December 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

In This Issue...

3 From the Director
4 Reach Program
6 Book Club
8 December Activities
9 December Menu
10 Bingo
13 Christmas Dinner
15 In Memory

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

Merry Christmas everyone, I hope that you are getting into the holiday spirit and enjoying the beautiful decorations, Christmas music and just making new memories with those individuals who are important to you in your life.

THANK YOU to all those who donated to us during our November Challenge, our online Auction and Giving Tuesday. All donations are greatly appreciated. With December being the month of giving I would also continue to ask you to keep the Alpena Senior Citizens Center and our Alpena Seniors in mind with the Gift of Giving. We cannot do this alone, BUT WITH YOUR HELP WE CAN CONTINUE TO PROVIDE AMAZING MEALS AND SERVICES AND PROGRAMS TO ALL OF YOU! I always say "if you are not a senior right now, you know a senior or will be a senior one day".

Sometimes I realize that people don't really know what we provide here at the center. We provide Meals-on-Wheels, congregate meals which also allows people to socialize and make friends, and curbside pickup Monday-Friday from 11:30-12:30. The cost for seniors 60 and up is a suggested donation of $3.50. The meal cost for those under 60 is $7.00.

We also provide In-Home Services for homemaking, personal care, and respite care. If you need information on Meals-on-Wheels or In-Home Services, please contact Mike. If you have questions regarding Medicare or Medicaid, please connect with Julie, our MMAP Coordinator. If you have transportation needs connect with Jeremy. All staff can be reached at 989-356-3585.

We have many programs that we offer on a weekly or monthly basis. BJ and I work very closely together and have been working hard to educate and provide resources to those dealing with Dementia. We are both Certified Dementia Practitioners, certified in the REACH Program for Caregivers and trained as a Dementia Friend Champion which is a program to work with the community to understand the five key messages to help those dealing with dementia. We have started the "You Are Not Alone" series, that involves monthly meetings offering presentations and support. If you are working with someone or dealing with someone with dementia, please contact myself or BJ Sander at 989-356-3585. Other programs are exercise, meditation, educational cooking classes, art, book club, Staying Connected and much more!

We also provide other opportunities to socialize and have fun with Bingo twice a month, Monday - Euchre, Tuesday - Spitzer and Quilting, Thursday - Pinochle, Bridge and Needle Group and Friday - Pinochle and Maj Jong. Puzzles are available to work on daily, books for reading and we also have the computer lab and resources available to help. There is something for everyone and we are always looking at new opportunities for our seniors in Alpena County continuing to live their life with socialization, independence, and happiness.

With the upcoming holidays it does bring stress to some people so here are a few tips to reduce holiday stress:

1. Maintaining your mental wellness with eating healthy, exercising regularly, and getting enough sleep.
2. Practice patience and forgiveness.
3. Manage your expectations.
4. Take a break from social media.
5. Create and Budget.
6. Manage your time.

Thank you to the amazing staff at the senior center for all their hard work and dedication to our Seniors, I am so proud of all of them!!

Always know we are here for you. Merry Christmas and Happy Holidays! Please stay safe. 🎅🎄

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.

DECEMBER COMMODITIES PICK-UP SCHEDULE

December 6th Noon to 5:00 pm
December 7th 8:00 am to 5:00 pm
December 8th 8:00 am to 5:00 pm

Closing Early

We will be closing at 12:30 on Friday December 16th so that the staff can celebrate Christmas together. Thank you for your understanding.

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Tuesday Night Together
is a cancer support group for men, women, patients, and loved-ones. If a cancer diagnosis is affecting your life, this is the support group for you. Meets at Friends Together on Tuesdays at 4:00pm.

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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".

"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.

December 1st from 4 – 5:00 pm we will be presenting "Legal Planning Advice" with Karen Bennett.
December 15th from 4 – 5:00 pm we will be presenting "Keeping Your Loved One Safe" with Devon Burke.

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

Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on December 2nd 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.

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.

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.

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.

