November 2022

ALPENA Senior Citizens CENTER

"501" River News

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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

My favorite part of the fall season are the beautiful colors. The past couple of weeks I have been traveling to watch my son play football and the leaves are so beautiful. It reminds me to enjoy every day.

Thinking about Thanksgiving I am reminded that there is so much to be grateful for. When you think about Thanksgiving what are some of the memories you recall? What is the best part of Thanksgiving for you? What are you grateful for? I am grateful for time spent with family and just making new memories.

In November we will be doing some different fundraisers with an online auction, Giving Tuesday along with some other things, so please keep your eyes open. With the costs of food, gas, and everything going up it is important for us to do some fundraising to continue to support and provide amazing services and programs for the seniors in Alpena County. **But as you know we cannot do it without your help**.

Are you aware of how we are funded? Did you know that approximately 30% of our budget is made up of fundraising?

We are funded through state and federal grants through NEMCSA (Northeast Michigan Community Service Agency), Alpena Senior Millage, other grant opportunities that come available, donations, fundraising, etc.

Did you know that we provide over 70,000 meals a year to seniors in Alpena County. We have 9 drivers that regularly deliver meals and a couple on call drivers. We deliver meals throughout the entire Alpena County, accounting for 8 routes. Seniors receive hot meals delivered to their door daily in the City and Monday, Wednesday, and Friday on the County routes, delivered by a staff member with a smile and a friendly hello as well as providing a wellness check to the senior.

I continue to be grateful for all the hard work and dedication that the whole team does here at the Senior Center to continue to provide amazing services and programs to the seniors of Alpena County. Happy Thanksgiving 🦃

Annie Hepburn

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 November. Please contact BJ at 989-356-3585 for additional information or to reserve a spot.

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.

NOVEMBER COMMODITIES PICK-UP SCHEDULE

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

Meals-on-Wheels Fundraiser

November 1st through the 11th we are having a fundraiser on Biddingowl.com! We have lots of great things to bid on so make sure you check it out. Contact BJ or Annie with any questions.

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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 meeting every Tuesday at 1:00. This group is becoming more empowered!!! If you would like additional information and/or would like to reserve a spot please contact BJ at 989-356-3585.

Alpena Senior Center's Book Club

As we move through "The China Study" the knowledge gained becomes deeper felt. There is always some friendly disagreement which leads to more conversation. I love how this special group of ladies have evolved with their friendships.

The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet.

More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, one of the most comprehensive studies of health and nutrition ever conducted. What they found, combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and to the unparalleled health benefits of a whole foods, plant-based diet.

In 2005, Colin and his son Tom, now a physician, shared those findings with the world in the "China Study", hailed as one of the most important books about diet and health ever written.

Featuring brand new content, this expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and the recent surging interest in plant-based nutrition.

"The China Study: Revised and Expanded Edition" presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

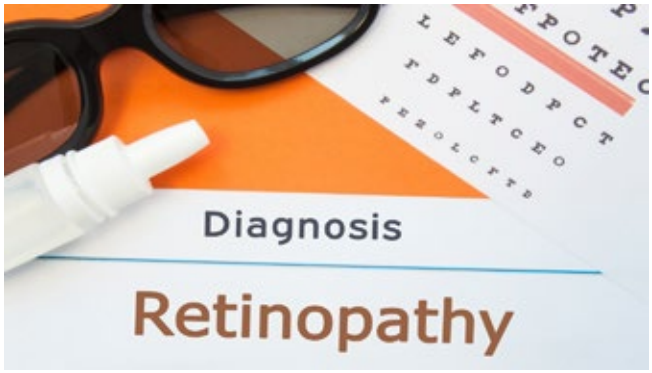
As I knew it would, this book has created quite the friendly controversy. It is probably the most in-depth book we have read thus far.

