September 2023

ALPENA Senior Citizens CENTER

"501" River News

National Senior Center Month

Discover your...

Friendships

Health

Purpose

Creativity

STAFF EXTENSIONS

Kendra Tuscher, Sr. Resource Coordinator
email: ktuscher@alpenaseniors.com **10**

Mike Stauffer, In-Home Service Manager
email: mstauffer@alpenaseniors.com **11**

Lillian Johnson, Financial Administrator
email: ljohnson@alpenaseniors.com **13**

Andrea Hepburn, Director
email: ahepburn@alpenaseniors.com **14**

BJ Sander, Program Manager
email:bjsander@alpenaseniors.com **18**

Jeremy VanNatter, Maintenance
email: jvannatter@alpenaseniors.com **19**

Julie Robinette, MMAP Counselor
email: jrobinette@alpenaseniors.com **21**

Cindy Josey, In-Home Service Coordinator
email: cjosey@alpenaseniors.com **22**

Joette Putkamer, Accounts Receivable/HR
email: jputkamer@alpenaseniors.com **23**

Kitchen **26**

Doreen Dault, Kitchen Manager
email: ddault@alpenaseniors.com **27**

Tracy Niedzwiecki, PR/Graphic Designer
email:tniedzwiecki@alpenaseniors.com **28**

BOARD OF DIRECTORS

Matt Poli - President
Wendy Servia - Vice President
Josh Viegelahn - Treasurer
Jerry Broad ● Tim Moran
Alex Senchuk ● Lorri Rondeau
Ed Black

ADVISORY COUNCIL

Russ Rhynard, Chairman
Don Gilmet ● Margie Haaxma
BJ Sander ● Jackie Krawczak

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.

like us on facebook

NORTHEAST MICHIGAN COMMUNITY FOUNDATION

In This Issue...

3 From the Director
4 Transportation
6 Open Enrollment
8 September Activities
9 September Menu
10 Book Club
13 Brain Health
15 In Memory

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

September will be another busy month for us here at the Alpena Senior Citizens Center. We will be celebrating National Senior Center Month and Suicide Awareness Month.

The theme for this years National Senior Center Month is "Discover Yours" –

- Empowerment -this helps you to explore new activities, hobbies, and experiences.
- Inclusivity – all people are welcome and encouraged to explore personal interests and activities that resonate with you.
- Personal Growth – allows you the opportunity to focus on personal growth and self-improvement.
- Community engagement – fosters a sense of community and camaraderie among people.

All these things can be done by coming to the Center and participating in meals, programs, or activities.

September is also Suicide Awareness Month. BJ and I are part of the Alpena Suicide Prevention Team which focuses on reducing stigma, promoting available resources, training, education, and growing a team to increase our impact within the community. We also participate in the Suicide Prevention Walk that takes place September 23rd at 10:00AM at the Bay View Park Bandshell. If you are interested in participating, feel free to register at https://partners-in-prevention.ticketleap.com/alpena-walk-2023. Many people deal with sadness, depression, and anxiety and it is ok to reach out for help. If you know of anyone who is depressed or has had or is having suicidal thoughts, please have them call the National Suicide Prevention Lifeline number 988. Statistics show that by 2034, 1 in every 5 residents of the United States will be older than 65, and there will be more people over 65 than under the age of 18. As the demographics of the US continue to change rapidly over the next decade, with more older adults than ever before, the prevalence of mental health issues, including suicide, are expected to increase. So please if you are struggling with mental health issues reach out to someone, there are resources available.

As of September 15th, 2023, due to our grant funds being depleted for transportation we will not be able to provide transportation to any medical appointments, exercise or programs at the center until January 2024. We do apologize for the inconvenience. If you have further questions, please reach out to me.

We are currently doing two fundraisers in September; one is the continuation of the Deer Blind tickets so be sure to get your tickets. We will be taking the deer blind to several businesses through September 14th and the drawing is September 15th. Please pass the word on. We are also doing a Rummage Sale September 30th and October 1st. There is additional information provided on a flyer in the newsletter. On Friday, September 29th, we will be closing the center at 12:30 p.m., after lunch, to set up for the Rummage Sale.

