May 2023

ALPENA Senior Citizens CENTER

"501" River News

Aging UNBOUND

OLDER AMERICANS 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! Hoping for May to bring more sunshine and flowers. I really enjoy it when the days start getting nicer, and I can spend more time outside.

May is *Older American's Month* and the theme this year is Aging Unbound. This theme offers the opportunity to explore diverse aging experiences and to discuss how communities can combat stereotypes. We are asking you to help us promote flexible thinking about aging and how we can all benefit when older adults remain engaged, independent, and included. We at the center want everyone to be involved and included in the opportunities we offer with our services and programs. If you have any questions, feel free to reach out to us.

It is also *National Physical Fitness and Sports Month*, which is aimed to encourage Americans to adopt healthy lifestyles. Some of the ways this can happen is by being involved in physical activities such as our exercise program at the center or walking, gardening, etc. Physical activities help our mental and physical wellbeing, reduce anxiety and depression, improve blood pressure and much more.

I want to thank everyone, including business and community members who supported our meals fundraiser *Together We Can Fight Senior Hunger*, by donating towards this amazing service and/or attending our first ever pancake breakfast fundraiser. Your donations made a difference in the lives of so many Alpena County Seniors.

Last year we provided over 71,000 meals to seniors in Alpena County. We have one In-Home Services Manager and Coordinator who take care assessing the need for Meals-on-Wheels. We have 10 drivers who handle 5-8 routes depending on the day. Our talented kitchen team starts early in the morning preparing and putting together nutritional meals for the recipients. We also provide congregate meals Monday through Friday from 11:30 to 12:30. This lunch meal also provides a great time to get out and socialize with others.

In the next few months, we will be having more fundraisers so please be sure to share this information with others. These fundraising opportunities help us to continue to support our Alpena County senior population. As the saying goes, It takes a village to raise a child. I feel that it takes a community to support our seniors!

Happy Mother's Day to all the mothers out there!🌷🌞

Annie Hepburn

Diabetes Support Group

If you are prediabetic or diabetic and need some help or just want to listen, please join us on May 5th at 1:00 pm. Norman Schultz, RN from MyMichigan Medical Center will be facilitating. Our group continues to grow 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.

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!

MAY COMMODITIES PICK-UP SCHEDULE

May 2nd Noon to 5:00 pm

May 3rd 8:00 am to 5:00 pm

May 4th 8:00 am to 5:00 pm

Alpena Senior Center's Book Club

By the end of May we will have completed "The Blue Zones of Happiness".

This is a book about designing your life to make it happier. No matter where you live, what challenges you might be facing, or what aspirations you may hold for you and your family, this book can help. It offers simple, evidence-based steps you can take to improve your happiness for the long run. No one can guarantee you greater happiness but if you read this book and take some action you never know what might happen.

Many discussions were had throughout this book. A typical weekly discussion was as inspirational as the stories we read from Costa Rica, Denmark, and Singapore – from the Blue Zones of Happiness, the homes of the happiest people in the world – there are ways in which the solutions they represent do not translate easily into solutions for the United States. What works for Denmark, a social democracy of five million people, for instance, might not necessarily work for a sprawling, diverse, argumentative, freedom-loving nation like our own. Unlike Denmark's wealthy, well-educated, relatively homogeneous society of consensus seekers, the United States is a crazy quilt of races, religions, and ethnic groups more accustomed to settling issues through competition than cooperation. Likewise, could we really emulate the tolerance of Costa Rica? Or the values-driven security of Singapore?

We will be starting our next book in June, "The Healthy Brain Book". This book is an all-ages guide to a calmer, happier, sharper you written by International Bestselling Author, Dr. William Sears and Dr. Vincent Fortanasce, author of "The Anti-Alzheimer's Prescription". If you would like more information about our book club please contact BJ at 989-356-3585.

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Ask for George Sobeck at 989.464.0665

www.MediLodgeofAlpena.com

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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.

"You Are Not Alone"

May 4th

Join us on May 4th for "Moods & Behaviors". You may find that you are much more sensitive to your environment than you were in the past. Too much stimulation may be disorienting and upsetting. Too little stimulation can be boring and upsetting. Your ability to filter out noise may alter. Going to a party with many loud voices around you can make it very difficult to concentrate or to have a good time. Be intentional about choosing your surroundings. As your symptoms advance, you may find that sounds become more confusing. Your sense of smell or taste may also change. Scents can also trigger pleasant memories – or unpleasant.

May 18th

"When should you seek out long term care." Generally, a senior should go into a care home if a loved one is struggling to meet their needs and your mental and physical health as a caregiver are at risk. Importantly, the safety of your loved one should be a key factor in deciding whether it's time for memory care. Talk with the experts about this sensitive subject.

