February 2024
ALPENA
Senior Citizens
CENTER
"501" River News

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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 Valentine's Day to all of you on February 14th.❤ I hope it's a great day!

February is National Independence Month, so I am going to share a few tips. Did you know that by 2050 there will be 2 billion senior citizens in the world. Our Mission Statement at the Alpena Senior Citizens Center is to promote and protect dignity, independence, and welfare of older adults throughout Alpena County. Therefore, I want you to be aware that we have many resources here at the center and if we cannot help, we will try to guide you in the right direction. Did you know that we have many programs to offer you socialization here at the center? There is a quilting and knitting group, card games, Maj Jong, puzzles, and Bingo. We also have a great exercise program Monday, Wednesday, and Fridays. For support we have a weekly Staying Connected group where we do adult coloring and offer support as needed. We serve lunch M-F from 11:30 a.m.-12:30 p.m. for a suggested donation of $4.50 for those 60 and older and a cost of $8.00 for those under the age of 60.

Do you need support as a caregiver or are you someone living with dementia? We have several programs to help you and a monthly support group, "You Are Not Alone", that meets the 1st and 3rd Thursday of every month from 4-5pm. We are working on additional resources and support programs, which you will start hearing more about over the next few weeks. BJ and I are trained in dementia and will be doing further training to better our knowledge. Our goal is to educate the community on how to make Alpena a dementia safe and friendly community. So be on the lookout for what is yet to come.

6 Tips to maintain your independence:

1. Create a balanced schedule.
2. Make healthier living fun.
3. Set habits or goals for your own progress. Did you know it takes at least 28-30 days to create a new habit?
4. Increase safety in your own home. (take away or decrease throw rugs, check into lifeline, set up medication management through the senior center, make sure your smoke detectors are working, etc.) If you have questions on any of these let us know and we can help.
5. Find activities you love.
6. Reach out to others during challenging times.

Just a reminder that starting in March and April we will be doing our Annual Fundraiser for our meal programs. We are looking at new ways to raise money for this due to the increased cost of food and supplies, so please look for more information in March's Newsletter.

Please feel free to reach out to me with any questions.

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!

February Commodities Pick-up Schedule

February 6th, Noon to 5:00 p.m.

February 7th, 8:00 a.m. to 5:00 p.m.

February 8th, 8:00 a.m. to 5:00 p.m.

COMMODITY BOXES NOT PICKED UP BY THE END OF THE THIRD DATE WILL BE BROKEN DOWN.

Blood Pressure Clinic

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it. On February 13th, 11:00 a.m. – Noon we will be doing blood pressure checks here at the center. We will be hosting this event the second Tuesday of each month. While you are here, check out our amazing lunch menu and plan to stay for lunch. If you have any questions, please give BJ a call at 989-356-3585.

Diabetes Support Group

Facing a diabetes diagnosis, whether it's you, a cherished individual, or a family member, can lead to feelings of being swamped. Whether you have been diabetic for a long or short period of time or prediabetic, engaging in a diabetes support group represents a proactive strategy for discovering assistance, guidance, insights, and resources, forming an integral component of managing diabetes holistically.

Norman Schultz, RN, from MyMichigan Medical Center will be at the Senior Center, February 2, at 1:00 to facilitate our monthly support group. Please feel free to stop by or call BJ at 989-356-3585 with any questions.

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

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Reach Program

REACH is a dementia caregiving program that empowers caregivers to problem-solve challenges they experience from caregiving.

This program serves family caregivers who are providing assistance to a loved one with Alzheimer's disease or another type of dementia. The coach takes REACH into the homes of the families, other locations of the caregiver's choice, or virtually.

Coaches work with caregivers to empower them to problem solve. It's really a problem-solving and empowerment model, rather than an interventionist model. The coach walks through an initial risk assessment with the caregiver, which usually surfaces their most pressing challenges. They then work with the caregiver on practical steps to solve that issue, empowering the caregiver to take charge of their situation.

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 BJ a call at 989-356-3585.