It is imperative that we continue to do fundraising events for the Senior Citizens Center due to the increase in food costs, and overall costs across the board. Even though we receive Millage Funds, State and Federal Funds we are not 100% funded. We appreciate any support.

Annie 😊

Annie Hepburn

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!

SEPTEMBER COMMODITIES PICK-UP SCHEDULE

Septmber 13th Noon to 5:00 p.m.

September 14th 8:00 am to 5:00 p.m.

September 15th 8:00 am to 5:00 p.m.

Diabetes Support Group

If you are prediabetic or diabetic, please join us on Friday, September 1st at 1:00 p.m. 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.

Blood Pressure Clinic

On Tuesday, September 12th, 11:00 a.m. – 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 or and get your blood pressure checked. If you have any questions, please give BJ a call at 989-356-3585.

Transportation

Effective Friday, September 15th, we will no longer be able to do any transportation through the end of the year. Unfortunately, we have seen an increased need for transportation this year and due to our grant funds for this program being depleted we must stop this program until the beginning of 2024. We did discuss further options but at this time it would not be cost-effective for the center. We apologize for the inconvenience. If you have any questions, please reach out to Annie Hepburn, Director at 989-356-3585.

Proudly Serving the Greater Alpena and Hillman Communities

Bannan Funeral Home

222 S. Second Avenue
Alpena, MI 49707
(989) 354-8411

131 E. First Street
Hillman, MI 49746
(989) 742-3993

www.bannanfuneralhome.com

Live Your Best Life

APlex
ALPENA EVENTS COMPLEX

Fitness Center offering 50% OFF Senior Memberships for 2023

989.354.6164 www.APlex.org

Northern Eye
OPHTHALMOLOGY
DISEASES AND SURGERY OF THE EYE

Robert M. Currier, D.O., FOCOO
Certified Ophthalmologist

(989) 354-3171

127 Park Place ALPENA | 1140 N. State St. ST. IGNACE | 502 W. Harrie St. NEWBERRY

office@northerneye.com www.northerneye.com

TARKINGTON FAMILY DENTISTRY

Andrew C. Tarkington D.D.S.
Alex A. Tarkington D.M.D.

~NEW PATIENTS WELCOME~

(989) 354-8340

215 S. Ripley Blvd., Alpena, Michigan

FOR YOUR FAMILY'S TOUGHEST TIMES, CALL OURS ANYTIME.

Let us help by calling (866) 323-5974.

McLaren HOMECARE

Coffee & Conversation
with Friends Together

Pop in at Friends Together on Tuesdays for coffee (or tea) & conversation.

- Facilitated by a Patient Navigator
- For anyone impacted by cancer
- Drop-in hours are 8 -9:30am
- Begins February 21, 2023

Call for information (989) 356-3231

Jennifer Gruschke, MA, CCC-A
Audiologist

Free Hearing Screenings and the latest Hearing Aid technology available

Please Call 989-354-4289 for an appointment!

NORTHERN HEARING SERVICES

NHS

111 S. 13th Ave. • Alpena, MI (located behind LeFave Pharmacy)

Dial-A-Ride...

Serving our senior community members for over 40 Years!

Remember to call at least 1 hour in advance of your trip – *the day prior is even better!*

For current hours & days of operation, visit www.thunderbaytransportation.com

Call Dial-A-Ride for all your transportation needs: 989-356-4596

Local seniors would *love* to know about your organization, special events and activities... *Advertise Here!*

Call Allegra 989-356-0834

Become our newest member and open your account online to be eligible* for $100.00 MEMBER REWARD!

Simply open your account online*
www.aaacu.com

3 Simple Steps to Receive $100 Reward*

1. New membership opened via our online delivery channel.
2. New members access online banking and sign up to receive e-statements.
3. New members sign up to have their payroll, retirement or social security income directly deposited to our credit union.

