April 2024

ALPENA Senior Citizens CENTER

"501" River News

March For Meals

We make meals for over 350 seniors each day.

We provide over 576 half gallons of milk to seniors every month.

Our monthly food and supplies cost an average of $18,000.

Campaign 2024

MEALS on WHEELS AMERICA

Support Alpena Senior Citizens Center Meal Program.

STAFF EXTENSIONS

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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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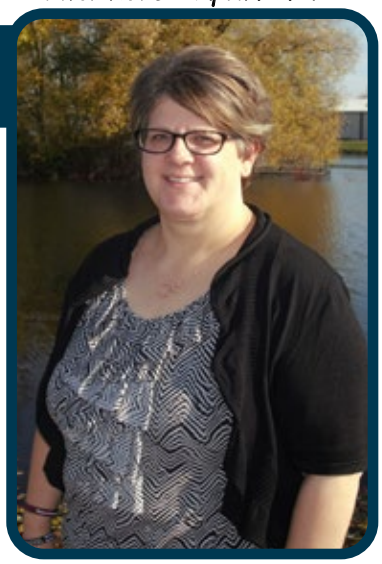
OUR MISSION STATEMENT

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



We have kicked off our Meals on Wheels Fundraiser which is off to a good start and will be continuing for the next several months. We are asking for the community's support. We will be doing a 50/50 raffle kicking off in April so make sure to get your tickets. All funds raised will be going to offset the costs of food and supplies.

April is Volunteer Appreciation Month, and we are so grateful for all the board members and volunteers that help us to make the Alpena Senior Center a great place to come to for socialization, services or for participation. Thank you, we could not do it without all of you . 😊 If you are interested in a volunteer opportunity reach out to BJ.

I have had a few things come to my attention recently that need to be addressed. When coming to the center for a program, meal, activity or for services, keep in mind that we all come from different walks of life. We don't know what someone has been through or is going through each day so please have an open mind and be kind to others. We do not allow mistreatment or rudeness to others while at the center. Please don't save seats for others, please don't ask people to move from one table to another while eating, and no one owns a special table in the center. We have plenty of tables in the center and a staff member will be more than happy to set up additional tables. Also, please keep your hands to yourself and if you prefer not to be in the same area as some, please feel free to move to a different location. Our mission here is to treat everyone with kindness and help them on this journey in life with support, socialization, and a friendly and safe place to be. Thanks for understanding and if you have any concerns at any time my door is always open. "The practice of kindness creates healthy relationships, community connections and inspires people to pass kindness on to others."

We are excited to start some new programs at the center focusing on those individuals with dementia or cognitive impairments and their caregivers. We have received some grant funds to assist us with making the community dementia friendly and safe and are partnering with many organizations in the community to help us with this. We recently rolled out Miles for Memories, which is dedicated to creating solutions, with some technology support for a person who may wander or a caregiver that helps a person with dementia. The devices that are available when scanned will immediately identify the wearer and the emergency contact with the option to call the emergency contact. We will be starting a Memory Café in April. A Memory Café is a place for individuals living with memory changes and their care partners to engage with others through socialization and various interactive experiences. Please see inside the newsletter for more information on these programs or call Annie or BJ at 989-356-3585.

As always, our team is here for you.

Happy Spring! 🌂🌦

Annie Hepburn

Board Meeting

The public is invited to the Alpena Senior Citizens Board Meeting on April 17th at 4:30 PM at the Senior Center. Should you have any questions please feel free to contact Annie Hepburn 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!

April Commodities Pick-up Schedule

April 1st, Noon to 5:00 p.m.

April 2nd, 8:00 a.m. to 5:00 p.m.

April 3rd, 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

Getting your blood pressure checked regularly is crucial for maintaining good health and preventing various cardiovascular diseases. Here are several reasons why it's important.

- High blood pressure, or hypertension, often has no symptoms, earning it the nickname "the silent killer". Regular blood pressure checks can help detect hypertension early, allowing for timely intervention and treatment.
- High blood pressure is a significant risk factor for various cardiovascular diseases, including heart attack, stroke, heart failure, and peripheral artery disease. Monitoring your blood pressure helps assess your risk of developing these conditions.
- Routine blood pressure checks are part of preventive healthcare. By monitoring your blood pressure regularly, you can take proactive steps to maintain healthy blood pressure levels and reduce your risk of developing serious health problems.
- If your blood pressure is consistently high or borderline, your healthcare provider can offer guidance on lifestyle modifications to help lower your blood pressure naturally. These may include changes in diet, exercise habits, stress management techniques, and reducing alcohol and tobacco consumption.

