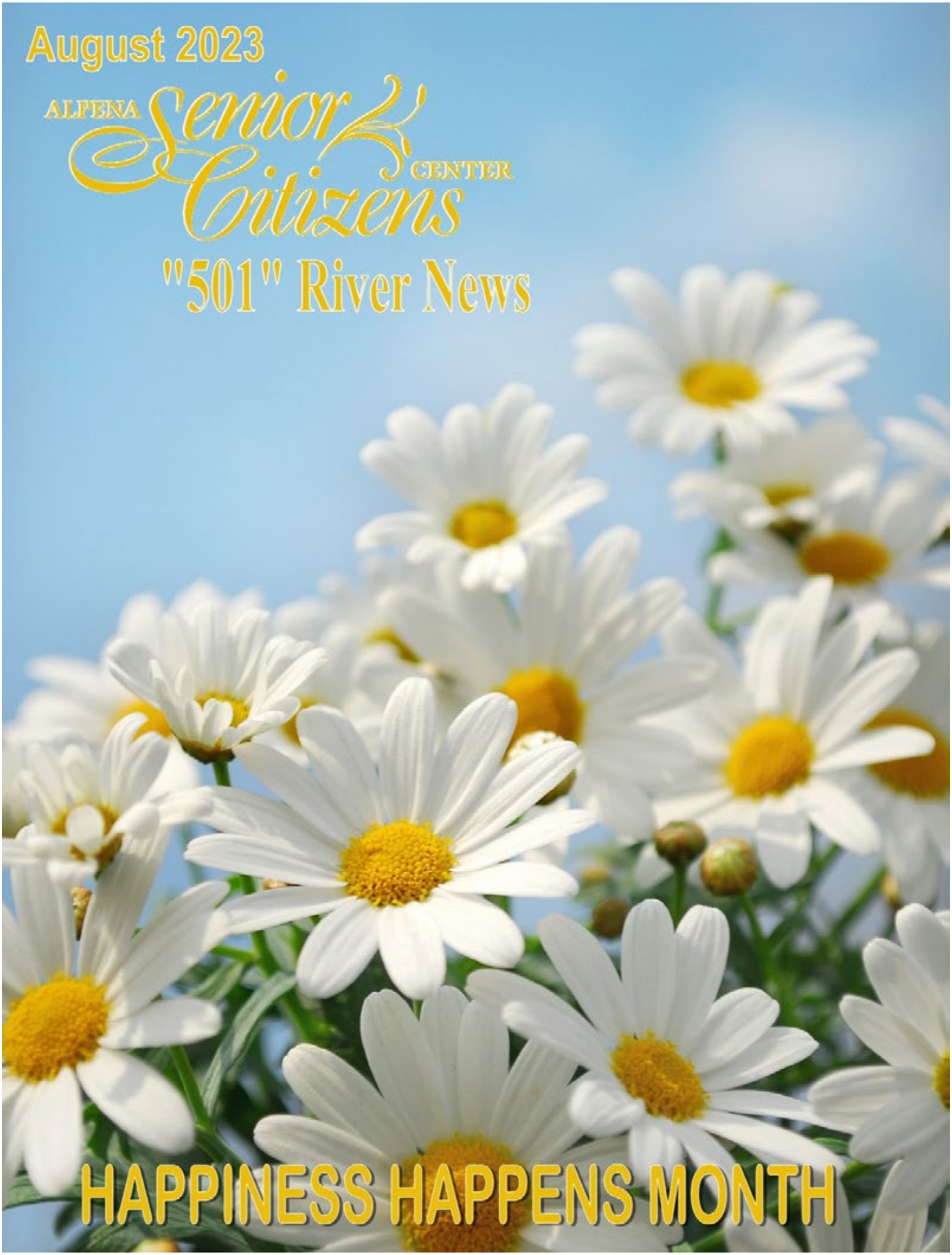
August 2023

ALPENA Senior Citizens CENTER

"501" River News



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ALPENA Senior Citizens CENTER

J

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 MICHIGAN COMMUNITY FOUNDATION