Our book club continues to be facilitated by students from UofM-Flint. We meet every Thursday from 11:30 to 12:30 either by Zoom or in our conference room. If you would like to participate with us or if you need any additional information, please feel free to contact BJ at 989-356-3585. There is still time to join for "The China Study".

Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on November 4th 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.

Retinopathy



November is **Diabetic Eye Disease Awareness Month.** Diabetic eye disease is a group of eye problems that people with diabetes may face as a complication of the disease. Anyone with diabetes is at risk for vision loss or blindness from diabetic eye disease. Unfortunately, diabetic eye disease has no warning signs, however, early detection and timely treatment can help reduce the risks. An annual, comprehensive dilated eye examination is one of the best ways to detect early signs of diabetic eye disease. Taking your diabetic medication as prescribed, maintaining a healthy diet, staying physically active, maintaining a healthy weight, and refraining from smoking can also help control your diabetes which lessens your risks of diabetic eye disease.

Ways that diabetic eye disease may affect your eyes:

- Cataract: Clouding of the lens of the eye
- Diabetic retinopathy: Damage to the blood vessels in the retina
- Glaucoma: Increase the fluid pressure inside your eye and leads to optic nerve damage and loss of vision

Diabetic retinopathy is the most common diabetic eye disease. The longer you have diabetes, the more likely you are to get diabetic retinopathy.

The great news is that diabetic retinopathy can be treated to reduce the risk of blindness by 90% when detected early. Laser treatments have been used successfully for decades. More recently medications have been developed which greatly improve treatment options. As with all conditions, early evaluation and treatment yields the greatest success.

It is a good idea to have an annual comprehensive eye examination even if you do not suffer from diabetes and especially if you've experienced any visual problems. If you suffer from diabetes, make sure you have a comprehensive eye examination with dilation each year.

Open Enrollment

Make your appointment **NOW**!! 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.

NOVEMBER 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	CLOSED 24 	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			

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

NOVEMBER 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 Hamburger Stroganoff Noodles Vegetable Fruit	2 Chicken à la King Biscuits Vegetable Fruit	3 Pork Roast Sweet Potatoes Vegetable Fruit	4 Omelets Sausage Links Hash Browns Orange Juice	5
6 	7 Coney Dogs Baked Beans Chips Fruit	8 Swiss Steak Rice Pilaf Vegetable Fruit	**Thanks Giving 9** **Curb Side Only** Turkey, Stuffing, Gravy Mashed Potatoes Vegetable, Dinner Roll Brownie, Juice	10 Pepperoni Pizza Vegetable Fruit	11 Tuna Noodle Casserole Vegetable Fruit	12
13	14 Sloppy Joes Potato Rounds Vegetable Fruit	15 Chicken Parmesan Noodles Vegetable Fruit	16 Smothered Pork Mashed Potatoes Vegetable Fruit	17 Taco Bowl Fresh Toppings Mexican Rice Fruit	18 Ham & Cheese Sandwich Cream of Potato Soup Fruit	TT19
20	21 Sweet & Sour Meatballs Rice Pilaf Vegetable Fruit	22 Roast Beef Mashed Potatoes Vegetable Fruit	23 Oven Fried Chicken Rice Pilaf Vegetable Fruit	CLOSED 24 	25 Fish Sandwich Potato Rounds Vegetable Fruit	26
27	28 Turkey Shephard's Pie Mashed Potatoes Fruit	29 Chicken Fried Steak Parsley Potatoes Vegetable Fruit	30 Spaghetti w/Meat Sauce 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
SPONSORED BY ALPENA AGENCY

Sweet Potato Awareness Month

November is Sweet Potato Awareness Month! This starchy vegetable is a staple on Thanksgiving Day, but the preparation possibilities are endless so it can be enjoyed year-round.

Sweet potatoes have many benefits when it comes to their nutrition, including being a good source of iron, calcium, selenium, B vitamins and vitamin C. They are especially high in both fiber and an antioxidant called beta-carotene. Beta-carotene converts to vitamin A when it is consumed, which can help prevent worsening eyesight and support a healthy immune system. Fiber slows the breakdown of starches, helping to prevent blood sugar spikes.