We host this clinic the second Tuesday of each month, with the next scheduled time being April 9th, 11:00 a.m. – Noon. While you are at the center, make sure you check out our amazing lunch menu. If you have any questions, please give BJ a call at 989-356-3585.

Center Closing Early

On Friday, April 12th 2024, the Senior Center will be closing at 12:30 p.m. for Staff Training. It is mandatory that we provide a certain number of training hours yearly for our staff.

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Memory Café

The Alpena Senior Citizens Center is excited to announce the Grand Opening of "Spark a Connection" Memory Café on April 10th from 1 – 2 p.m. We do plan to host this event every month. This program was made possible by a grant received from the Michigan Health Endowment Fund.

A memory café is a supportive social gathering designed for individuals living with dementia or memory loss and their caregivers. It provides a safe and welcoming environment where people affected by dementia can come together, share experiences, and engage in various activities.

We have partnered with Justin from Art in the Loft for this first event. He will be bringing a fun and easy art project for us to work on. We will have refreshments available.

If you have someone in your world with dementia, living in Alpena County and over the age of 60 we would love to register you for this event. Registration isn't mandatory to attend but it's helpful to get a general idea of who might be attending.

You Are Not Alone

Dementia can be an emotionally taxing condition for both the individual diagnosed and their loved ones. Support groups offer a safe space for participants' feelings, concerns, and frustrations without fear of judgment. Sharing experiences with others who understand what they're going through can provide a sense of validation and relief.

Our support group, "You Are Not Alone", can provide valuable information about dementia, its progression, treatment options and available resources. Our participants can learn from each other's experiences and gain insights into how to better cope with the challenges of the condition.

Caregivers and family members often face numerous practical challenges in caring for someone with dementia, such as managing behaviors, communicating effectively, and accessing appropriate services. We offer a platform for sharing practical advice, tips, and coping strategies that have proven helpful in similar situations.

Caring for someone with dementia can be physically and emotionally demanding, often leading to caregiver stress and burnout. Connecting with others who understand their challenges can help them feel less alone and more supported.

We hope to empower caregivers and family members to become advocates for themselves and their loved ones. By sharing their stories and experiences, participants can raise awareness about dementia-related issues, advocate for improved services and support, and work towards reducing stigma associated with the condition.

"You Are Not Alone" can play a vital role in providing emotional, practical, and social support to you. By fostering a sense of community, sharing information and experiences, and offering mutual encouragement, together we can enhance the quality of life for all involved. Reach out to BJ or Annie to find out more about our support group. The following is our schedule for the month of April.

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

April 18, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

Alpena Senior Center's Book Club

As we continue our journey through "Your Hands Can Heal You", written by a medical doctor, Eric Robins and master healer, Stephen Co the group has transitioned into a smaller number of participants. We are all unique in our beliefs, so we aren't surprised by the change. The group has become very committed to learning and practicing the process.

The flexibility and dedication this group of ladies demonstrate never ceases to amaze me. We get together every Thursday no matter what, sometimes with just one participant. The goal is to always be there for each other, which has helped us be consistent with our meetings.

I do continue to get phone calls of interest about our group. One question I am asked is when will you start a new book. That's a great question that I have no perfect answer for. "Your Hands Can Heal You", facilitated by Jen Rossi, was an opportunity we decided to take advantage of and stopped halfway through our last book, which we do plan to complete. We try not to rush through our books, but to learn from them. I've got thoughts about some different opportunities, and I would love to hear your thoughts. So, reach out to BJ at 989-356-3585 and let me know what your interest is.

Staying Connected

Although friends aren't really able to solve all our problems, they do lend a shoulder to cry on or a helping hand if you need one. Life is filled with ups and downs, and what allows us to get through them is social support. Friends form part of a social support network – which is critical when navigating the stress of tough times. Without social support, we are more likely to experience isolation and loneliness. Having someone who knows you, understands you and listens to you is what really helps in times of hardship.

Having close friends allows us to share the beauty of life with those that we love! It also allows us to have meaningful conversations, laugh out loud, share successes, celebrate achievements and simply have fun. Perhaps one of the most beautiful parts of a friendship is that it exists as a choice to take part in and enrich each other's everyday lives.

If you are struggling connecting with others or feeling lonely and depressed reach out to BJ at 989-356-3585. Staying Connected might be the perfect start for you to build yourself up! We meet every Tuesday from 1 p.m. to 2:00 p.m. We have a variety of activities you can participate in, while enjoying the fellowship and focusing on "Being in the Moment".

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 989-278-8104.