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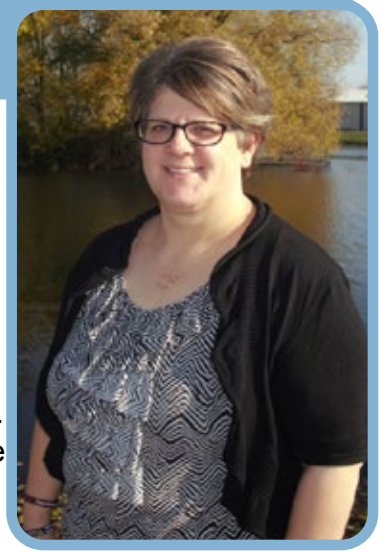
OUR MISSION STATEMENT

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



Can you believe we are over halfway through this year? I chuckle each month when I sit down to write this article because it seems like I just submitted the previous month's note. Time flies when you are having fun!!

We continue to be busy at the center each day and it amazes me how many people we help each month. Our team continues to provide so many services, including Meals on Wheels, in-home services, medication management, MMAP, transportation and much more. Our programs consist of exercise, book club, Staying Connected, You Are Not Alone, cards, mahjong, bingo, quilting and others. If you are struggling or see a senior struggling, please reach out to someone at the center so that we can find the right resources for you.

August is "Happiness Happens Month". This month is dedicated to what makes you happy. Happiness is unlimited and contagious, so when we share happiness, it can bring a lot of joy into the lives of others. Did you know that children laugh more than adults? Children laugh up to 300 times a day and adults laugh about 17 times a day. It makes me wonder why this changes as we get older, but I believe as adults we struggle to find our inner child and we may be concerned about what others may think. Happiness is important in our lives as it contributes to greater physical and mental health. I challenge each of you to work on laughing more and bringing joy to your life. Some of the ways you can do this are by being around other people who bring you joy, reading jokes, watching a funny movie, etc. I always love being around my nieces and nephews. They bring so much joy to my life as the little one's giggle from their toes. As I said, happiness is contagious.

We are doing a deer blind fundraiser from July to September. The donations that we have received to build it along with all the extra goodies have been awesome! Thank you to Lillian Johnson's brothers Randy and Dave for donating their time to build the blind, Builders FirstSource Alpena for the donation of supplies, Max Kannowski for the use of his trailer and Matt Haske for assisting us un getting donations from local businesses. We appreciate all of you! All funds raised will continue to support the seniors in Alpena County. Thank you and continue to enjoy the summer!! 😊

Annie Hepburn

Blood Pressure Clinic

On August 8th, 11:00 – Noon we will be doing blood pressure checks here at the center. We plan to host this event the second Tuesday of each month. Come early for lunch and/or cards and get your blood pressure checked. If you have any questions, please give BJ a call 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!

AUGUST COMMODITIES PICK-UP SCHEDULE

August 2nd Noon to 5:00 pm
August 3rd 8:00 am to 5:00 pm
August 4th 8:00 am to 5:00 pm

Hope Shores Alliance Community Education Event

Did you know that 85% of older adults who have been sexually mistreated do not report the event to police or other authorities? A vast majority of elder abuse takes place in the community - in private and shared homes. Intimate partner violence and non-intimate partner violence is a risk across the lifespan. Abuse of older adults is prevalent and is similar to rates of younger adults and age does not preclude victimization; adults 60 years and over can be survivors.

Join Hope Shores Alliance on Monday, August 7 at 11:00 am, for a 30 minute presentation on available services, intimate partner violence dynamics, and learn the difference between primary and secondary survivorship.

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.

hope shores ALLIANCE

Diabetes Support Group

If you are prediabetic or diabetic please join us on August 4th at 1 PM. Norman Schultz, RN from MyMichigan Medical Center facilitates the meeting and can help you by providing tools, insights and expert support that can help make managing diabetes simple. Peer-to-peer support can help fill in the gap of continuing support for people living with diabetes. Our group continues to grow but we will always make room for more participants. If you have questions or would like to reserve a spot, please call BJ at 989-356-3585.

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Alpena Senior Center's Book Club

Our new book "The Healthy Brain Book" has triggered lots of great conversation. There is so much to learn in this book we have decided to take our time with it. We are barely through the 2nd chapter and have already learned so much.

