for listening and caring,
for giving and sharing,
but, especially, for just being you.
Happy Father's Day to all the Dad's out there!!!!



Alzheimer's and Brain Awareness Month

"Alzheimer's and Brain Awareness Month" is declared each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It's also a time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia.

Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease worldwide. Perhaps more alarmingly, that number is expected to reach 132 million by 2050.

Dementia is a brain condition that affects parts of the brain that control thought, memory and language. Alzheimer's disease is the most common form of dementia. While the risk of developing Alzheimer's disease increases with age, Alzheimer's disease is not considered a "normal" part of aging. Most people living with Alzheimer's disease are older than 65 years; however, people younger than age 65 can develop Alzheimer's disease.

One of the first steps toward raising awareness is educating people on important facts concerning the progression of the illness and the number of older adults that it affects around the world. Here are a few essential facts:

- Many seniors living with Alzheimer's do not know they have it. The early signs of dementia include problems speaking or finding the right words during conversations, behavioral changes and difficulty with daily tasks like dressing. However, according to the Alzheimer's Association, even after these symptoms are recognized by a health professional, only 45% of patients are told by their doctors of their diagnosis. The failure to disclose the diagnosis to patients and their caregivers can prevent seniors from receiving the early treatment they need.
- Dementia impacts more people every year. It is estimated that around 44 million people in the world are currently living with dementia. While this is already a high number, it's supposed to continue to increase over the years.
- Alzheimer's often leads to premature death. Many people know that Alzheimer's disease causes debilitating memory loss that can make daily tasks difficult. However, it's essential that individuals are aware that Alzheimer's is the sixth leading cause of death among the U.S. population, explained the Alzheimer's Association. As there is currently no cure for dementia, the disease is the only illness in the country's top 10 causes of death that can't be prevented or even slowed, noted the source.

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems.

In the early stages of the disease, these can include:

- Getting lost in familiar places
- Having trouble handling money and paying bills
- Repeating questions
- Taking longer to complete normal daily tasks
- Displaying poor judgment
- Losing things or misplacing them in odd places
- Displaying mood and personality changes

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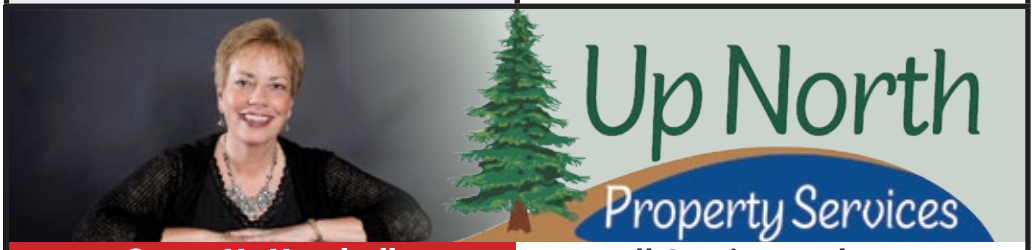

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Dementia Care Professionals Month

Dementia can be one of the most challenging conditions for a family caregiver to work with. Those living with dementia are often confused and disoriented, and often struggle to remember the names and faces of their own children.

The pain of watching a loved one slip away while still being very much alive can be unbearable for family mem bers. Even when a caregiver is not a family member but a trained professional, it takes a special kind of person to be able to stay calm and focused, day in and day out.

A dementia care provider is a valuable person who gives a piece of their heart every day to their work. Self-care is important for caregivers to help deal with caregiver's fatigue.

Even the most giving person may experience caregiver's fatigue at some point. Taking care of someone with dementia takes its toll, and that can sometimes come in the form of caregivers' fatigue. Dementia can cause a financial burden on the family, an emotional toll on the caregiver and sometimes physical exhaustion as well.

When your mother doesn't remember who you are, or has forgotten to pay a bill or over overspends, these things can all take a severe toll on the emotional health of the person taking care of them.

The first step in avoiding caregiver's fatigue is to reach out for help. Too many family caregivers believe that they alone should shoulder the responsibility of care. This is not true. Successful caregiving often requires many hands to make sure that the family member is well taken care of.

If you can, ask your family to help ease some of the workload. This might be by helping to source or provide respite care so you can step away for a few moments or helping by doing the grocery shopping or supporting you in some other way.

If no family is available reach out to friends. Friends can help ease the burden by doing some of the chores like driving your loved one to appointments, or simply offering you that much needed break.

Sometimes, it's not possible for more of the burden to be shouldered by other people. If you still find yourself stressed by situations, there are some things you can do to help. Deep breathing exercises can help ease stress in the moment and spending a few minutes outside can boost your mood and help ease tensions.

Caring for someone living with dementia can be hard, especially if they are your own family member. If you are experiencing caregiver fatigue, it's important to take steps to help yourself. Not only will you benefit from reduced stress and much needed assistance, but your family will also benefit when they see you feeling more relaxed.

Dementia Friends

Dementia Friends is part of a global movement that is changing the way people think, act and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

A Dementia Friend is someone who attends a live interactive session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

Join the Movement!! Become a Dementia Friend. We will be offering a one-hour training on June 15th from 4 to 5 pm. Please contact BJ at 989-356-3585 for additional information or to reserve a spot.

Carole & Company

Lunch & Entertainment

Wednesday, June 22nd 1:00 - 4:00 pm

Lunch 11:30am - 12:30pm, Music 1:00 - 4:00 pm

Cheese Burgers, Macaroni Salad, & Fruit

Over 60 $3.50 Suggested Donation, Under 60 $7.00 Charge

Alpena Senior Center, 501 River St.

In Memory Of / In Honor Of

Donations to
"In Memory Of" or "In Honor Of" (birthdays, anniversaries or other) can be made by completing this form and returning it with your check made payable to:
Alpena Senior Citizens Center

In Memory Of / In Honor Of:

_____

Acknowledgment to be sent to:

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Address:_____

_____

Message:_____

_____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

In Memory

Thanks to Margaret Adams,
Karen & John Miller
Tom McEwen Family, Don Nevins and
Mike and Darlene O'Neil
for the donations in memory of

Ada Maralyn O'Neil

Thanks to Mr. and Mrs. Charles E Fowler,
Nadine and Rueben Donajkowski
and Eileen Wikaryasz
for the donations in memory of

Barbara Donajkowski

Alpena Senior Citizens Center

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Date of Birth:_____

Anniversary:_____

Address:_____

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Phone:_____

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

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501 RIVER STREET
ALPENA MI 49707

ALPENA Senior Citizens CENTER

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