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

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

DECEMBER 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 Breaded Pork Baked Potato Vegetable Fruit	2 Cabbage Rolls Stuffing Vegetable Fruit	3
4	5 Meatloaf Mashed Potatoes Vegetable Fruit	6 Chicken Parmesan Noodles Vegetable Fruit	7 Roast Beef Mashed Potatoes Vegetable Fruit	8 Pepperoni Pizza Vegetable Fruit	9 Egg Salad Sandwich Cream of Broccoli Soup Fruit	10
11	12 Salisbury Steak Rice Pilaf Vegetable Fruit	13 Chicken Broccoli Casserole Vegetable Fruit	Christmas Dinner 14 Curb Side Only Glazed Ham Cheesy Potatoes Vegetable, Dinner Roll Dessert, Juice	15 Hamburgers Chips Vegetable Fruit	16 Tuna Noodle Casserole Vegetable Fruit	17
18	19 Bruschetta Chicken Bake Stuffing Vegetable Fruit	20 Cheese Stuffed Noodles w/Meat Sauce Vegetable Fruit	21 Chicken Fajitas Mexican Rice Vegetable Fruit	22 Smothered Pork Mashed Potatoes Vegetable Fruit	23 Omelets Sausage Links Hashbrowns Juice	24
25 	CLOSED 26	27 Goulash Dinner Roll Vegetable Fruit	28 Beef Stew Biscuits Fruit	29 Taco Bowl Fresh Toppings Mexican Rice Fruit	30 BBQ Beef Sandwich Coleslaw Fruit	31

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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BINGO Birthday Month

Bingo or Housie is a game where people try to match numbers drawn at random with numbers on a card. When someone does this, they call "BINGO!" or "HOUSE!" very loud so everyone playing can hear.

The game was invented in Italy in the 1500s. The game slowly moved to other countries like France, Great Britain, and other parts of Europe. Bingo originates from the Italian lottery, Il Gioco del Lotto d'Italia. In Paris the game was known as LeLotto, played by the rich part of French society. Since then the game became popular all over the world and today Charitable Bingo in US is worth $3 Billion.

In the United Kingdom, the game is played by marking a card. The card has 27 squares in 3 rows of 9. 15 squares have numbers between 1 and 90 with 5 numbers on each row. The winner is the first player to mark the 5 numbers in one line or all fifteen numbers on the card.

Bingo cards are normally printed in strips of six. A strip of six cards has every number between 1 and 90. Many people buy only 4 cards, so that the other two cards were usually wasted. Edward Thompson and Company, the largest printer of bingo tickets in the UK found a way to print strips of 12 so that there would be less waste, and so that any 6 tickets had all of the numbers 1 to 90.

In the UK, all money used to buy the bingo ticket must be given back in prize money. The owner of a bingo club is allowed to charge an entrance fee and also a "participation fee" (a fee to be allowed to take part in the bingo game).

In the United States, the game is played by a group of people. All of the group has cards and tokens. When a number is called that you have on your card, you place a token on that spot. The first person to make a line of 5 tokens up or down, across or diagonally wins the game. This game is played for prizes usually.

The Best Christmas Gift

A candle, some holly, and lights everywhere.
The season of Christmas reminds us to care.
A time to remember the ones most in need
And show them a kindness in gifts or in deed.

But the essence of Christmas should last the year through
In the words that we say and the things that we do.
The best Christmas gifts do not come in a box
Not the tangible items like jewelry and socks.

They come from our heart when we reach out our hand
And help one another whenever we stand.
It's compassion and loving both strangers and kin,
Not about being right or compulsion to win.

It means to forgive the enraged on the roads
And respecting all creatures from dolphins to toads.
To cherish, protect what is sometimes unseen
Like commitment to leaving the earth fresh and clean.

It's walking the talk when we do what we say
And making a difference each in our own way.
That angel that's resting on top of the tree
Is sending her cheer and a message to be
The peace that we wish for, I'll make it my way;
The best Christmas gift I can give you today.

Fennel

Fennel is a celery-like winter vegetable with an interesting licorice-like flavor. Although the taste may take some getting used to at first, fennel provides an enormous amount of health benefits. The plant originated in the Southern Mediterranean region and through cultivation began to grow wild throughout the Northern Eastern and Western hemispheres.

It's an ancient perennial herb that has feathery leaves and yellow flowers, looking a bit like dill weed. Fresh fennel is known for its highly aromatic properties, smelling a bit like anise, but with warm and woody undertones. The peak growing season for fennel is autumn and winter.

Fennel is recognized by its white bulb and long green stalks. It is related to other stalk vegetables, such as celery and parsnips. The entire fennel plant is edible, including the bulb, seeds, stalk and leaves.

The bulb can be chopped and added to salads, slaws, pasta dishes and more. It adds a crisp and crunchy texture to any dish and a sweet flavor.

Fennel seeds are rich in flavonoid antioxidants, and they contain a concentrated source of micronutrients. The seeds are also used to make fennel essential oil, first by crushing them and then using a process called steam distillation.

Fennel has been used in many cultures for its medicinal properties. Since the time of Hippocrates, it was used as medicine. The Romans thought of fennel as a sacred ritual object, and they used it as a digestive stimulant. The Greeks used fennel during their ceremonies because it symbolized pleasure and prosperity, and the ancient Chinese and Egyptians used the vegetable as food and medicine.

