August 2021
ALPENA Senior Citizens CENTER
"501" River News
Happiness Happens Month

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Website: www.alpenaseniors.com
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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

Every month I sit down to write these notes, I always wonder where the previous month has gone. I cannot believe we are over halfway through 2022 already. We are in the middle of our summer already and before I know it my son will be back in school. It always amazes me how time seems to go by so quickly.

August is "Happiness Happens Month" and is celebrated each August. It is dedicated to celebrating things that make you happy. It is a fact that happiness is contagious and sharing your happiness can bring a smile to someone's face. When I look around the center so many things bring me happiness. I love the social and active environment that we have at our center. I love hearing the laughter when people are in the center and just watching the collaboration of friendships and socialization. It puts me at peace knowing that our Center is a safe place for all of you.

When I think of what brings me happiness personally there are so many things. My family, helping and serving others, watching my son with his accomplishments and the most recent one was him getting his drivers permit and getting his first real job. Once again where has the time gone. What brings you happiness?

Something to think about: How many times do people smile on average in a day? On average a happy adult smiles around 40-50 times per day for various reasons.

How do you celebrate happiness? Some ways would be to do something for someone else and it can be something small like saying hi, helping someone, sending a card, getting to know someone new, etc. We also must remember to take care of ourselves, so doing self-care is important too.

Just a reminder that we have a lot of programs that happen at the center with educational presentations on several topics each month, new programs focusing on dementia, a weekly book club, meditation, exercise and much more. I challenge you to try something new. I am also asking everyone to be flexible with changes in programs or activities for various reasons, overlapping of some programs, changes in staff, changes in the menu, etc. I understand change is hard, but we all must be flexible. We value all of you and I want you to know my door is always open for you. I am so grateful for the amazing team we have at the center to pull off all the programs and services we provide daily to the seniors in Alpena County.

Make sure to celebrate "Happiness Happens Month" and have a great August 😎

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!

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.

AUGUST COMMODITIES PICK-UP SCHEDULE

August 1st Noon to 5:00 pm
August 2nd 8:00 am to 5:00 pm
August 3rd 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.

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? This event is scheduled for Tuesdays at 1:00 pm. Please give BJ a call at 989-356-3585 to reserve a spot or for additional information.

Alpena Senior Center's Book Club

We decided to lighten up just a bit with our August read. "Goddesses Are Ageless", is the girlfriends guide to health, happiness and vitality at any age. The book is about living the life we're meant to live. This involves honoring our goals and dreams and taking charge of our mental health, our relationships and our attitude toward life. We're just starting so if you would like to participate give BJ a call at 989-356-3585 for more details.

HAPPINESS HAPPENS MONTH

"Happiness Happens Month" is celebrated annually in August. It is dedicated to celebrating things that make you happy. It's a known fact that happiness is contagious and sharing your happiness can bring a smile to someone's face. The month reminds us that happiness can be found in even little things that we might not notice and that spreading the same joy amongst others can help make the world a better place.

It is safe to assume that people want one key thing in life and that is happiness. It can be derived from various sources however everything is done with the intention to be happy. People can seek happiness out of love, work, personal interests, social work, animals, the list is endless. A happy mind in fact allows us to live a longer and more satisfying life. Happiness is all about positive thoughts and joy can be found anywhere only if one looks.

Ways to celebrate "Happiness Happens Month":

Volunteer in your community and offer vital support to the people who are in need. You will be able to connect with your community, learn new skills, and be the reason for someone else's happiness.

Your one tiny compliment to a friend or a family member can really brighten up their day. Try to do something special for your loved ones and surprise them with something that they love.

Being aware of what you are thankful for can actually help you to be a happier person. Start your day with a dose of gratitude and do all the tiny little things that will make you happy. It can be anything like singing in the shower, visiting your favorite person, or maybe just taking a stroll alone on the beach.

A few facts about "Happiness Happens Month" include:

Pets make you happy! When you play with pets, your brains release chemicals such as dopamine that are known for triggering happiness.

When you surround yourself with greenery, you will notice an improvement in your overall life satisfaction.

When you exercise you feel more confident and capable which also helps in coping with sress and anxiety.

Throw away unhappy thoughts. If you breathe and focus well, you have the ability to throw away unhappy thoughts and learn to see the brighter side of things.

Happiness is not the same for everyone. Different things make different people happy because each person is different owing to diverse life experiences.

The world needs more happy people. We are constantly surrounded by negative news and negative thoughts. However, the best thing is that good always wins over evil. Even if one person decides to share positive thoughts, it can have a snowball effect and help make the world a happier place!

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

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

AUGUST 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** Cheese Stuffed Noodles Meat Sauce Vegetable Fruit	**2** Roast Beef Mashed Potatoes Vegetable Fruit	**3** BBQ Pulled Pork Sandwich Vegetable Fruit	**4** Chicken Broccoli Casserole Vegetable Fruit	**5** Fish Sandwich Potato Rounds Vegetable Fruit	**6**
7	**8** Spaghetti w/Meat Sauce Vegetable Fruit	**9** Blackberry Dijon Chicken Rice Pilaf Vegetable Fruit	**10** Breaded Pork Baked Potato Vegetable Fruit	**11** Taco Salad Bowl Fresh Toppings Refried Beans Fruit	**12** Ham & Cheese Sandwich Chili Fruit	**13**
14	**15** Cabbage Rolls Mashed Potatoes Vegetable Fruit	**16** Pepperoni Pizza Vegetable Fruit	**17** Cheeseburgers Potato Rounds Vegetable Fruit	**18** Pork Roast Sweet Potatoes Vegetable Fruit	**19** Chicken Fajitas Mexican Rice Vegetable Fruit	**20**
21	**22** Omelets Sausage Links Hash Browns Orange Juice	**23** Oven Fried Chicken Rice Pilaf Vegetable Fruit	**24** Meatloaf Mashed Potatoes Vegetable Fruit	**25** Coney Dogs Baked Beans Chips Fruit	**26** Tuna Noodle Casserole Vegetable Fruit	**27**
28	**29** Pork Chop Suey Rice Fruit	**30** Beef Stew Biscuits Fruit	**31** Bruschetta Chicken Bake Vegetable Fruit			**30**

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

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.