You Are Not Alone

Dementia caregivers report higher amounts of strain, mental and physical health problems and caregiver burnout. They also report social isolation and financial hardships because of caregiving for a loved one with dementia. These are just two, of many common issues that affect family caregivers of someone with dementia.

People may find themselves in caregiving roles because they want to help others, but sometimes it's because suddenly a person close to them needs care and support. It may feel like an honor or an obligation. Or maybe a bit of both. Either way, it's stressful work.

Caregiving without good self-care can lead to burnout, depression, anxiety, resentment and other negative implications. Reach out to BJ or Annie to find out more about our support group. The following is our schedule for the month of February.

February 1, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

February 15, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

Board Meeting

The public is invited to the Alpena Senior Citizens Board Meeting on February 21st at 4:30 PM at the Senior Center. Should you have any questions please feel free to contact Annie Hepburn at 989-356-3585.

Alpena Senior Center's Book Club

I feel the need to tell the whole world how amazing our consistent group of ladies participating in the book club are. We had an opportunity for a new experience, so we stopped our last book before we finished it, of course with the intention to complete the book. When our facilitator can't be with us, we don't just skip those days, we get together and work on our goals. I've tried book clubs at different times in my life but never stuck with it. This group of ladies turned our club into a game changer for me. We don't always agree, and we may change our minds more than once, after all we are females, but we stick together, and we support each other. We laugh, we cry, we get serious, we experience loss, we share memories…and we do all these things together.

If you would like more information on this senior center program or if you would like information about the goal sheets we use, please feel free to call BJ at 989-356-3585.

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.

This group gets together every Tuesday from 1:00 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.

A New Project

Our knitting/crochet group is starting a new project! They have agreed to make prayer shawls and blankets for those individuals participating in our dementia programs. All the details haven't been worked out yet, but I wanted to get this out to the public because we will be needing lots of yarn. We do get some donations periodically but with this bigger project we will need all we can get.

If you are someone who would like to participate, please let me know. You don't have to be part of our knitting group to help. If you have any questions regarding participation or donations please contact BJ at 989-356-3585.

FEBRUARY 2024 ACTIVITIES

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

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

FEBRUARY 2024 MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Sweet & Sour Meatballs Baked Potato Vegetable Fruit	2 Scrambled Eggs Sausage French Toast Juice	3
4	5 Spaghetti w/meat Sauce Vegetable Fruit	6 Soft Shell Tacos Mexican Rice Toppings Fruit	7 Chili Corn Muffin Vegetable Fruit	8 Beef Roast Mashed Potatoes, Gravy Vegetable Fruit	9 Tuna Salad Sandwich Cream of Potato Soup Fruit	10
11	12 Meatloaf Baked Potato Vegetable Fruit	13 Pork Roast Rice Vegetable Fruit	14 Chicken Broccoli Casserole Vegetable Fruit	15 Cabbage Rolls Mashed Potatoes Vegetable Fruit	16 Omelet w/Cheese Sausage Homestyle Potatoes Juice	17
18	19 Beef Hamburger Gravy Mashed Potatoes Vegetable Fruit	20 Baked Chicken Stuffing Vegetable Fruit	21 Cheese Stuffed Pasta w/meat Sauce Vegetable Fruit	22 Beef Stew Dinner Roll Fruit	23 Fish Fillet Macaroni n' Cheese Vegetable Fruit	24
25	26 Swiss Steak Parsley Potatoes Vegetable Fruit	27 Chicken à la King Biscuit Vegetable Fruit	28 Lasagna Vegetable Fruit	29 Chicken Pot Pie Vegetable Fruit		

Noon Meal: 11:30 am - 12:30 pm
Hot Meal for those **age 60 & Over:** Suggested Donation of $4.50
Hot Meal for those **under age 60** - Cost is $8.00
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
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National Sweet Potato Month

Sweet potatoes are nutritious, packing a good amount of vitamin A, vitamin C, and manganese into each serving. They also have anticancer properties and may promote immune function and other health benefits.