*This offer is for new membership applications, submitted at www.aaacu.com. The primary account holder cannot currently be nor have been a member in the past 12 months. To qualify for the $100 reward, the account must be enrolled in online banking, opted in to receive eStatements and have their payroll, retirement or social security income directly deposited into the new account. If criteria are not met within 60 days, reward will not be paid. Rewards will be deposited to your regular share account. Member must have a valid U.S. taxpayer identification number to receive reward credit. One offer per social security number. Offer applies to consumer accounts only. Rewards are reported as dividends to account and will be reported on IRS form 1099-INT. All taxes due are the responsibility of the recipient. Program may be modified or cancelled at any time without notice. Certain restrictions do apply.

Alpena Alcona Area Credit Union

989-356-3577

MediLodge of Alpena

Recover
Rejuvenate
Revitalize
Return Home

Family of Professionals | You Are Not Alone | Safety and Security | A Plan for Your Recovery

"Homecoming" after hospitalization: When staying home is the goal, you have 30 days to utilize your Medicare therapy benefit to ensure you stay home.

If you have any questions, call MediLodge of Alpena. Ask for George Sobeck at 989.464.0665

www.MediLodgeofAlpena.com

989.356.2194 989.356.6874 301 Long Rapids Rd, Alpena, MI 49707

Beyond Horizons Tour & Travel

EXPERIENCE THE DIFFERENCE.
EXPERIENCE BEYOND HORIZONS.

CASINO TRIPS - GROUP TOURS
MYSTERY TRIPS - AND SO MUCH MORE!

CALL TODAY FOR YOUR COMPLIMENTARY TOUR & TRAVEL CATALOG!

www.beyondhorizonstours.com

989.278.0909

Open Enrollment

Each year from October 15th through December 7th you can make changes to your Medicare prescription drug plan or Medicare Advantage plan for the following year. If you would like to review your plan with one of our MMAP counselors, call early as space is limited. Call Julie Robinette at 989-356-3585 ext. 21 to schedule your appointment.

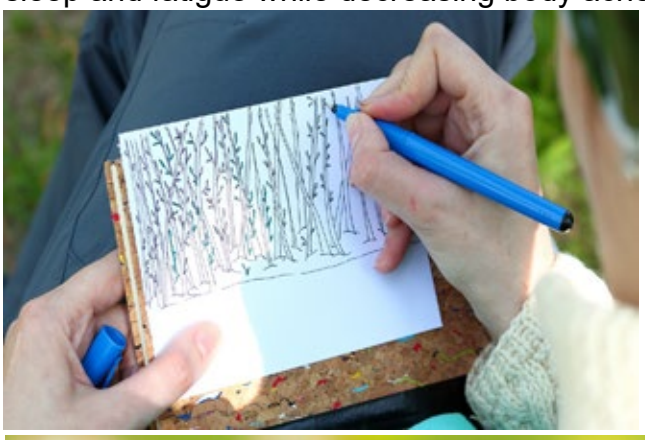
Staying Connected

I've talked with quite a few people lately about this program. So many people need to experience this hour or however long you want to stay. This is a time and a place for you to feel safe…to talk or just listen. You can cry, laugh or both. You can color, do Sudoku puzzles or we can play a game, like Yahtzee. No judgement, just a group of people getting together for fellowship.

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 added another activity, Sudoku, which hasn't gained a lot of attention. We will be playing Yahtzee this month for something new. 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 comfort zone 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.

This group gets together every Tuesday from 1:00 to 2:00 p.m. 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.

National Senior Center Month

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults. They offer a place for older adults to discover their unique interests, talents and aspirations.

The 10,000 plus senior centers in communities and neighborhoods across the country provide access to information, opportunities and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940's, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services and opportunities they need to age well.

Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility and nutrition – all in a social and fun environment. So, celebrate your senior center and help get the word out in ways that resonate with your community. Make sure your friends, families and neighbors get a copy of our newsletter, so everyone knows all of the great things we do here. Follow us on Facebook and check out our website. Invite a senior friend for lunch. Suggested donation for seniors 60 plus is $3.50 and the cost for those under the age of 60 is $7.00. Lunch is served Monday through Friday from 11:30 to 12:30.

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.

