February 2023

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

February is the month to Celebrate a Healthy Heart. On February 3rd be sure to wear red as it is "National Wear Red Day" for American Heart Day.

Did you know that heart disease is the leading cause of death in the United States, but there is a lot that you can do to prevent it. First of all, provide self-care for yourself to help you stay healthy. For many of us self-care is something we don't do for ourselves, but we do it more for others. So, this month I am asking you to focus on YOU!

Some things you can do:

- Get a daily dose of physical activity in
- Cook meals that are low in sodium and low in unhealthy fats
- Take your medications as prescribed and keep your medical appointments
- Sleep 7-8 hours per night
- Manage stress through meditations, yoga, a warm bath, a good book or movie
- Have healthy snacks like fruits and vegetables

Here are some obstacles we sometimes run into that cause us to forget about ourselves:

- Our lack of confidence to make a change
- Depression
- Having more than one health concern

Always remember we offer exercise Monday, Wednesday, and Friday at the center from 10-11 am, we have daily congregate lunches from 11:30-12:30, programs and activities daily (See the Newsletter) and, we have a Staying Connected group that meets every Tuesday from 1-2 pm to increase socialization and support. All the above things can help improve your heart health. Please reach out to BJ Sander or me to learn more.

We are doing a fundraiser right now selling 50/50 Raffle tickets for $5.00 a piece please check at the front desk to get your ticket TODAY! The drawing is Friday February 10th!

Happy Valentine's Day

Annie Hepburn

"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.

For February schedule or other questions, please contact BJ at 989-356-3585.

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!

FEBRUARY COMMODITIES PICK-UP SCHEDULE

February 7th Noon to 5:00 pm
February 8th 8:00 am to 5:00 pm
February 9th 8:00 am to 5:00 pm

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 class-room 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.

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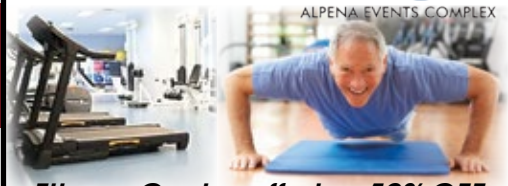

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Eating Healthy

Healthy eating begins with you! Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

Know what a healthy plate looks like. You might remember the food pyramid, but the USDA has a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

Look for important nutrients. Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow-bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

Read the nutrition facts label. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars and sodium.

Use recommended servings. To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

Stay hydrated. Water is an important nutrient too! Don't let yourself get dehydrated-drink small amounts of fluids consistently throughout the day. Tea, coffee and water are your best choices. Keep fluids with sugar and salt at a minimum unless your doctor has suggested otherwise.

Following this nutritional advice, what does your healthy breakfast look like? Is it a bowl of oatmeal with fruit, a veggie omelet with a side of whole-grain toast, a whole grain bagel topped with avocado and cherry tomatoes, or a smoothie with spinach, fruit and yogurt. Eating a healthy breakfast is a great way to start your day!!

Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on February 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.

Plant the Seeds of Greatness

Plant the Seeds of Greatness Month is celebrated in February annually to bring out the greatness within each of us. As we exit January with our resolutions already underwater and our gym membership hanging on by a thread, the month of February comes around with the promise of spring. Now is the time to reaffirm ourselves to the cause of betterment. So pick up that class you always wanted to take, and invest in a really good mattress, because this February we are planting the seeds of greatness in our lives and changing it for the better!

Ever felt stuck in a rut, unable to track out a single win for yourself? You are not alone. This sensational feeling of failure is too common. This is why we observe Plant the Seeds of Greatness Month. There is no official source of origin for this observation. Nevertheless, its purpose and timing could not be more right. The month of February is dedicated to taking concrete actions and changing the course of our lives.

Born out of the spirit of 'New Year, New Me', this annual observation is all about removing the barriers of our lives to welcome a new season of growth and abundance. It is also a great time to honor the greatness in our friends and family. February is a month of great beginnings. With winter in its final stretch, observing the seasons around you changing, so can you.

