April 2023
ALPENA Senior Citizens CENTER
"501" River News
Stress Awareness Month

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ALPENA Senior Citizens CENTER

Website: www.alpenaseniors.com
Phone: 989-356-3585 or 888-251-1082
Fax: 989-356-6548
Office Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.

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NORTHEAST COMMUNITY FOUNDATION MICHIGAN

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OUR MISSION STATEMENT

To promote and protect dignity, independence and welfare of older adults throughout Alpena County.

OUR VISION

The Alpena Area Senior Citizens Center is the focal point in Alpena County of leadership, innovation and advocacy in providing Senior Services

From the Director

Happy Spring! I am looking forward to seeing the flowers and the green grass soon. So many things happening once again at the Senior Center. We continue with the Meals on Wheels Fundraiser, "Together We Can Fight Senior Hunger" through the end of April. Remember, every dollar matters! Thank you to all who have supported this fundraiser and past fundraisers. Your donations help us continue to provide these amazing services and programs in Alpena County.

This month we are also trying a new fundraiser at the center, which the team is excited about. We will be doing a Pancake Fundraiser on Saturday April 29th from 10 to Noon. Please get your tickets and come enjoy some great food and fun!

April is also a month to recognize our volunteers. We are so appreciative for all who volunteer here at the center. Without you we could not do what we do. THANK YOU from the bottom of my heart 😊! If you are looking for a volunteer opportunity please reach out to BJ Sander. Spring is coming so there will be many volunteer opportunities in the gardens. This is a time for me to say thank-you to our Board Members for all they do to support the Center and the team. They are greatly appreciated as they give many hours of their time to serve on our board. Thank you Matt Poli, President, Wendy Servia, Vice President, Joshua Viegelahn, Treasurer, Lorri Rondeau, Jerry Broad, Tim Moran, Alex Senchuk, Edward Black, and Andy Marceau.

April is Stress Awareness month, bringing awareness of the negative impact of stress. There is no single definition of stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on our physical and mental health.

Did you know that there are three types of stress? Acute Stress is usually brief and is most often caused by reactive thinking. Episodic Acute Stress happens to individuals who frequently suffer acute stress and often live a life of chaos. Chronic Stress is the most harmful type and if left untreated over a long period of time, can damage your physical and mental health.

What are some ways that you can help yourself manage stress? Exercise, relaxation, having fun, eat well, sleep and rest, and visit your doctor.

Other ways to manage your stress is getting involved in our Senior Center and community programs. Being around others can help and don't be afraid to ask for help if you need it. Reach out to the staff at the Senior Center – we are here for you!

Happy Easter Everyone 🐰🐣🌷

Annie Hepburn

Together We Can Fight Senior Hunger

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!

APRIL COMMODITIES PICK-UP SCHEDULE

April 4th Noon to 5:00 pm
April 5th 8:00 am to 5:00 pm
April 6th 8:00 am to 5:00 pm

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 in the process of adding various components to this group. While supporting each other through conversation, we will be doing some type of activity. So far, we've done some doodling with the Doodling Duchess and some coloring. As we move forward with this group we will be experimenting with other types of activities, again while we are conversing.

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Although coloring isn't the ultimate cure for stress and anxiety, sitting down for a long coloring session holds great value. As you color, pay attention to your breathing rhythm, ensuring steady, full breaths from your diaphragm, and tune into your heart rate periodically if you can.

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.

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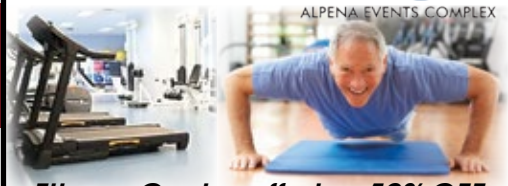

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REACH Program

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.

Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on April 7th 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.

Advance Care Planning –
Your Health, Your Wishes

We can't honor your wishes if we don't know what they are. People don't like to think about unforeseen illnesses or injuries. They often wait for a medical crisis to make important decisions – but by then it may be too late to make their wishes known.

Join us on April 5th at 10:30 AM to learn how to avoid this situation and make sure that your wishes are respected. Kelly will also be presenting at 4:00 to our "You Are Not Alone" group if you are not able to attend the 10:30 meeting.

Should you have any questions regarding this presentation please call BJ at 989-356-3585.

Together We Can Fight Senior Hunger

Breakfast Fundraiser

Saturday, April 29th 10 to Noon
Alpena Senior Citizens Center, 501 River St., Alpena MI 49707

Menu

Pancakes, Fried Potatoes, Sausage, Fruit & Beverage

Ticket: $10.00 per person in advance or at the door
Available at Alpena Senior Citizens Center, 501 River St., Alpena · 989-356-3585

Drive Through Only Easter Meal!