SEPTEMBER 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 Diabetes Support 1:00 – 2:00 pm	2
3	4 CLOSED 	5 Staying Connected 1:00 – 2:00 pm	6 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	7 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	8 Exercise 10:00 – 11:00 am	9
10	11 Exercise 10:00 – 11:00 am	12 Blood Pressure Clinic 11:00 – Noon Staying Connected 1:00 – 2:00 pm	13 Exercise 10:00 – 11:00 am	14 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm You Are Not Alone 4:00 – 5:00 pm	15 Exercise 10:00 – 11:00 am	16
17	18 Exercise 10:00 – 11:00 am Brain Health 9:30 – 11:30	19 Staying Connected 1:00 – 2:00 pm	20 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	21 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm You Are Not Alone 4:00 – 5:00 pm	22 Exercise 10:00 – 11:00 am	23
24	25 Exercise 10:00 – 11:00 am	26 Staying Connected 1:00 – 2:00 pm	27 Exercise 10:00 – 11:00 am	28 Zoom Book Club 11:30 am – 12:30 pm Zoom Meditation 2:00 pm	29 Exercise 10:00 – 11:00 am **Closing @ 12:30**	30 Rummage & Bake Sale 9 a.m. – 3 p.m.

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

SEPTEMBER 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 Omelets Sausage Links Hashbrowns Orange Juice	2
3	CLOSED 4 	5 Cheese Stuffed Noodles w/Meat Sauce Vegetable Fruit	6 Chicken Alfredo Penne Pasta Vegetable Fruit	7 Swiss Steak Mashed Potatoes Vegetable Fruit	8 Ham & Cheese Sub Cream of Broccoli Soup Fruit	9
10	11 Chicken Parmesan Noodles Vegetable Fruit	12 Beef Roast Mashed Potatoes Vegetable Fruit	13 Salisbury Steak Rice Pilaf Vegetable Fruit	14 Ham Pizza Vegetable Fruit	15 Tuna Noodle Casserole Vegetable Fruit	16
17	18 Hamburger Stroganoff Noodles Vegetable Fruit	19 Chicken Broccoli Casserole Vegetable Fruit	20 Sloppy Joes Coleslaw Chips Fruit	21 Pork Roast Parsley Potatoes Vegetable Fruit	22 Coney Dog Baked Beans Chips Fruit	23
24	25 Ham Baked Potatoes Vegetable Fruit	26 Chicken à la King Biscuits Vegetable Fruit	27 Tuna Noodle Casserole Vegetable Fruit	28 Taco Bowls Fresh Toppings Mexican Rice Fruit	29 Grilled Hamburgers Pasta Salad Chips Fruit **Closing @ 12:30**	30 Rummage & Bake Sale 9 a.m. – 3 p.m.

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

By the time you are reading this we will be in Chapter 5 of our current book "The Healthy Brain Book". Out of all the books we have read so far, this book has caused us to slow down and really dig into the contents. So much to learn and we really don't want to miss out on anything.

In the second chapter:

Did you know:

- Your brain is 60% fat.
- Your brain uses 25 percent of all the carbs you eat.
- Your brain uses 25 percent of all the blood your heart pumps.
- Your brain is ultrasensitive to fake foods and chemical additives that can leak through (and weaken) the otherwise protective blood-brain barrier.

In the third chapter:

Did you know:

- Your head brain and gut brain are connected by the largest nerve highway in your body, the vagus nerve. Your head brain and gut brain send millions of biochemical text messages to each other through this nerve highway every day, monitoring each other's smart, or sometimes dumb, activities.
- If your head brain is happy, so is your gut brain. If your head brain hurts, your gut brain is likely to feel queasy.
- Six smart gut changes for your brain health:

1. Eat gut brain-friendly foods
2. Eat twice as often. Eat half as much. Chew twice as long.
3. Enjoy the sipping solution. A daily smoothie full of brain foods.
4. Drink less alcohol, leak less in your gut.
5. Stress less, feel good in your gut.
6. Move more, make your microbiome healthier.