Sweet potatoes are sweet, starchy root vegetables that are grown worldwide. They come in a variety of sizes and colors-including orange, white, and purple-and are rich in vitamins, antioxidants, and fiber. Not to mention, they provide several health benefits and are easy to add to your diet. Here are just a few health benefits:

- Highly nutritious: Sweet potatoes are a great source of fiber, vitamins, and minerals. One cup of baked sweet potato with skin provides 180 calories, 41 g of carbs, 4 g of protein, 0.3 g of fat, 6.6 g of fiber along with Vitamins A and C, Manganese, Copper, Pantothenic acid, Vitamin B6, Potassium and Niacin.
  In addition, sweet potatoes-especially the orange and purple varieties-are rich in antioxidants that protect your body from free radicals. Free radicals are unstable molecules that can damage DNA and trigger inflammation. Free radical damage has been linked to chronic illnesses like cancer, heart disease, and aging. Therefore, eating antioxidant-rich foods is good for your health.
- The fiber and antioxidants in sweet potatoes can be beneficial for gut health. Sweet potatoes contain two types of fiber: soluble and insoluble. Your body cannot digest either type. Therefore, fiber stays within your digestive tract and provides a variety of gut-related health benefits. Certain types of soluble fiber-known as viscous fibers-absorb water and soften your stool. On the other hand, non-viscous, insoluble fibers don't absorb water and add bulk. Some soluble and insoluble fibers can also be fermented by the bacteria in your colon, creating compounds called short-chain fatty acids that fuel the cells of your intestinal lining and keep them healthy and strong. Fiber-rich diets containing 20-33 g of fiber per day have been linked to a lower risk of colon cancer and more regular bowel movements.
  The antioxidants in sweet potatoes may provide gut benefits as well. Test-tube studies have found that antioxidants in purple sweet potatoes promote the growth of healthy gut bacteria. Greater amounts of these types of bacteria within the intestines are associated with better gut health and a lower risk of conditions like irritable bowel syndrome and infectious diarrhea.
- Sweet potatoes are incredibly rich in beta carotene, the antioxidant responsible for the vegetable's bright orange color. In fact, one cup of baked orange sweet potato with skin provides more than double the amount of beta carotene that the average adult needs per day. Beta carotene is converted to vitamin A in your body and used to form light-detecting receptors inside your eyes. Severe vitamin A deficiency is a concern in developing countries and can lead to a special type of blindness known as xerophthalmia. Eating foods rich in beta carotene, such as orange-fleshed sweet potatoes, may help prevent this condition. Purple sweet potatoes also seem to have vision benefits. Test-tube studies have found that the anthocyanins they provide can protect eye cells from damage, which may be significant to overall eye health.

Once a Month Shopping Trips

Walmart · Tuesday, February 13th

Contact Jeremy at the Alpena Senior Center 989-356-3585 to reserve a spot.

Maximum participation will initially be 14, with no more than 3 wheelchairs.

- **Free to Alpena County Seniors**
- **Pick-up will start at 10:00 a.m.**
- **Walmart one month alternating with Meijer next month.**
- **Shop until 12:30 then delivering everyone home.**

Volunteer available on the bus for assistance (if needed) loading and unloading groceries.

Reservations are expected to fill up quickly so please call as soon as possible.

ALPENA Senior Citizens CENTER

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Tips to Lowering Calories on DASH

The DASH eating plan may help you lose weight. It's rich in lower-calorie foods, such as fruits and vegetables, which provide a rich source of nutrients and help make you feel full longer. The best way to take off pounds is to do so gradually-get more physical activity and eat a balanced diet lower in calories and unhealthy fat. Following the DASH eating plan and reducing your total daily calories over time can help you maintain a healthy weight.

The DASH eating plan is rich in fiber, which makes you feel full and is good for your body but may cause some bloating and diarrhea at first. To avoid these problems, gradually increase the amount of fruit, vegetables, and whole grain foods that you eat over several weeks and drink more water. Your body should adjust, and you'll be on your way to a life of healthy eating.