Beware of Medicare Scams

Join us on May 24th at 11 am to learn more about how to protect yourself from Medicare scams. Do you read your Explanation of Benefits when you receive it? Do you understand what they are telling you? This presentation is important to anyone who is receiving Medicare benefits. For any additional information please contact Julie, our MMAP counselor here at the senior center.

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.

CURBSIDE MEAL AND TAKE OUT MEALS ENDING MAY 10TH.

We are very sorry to report that carry out meals at the Senior Center will be ending May 10th. Prior to the Pandemic the Alpena Senior Citizens Center was NOT allowed to provide carry out meals. When COVID hit, the federal government allowed an exception for meal providers to provide carry out meals to all participants. We have been informed that this exception is ending effective May 11th. In addition, the state was notified that the pre-COVID special allowances would not be able to continue. A new standard was made for carry out meals, but it is funded under the Meals on Wheels program which is already over budget every year. We are sorry that this convenient option is being eliminated.

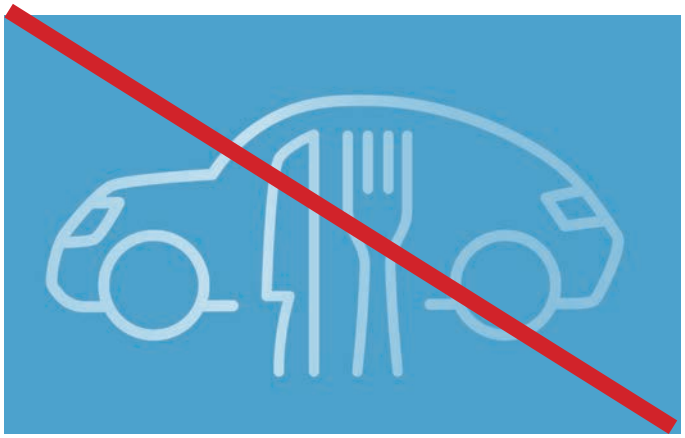
If you are a caregiver caring for someone at home or want to learn more about meals on wheels, please contact Mike Stauffer to be assessed for Meals on Wheels.

If you have further questions regarding this, please contact Annie Hepburn at 989-356-3585 or feel free to contact your legislatures.

We hope to see many of you coming to the center moving forward. The meals are provided Monday-Friday from 11:30-12:30pm. I am sorry for the inconvenience.

Sincerely Annie Hepburn, Director

Annie Hepburn



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

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

MAY 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** Sweet & Sour Meatballs Rice Vegetable Fruit	**2** Ham Pizza Vegetable Fruit	**3** Sloppy Joes Coleslaw Vegetable Fruit	**4** Pork Roast Mashed Potatoes Vegetable Fruit	**5** Breakfast Casserole Sausage Links Hashbrowns Orange Juice	**6**
7	**8** Hamburger Stroganoff Noodles Vegetable Fruit	**9** Chicken Broccoli Casserole Stuffing Fruit	**10** Beef Stew Biscuits Fruit	**11** Hot Turkey Sandwich Mashed Potatoes/Gravy Vegetable Fruit	**12** Goulash Dinner Roll Vegetable Fruit	**13**
14 	**15** Chicken Parmesan Noodles Vegetable Fruit	**16** Roast Beef Mashed Potatoes Vegetable Fruit	**17** Ham Parsley Potatoes Vegetable Fruit	**18** Bruschetta Chicken Bake Stuffing Vegetable Fruit	**19** Fish Sandwich Mac n' Cheese Vegetable Fruit	**20**
21	**22** Pork Chops Mashed Potatoes Vegetable Fruit	**23** Taco Bowl Fresh Toppings Mexican Rice Fruit	**24** Tuna Noodle Casserole Vegetable Fruit	**25** Spaghetti & Meat Sauce Vegetable Fruit	**26** Ham & Cheese Sandwich Cream of Broccoli Soup Fruit	**27**
28	**CLOSED** **29** 	**30** BBQ Chicken Thighs Baked Potatoes Vegetable Fruit	**31** BBQ Chicken Thighs Baked Potatoes 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

Always Fresh Michigan Asparagus

Oceana County, located near Hart and Shelby, Michigan, is known as the "asparagus capital of the world," though Michigan Asparagus farmers are located throughout the whole of Michigan. 120 Michigan families harvest nearly 9,500 acres of land annually, yielding approximately 2,100 pounds of Michigan Asparagus per acre. 40 percent of their harvest is sold fresh through May and June in local grocery stores, restaurants, farmer's markets, and at roadside markets. The remainder is sold to processors who freeze or can the product for distribution throughout the United States. Oceana County is also home to the National Asparagus Festival, which includes a parade and crowning of the Asparagus Queen.