In the fourth chapter:

Did you know:

- Movement is the best medicine for your brain.
- Exercise is possibly the strongest antidepressant we have.
- The older we are the more we need to move.
- The "sitting disease" is a downward spiral. The more you sit, the faster your cognitive decline, which can lead to inability to exercise, which increases cognitive decline further.
- Generally, there are three types of exercise that are good for the brain. All three build smarter brains, but in different ways. Best for brain health is to do all three – strength building, aerobics and isometrics-at least three times a week.

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.

Closing Early, September 29th

So that we can prepare for our "Rummage Sale" weekend we will be closing at 12:30 p.m. on Friday, September 29th. There is a flyer in this newsletter with information regarding the sale.

If you would like to donate anything for the sale, please remember that we will not be accepting any clothing or shoes, large furniture, upholstered furniture, or outdated electronics. Items should be clean and in good working condition. If you have any donations or would be willing to donate some baked goods, please contact Kendra.

Senior Project Fresh/Market Fresh Coupon Booklets Still Available!!

- 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 in to 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 1 – October 31 each year.

We are still scheduling appointments to get your Project Fresh coupons.

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.

You Are Not Alone

Due to some scheduling constraints, we have changed our first meeting of the month. The following is the revised schedule for the month of September only:

September 14, 2023
Join us from 4:00 to 5:00 p.m. for information, support and advice.

September 21, 2023
Join us from 4 to 5:00 p.m. for information, support and advice.

For additional information or to reserve a spot please contact BJ at 989-356-3585.

Applebee's
GRILL + BAR

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

Carside To Go

Call or order online...we bring it out!
www.applebees.com
1468 M-32 W • Alpena • (989)354-3886

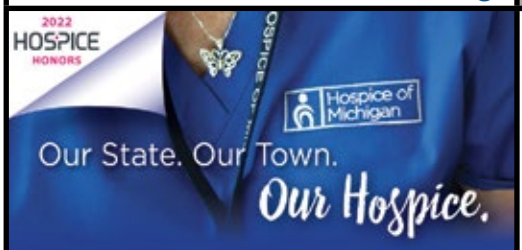
Welcome to the
Northern Michigan's Premier Event Center!
APlex
ALPENA EVENTS COMPLEX

- Comedy
- Music
- Family Shows

You provide the occasion, we provide the venue. The sky is the limit when planning, organizing, and fulfilling our guest's ultimate celebration.
Visit us at 701 Woodward Ave • Alpena
989.354.6164 www.APlex.org

KEITH D. WALLACE
of the law firm of
Isackson, Wallace & Pfeifer, P.C.
114 S. Second Ave., Alpena, MI 49707
989-354-8242
50+ Years of Experience in Trusts, Wills, Probate and Medicaid Matters

---

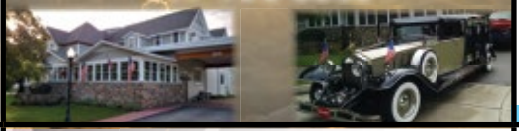
2022 HOSPICE HONORS


The sooner you call, the more we can help.
24/7 Support
888-247-5701 | hom.org
199 Long Rapids Rd., Alpena

The Drug Store
2236 US 23 S. • ALPENA
989-354-2171
Drive Thru Pharmacy • Delivery
Alpena's Oldest Family Owned and Operated EST 1971
Health Mart PHARMACY

Samaritas™

We offer newly renovated 1 bedroom apartments for seniors 62 and over meeting HUD Guidelines. Join our loving community. Apply today at
210 Wilson Street, Alpena
or call 989.356.6725
EQUAL HOUSING OPPORTUNITY

McWilliams
FUNERAL HOME
Serving Alpena and Presque Isle Counties Since 1940
989-354-8044


Friends Together
We Help People with Cancer
If you or someone you care about is dealing with a cancer diagnosis, please reach out to Friends Together for support. From transportation and lodging assistance to support groups and emotional support, we are here so no one experiences cancer alone.
105 Prentiss Street, Alpena - (989) 356-3231

---

alpenaplazapool.com
3303 S. 3rd St.
Alpena
ALPENA COUNTY
Plaza Pool
Water activities that promote a healthy lifestyle, recreation, and family fun!
Call 989-354-8287 for great deals on memberships for Seniors & the "grand"kids!