One medium sweet potato is considered a serving size, which provides about 100 calories, 0g fat, 2g protein, and 23g total carbohydrate.

Sweet potatoes can be prepared in several different ways. They can be mashed, baked, fried or steamed. Sweet potato French Fries are also easy to achieve at home and are a more nutritionally rich version of traditional French Fries. Sweet potatoes, due to their naturally sugary flavor, do not require extra salt or sugar to enhance their flavor. Olive oil, scallions, cinnamon, nutmeg and pumpkin pie spice may be used if you'd like to spruce things up.

Like white potatoes, sweet potatoes are easy to store and have a shelf life of up to 5 weeks. If stored in the fridge, they can last 2-3 months. Sweet potatoes come in a variety of sizes and colors. Types of sweet potatoes include Purple, Jewel, Japanese, Garnet and Hannah.

The terms of "Yam" and "Sweet Potato" are often used interchangeably in the culinary world and in grocery stores. In reality, there are simple differences in the appearance of these two separate plants. Nutritionally, yams are slightly higher in calories, carbohydrates and fiber. Yams do not contain the beta-carotene that the sweet potato does.

"You Are Not Alone"

With the rise of Alzheimer's diagnosis and the increased need for resources we felt we needed to do something to help our Alpena County's senior population. "You Are Not Alone" was a series of Alzheimer's presentations we did several years ago. The program received a large amount of publicity and grabbed the attention of our community. So, we have decided to start a revised version of this series and possibly turn it into a program, depending on the interest of course.

November 17th from 4 – 5:00 pm we will be presenting "How To Pay For A Skilled Nursing Facility" by Amy Lidtke.

If you have an interest in participating in this event, please contact BJ at 989-356-3585 to reserve a spot.

Senior Challenge

As soon as she heard about our "November Fundraising Frenzy" a senior, who prefers to remain anonymous, stepped forward with a challenge to every senior who utilizes the Senior Center. She has donated $100 and challenges everyone to either match, go over or do the best you can!

Thanking everyone in advance for contributing to our fundraising efforts!!

National Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care.

You are the center of your care. Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.

Manage your diabetes as early as possible. Take steps to improve your health. Talk with your primary care provider about how you can manage your diabetes, follow the ABCs, and create a diabetes care plan. Research has shown that acting soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke.

Build your diabetes health care team. A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a nutritionist and a certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Prepare for your visits with your providers. Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

Take notes at your appointment, ask for a summary of your visit, or check your online patient portal. Have a blood pressure check, foot check and weight check. Talk with your team about medications and new treatment options, as well as the vaccines you should get to reduce your risk of getting sick.

Start with small changes to create healthy habits and make physical activity and healthy eating part of your daily routine. Set a goal and try to be active most days of the week and follow a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds and non-fat or low-fat milk and cheese. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.

National Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

Did you know that Alzheimer's is a progressive brain disorder, NOT a normal part of aging? Did you know that more than 6.2 million Americans are living with Alzheimer's? Did you know that the number of Americans with Alzheimer's is projected to surpass 13.8 million by 2060?

If Alzheimer's is in your life, help is within your reach. We offer support and resources when you need it. You are not alone. Please contact BJ or Annie at 989-356-3585 for further assistance.