Michigan Asparagus has excellent flavor and a long shelf life. It is a nutrient-dense, low-calorie vegetable with no fat, no cholesterol, and very little sodium. Approximately 150 local Michigan farmers produce approximately 20 million pounds of Michigan Asparagus during the state's 6-7 week harvest. The season begins in early May and ends in mid-to-late June.

Michigan ranks first in the nation for asparagus production thanks to its unique, sandy loam soil. This particular soil, found most often near Michigan's west coast, is dominated by sand particles, but also contains enough clay and sediment to provide structure and fertility.

"CLEAN 15"
Michigan Asparagus is a "Clean 15" food, meaning it has a low pesticide load and is one of the safest conventionally grown crops to consume. According to Dr. Andrew Weil, asparagus is a food that does not need to be purchased organic. This is due asparagus' short - and early - harvest season.

VITAMINS
Michigan Asparagus is a well-balanced vegetable that supplies a wide array of nutrients. It is considered a good source of potassium, fiber, thiamin, and vitamin B6. It has very little sodium and is also a rich source of rutin, a compound that strengthens capillary walls.

FOLATE
Michigan Asparagus is an excellent source of folate. A 5.3 ounce serving has only 20 calories and provides 60 percent of the recommended daily allowance for folacin, which is necessary for blood cell formation, growth, and prevention of liver disease. It has also been shown to play a significant role in the prevention of neural tube defects such as spina bifida.

Donations Needed!

We are in the process of preparing for another fundraiser on the "Bidding Owl". We do have some new items to display but could use a few more. If you do have some new items and would like to donate them to the Senior Center that would be fabulous. Please feel free to contact Kendra with any questions.

Bidding Owl .com

Special "Older Persons Month" Presentation

Please join us on May 17th at noon for a special presentation. We will be announcing the "Senior of the Year" and serving a special cake for dessert. This is a special time to encourage and recognize the countless contributions that older adults make to our communities. Alpena County is blessed with many amazing Senior Citizens!

Older Persons Month 2023

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events fairs, and other such activities.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2023 theme is 'Aging Unbound', which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging-and how we all benefit when older adults remain engaged, independent, and included.

While thinking about what this means to me, I did a tiny bit of research and when I came across this, I got a big smile on my face as I pictured these words:

"To build a worldwide community of compassion made up of self-sufficient, empowered seniors where all live with dignity and have the ability and opportunity to achieve their potential."

What do you think?

OLDER AMERICANS MONTH

AGING UNBOUND: MAY 2023

Applebee's
GRILL + BAR

HOURS
Sunday 11am - 10pm
Monday 11am - 10pm
Tuesday 11am - 10pm
Wednesday 11am - 10pm
Thursday 11am - 10pm
Friday & Saturday 11am - 11pm

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National Senior Health & Fitness Day

Join us on Wednesday May 31st, for the nation's largest older adult health and wellness event, now celebrating its 30th Anniversary!! I've wanted to participate in this event for years and it's finally going to happen this year thanks to the collaboration with MyMichigan Medical Center, Angie Soltysiak.

Our day will start off with a bang with an hour-long exercise class, but I promise you won't be too tired to participate in the rest of the event and you definitely will not want to miss out on anything!!

11am-11:30am: Vendor set up.

11:30am-12:30pm: Lunch, networking

12:30: Presentation: Danielle Jirasek-Nutrition
1:00pm: Presentation: Andy Marceau- Preventing Heat Related Illness
1:30pm: Presentation: Laura Hoffman – Spiritual Care and Loneliness

2:00pm: wrap-up

Vendor List

- Angie Dubie: Thunder Bay Transportation
- Malinda Amlotte: Alcona Health Center
- Patti Ahlgren and/or Kelli Jankens: Fall Prevention
- Laura Hoffman: Spiritual Care/Loneliness
- Amy Bailey: Advanced Care Planning
- Andy Marceau: Preventing Heat related illness
- Ashley Hanson: Physical Therapy
- Danielle Jirasek: Nutrition
- Norman Schultz: Diabetes

Move in May and Celebrate National Physical Fitness & Sports Month

During the month of May, National Physical Fitness & Sports Month provides an opportunity to celebrate and promote physical activity and the benefits of sports participation.

Physical activity is key to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression.

Physical activity can make daily life better. So get more active – and start feeling better right away!

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

Adults need a mix of physical activity to stay healthy. Moderate-intensity aerobic activity. Anything that gets your heart beating faster counts. If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week. If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits. Walk! Run! Dance! Play! What's your move?

And do muscle -strengthening activity. Do activities that make your muscles work harder than usual at least 2 days a week!

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
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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!

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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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