Join us on April 3rd for our "Drive Through" only Easter Meal from 11:30 - 1:00! Our maximum number of meals are reserved quickly so call right away to reserve your meal. You may reserve until March 31st unless we reach our limit sooner.

Menu

Ham
Cheesy Potatoes
Green Bean Casserole
Roll
Dessert

SENIORS AGE 60 AND OVER:
SUGGESTED DONATION OF $3.50

ANYONE UNDER THE AGE OF 60:
THE COST IS $7.00

APRIL 2023 ACTIVITIES

Alpena Senior Citizens Center • 501 River Street • 989-356-3585

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 No Exercise Today! **Easter Meal** **Curbside Only** Ham Cheesy Potatoes Green Bean Casserole Dinner Roll, Dessert Juice	4	5 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	6 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	7 Exercise 10:00 – 11:00 am	4 8
9 	10 Exercise 10:00 – 11:00 am	11	12 Exercise 10:00 – 11:00 am	13 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	14 Exercise 10:00 – 11:00 am	15
16	17 Exercise 10:00 – 11:00 am	18	19 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	20 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	21 Exercise 10:00 – 11:00 am	22
23	24 Exercise 10:00 – 11:00 am	25	26 Exercise 10:00 – 11:00 am	27 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	28 Exercise 10:00 – 11:00 am	Fundraiser 29 Breakfast 10 - Noon $10 per person Pancakes Fried Potatoes Sausage Fruit Beverage
30						

REPEATING DAILY EVENTS:
MONDAY: Exercise 10:00 am, Euchre 12:30 pm
TUESDAY: Quilting 10:00 am - Spitzer 12:30 pm
WEDNESDAY: Exercise 10:00 am, Bingo 12:45 pm
THURSDAY: Pinochle/Bridge 12:30 pm
FRIDAY: Exercise 10:00 am Pinochle 12:30 pm - Maj Jong 12:00 pm

BINGO
First & Third Wednesday of the Month

APRIL 2023 MENU

Alpena Senior Citizens Center | 501 River Street | 989-356-3585

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 The Menu is subject to change.	**Easter Meal 3** **Curbside Only** Ham Cheesy Potatoes Green Bean Casserole Dinner Roll, Dessert Juice	4 Salisbury Steak Rice Pilaf Vegetable Fruit	5 Chicken à la King Biscuits Vegetable Fruit	6 Pepperoni Pizza Vegetable Fruit	7 Egg Salad Sandwich Cream of Potato Soup Fruit	1 8
9 	10 Meat Loaf Mashed Potatoes Vegetable Fruit	11 Chicken Fajitas Mexican Rice Vegetable Fruit	12 Smothered Pork Mashed Potatoes Vegetable Fruit	13 BBQ Beef Sandwich Coleslaw Fruit	14 Omelets Sausage Links Hashbrowns Orange Juice	15
16	17 Cheese Stuffed Noodles w/Meat Sauce Vegetable Fruit	18 Taco Bowl Fresh Toppings Mexican Rice Fruit	19 Blackberry Dijon Chicken Stuffing Vegetable Fruit	20 Swiss Steak Mashed Potatoes Vegetable Fruit	21 Cabbage Rolls Rice Vegetable Fruit	22
23	24 Spaghetti w/ Meat Sauce Vegetable Fruit	25 BBQ Chicken Thighs Baked Potatoes Vegetable Fruit	26 Hamburgers Chips Vegetable Fruit	27 Roast Beef Mashed Potatoes Vegetable Fruit	28 Coney Dogs Baked Beans Chips Fruit	Fundraiser 29 Breakfast 10 - Noon $10 per person Pancakes Fried Potatoes Sausage Fruit Beverage
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

Alpena Senior Center's Book Club

We've started our new book, "The Blue Zones of Happiness". If you haven't read any of the series you may want to, the knowledge we have gained has been quite powerful.

A bit about the book:

In this innovative book, Dan Buettner reveals the surprising secrets of the world's happiest places and shows how to apply their lessons to your own life. From Costa Rica to Denmark to the United States, Buettner draws from research spanning 141 countries to uncover how and why these hot spots produce the world's most satisfied, healthy, and thriving people. You'll meet inspiring individuals who embody the three strands of happiness – pleasure, purpose, and pride – that together deliver contentment and fulfillment. Plus, you'll discover insights from leading experts who have studied the economic, cultural, and behavioral variables that can help you live better.