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. Making simple substitutions can cut calories and add up to a big difference in your weight as you aim for your DASH goals.

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What is Heart-Healthy Living?

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Risk factors for heart disease:

- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men

Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk.

Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. Many others can be modified. For example, being more physically active and eating healthy are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

February is American Heart Month. You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts.

Tax Time

It's that time again! Time to schedule with the AARP Tax Preparers to get your taxes done. The phone number to call and leave a message is 989-318-3360.

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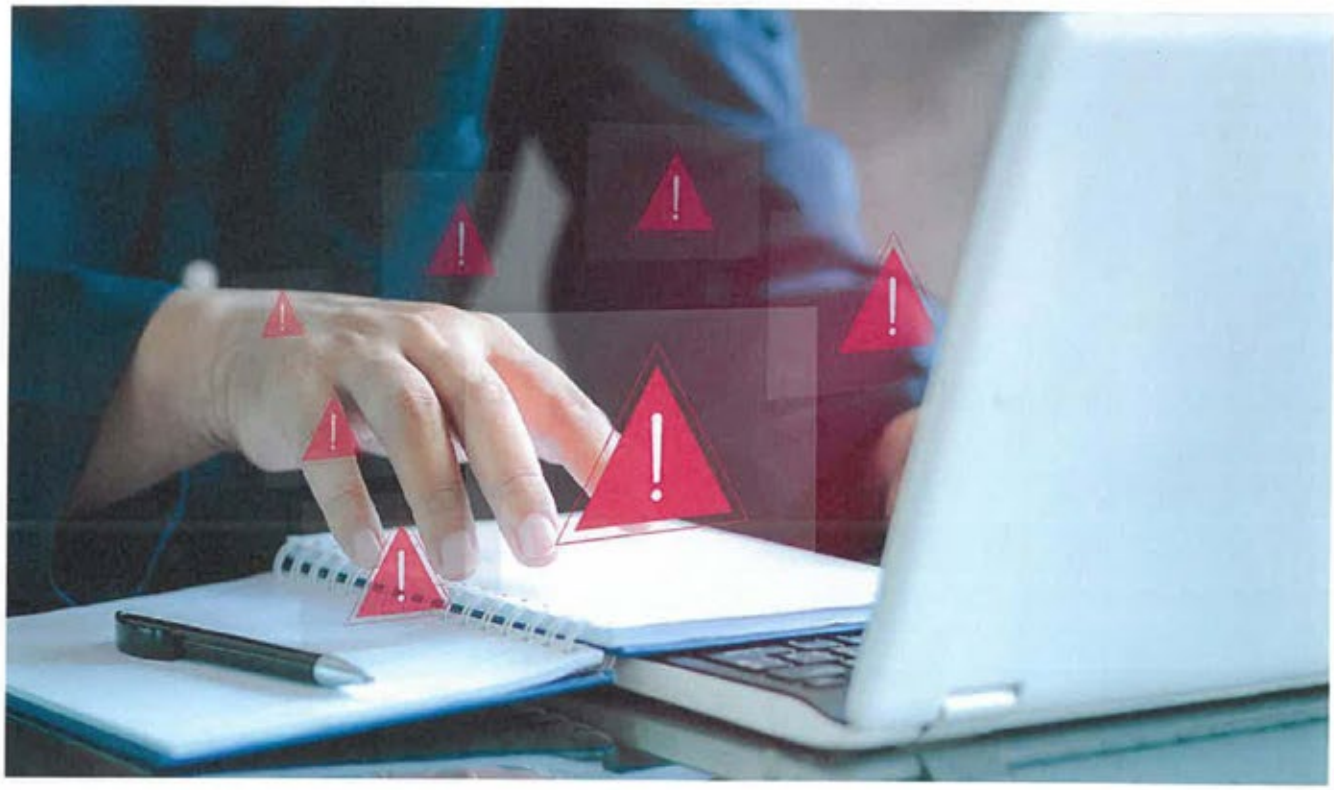
presentation by Jennifer Lipps



March 6th, 2024 • 11:00 AM

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