ALPENA Senior Citizens CENTER

"501" River News

June 2024

D R E A M

dementia
resources
education
advocacy
mentorship

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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

June is Alzheimer's and Brain Awareness Month. Currently, over 55 million people are living with Alzheimer's or another form of dementia, this includes more than 7 million Americans. Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias. These caregivers provided more than 18 billion hours valued at nearly $347 Billion dollars. In 2024 this will rise to over $360 billion and by 2050 these costs could rise to nearly $1 Trillion.

Alzheimer's and dementia are related but there are differences between the two. Dementia is a broad umbrella term with a decline in memory, thinking or reasoning. Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior, and feelings. Alzheimer's is the most common type of dementia. It is a degenerative brain disease that is caused by complex brain changes following cell damage. Though most people with Alzheimer's are 65 and older approximately 200,000 Americans under 65 are living with younger, onset Alzheimer's disease. It is very important to recognize if you are noticing changes in memory, mood, or behavior and that you communicate with your doctor.

This year we have enhanced our dementia programs here at the Senior Center. BJ and I run a monthly support group "You Are Not Alone" the 1st and 3rd Thursday of each month from 4-5 p.m. This is for caregivers, and we also do a separate meeting with those living with dementia at the same time. We also hold our monthly "Spark a Connection" Memory Café which is a group to help with socialization and connection for those living with dementia and their caregivers. This is the 2nd Wednesday of each month from 1-2 p.m. The REACH program is a 1:1 meeting that BJ or myself do with caregivers. Miles for Memories bracelets for those at risk for wandering or having a diagnosis of dementia. There is more to come in 2025. If any or all these programs are of interest to you, please reach out to BJ or myself. You are not alone through this journey, and we have resources available for you here at the Senior Center. If you are part of a Church Group or organization and would like us to present to the group, we would be honored to do that . You can call BJ or Annie at 989-356-3585, to set that up.

I am so grateful for the recent opportunity we had focusing on the Longest Day and Dementia Awareness with Dr. Scott Counts to share his knowledge and expertise on the research, treatments and health focusing on the vascular contributions to dementia. Thank you to all those who participated in this event and also the Dementia Walk. What a great success.

Thank you so much to everyone who donated and supported our March for Meals fundraiser for our Meals on Wheels program but related to the shortfall of funding in this program this fundraiser will continue throughout the year. We receive state, federal and millage funds for our programs. Our portion of the Senior Millage covers approximately 38% of our overall budget. We are currently selling 50/50 raffle tickets so if you are interested in tickets or selling tickets let us know. We are also hosting a golf fundraiser in June. Thanks again for supporting the senior center, we appreciate you.

Happy June

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!

Diabetes Support Group

Diabetes support groups provide a platform for individuals with diabetes, their families, and caregivers to share experiences, gain knowledge, and offer mutual support. These groups can be beneficial in managing the emotional and practical challenges associated 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 support community by:

- Emotional support through sharing experiences with others who understand the challenges of diabetes, which can reduce feelings of isolation and anxiety.
- Practical advice from members who often share tips on managing blood sugar levels, diet, exercise and dealing with complications.
- Encouragement from peers can help members stay motivated to follow their treatment plans.

We meet the first Friday of each month at 1:00 pm. Contact BJ at 989-356-3585 with any questions.

Blood Pressure Clinic

Regular blood pressure checks are important because high blood pressure, also known as hypertension, can increase your risk of serious health problems, including stroke, heart attack, kidney disease, diabetes, and dementia. High blood pressure is often asymptomatic, so it can't be detected without being measured. The earlier hypertension is treated, the better the outcome.

We host this clinic the second Tuesday of each month, with the next scheduled time being June 11th from 11:00 a.m. to Noon. Stop by to have lunch with us and get your blood pressure checked. Please give BJ a call if you have any questions.

