June 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

Thank you so much for everyone who donated and supported our "Together We Can Fight Senior Hunger" fundraiser in March and April. We brought in over $13, 500 and your donation makes a difference in the life of a senior. We appreciate the ongoing community support all of you give to us.

Our first ever "Pancake Breakfast" was so much fun. We really enjoyed seeing everyone who came out to support us. It was a great morning with staff, board members, volunteers and the community members who attended. We look forward to more events like this in the future. Thank you to GFS who donated the pancake mix and Styma Potato Farms for donating the potatoes.

June is Alzheimer's and Brain Awareness Month. Currently, over 55 million people are living with Alzheimer's or another form of dementia, this includes more than 6 million Americans. This number is expected to triple by the year 2050. Alzheimer's and dementia are related but there are differences between the two. Dementia is a broad umbrella term for an individual's change in memory, thinking or reasoning. Alzheimer's is the most common type of dementia. It is not a normal part of aging, it's a progressive brain disease that gets worse over time.

It is very important if you are recognizing any changes in your cognition or a loved one's cognition that you speak to the doctor to see why these changes are happening. Please reach out for help if you get diagnosed with dementia or a change in your cognition. We provide many services and programs here at the center. We have regular monthly meetings, usually the first and third Thursday of each month from 4-5pm. This month we will be having the first meeting on June 1st from 4-5 pm. This meeting will be open discussion so please bring any questions you may have. The second meeting this month will be the last Thursday June 29th which will involve an all-day event.

The "Longest Day" fundraising event – "Paint the Town Purple" will be taking place June 29th from 9:00-7:00 pm at the Senior Center with many presentations and resources available. Please see the flier inside the newsletter. Wear purple and come to learn more about the services, and resources available to you and/or someone you love dealing with a cognitive issue.

I also want to say congratulations to our In-Home Service Manager, Mike Stauffer, for working hard and completing his training to become a Volunteer Fire Fighter for the City of Alpena. Congratulations Mike! My door is always open if you need anything.

Looking forward to a warm and sunny June. 😊☀️

Annie Hepburn

Diabetes Support Group

If you are prediabetic or diabetic and need some help or just want to listen, please join us on July 7th at 1:00 pm. **There will not be a meeting in June**. 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:

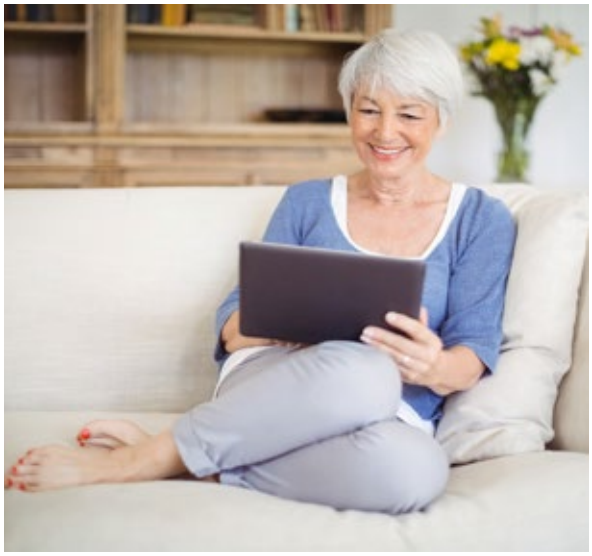
Walkers - Canes - Commodes - Shower Chairs
Wheelchairs & other miscellaneous supplies.
We also have incontinence products available.

If you have questions about our Healthcare Loan Closet, call us at 356-3585. We'll be glad to help!

JUNE COMMODITIES PICK-UP SCHEDULE

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

Alpena Senior Center's Book Club



By the second week of June we should be starting our new book, "The Healthy Brain Book", an all -ages guide to a calmer, happier and sharper you. This book was written by internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce and presents an accessible, all-ages guide to optimum brain health. Whether you're experiencing "normal" mental and emotional burnout or wrestling with a diagnosed illness, this book can help you thrive.

The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia.

This diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance – without medication or in partnership with it - it is possible.

If you need further information about joining our book club, please give BJ a call at 989-356-3585.

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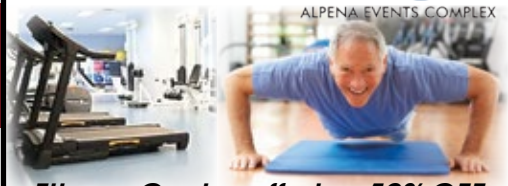

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- Begins February 21, 2023

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"You Are Not Alone"

June 1st
Join us on June 1st for "Open Discussion". Come prepared with questions, issues and concerns you may be experiencing.