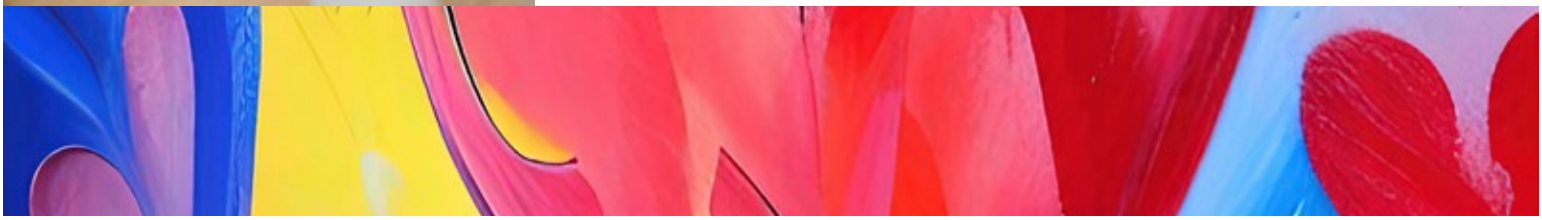
Visualize yourself in future years. What are you doing? How is your health? Do you like where you are with your physical body? If not, what are you doing to change it? During Plant the Seeds of Greatness Month, you can recommit yourself to the journey of self-improvement and growth. Cut out any toxicity of life and become the kind of person that sets goals and achieves them. You owe your future self a chance to become the greatest version of yourself. Take it!

Staying Connected

We all live with uncertainties, difficulties, illness, aging, death and an inability to fully control life events. We often don't feel comfortable within ourselves or don't know how to connect with one another, and we often feel estranged from the natural world. If you're feeling any signs or symptoms of stress, such as anxiety, irritability, muscle tension, burnout, apathy, restlessness, headaches, fatigue, stomach distress, difficulty in concentrating, worry, overwork, substance abuse, smoking, eating problems, sleep disturbances, or feeling overwhelmed "Staying Connected" just might be for you.

We are adding another component to this group. While talking with each other, we will be doing some type of brain activity. To start off we will be doing some coloring projects and on February 14th we will have an extra special project working with "The Doodling Duchess". As we move forward, additional activities will be added to the menu.

This group gets together every Tuesday from 1 to 2:00 pm for fellowship, focusing on "Being in the Moment". If you would like additional information, or if you would like to reserve a spot, please contact BJ at 989-356-3585.



FEBRUARY 2023 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 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	3 Exercise 10:00 – 11:00 am	4
5	6 Exercise 10:00 – 11:00 am	7	8 Exercise 10:00 – 11:00 am	9 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	10 Exercise 10:00 – 11:00 am	11
12	13 Exercise 10:00 – 11:00 am	14	15 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	16 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	17 Exercise 10:00 – 11:00 am	18
19	20 Exercise 10:00 – 11:00 am	21	22 Exercise 10:00 – 11:00 am	23 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	24 Exercise 10:00 – 11:00 am	25
26	27 Exercise 10:00 – 11:00 am	28				

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

FEBRUARY 2023 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 Chips Vegetable Fruit	2 Ham Baked Potato Vegetable Fruit	3 Cabbage Rolls Stuffing Vegetable Fruit	4
5	6 Meatloaf Mashed Potatoes Vegetable Fruit	7 Chicken Parmesan Noodles Vegetable Fruit	8 Salisbury Steak Rice Pilaf Vegetable Fruit	9 Pork Chops Baked Potato Vegetable Fruit	10 Egg Salad Sandwich Cream of Broccoli Soup Fruit	11
12	13 Cheese Stuffed Noodles w/Meat Sauce Vegetable Fruit	14 Taco Bowl Fresh Toppings Mexican Rice Fruit	15 Smothered Pork Mashed Potatoes Vegetable Fruit	16 BBQ Beef Sandwich Coleslaw Fruit	17 Coney Dogs Baked Beans Chips Fruit	18
19	20 Roast Beef Mashed Potatoes Vegetable Fruit	21 Chicken Fajitas Mexican Rice Vegetable Fruit	22 Tuna Noodle Casserole Vegetable Fruit	23 Pepperoni Pizza Vegetable Fruit	24 Omelets Sausage Links Hashbrowns Orange Juice	25
26	27 Spaghetti w/Meat Sauce Vegetable Fruit	28 BBQ Chicken Thighs Baked Potato 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

Alpena Senior Center's Book Club

Our reading journey through the Blue Zones series has begun. I'm excited to say that our first book "Blue Zones 9 Lessons for Living Longer" has already drawn our group in. Weather conditions slowed us down a bit so there is still time to get involved with this book.