Spark A Connection Memory Café

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 only met twice so far and already we are making so many memories. This is a monthly event, with the next café meeting on June 12th at 1:00 p.m. Should you have any questions please reach out to BJ at 989-356-3585.

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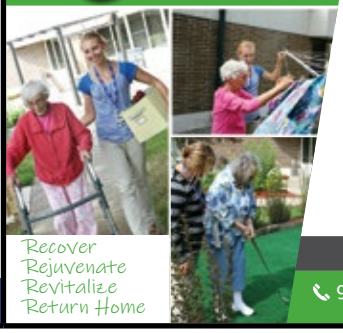

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You Are Not Alone – Dementia Support

Support groups for dementia caregivers or individuals with dementia are incredibly valuable. They offer a safe space for people to share their experiences, emotions, and coping strategies with others who understand firsthand what they're going through. These groups offer practical advice, emotional support, and a sense of community.

"You Are Not Alone" can play a vital role in providing some needed support for you. Should you have any questions or feel the need to talk to someone, please reach out to BJ or Annie at 989-356-3585. The following is our schedule for the month of June.

June 6, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

June 20, 2024
Join us from 4:00 to 500 p.m. for support, advice, and information.

MICHIGAN Partners on the PATH

REGION 9 AREA AGENCY ON AGING
INTERACTIVE IN-PERSON WORKSHOP
DIABETES PATH

Diabetes PATH is designed to help people take an active role in managing their diabetes.

Dates:
Beginning August 6, 2024, through September 10, 2024, runs for 6-weeks every Tuesday.

Time:
9:00 a.m. to 11:30 a.m.

Location:
Alpena Senior Citizen Center
501 River Street, Alpena, MI 49707

To Register:
989.358.4616
mainvilleb@nemcsa.org

REGION 9 AREA AGENCY ON AGING

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY NEMCSA

Space is limited, register early

Alzheimer's and Brain Awareness Month

Alzheimer's and Brain Awareness Month in June offers an opportunity to share resources for Alzheimer's disease and highlight the importance of brain health. Throughout this month, the Alzheimer's Association encourages people around the world to support the movement by wearing purple and learning how to take steps to prevent the disease. This month also promotes taking the time to talk to those individuals and family members affected and encourage more research to find a cure.

Awareness and recognition are key to increasing the diagnosis of dementia as well as better understanding and management of Alzheimer's disease, which is a neurodegenerative disorder affecting nearly 6.5 million U.S. residents. One of the first steps toward raising awareness is educating people on important facts concerning the progression of the illness and the number of older adults that it affects.

Dementia affects parts of the brain that control thought, memory, and language, with Alzheimer's disease as the most common form of dementia. While the risk of developing Alzheimer's disease increases with age, it is not considered a "normal" part of aging. The early signs of dementia include behavioral changes, memory loss, difficulty finding words, confusion or disorientation, and personality changes or paranoia. Reach out to your primary care doctor if you or a loved one is experiencing memory problems or other dementia symptoms.

According to the CDC, here are some ways you can reduce your risk of Alzheimer's disease:

Manage high blood pressure: Living a healthy lifestyle can help you keep your blood pressure in a healthy range. Try choosing healthy meal and snack options and avoiding options that have a high sodium content.

Manage blood sugar: Regular exercise can help keep your blood sugar levels on track. Try eating at regular times without skipping meals and drinking water instead of juice or soda.

Maintain a healthy weight: Achieving and maintaining a healthy weight includes healthy eating, physical activity, optimal sleep, and stress reduction.

Be physically active: Regular physical activity can lead to better sleep, reduces stress/anxiety, and lowers blood pressure. Start with activities you enjoy. Federal guidelines recommend 150 minutes of moderate-intensity physical activity a week for adults.

Quit smoking: Quitting smoking can improve your overall health and reduce your risk for many smoking-related illnesses. There are a handful of resources available to you for help with quitting smoking.