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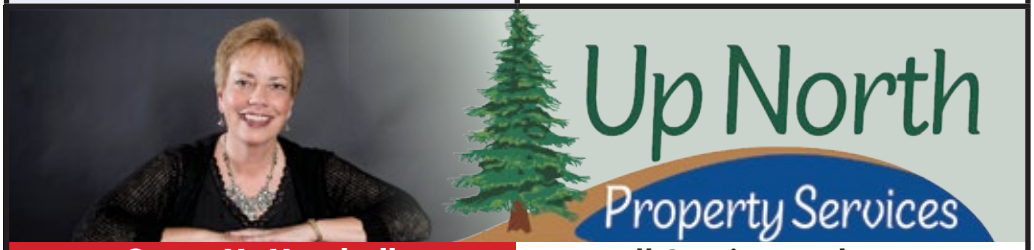

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Giving Tuesday

The Alpena Senior Citizens Center is excited to be one of the 62 nonprofits participating in Giving Tuesday Northeast Michigan 2022 through the Community Foundation for Northeast Michigan (CFNEM)! This year Giving Tuesday is November 29th. Any donations made through CFNEM that day on our organization's behalf will be used specifically to support our programs, with an emphasis on our meals program.

Giving Tuesday is a global day of giving back that falls on the Tuesday following Thanksgiving, after the popular shopping days of Black Friday and Cyber Monday. Locally, the Community Foundation hosts Giving Tuesday Northeast Michigan to make giving back easy, and 100% of your donation goes to the organization you choose. So when you make a gift to the Alpena Senior Citizens Center on November 29th at cfnem.org/givingtuesday, we are sure to get every last penny to use where we need it most.

Please mark your calendar for **Tuesday, November 29th**, to visit cfnem.org/givingtuesday or scan below, and make a gift to support the Alpena Senior Citizens Center. We appreciate your kind support!

Did you know:
The Alpena Senior Citizens Center is a non-profit organization providing services and assistance to residents of Alpena County aged 60 years or older at all income levels. Our services include:

- Homemaker
- Personal Care
- Respite Services for Caregivers
- Home-Delivered Meals
- Congregate Meals
- Transportation
- Medicare Assistance (MMAP)
- Kinship/Grandparent Program
- Senior Companions
- Commodities Distribution
- Medical Loan Closet
- Health & Nutrition Education
- Socialization – Cards & Bingo
- Exercise Class

Alpena Senior Citizen Center is funded by:

- Northeast Michigan Community Service Agency (NEMCSA) – State and Federal funds
- Alpena County Senior Millage
- Nutrition Service Incentive Programs (NSIP)
- Public Contributions and Donations
- Special Events & Fundraising

Did you know:

- We provide an average of 1371 meals per week?
- We provide over 70,000 meals annually in Alpena County?
- Our average meal cost is $6.00 with a suggested donation of $3.50 for seniors 60 or older?
- In 2021 the average donation for our Meals-on-Wheels program was $1.02?

To keep up with the services we provide to Alpena County Seniors, 30% of our budget requires us to do fundraising. We appreciate all who have made a difference and those who continue to support the Alpena Senior Citizens Center.

Alpena Senior Citizens Center

THANKSGIVING DINNER

You are really special,
In all you say and do.
You've made a difference in our lives;
We're thankful now for you.

Join us for **CURBSIDE PICKUP ONLY** Thanksgiving meal on November 9th from 11:30 to 1:30. The Center will be open **BUT** not for indoor dining. We are expecting lots of orders so please call the center at 989-356-3585 to order your meal by November 4th.

MENU

Turkey
Mashed Potatoes
Dressing
Gravy
Vegetable
Roll
Brownie
Juice

Seniors 60 and older - Suggested Donation $3.50
Under 60 - $7.00

Alpena Senior Citizens Center, 501 River St, Alpena - 356-3585

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:

_____

Address:_____

_____

Message:_____

_____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Thanks to...

Ray and Kathy Moore
Jeanne and Dan Szymanski
Alpena Alcona Area Credit Union
for your generous donation.

Richard Marchinski
for your generous donation
of Butternut Squash

Alpena Senior Citizens Center

Subscription/Information Update

Name:_____

Date of Birth:_____

Spouse:_____

Date of Birth:_____

Anniversary:_____

Address:_____

_____

Phone:_____

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

ALPENA SENIOR CITIZENS CENTER
501 RIVER STREET
ALPENA MI 49707

ALPENA Senior Citizens CENTER

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