A bit about the book:

Living an active, fulfilling life well into your 90s, and possibly your 100s, may be easier than you think. Longevity expert, Dan Buettner, has traveled the world to meet the planet's longest-lived people in unique communities called Blue Zones, where common elements of lifestyle, diet and outlook have led to an amazing quantity and quality of life. The nine powerful yet simple lessons he reveals can put you on the path to a healthier, happier life.

This updated edition reveals the secrets of the world's longest-lived people in Sardinia, Italy; Loma Linda, California; Nicoya, Costa Rica; and Okinawa, Japan. And an important new discovery: A scientific expedition to the newest Blue Zone, Ikaria, Greece, offers surprising hints on how to not only live longer but also avoid depression and keep your mind sharper well into old age. Along with the National Institute on Aging and top researchers in the field, Buettner uncovers, region by region, the recipe for longevity through inspiring stories and interviews with some of the most extraordinary people on the planet. He shows how these people have reached their golden years with fewer diseases, active lives; and close, vibrant circles of friends and families.

Our book club continues to be facilitated by students from UofM-Flint. We meet every Thursday from 11:30 to 12:30 via 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.

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

American Heart Month

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers". When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we've learned a lot about how the heart works, there are still some unanswered questions abut heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities and cook some healthy meals.

Here are some interesting facts about heart health:

- Heart attacks can be silent. One in five heart attacks occurs without the person even knowing they had one.
- Heart attacks affect women differently. Women may experience different symptoms than men. These include pain in the back, arm, neck or shoulder; nausea; fatigue; shortness of breath; and vomiting.
- Young women are at higher risk than men. Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.
- Another reason to hate Mondays. Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.
- Diet soda raises heart attack risk. If you drink one or more diet sodas a day, your chances of having a

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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.

Art Workshop with Hope Shores Alliance

Hope Shores Alliance is collaborating with the Alpena Senior Center to bring a trauma informed healing experience – an Art Workshop – to support both self-identifying primary and secondary survivors of domestic and sexual violence. Survivors who seek trauma-healing options, are often curious about alternative pathways to support themselves when they feel triggered and to connect to what it means to feel safe in their own bodies. In conjunction with the Alpena Senior Center's senior wellness program goals, the Art Workshop will be a free, confidential support group facilitated by Hope Shores Alliance that will provide a friendly and supportive space for survivors to explore art as an alternative pathway to healing, be creative, and share experience with others in a safe environment.

Understanding the facts

1 in 4 women and 1 in 9 men experience sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. Trauma is a unique experience of an event or enduring conditions in which an individual's ability to integrate their emotional experience is overwhelmed; and when an individual's experiences a threat to life, bodily integrity, or sanity.

Abuse of older adults is prevalent and is similar to rates of younger adults. Age does not preclude victimization and adults 60 years and over can be survivors of violence. Additionally, dementia is a huge factor of abuse – studies have found that people with dementia are abused by their caregivers, as perpetrators are more likely to be someone close to the victim.

Hope Shores Alliance is a community supported human service organization dedicated to assisting survivors and their families in ending domestic and sexual violence and discrimination in their lives through education, systems change, building community partnerships, and ensuring availability and accessibility of support services.

Please join us on February 15, 2023 at 11:00 am, where Hope Shores Alliance will be visiting the Alpena Senior Center to discuss services, domestic and sexual violence dynamics, and learn more about the upcoming Art Workshop.

Art Workshop Outline

Class 1: Art Support Group Introduction: Building Connection and Taking the First Step

Class 2: Self-Compassion: Giving Yourself a Break

Class 3: Tactile Processing: Grounding with the Sense of Touch

Class 4: Autonomy Amulet: A Token of Empowerment

Class 5: Birds in Flight: A Sense of Calm and Personal Freedom

Class 6: Mini-Intuitive Sculpture

Class 7: Creative Feedback Session: "I AM" Collage

hope shores
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