Flowerland
DESIGNS
Serving the Alpena Area for over 40 years!
2205 US-23 S, Ste 108
Alpena, MI 49707
989-356-9377
www.FlowerlandDesigns.com
Full Service Florist
Wedding & Event Design

You've got Medicare options!

ALPENA AGENCY, INC.
Insurance & Employee Benefits

Let us review your plan today!
CALL or TEXT **989-354-2175**

Up North Property Services
Wausau Homes
Coming Soon... Wausau Homes by Marshall & Co.
Grace M. Marshall
BROKER/OWNER
GRI, CRS, ABR, SRS
A HouseSOLD Name
Full Service Real Estate
Sales, Rentals, Property Management, Vacation Rentals, Home Watch Services and Estate Clean Outs
989-354-2535 • Cell 989-657-2173 • 112 S. First Ave. • Alpena, MI 49707

Red or Green Apples?

The health benefits from eating apples are numerous. One medium Honeycrisp apple has 5 grams of fiber and only 80 calories. Because of the amount and type of fiber, an apple will help a person feel full longer, helping him or her to consume fewer calories daily. The pectin in apples may also help lower cholesterol.

If you are watching your sugar intake you may want to be careful how many Honeycrisp apples you eat in a day. Royal Gala and Honeycrisp can contain 19 grams of sugar, but green apples, like Granny Smith, contain 9 grams.

Although all varieties of apples offer nutritional benefits, the Red Delicious is a popular choice for best apple for overall nutrition. This variety gets its deep red color from polyphenols which help prevent heart disease, and Red Delicious are high in antioxidants.

Green apples have less sugar and carbs, and more fiber, protein, potassium, iron and vitamin K, taking the lead as a healthier variety, although the differences are ever so slight. The only major difference in nutrition is that of vitamin A, which is almost twice as high in green apples as compared to red apples.

MSU DEMENTIA CARE SUPPORT LAB

Brain Health Education Seminar

Come & Join Us to Promote Better Brain Health!

SEPTEMBER 18 | 9:30 - 11:30 a.m.

ALPENA SENIOR CITIZENS CENTER

501 River St., Alpena, MI 49707 · 989-356-3585

Worrying About Memory Loss?
How to Stay Active & Engaged?
Hoping to Learn More About Dementia?

JOIN US FOR A FUN SEMINAR!
THE SEMINAR WILL BE HOSTED BY DR. FEI SUN FROM MSU!

Alpena Senior Citizens Center

School of Social Work
Michigan State University

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:

_____

Address:_____

_____

Message:_____

_____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

In Memory

Thanks to Nancy Wedge, Eileen Wikaryasz, Fox Farm Condominium Assoc. and Blanche & Donald MacNall, for the donation in Memory of
Rudolph "Rudy" Bauer

Thanks to Nancy Wedge, Eileen Wikaryasz, Wikaryasz Family Reunion, Marilyn Bauer, John & Karen Crudden, John and Julie Kowalski, Tim & Jackie Donajkowski, Anonymous Donor and Norm & Lorraine Kubbe for the donation in Memory of
Reuben Donajkowski

Thanks to Thomas & Mary Lappan for the donation in Memory of
Jacqueline Bye

Thanks to Michael & Marie Twite for the donation in Memory of
Margaret Kieliszewski Adams

Alpena Senior Citizens Center

Subscription/Information Update

Name:_____

Date of Birth:_____

Spouse:_____

Date of Birth:_____

Anniversary:_____

Address:_____

_____

Phone:_____

E-Mail:_____

Has your Newsletter subscription expired? You may renew it in person or by mailing in this form.

For the price of $12.00 a year, you may have a subscription mailed to you.

Subscription Type: New ____ Renew ____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Thanks to Guy Moulds Jr. for the generous donation.

ALPENA SENIOR CITIZENS CENTER
501 RIVER STREET
ALPENA MI 49707

ALPENA Senior Citizens CENTER

Presorted Standard
U.S. Postage Paid
Alpena, MI 49707
Permit No. 127

RETURN SERVICE REQUESTED