June 29th
Come join us in our effort to help fight Alzheimer's. This will be a fun, information-filled day to celebrate as part of the "Longest Day" fundraising event. Please see the flier, located in the newsletter, for more information regarding activities and times.

Strawberries

If conditions are favorable, strawberries are available between June and July. Varieties that grow well in Michigan include Guardian, Surecrop, Midway, Red Chief and Sparkle. Gilbert and Ozark Beauty are excellent for freezing, while Red Chief and Guardian are recommended varieties for preserves. Raritan, Delite, Holiday, Earliglow and Scarlet varieties are additional varieties that also grow well in Michigan.

It is recommended to select or pick medium sized strawberries that are firm, plump and deep red in color. Once strawberries are picked, they will not ripen further. Strawberries are quick to perish and must be treated with care once harvested. Avoid fruit that is bruised, damaged or moldy. Store strawberries in a box with holes and cover them with plastic wrap or put them in a plastic bag with holes. Research shows two days as maximum for refrigerator storage before vitamins begin to decrease and the strawberries begin to break down. It is recommended to store strawberries in refrigeration at temperatures below 40 degrees Fahrenheit.

Strawberries are packed with vitamin C, fiber and have high levels of antioxidants; they are good sources of manganese and potassium as well. One serving (eight large strawberries count as one cup serving) provides more vitamin C than an orange. This heart shaped berry is not only good for our hearts, which is associated with a decreased risk of cardiovascular disease, but the phytochemicals also have anti-inflammatory properties.

In addition to being consumed fresh, strawberries can be frozen, made into preserves, jam or jelly or syrup. Dry strawberries can be used in salads and as flavor blended in your favorite dairy products such as smoothies, milk shakes and ice cream.

Freezing berries involves selecting fresh, ripe strawberries. Wash them in cold water and do not soak. Remove the caps and drain well. There are several options for freezing: syrup pack method, sugar pack method, unsweetened pack method and tray freezing (dry pack). The sugar and syrup pack methods will produce better quality frozen strawberries than packing strawberries without sweetening.

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.

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.

JUNE 2023 ACTIVITIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	2 Exercise 10:00 – 11:00 am	3
4	5 Exercise 10:00 – 11:00 am	6	7 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	8 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	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 **BINGO: 12:45 pm**	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	29 Exercise 10:00 – 11:00 am	30 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm		

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

JUNE 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** Ham Pizza Vegetable Fruit	**2** Egg Salad Sandwich Cream of Potato Soup Fruit	**3**
4	**5** Meatloaf Mashed Potatoes Vegetable Fruit	**6** Chicken Fajjitas Mexican Rice Fruit	**7** Smothered Pork Buttered Noodles Vegetable Fruit	**8** BBQ Beef Sandwich Coleslaw Chips Fruit	**9** Omelets Sausage Links Hashbrowns Orange Juice	**10**
11	**12** Cheese Stuffed Noodles with Meat Sauce Vegetable Fruit	**13** Taco Bowls Fresh Toppings Mexican Rice Fruit	**14** Blackberry Dijon Chicken Stuffing Vegetable Fruit	**15** Swiss Steak Mashed Potatoes Vegetable Fruit	**16** Cabbage Rolls Rice Vegetable Fruit	**17**
18	**19** Spaghetti w/Meat Sauce Vegetable Fruit	**20** BBQ Chicken Thighs Baked Potatoes Vegetable Fruit	**21** Sloppy Joes Coleslaw Chips Fruit	**22** Roast Beef Mashed Potatoes Vegetable Fruit	**23** Fish Sandwich Mac n' Cheese Vegetable Fruit	**24**
25	**26** Sweet & Sour Meatballs Rice Vegetable Fruit	**27** Chicken Broccoli Casserole Stuffing Fruit	**28** Pork Roast Mashed Potatoes Vegetable Fruit	**29** Tuna Noodle Casserole Vegetable Fruit	**30** Grilled Hamburgers Macaroni Salad Baked Beans Chips 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

Do you struggle with using the computer and the internet? The Alpena County George N. Fletcher Public Library's technology department is offering two groups of four sessions each to help you learn the skills to become comfortable with using computers and accessing the internet.

The sessions will cover basic computing with Windows 11, internet safety, using the cloud, and basic file management.

Session 1 dates are June 1, 5, 12, and 15, 2023, and Session 2 dates are June 19, 22, 26, and 29. Classes are held from 12 pm-2 pm in the MakerLab.

Registration is required and can be done by calling Nancy at (989) 356-6188 extension 14.

Congratulations Penny Anderson! Senior of the Year.