In the first chapter:

Brain-Health Problems – Now the top medical concern

If you're worried about your brain health, you aren't alone. Consider these scary statistics:

- Neuroscientists predict that 40 to 50 percent of people will "lose their mind" by age eighty-five.
- Similarly, the American Academy of Neurology estimates that 40 percent of baby boomers will develop dementia at some point in their lives. When Dr. Vince started his neurology/psychiatry practice, he saw one patient a month with dementia. Now he sees three to four a week.
- For the first time in history, cerebrovascular disease is now more common than cardiovascular disease. The brain is now sicker than the heart.
- The American Academy of Neurology noted that 18 percent of the world's population - namely American and Europe – is responsible for nearly 50 percent of people with Alzheimer's.
- Insulin resistance and type II diabetes presently affect 60 percent of people nationally. In Dr. Vince's practice, 75 percent of the people he sees, especially those with dementia or early Alzheimer's, have insulin resistance, which is why Alzheimer's is sometimes called type III diabetes.
- By 2014, $84 billion had been spent on drug research and development to prevent, reverse, or stall Alzheimer's deterioration. All have failed.

Even if you feel fine right now, the outlook is grim. So be smart! The best thing you can do for your brain health is to change unhealthful habits before you start feeling their effects.

If I have piqued your interest and you would like to learn more about our book club please give BJ a call at 989-356-3585. It's not too late to start!

Lets Have a Picnic!!!

Join us on August 23 at 11:30 for a "Picnic Lunch" and entertainment by Carole Cadarette! The menu for lunch includes grilled burgers, pasta salad, chips & fruit. Carole will be entertaining from 11 to 1:00PM. The cost for those individuals under the age of 60 is $7.00. Seniors, 60 and over, suggested donation of $3.50.

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.

Our program seems to be growing currently. 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 989-356-3585. 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.

While supporting each other through conversation, we continue to do some type of activity. So far, we've done some doodling with the Doodling Duchess and some adult coloring. Coloring with markers or color pencils seems to be quite popular but we've now added another activity, Sudoku. As we continue to move forward with this group we will be experimenting with other types of activities, again while we are conversing. Developing a favorite is fantastic but we encourage everyone to step out of their box and try something new!

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.

AUGUST 2023 ACTIVITIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Staying Connected 1:00 – 2:00 pm	2 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	3 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm You Are Not Alone 4:00 – 5:00 pm	4 Exercise 10:00 – 11:00 am Diabetes Support 1:00 – 2:00 pm	5
6	7 Exercise 10:00 – 11:00 am	8 Blood Pressure Clinic 11:00 – Noon Staying Connected 1:00 – 2:00 pm	9 Exercise 10:00 – 11:00 am	10 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	11 Exercise 10:00 – 11:00 am	12
13	14 Exercise 10:00 – 11:00 am	15 Staying Connected 1:00 – 2:00 pm	16 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	17 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm You Are Not Alone 4:00 – 5:00 pm	18 Exercise 10:00 – 11:00 am	19
20	21 Exercise 10:00 – 11:00 am	22 Staying Connected 1:00 – 2:00 pm	23 Exercise 10:00 – 11:00 am	24 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	25 Exercise 10:00 – 11:00 am	26
27	28 Exercise 10:00 – 11:00 am	29 Staying Connected 1:00 – 2:00 pm	30 Exercise 10:00 – 11:00 am	31 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

AUGUST 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 Beef Roast Mashed Potatoes Vegetable Fruit	2 Chicken Fajitas Mexican Rice Vegetable Fruit	3 Ham Pizza Vegetable Fruit	4 Breakfast Casserole Sausage Links Hashbrowns Orange Juice	5
6	7 Meat Loaf Baked Potatoes Vegetable Fruit	8 Chicken Broccoli Casserole Vegetable Fruit	9 Smothered Pork Noodles Vegetable Fruit	10 BBQ Beef Sandwich Coleslaw Fruit	11 Cabbage Rolls Rice Vegetable Fruit	12
13	14 Goulash Dinner Roll Vegetable Fruit	15 BBQ Chicken Legs Baked Potatoes Vegetable Fruit	16 Sweet & Sour Meatballs Rice Vegetable Fruit	17 Pork Roast Parsley Potatoes Vegetable Fruit	18 Egg Salad Sandwich Cream of Potato Soup Fruit	19
20	21 Pork Chops Mashed Potatoes Vegetable Fruit	22 Soft Tacos Fresh Toppings Mexican Rice Fruit	**Picnic Lunch 23** Grilled Hamburger Pasta Salad Chips Fruit	24 Chicken Fried Beef Steak Country Gravy Biscuits Fruit	25 Fish Sandwich Tater Tots Vegetable Fruit	26
27	28 Bruschetta Chicken Bake Stuffing Vegetable Fruit	29 Beef Stew Biscuit Vegetable Fruit	30 Tuna Noodle Casserole Vegetable Fruit	31 Spaghetti w/ Meat Sauce 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