Due to the calcium content, fennel can help maintain bone strength and health. One cup of fennel contains about 43 milligrams of calcium, which can be helpful for those who don't cook with enough foods high in the nutrient and may have a calcium deficiency. Calcium isn't the only bone-strengthening nutrient found in the bulb. Fennel also contains magnesium, phosphorus and vitamin K, which all play a role in maintaining bone strength.

Fennel is high in vitamin C, providing almost half of the recommended daily allowance in just one bulb. This nutrient is a potent antioxidant that may help reduce the free radical damage that can lead to premature aging.

It can also help lower blood pressure and inflammation due to its high potassium content and low sodium content. Potassium works against sodium, helping fight high blood pressure in the body.

Fennel is a great addition to any winter dish to provide a slightly sweet and warming flavor, like a fresh salad. You can cut the bulb and saute it or roast it with other vegetables as well. When choosing a bulb, look for one that is firm and mostly white at the bottom. Avoid any that are brown or spotted at the bottom. The stalks should be bundled together and not flowering, and the fronds should be a fresh green color. The bulb can stay in the refrigerator for about four to five days. It tends to lose flavor over time – therefore should be eaten within a few days.

Although for most people fennel is a great, healthy vegetable choice, people with certain medical conditions may have to limit or avoid the consumption of this herb. Some people may be allergic to certain spices and therefore should avoid consuming fennel seeds. Due to the high potassium content, those with kidney disease should limit the amount of fennel they eat.

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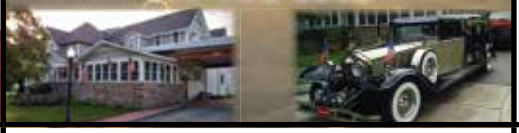

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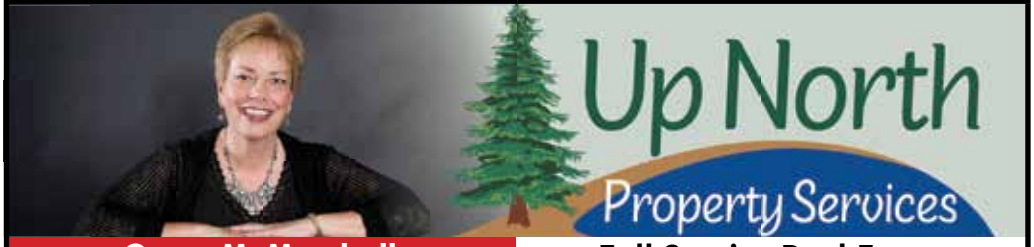

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Alpena Senior Citizens Center

CHRISTMAS DINNER

The greatest gifts we have
are your Love, Support and Friendship.

Please join us on December 14th for our Christmas **curbside pickup only** holiday meal. Please call 989-356-3585 to reserve your meal by December 9th. Pickup time will be from 11:30 am - 1:30 pm.

MENU

Pineapple Glazed Ham
Cheesy Potatoes
Gravy
Vegetable
Dinner Roll
Dessert
Juice

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

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

MICHIGAN STATE UNIVERSITY | Extension

Cooking for One

DATE & TIME:
Wednesdays
January 18th-March 1st
(No class February 8th)
1:30-3:00

LOCATION:
Alpena Senior Center
501 River Street
Alpena, MI 49707

CONTACT:
BJ at 989-356-3585
or
Danielle Jirasek
MSU Extension Community Nutrition Instructor
at
989-354-9883

Sign Up:
Please sign up in advance on the sign up sheet. Class will be capped at 12 participants. Another series will be scheduled starting in March if there is more interest!

Follow MI Health Matters from Michigan State University Extension on social media!

Photo by Andrea Piacquadio from Pexels

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six lessons, you will:

- Learn ways to make cooking for yourself simple and enjoyable
- Discuss helpful tips and tricks to making healthy choices, like eating well and being active
- Practice planning and shopping strategies for healthy eating

This interactive series is offered online using Zoom or with a call-in number. Pre-registration is required.

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#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

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for your generous donation.

Richard Marchinski
for your generous donation
of Butternut Squash
Ron Lemke & Lou Kuenzli
for your generous donaton
of potatoes

In Memory

Thanks to Nancy Bobal
for the donation in Memory of
Wan Yun "Rosa" Greene

Thanks to Dorothy Sharp and Denise Smith
for the donation in Memory of
Ronold Werner

Alpena Senior Citizens Center

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