If it seems overwhelming to make multiple changes at once, try making gradual changes. For example, start with dedicating 30 minutes a night to reading or doing a crossword puzzle, plan on getting an extra 30 minutes of sleep at night, schedule an annual physical exam with your general physician, or simply start taking a short walk every day. These subtle lifestyle changes can make a big difference to your overall health and wellness as well as your cognitive health.

JUNE 2024 ACTIVITIES

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

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

REPEATING DAILY EVENTS:
MONDAY: Exercise 10:00 am, Euchre 12:30 pm
TUESDAY: Quilting 10:00 am - Spitzer 12:30 pm
WEDNESDAY: Exercise 10:00 am, Bingo 12:45 pm
THURSDAY: Pinochle/Bridge 12:30 pm
FRIDAY: Exercise 10:00 am Pinochle 12:30 pm - Maj Jong 12:00 pm

BINGO
First & Third Wednesday of the Month

JUNE 2024 MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 The Menu is subject to change.	3 Spaghetti w/Meat Sauce Vegetable Fruit	4 Tuna Casserole Vegetable Fruit	5 Hamburger French Fries Burger Toppings Fruit	6 BBQ Chicken Baked Potato Vegetable Fruit	7 Egg Salad Sandwich Chicken Noodle Soup Fruit	8
9	10 Swedish Meatballs Potatoes Vegetable Fruit	11 Chicken Pizza Vegetable Fruit	12 Sweet & Sour Chicken Rice Vegetable Fruit	13 Chef Salad Dinner Roll Fruit	14 Sausage, Egg, Cheese Breakfast Burrito Hashbrowns Juice	15
16	17 Chicken Parmesan Pasta Vegetable Fruit	18 Pork Carnitas Mexican Rice Mexican Toppings Fruit	19 Goulash Vegetable Fruit	20 Turkey Ham & Cheese Quiche Potato Wedges Fruit	21 Chicken Salad Sandwich Tomato Basil Soup Fruit	22
23 30	24 Ham Pierogies Sauerkraut Fruit	25 Honey Garlic Chicken Rice Vegetable Fruit	26 BBQ Pork Bun Vegetable Fruit	27 Taco Salad Mexican Rice Mexican Toppings Fruit	28 Scrambled Eggs Sausage Homestyle Potatoes Juice	29

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
SPONSORED BY ALPENA AGENCY

Fresh Produce "Pop-Up Market" Coming Soon!

To bring fresh, healthy, local and Michigan grown produce directly to senior citizens of Alpena County, a Pop-up Fresh Market will be held the 2nd and 4th Wednesday of the month from 1 to 4 p.m. in the parking lot at the Alpena Senior Center. Seniors and others can purchase fresh produce using cash, credit cards, Bridge cards or Senior Project Fresh coupons beginning in mid-July through August.

Each week, the Pop-Up Market will be open for approximately 3 hours. The schedule is being finalized, but throughout the growing season, members of the Sunrise Side Co-op will have a variety of fruits and vegetables and other items available for purchase. Early in the season, some quantities will be limited but the farmers anticipate that to change as the growing season progresses. As fruits and vegetables come into season, the product list will be expanding to possibly include cucumbers, onions, green beans, corn, tomatoes, peppers, herbs, cabbage, peaches, blueberries, cauliflower, eggplant and much more!

Sunrise Side Co-op is comprised of small farmers in the county who take pride in fresh, locally grown items for their customers. This means that everything is fresher, tastes better, lasts longer and the dollars you spend there will help grow our rural economy.

For questions and more information, please contact Cecilia Lizon at 989-464-3153 or BJ or Annie at 989-356-3585. Updates will be posted to the NEMI Healthy Food Project, the Alpena County Commission on Aging and Sunrise Side Co-op Facebook pages.

This initiative is funded in part by Americana Foundation and coordinated by the Healthy NEMI Food Project team who envision a region where local food and farming are an avenue for wealth creation and economic development; where healthy, fresh food is available to all residents in convenient, affordable, and accessible ways; and where farmers are connected to communities.