National Sneak Zucchini onto Your Neighbor's Porch Day

The United States observes some oddly specific holidays throughout the year. While many are more nonsensical than practical, there are a few that are worth marking on your calendars – and National Sneak Zucchini Onto Your Neighbor's Porch Day is one of them. Held on August 8th every year, this lighthearted observance is an opportunity to spread some summer squash love when you inevitably grow too much.

Anyone who has grown zucchini knows you'll likely end up with way too much produce by the end of the season, and sometimes all the zucchini recipes in the world aren't enough to use it up while fresh. Sure, you can freeze some for later, but your plants may still produce fresh zucchini faster than you can store it. To combat the overflow, gardeners have been celebrating this day for about a decade now.

Make sure when you are inconspicuously leaving zucchini on your neighbor's porch you leave a note with some of the health benefits you are sharing.

- Zucchini contains a variety of vitamins, minerals and beneficial plant compounds. Cooked zucchini is particularly high in vitamins A, though raw zucchini contains slightly less.
- Zucchini boasts several antioxidants that may provide various health benefits. The highest levels are found in the fruit's skin.
- Zucchini is rich in water and fiber, two compounds which can promote healthy digestion by reducing your risk of constipation and symptoms of various gut disorders.
- Zucchini's fiber may increase insulin sensitivity and stabilize blood sugar levels, potentially reducing your risk of type 2 diabetes.
- The fiber, potassium and carotenoids in zucchini may lower blood pressure, cholesterol and other risk factors for heart disease.
- Zucchini is rich in manganese, lutein, zeaxanthin and vitamins A and C – nutrients which contribute to healthy vision and may lower your risk of age-related eye conditions.
- Zucchini is rich in water and fiber yet low in calories, all of which may help reduce hunger and help you feel full – potentially leading to weight loss over time.
- Zucchini can be eaten raw or cooked in soups, stews, sandwiches, salads, baked goods and more.

If creeping around after dark isn't how you'd prefer to pass on your extra zucchini, there are other creative ways to participate in the holiday: Consider baking zucchini bread to give to your neighbors, canning or pickling it or donating your fresh zucchini to a local food pantry. Any extra zucchini, whether it comes from your own garden or not, gives you the perfect reason to break out your spiralizer and make some zoodles or slip some into a decadent chocolate cake. As long as you don't let your (or your neighbors') hard work go to waste, you can consider the holiday – and season – a success. If you wake up to a few summer squash on your doorstep the morning of August 9, you'll know how they got there.

You Are Not Alone

August 3, 2023
Join us from 4 to 5:00 PM with guest speaker Kat from the Alpena Sheriff's Department and the All County Search & Rescue. This will be a very informative presentation you won't want to miss.

August 17, 2023
Join us from 4 to 5:00 PM with guest speakers, Becky and Chris, from the All County Search & Rescue. Learn more about the amazing things this team of volunteers and their dogs do to assist in locating lost or missing persons, alive or deceased, in both urban and wilderness environments.
For additional information or to reserve a spot please contact BJ at 989-356-3585.

What is the USDA Senior Farmers Market Nutrition Program (SFMNP)?

- Known as 'Senior Project FRESH/Market Fresh' in Michigan.
- Provides coupons to adults 60 and older, income eligible, OR aged 55 and over who are members of the twelve federally recognized tribes in Michigan and those Tribal members in Michigan that are a part of the urban Indian center population who are income eligible.
- To use like cash at registered farmers markets and roadside stands.
- Registered markets and roadside stands accept the coupons, have the user sign them, and then turn them into the State Unit on Aging for reimbursement.
- Eligible items include any unprocessed fruits and vegetables that are grown in the state of Michigan.
- Operates between May – October 31 each year.

You must be 60 years or older at the time of receiving coupons OR aged 55 and older and a member of a Michigan federally recognized tribe or urban tribal group. You must also reside in Alpena County. There is an income requirement as well.