Please Join us for Alzheimer's Education and Resources

PAINT THE TOWN PURPLE

Thursday, June 29, 2023

Come join us in our effort to help fight Alzheimer's, at the Alpena Senior Citizen Center (501 River Street, Alpena, MI 49707) for a fun, information-filled day to celebrate as part of the Longest Day fundraising event.

9:00 a.m. - 3:00 p.m.
Crafts: Rock Painting and Doodle Word ($5 dollar Donation)

12:30 p.m. - 1:30 p.m.
Speaker: Michelle Anderson - Role as a Family Caregiver

4:45 p.m. - 7:00 p.m.
Speakers: Local Resources (Alzheimer's Association, Alpena Senior Citizen Center, and NECMSA Region 9 Area Agency on Aging) and Future Planning presented by Karen Bennett, Information Tables, 50/50 Raffle, Door prizes, and Snacks.

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY NEMCSA

REGION 9 AREA AGENCY ON AGING

ALPENA Senior Citizens CENTER

THE LONGEST DAY

alzheimer's association

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Dementia Care Month

Dementia can be one of the most challenging conditions for a family caregiver to work with. Those living with dementia are often confused and disoriented, and often struggle to remember the names and faces of their own children.

The pain of watching a loved one slip away while still being very much alive can be unbearable for family members. Even when a caregiver is not a family member but a trained professional, it takes a special kind of person to be able to stay calm and focused, day in and day out. A dementia care provider is a valuable person who gives a piece of their heart every day to their work.

Even the most giving person may experience caregiver's fatigue at some point. Taking care of someone with dementia takes its toll, and that can sometimes come in the form of caregiver's fatigue. Dementia can cause a financial burden on the family, an emotional toll on the caregiver, and sometimes physical exhaustion as well.

The first step in avoiding caregiver's fatigue is to reach out for help. Too many family caregivers believe that they alone should shoulder the responsibility of care. This is not true. Successful caregiving often requires many hands to make sure that the family member is well taken care of.

If you can, ask your family to help ease some of the workload. This might be by helping to source or provide respite care so you can step away for a few moments or helping by doing the grocery shopping or supporting you in some other way.

If no family is available, hiring a caregiver is another good option. A professional caregiver can help ease the burden by doing some of the chores, driving your loved one to appointments or simply offering you that much needed break.

Sometimes, it's not possible for more of the burden to be shouldered by other people. If you still find yourself stressed by situations, there are some things you can do to help. Deep breathing exercises can help ease stress in the moment and spending a few minutes outside can boost your mood and help ease tensions.

Caring for someone living with dementia can be hard, especially if they are your own family member. If you are experiencing caregiver fatigue, it's important to take steps to help yourself. Not only will you benefit from reduced stress and much needed assistance, but your family will also benefit when they see you feeling more relaxed.

National Flag Week

What is National Flag Week? This week-long observance celebrates the creation of the United States Flag and its' longevity grew naturally out of the one-day observance that has its' origins as far back as the 100th anniversary of the creation of the Stars and Stripes.

National Flag Day occurs every year during the week of June 14th, the date the United States Flag was created. The week of June 14th is designated as "National Flag Week" which will be June 11-17, 2023.

The newly created United States flag, also known as Old Glory and/or the Stars and Stripes, was approved for use by the Continental Congress back in 1777. American troops carried the flag into battle for the first time at the Battle of the Brandywine, about three months after it was created.

A year later the flag was hoisted over a vanquished foe for the first time when the United States took over a British fort.

These accomplishments, significant as they may have been, were not enough to get people thinking about how to properly commemorate the creation and adoption of the U.S. flag.

It would take a full century for the flag to get its' due-the centennial of the U.S. flag was celebrated in 1877 and it wouldn't be long before people started thinking that it was about time to plan a formal holiday to honor it.

Technically, Flag Day occurred first, although in an unofficial way-this holiday was observed informally and/or by state/local governments long before it became a national observance.

National Flag Week is not technically a "standing holiday" the way Labor Day, Presidents' Day, or Memorial Day are set in stone. Instead, each sitting President is responsible for making a proclamation declaring the week of June 14 as the official observance of the holiday.

The President directs government officials to display the flag in government offices and also requests that U.S. citizens participate by flying the Stars and Stripes at residences, local businesses, etc.

We celebrate In-Home Service Manager, Mike Stauffer, for working hard and completing his training to become a Volunteer Fire Fighter for the City of Alpena. Congratulations Mike!

In Memory Of / In Honor Of

Donations to
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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

There is No Night Without a Dawning

No winter without a spring
And beyond the dark horizon
Our hearts will once more sing ....
For those who leave us for a while
Have only gone away
Out of a restless, care worn world
Into a brighter day

- Helen Steiner Rice

Alpena Senior Citizens Center

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