Basil

Basil is a warm-weather, fragrant herb that tastes great in many dishes-including the beloved homemade pesto! Plant seeds or transplants after all danger of frost has passed and soil is warm, and it will yield an abundant harvest within weeks. Keep harvesting the leaves to keep the plant going strong.

Basil is the king of herbs. It is in the same family tree as the peppermint plant. In fact, its leaves are often just like a peppermint plant. Basil provides many unique health benefits. Most of the health benefits of basil come from two parts of the basil plant: basil's flavonoids and volatile oils. Studies have shown that basil's flavonoids and volatile oils each provide a multitude of health benefits. Basil is being studied all around the world today due to its unique properties.

One of basils volatile oils, eugenol, has been the subject of extensive testing and studies. Eugenol has been shown to block the actions of an enzyme called cyclooxygenase. This is one of the enzymes that many over the counter anti-inflammatory medications inhibit. Basil does no damage to the liver. Due to the cyclooxygenase inhibiting nature of basil, this food is considered an anti-inflammatory food.

Open Enrollment

Coming soon!! Open Enrollment October 15 -December 7th. Each year, you can make changes to your Medicare drug coverage or Medicare Advantage Plan for the following year. If you would like to review you plan with one of our MMAP counselors, call early as space is limited. Call Julie Robinette at 989-356-3585 ext. 21 to schedule your appointment.

RoCk thE CroCk

cooking class

WEDNESDAY
AUG 31, 2022

ALPENA SENIOR CITIZENS CENTER

1:00PM - 2:30PM

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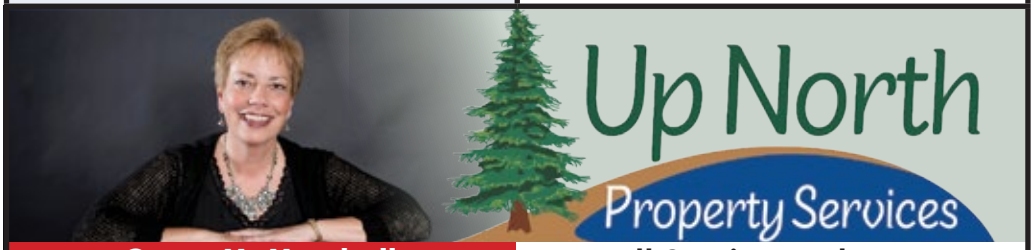

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BE KIND TO HUMANKIND

"Be Kind to Humankind" week is an annual worldwide celebration of kindness that is observed from August 25th to August 31st. This week is a time for us to reflect on what we can do to make this world a better place. The celebrations were started with the simple motive that we must do all that we can to make the lives of those around us happier. You don't have to do anything elaborate to be kind – all it takes is a kind word or helping a friend with their household chores to observe this week. Set aside a few hours everyday to do something nice for others.

"Be Kind to Humankind" week is an annual celebration of kindness that is recognized globally every year. It is basically a week of reflection and kind thoughts of others to make this world a better place. Practicing kindness daily is the goal. The entire week aims to specifically guide people on how to be kinder human beings to others. Even though this time is scheduled for a week the hopes are that we continue to be kind to each other no matter what and practice kindness throughout the year. This is also a perfect celebration to instill kindness and empathy among young children.

How you can observe "Be Kind to Humankind" week:

Know someone who's struggling to get their chores done? Get involved and lend a hand to anyone who might need your help. Something as simple as fetching groceries for someone can be a huge help to them.

It is difficult to forgive those who have wronged or hurt us. This week, try to forgive someone who wronged you. This helps you to get closure and move forward with your life.

Your morning commute can set the tone for the rest of the day. Consider practicing an extra amount of patience with those who share the road with you.

- Researchers say that kindness might in fact be "contagious" – we are more likely to perform kind acts when we see others being kind.
- Kindness makes you healthier. Being kind can increase your lifespan.
- Performing random acts of kindness can improve well-being and peer acceptance.
- Research shows that being kind gives you an optimistic outlook on life.
- Being kind can keep loneliness and helplessness at bay.

"Be Kind to Humankind" week inspires us to be kinder and better human beings. This is the perfect celebration to practice kindness and celebrate the trait that makes us humane. It's natural for us to put ourselves and personal interests first, but this is a great time to think of others and be considerate of someone else's needs. This teaches us empathy. This is a week you can pick a cause of your choice and choose to donate or volunteer for it. Supporting a good cause not only makes the world a better place but also helps you keep a positive approach to life.

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 one-hour training sessions during the month of August. Please contact BJ at 989-356-3585 for additional information or to reserve a spot.

Volunteer Opportunities

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In Memory

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