TOTAL VALUE OF THE COUPON BOOKLET IS $25.00!!!

Please call BJ at 989-356-3585 to schedule your appointment or for additional information.

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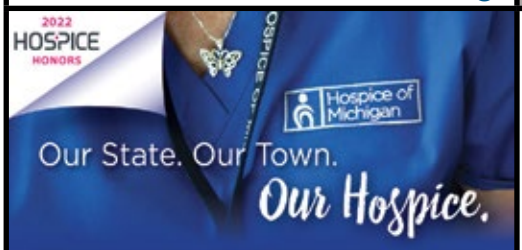

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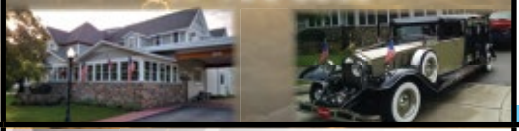

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Happiness Happens Month

Sometimes, we give a lot of energy to diving into our negative feelings of being stressed, fatigued, angry, disappointed, sad, and so on. But, what if we took the same amount of time to appreciate and celebrate our happiness? Did you know there are 31 types of happiness? From amused, valued, and grateful to inspired, motivated, and more, let's commit to celebrating the joy we feel.

It's important to be very careful in making sure we share authentic feelings, and with that in mind, let's address toxic positivity. One description states that "toxic positivity is the suppression of real, negative emotions". There will be days where we could all be less than happy. Assist those feeling unhappy or negative with phrases such as:

- "Your feelings make sense. What can I do to help support you through this?"
- "It sounds like things are hard for you right now. I'm sorry you're going through this."
- "I am here for you."

Toxic positivity can make individuals feel invalidated, unseen and unheard. By taking a more empathetic and caring approach rather than directly combatting negativity with positivity, individuals can feel validated and supported.

Some ideas for all of us to try:

- Be a smile-starter! Make others happy through small, smile-inducing gestures: write a handwritten letter, call, send flowers, or bake cookies.
- Give kudos! Seek someone out to thank or compliment them. When we let people know how much we appreciate or admire them, it increases happiness, not only for them but also for you.
- Make a list of things that make you happy and things you see as happiness zappers. Knowing the zappers may help you avoid them or, at least, better prepare for responding to them.

Remember that:

- Expressing gratitude can lead to an overall optimistic attitude; it is consistently and strongly correlated to feelings of happiness.
- Giving of your time to help others has been shown to decrease feelings of depression and improve optimism and a sense of worth.
- We've all heard the phrase: It is better to give than to receive – yes, giving is another action that leads to happiness and benefits the giver as much, if not more than the receiver.
- Lifting others up brings about a reciprocal effect – put out positive thoughts and feelings and this is what you will likely receive in return.
- Spending some time looking at old photos, flipping through high school yearbooks, or reading old letters may help you find feelings of happiness overflowing as you stroll down memory lane.

Rummage Sale

We are having an indoor rummage sale on Saturday, September 30th from 9 a.m. – 3 p.m. and on Sunday, October 1st from 9 a.m. – noon.

All proceeds to benefit the Senior Center programs. If you have new or used items to donate, please drop them off between September 18th-28th.

No large furniture, clothing, shoes, or outdated electronics. Items should be clean and in good working condition.

Any unsold items will be donated or disposed of at our discretion.

Alpena Senior Citizens Center

Deer Blind Raffle!

Alpena Area Senior Citizens Council Inc.

Prize: Deer Blind & Goodies

Drawing: Friday, September 15th at 12:00 p.m. (Noon)

Ticket Price: $10 Each or 3 for $20

Must be 18 years of age to purchase a ticket.
All taxes on winnings are the responsibility of the winner.
The winner is responsible for picking up and transporting the Deer Blind.

Alpena Senior Citizens Center, 501 River Street, Alpena, MI 49707 · 989-356-3585

License #R70855 – Need not be present to win.

In Memory Of / In Honor Of

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

In Memory Of / In Honor Of:

_____

Acknowledgment to be sent to:

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Address:_____

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Message:_____

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

In Memory

Thanks to Charles Lindburgh Jr for the donation in Memory of
Frank Szatkowski

Alpena Senior Citizens Center

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Total Approximate Value over $3560.

Thank you to all those who have made this a success by donating supplies, time, or goodies.