AARP SM FOUNDATION Tax-Aide

APRIL 2024 ACTIVITIES

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

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

APRIL 2024 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** Chicken Parmesan Pasta Vegetable Fruit	**2** Goulash Vegetable Fruit	**3** Turkey Stuffing Vegetable Fruit	**4** Sweet & Sour Chicken Baked Potato Vegetable Fruit	**5** Scrambled Eggs Sausage French Toast Juice	**6**
7	**8** Spaghetti w/Meat Sauce Vegetable Fruit	**9** Chicken Pizza Vegetable Fruit	**10** Chili Corn Muffin Vegetable Fruit	**11** Swiss Steak Mashed Potatoes, Gravy Vegetable Fruit	**12** Tuna Salad Sandwich Cream of Potato Soup Fruit	**13**
14	**15** Meatloaf Baked Potato Vegetable Fruit	**16** BBQ Pork Vegetable Fruit	**17** Chicken Broccoli Casserole Vegetable Fruit	**18** Cabbage Rolls Mashed Potatoes Vegetable Fruit	**19** Omelet with Cheese Sausage Homestyle Potatoes Juice	**20**
21	**22** Beef Hamburger Gravy Mashed Potatoes Vegetable Fruit	**23** Baked Chicken Stuffing Vegetable Fruit	**24** Cheese Stuffed Pasta w/Sauce Vegetable Fruit	**25** Beef Stew Dinner Roll Vegetable Fruit	**26** Fish Fillet Macaroni n' Cheese Vegetable Fruit	**27**
28	**29** Chicken Pot Pie Vegetable Fruit	**30** Quiche (Ham/Cheese) Vegetable Fruit				**30**

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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Miles for Memories

Do you, or your loved one, experience moments of confusion? Has the fear of a loved one wandering from home caused you to worry?

The Help Home Personal ID* Program provides support for the person in early stages of dementia to continue to be active. The bracelet is specially designed to be comfortable and waterproof. It allows for emergency and medical information to be stored and accessed by emergency personnel when your loved one is found. The information the bracelet provides can be accessed and adjusted by family members, or caregivers, through a phone app or online. Best of all, you decide how much information to provide.

If you live in Alpena County and are 60 years of age or older and would like to participate in this program with your loved one affected by dementia, please contact BJ or Annie at the Senior Center 989-356-3585. We can provide you with additional information and/or get you registered.

Interactive Dementia Tour

The Interactive Dementia Tour is a scientifically proven method that builds sensitivity and awareness in individuals caring for those with dementia by temporarily altering participants' physical and sensory abilities. This evidence-based program simulates changes associated with cognitive decline.

We are hosting this tour at the Alpena Senior Center on April 24th from 1 – 4 p.m. You must be registered to participate and there are limited spaces available so please call to sign up as soon as possible. Thank you to Compassus for the opportunity to bring this program to the senior center.

If you are a caregiver or a family member with a loved one who may have a dementia diagnosis you may want to sign up for this. This experience should take no longer than 30 minutes of your time. If you would like to participate or if you have questions, please reach out to BJ at 989-356-3585.

National Volunteer Month

Let's recognize and celebrate every volunteer and each contribution they're making to strengthen inclusivity and wellbeing in our communities. Now more than ever, "Every Moment Matters", which is the theme for National Volunteer Month 2024.

The theme highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and wellbeing of our communities.

Volunteers are fundamental to meeting this challenging moment. By coming together, committing support, and increasing our collective efforts and impact, we contribute exponentially to the quality of life we all strive for.

It's in these moments, and the relationships between them, that we find greater purpose and a sense of belonging. By connecting and engaging with the community, we come to know our importance. Volunteering matters. By sharing these moments, we co-create the neighborhoods, culture, and society we want to live in.

National Volunteer Month is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. Although we appreciate those who volunteer for our community all year long, April is an important time to celebrate and recognize them!

Diabetes Support Group

Joining a diabetes support group can offer numerous benefits for individuals living with diabetes. Here are some reasons why our group is important:

- Living with diabetes can be emotionally challenging. A support group provides a safe space where individuals can share their experiences, frustrations, fears, and successes with others who understand what they're going through. This emotional support can help reduce feelings of isolation and anxiety.
- Support group members often exchange practical tips and advice for managing diabetes effectively. This can include information on diet, exercise, medication management, blood sugar monitoring, coping strategies, and the healthcare system. Learning from others' experiences can be invaluable in improving self-management skills.
- Being part of a supportive community can boost motivation and provide encouragement to stay committed to diabetes management goals. Seeing others overcome challenges and achieve their health objectives can inspire individuals to take positive action and stay on track with their own treatment plans.
- Living with diabetes requires constant problem-solving and adaptation to changing common challenges, such as managing blood sugar fluctuations, dealing with medication side effects, handling stress, and navigating social situations.