Take the specially designed Blue Zones Happiness Test to pinpoint areas in your own life where you could cultivate greater joy, deeper meaning, and increased satisfaction. Then follow Buettner as he guides you through specific, science-based strategies for setting up a "Life Radius" of community, work, home, and self to nudge you into healthier, happiness-boosting habits for the long term. Both practical and inspiring, this vital book proves that anyone, anywhere can design a life of fulfillment and well-being.

Our book club continues to be facilitated by students from UofM-Flint. We meet every Thursday from 11:15 to 12:15 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.

"You Are Not Alone"

April 5th

Join us on April 5th for "Advance Care Planning" from 4 to 5 pm. People often wait for a medical crisis to make important decisions – but by then it may be too late to make their wishes known. Learn how to avoid this situation and make sure that your wishes are respected.

April 20th

Join us on April 20th for "When is it Time and How to Pay for Long-Term Care". Learn how to prepare for this important decision.

We will also be talking about some upcoming "You Are Not Alone" presentations along with some other events coming up. If you would like to attend either of the mentioned dates or if you have questions, please contact BJ at 989-356-3585.

Feed Your Immune System with Mushrooms

The immune system is made up of a network of cells, tissues and organs that work together to protect the body against infection and maintain overall health. Mushrooms, like other fruits and vegetables, can play a positive role in supporting a healthy immune system.

Nutrients in crimini and portabella mushrooms are an excellent source of selenium. Selenium is an essential trace mineral which means your body must get this mineral in the food you eat. It helps your body make special proteins, called antioxidant enzymes. These play a role in preventing cell damage.

Cap, crimini, portabella and maitake mushrooms provide an excellent source of Vitamin D. Vitamin D helps build and maintain strong bones by helping the body absorb calcium. This vitamin has other roles in the body, including neuromuscular and immune function and reduction of inflammation.

Shitake mushrooms are a good source of Vitamin B. Vitamin B helps convert food into usable energy and assists in the formation of neurotransmitters, red blood cells, proteins and DNA.

National Volunteer Week

The theme for National Volunteer Week is Celebrate Service – an opportunity to shine a light on the people and causes that inspire us to serve. Volunteerism empowers individuals to find their purpose, to take their passion and turn it into meaningful change. When each of us, in our own way, answers the call to make a difference, we make progress in solving our most persistent problems, and create stronger communities and a more just society.

National Volunteer Week is an opportunity to recognize and thank volunteers who lend their time, talent, voice and resources to meet the critical needs of our communities. Their stories serve to inspire others to act, to realize their power to make a difference, and be a force that transforms the world. National Volunteer Week, April 16-22, is a time to celebrate the impact of volunteer service in our communities.

We are growing our team of volunteers so if you are looking for an opportunity, please give BJ a call at 989-356-3585!!

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Together We Can Fight Senior Hunger

Can you make a difference in Alpena County today!

Absolutely! You can put food on the table of a senior in need. Your contribution to the Senior Center's meal program has the potential to deliver life-giving connections. Invest in the health and well being of seniors in our community and help us to reach our $30,000 goal by May 1st.

Everyone knows someone who's been touched by the Meals-on-Wheels program. They are our parent's, neighbors and friends; the people who taught us, kept us safe, gave back to our communities, made the products we use and the food that we ate.

Today, they're all the people in Alpena County who face the challenges of limited mobility and isolation as they age. Tomorrow they will be us. Help us make sure that the people who took care of us aren't left behind, forgotten or hungry – and instead are able to live out the independent lives they deserve and feel nourished through the kind of life-giving conditions that help them thrive.

You can help us to fight Senior Hunger today by helping the Alpena Senior Citizen's Center during our "Together We Can Fight Senior Hunger" fundraiser.

- The Senior Center provided 59,535 Meals on Wheels and 11,973 Curbside/Congregate Meals for a total of 71,508 Meals.
- The average cost to prepare a meal at the center is $8.00 for Meals on Wheels and $7.00 for Curbside/Congregate.
- Average donation for Meals on Wheels is $1.02.
- Average donation for Curbside/Congregate Meals is $2.25.

Donation Information

Donor Representative Name:_____

Donor Company Name:_____

Address:_____City:_____Zip_____

Phone:_____Email:_____

Signature:_____

Included Donation: $_____

Every dollar donated makes a difference right here in Alpena County.

Annie Hepburn
Director
ahepburn@alpenaseniors.com

Please return this form along with your donation by mail before April 20th, 2023
Alpena Senior Citizens Center, 501 River Street, Alpena, MI 49707
Phone: 989-356-3585 Fax: 989-356-6548

MICHIGAN STATE UNIVERSITY | Extension

Cooking for One

DATE & TIME:
Wednesdays
May 17th—June 21st
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 May 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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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

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

In Memory

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Arthur Burns

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Alpena Senior Citizens Center

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