Are Green Potatoes Safe to Eat?

What causes potatoes to turn green – and are they safe to eat?

Light exposure can cause a potato's skin cells to produce chlorophyll. The chlorophyll then causes the skin to turn green and helps the potato get ready to sprout. Light also activates the skin cells to produce solanine, a glycoalkaloid toxin, which has a bitter taste.

Throughout this process, a second toxin formed is chaconine. According to Poison.org, the two toxins can cause abdominal pain, diarrhea, vomiting, irregular bowel movements, headache, redness or flushing of the complexion, brain fog, confusion, disorientation and fever. Therefore, you should avoid eating green-skinned potatoes to avoid causing these symptoms.

While few people will eat enough of the bitter-tasting green potato to make themselves sick, Michigan State University Extension still recommends throwing green-skinned and sprouted potatoes away to prevent possible gastrointestinal upset caused by solanine and chaconine. The symptoms are likely to begin within a few hours of eating the green potatoes, but symptoms may sometimes occur a full day or two after eating green potatoes.

When purchasing potatoes from the farmer's market or grocery store, check them, avoiding any green-colored, shriveled or sprouted potatoes. These are signs of poor quality.
Potatoes must also be stored in a cool, dark, dry location. The storage location should be well ventilated. With these storage recommendations, the potatoes should remain at their best quality for about a month.

MICHIGAN STATE UNIVERSITY | Extension

Planting Seeds for Health

DATE & TIME:
Thursday—1:00-3:00
Starting June 13th!
June 13th
June 20th
June 27th
SKIP JULY 4TH
July 11th
July 18th
July 25th

LOCATION:
Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

CONTACT:
Morgan Hardies
MSU Extension
Community Nutrition Instructor
989-354-9883 or
hardies1@msu.edu

SPACE IS LIMITED

Follow MI Health Matters from Michigan State University Extension on social media!

Photo by Polina Tankilevitch, pexels.com

Growing your own vegetables has many benefits, including healthier eating and reduced stress. The Planting Seeds for Health program will help participants learn basic gardening skills and use what they grow to prepare healthy and tasty meals.

During the 6 sessions, we will discuss:

- Goal setting
- Taste testing
- Physical activities
- Discussion and interactive activities

Space is limited to 15 participants! Must pre-register! Please register by calling Morgan at the MSU Extension office at **989-354-9883.** Weather permitting, we may be outside for part of class. Wear appropriate footwear/clothing.

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Once a Month Shopping Trips

Walmart · Tuesday, June 11th

Contact Kendra or BJ at the 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

THUNDER BAY TRANSPORTATION AUTHORITY

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".

Fireman Andy

LUNCH and LEARN

Join us for a "Lunch and Learn" event with Fireman Andy on June 19th from 11:45 to 12:30. The topic Andy has chosen is the importance of smoke alarms in your home. This is an opportunity for you to ask questions you may have about smoke alarms. Enjoy lunch and a meaningful learning experience. For questions please feel free to reach out to BJ at 989-356-3585.

Powerful Tools FOR Caregivers

A Class for Family Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks.
Class size is limited, and registration is required.

DATES:	August 6, 2024-September 10, 2024 This class series meets Tuesdays for six weeks.
LOCATION:	Alpena Senior Citizen Center 501 River Street Alpena, MI 4970
TIME:	2:30 p.m. - 4:00p.m.
TO REGISTER:	Call 989.358.4616 Email mainvilleb@nemcsa.org

This class will give you tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

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A Division of NEMCSA

Produced in part with funds through the Older Americans Act, Michigan Department of Health and Human Services, and the Michigan Aging and Adult Services Agency funds.

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501 River Street
Alpena, MI 49707

Alpena Senior Citizens Center

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In Memory

Thanks to Geraldine Rhoads for the donations in Memory of
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