Overall, our support group can play a crucial role in providing emotional support, practical guidance, motivation, education, and advocacy for individuals living with diabetes. Joining our group, facilitated by Norman Schultz, RN, from MyMichigan Medical Center can enhance your quality of life, improve your self-management skills, and foster a sense of belonging within a supportive community. We meet the first Friday of each month at 1:00 p.m. Contact BJ at 989-356-3585 with any questions.

Once a Month Shopping Trips

Walmart · Tuesday, April 9th

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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MEALS on WHEELS

Can you make a difference in Alpena County today? Absolutely! You can put food on the table of a senior in need. Your contribution to the Senior Center's meal program has the potential to deliver life-giving connections. I'm reaching out to you with an urgent appeal to support a cause that's close to our hearts – Meals on Wheels.

Meals on Wheels is a lifeline for countless individuals in our community who are elderly and homebound. These individuals often face challenges in accessing nutritious meals due to mobility issues or financial constraints. That's where Meals on Wheels steps in, delivering not just meals but also companionship and a sense of security to those who need it most.

Unfortunately, with the ongoing challenges posed by the pandemic and rising food costs, the demand for Meals on Wheels services has surged dramatically. Despite the dedication of our staff and available funding, we're struggling to keep up with this increased demand financially.

This is where you come in. Your financial support can make a world of difference by providing nutritious meals to those seniors in need, ensuring they stay healthy and nourished. Your contribution, no matter the size, will have a direct impact on the lives of vulnerable older adults in our community. Together, we can ensure that no senior citizen in our community goes hungry or feels forgotten.

- Last year we served over 348 unduplicated Meals on Wheels clients and over 570 Congregate Meals clients.
- This year we have signed on more Meals on Wheels clients than ever before. We currently average over 215 clients.
- We make meals for over 350 seniors each day.

Every donation and word of support brings us one step closer to our goal of ensuring that every person in our community has access to the nutritious meals they need to thrive. Thank you for your compassion, generosity, and your commitment to making a difference. Together, we can make sure that no one is left behind.

Donor/Representative Name: _____

Address: _____

Phone: _____ Email: _____

Included Donation: $_____

For your convenience we have provided this QR code to make your generous donation.

National Pecan Month

With American adults and children snacking more, it's time to spotlight the natural, healthy, fuss-free pecan.

The National Pecan Shellers Association has a proposition for you. This April, consider snacking healthy and snacking on pecans. Pecans are designated as a heart-healthy food choice by the American Heart Association. Unroasted and unsalted pecan halves are the best choice for snacking and for use in recipes. A one ounce serving of 15 to 20 pecan halves packs a nutritious punch:

- Pecans contain more antioxidants than any other nut variety.
- Pecans can help reduce the risk of heart disease and lower cholesterol levels.
- Pecans contain more than 19 vitamins and minerals.
- Pecans are a natural, high-quality source of protein and naturally sodium free.

Everyday,
136
Americans die
from opioid
Related overdose.

Medication Take Back Event

Protect our citizens against drug abuse and Overdose by disposing of unused and expired medications.

Saturday, April 27th
10:00 a.m. - 2:00 p.m.

Alpena Senior Center - Front Lobby
501 River St, Alpena MI

Accepted Items
Pills · Capsules · Patches

Not Accepted Items
Needles · Syringes · Lancets · Liquids

Up North Prevention

OPEN
OPIOID PRESCRIBING ENGAGEMENT NETWORK

ALPENA Senior Citizens CENTER

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 Pam Sample and The Carmeuse Management Team in Honor of Employee Rueven Bradbury for the donations in Memory of
Loretta Wallace

Thanks to Anonymous for the donations in Memory of
Shirley MacKenzie

Thanks to...
Mr. & Mrs. Larry Clark
Barbara Irelan
Peter & Lynn Wilson
Guy Moulds Jr.
for your general donation.

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

ALPENA SENIOR CITIZENS CENTER
501 RIVER STREET
ALPENA MI 49707

ALPENA Senior Citizens CENTER

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RETURN SERVICE REQUESTED

March For Meals

Campaign 2024

MEALS on WHEELS AMERICA

Support Alpena Senior Citizens Center Meal Program.

This year we have signed on more meals on wheels clients than ever before.
Use the QR code above and support the Alpena Senior Citizens Center Meal Program.