September 2024

ALPENA Senior Citizens CENTER

"501" River News

National Senior Center Month

Powering Connections

How will you connect?

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**

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
Andy Marceau - Secretary
Jerry Broad ● Tim Moran
Alex Senchuk ● Lorri Rondeau
Ed Black

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 COMMUNITY FOUNDATION MICHIGAN

In This Issue...

3 From the Director

4 Diabetes Support

6 You Are Not Alone

8 September Activities

9 September Menu

10 Spark A Connection

13 Shopping Trip

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 year's National Senior Center Month is "Powering Connections". Here are just a few examples:

- Healthy Aging – this involves participation in movement and wellness programs. We offer Exercise M-W-F at 10 am, nutritional meals M-F from 11:30-12:30, a healthy book club and much more.
- Economic security – If you are struggling and need assistance with understanding your insurance, please connect with our MMAP Counselor at the center and remember Open Enrollment will be starting October 15th. If you need assistance with other information and resources, we are here for you.
- Generations - It is important to connect all generations together and at times we partner with the school system i.e.: for game night, grandparents raising grandkids (Kinship) help is available and grandparents coming in with their grandkids. We can all learn from one another.
- Diverse Populations – we welcome all people at our center no matter ethnicity, race, culture, language, age, gender, socioeconomic status or disabilities.
- Digital Access – we have a computer lab that is open daily within the center as well as our partnership with the Alpena County Library, offering technical help monthly.

We offer many opportunities at the Center and encourage you to participate in meals, programs, or activities.

September is also Suicide Awareness Month. BJ and I are part of the Alpena Suicide prevention team which works on reducing stigma, promoting available resources, training, and education, and growing a team to increase our impact within the community. We also participate in the Suicide Prevention Walk that takes place September 28th at 10:00 Am at the Bay View Park Bandshell. If you are interested in participating, feel free to register at https://partners-in-prevention.ticketleap.com/2024-alpena-suicide-prevention-walk/. 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 49,476 Americans died by suicide making it the 11th leading cause of death. Over one-third of people who died by suicide were 55 or older. So please if you are struggling with mental health issues reach out to someone, there are resources available.

We will be doing a 50/50 fundraiser in September! We must continue to do fundraising events for the Senior Citizens Center due to an increase in overall expenses, including food costs. Even though we receive Millage Funds, State and Federal Funds we are not 100% funded. We appreciate any support.

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

Attending a diabetes support group can offer several benefits, whether you're newly diagnosed or have been managing diabetes for years. Here are some reasons why you might find it valuable:

- Emotional Support: Living with diabetes can be challenging, and it's normal to feel overwhelmed at times. Being part of a support group allows you to share your feelings and experiences with others who truly understand what you're going through.
- Practical Advice: Support groups often provide practical tips and strategies for managing diabetes, from diet and exercise to medication management. You can learn from the experiences of others and discover new ways to handle the challenges of living with diabetes.
- Motivation and Accountability: Being part of a community can motivate you to stick to your treatment plan and maintain healthy habits. The group can help keep you accountable and encourage you to take positive steps in managing your condition.
- Reducing Isolation: Diabetes can sometimes feel isolating, especially if you don't know many people with the condition. A support group can help reduce loneliness by connecting you with others facing similar challenges.
- Building a Community: A support group can be a great place to build friendships and connect with others who understand your journey. This sense of community can be comforting and uplifting.
- Coping Strategies: You can learn new ways to cope with the emotional and psychological aspects of diabetes. Hearing how others deal with stress, anxiety, or depression related to diabetes can be incredibly helpful.
- Empowerment: Engaging with others who have successfully managed their diabetes can be empowering. It can help you feel more in control of your own health and more confident in your ability to manage the condition.

Overall, a diabetes support group can be a source of strength, knowledge, and camaraderie that helps you manage your diabetes more effectively. Join our group, facilitated by Norman Schultz, RN, from MyMichigan Medical Center on the first Friday of each month (September 6th) at 1:00 PM. Contact BJ at 989-356-3585 should you have any questions.

Senior Center Board Meeting

There will be a Board Meeting on September 18th at 4:30 PM. Public is invited to attend!

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

NOW OFFERING SilverSneakers® APlex ALPENA EVENTS COMPLEX

Ask about 50% OFF Senior Fitness Center Memberships

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

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

Deliciousness At Your Fingertips. Download the app for exclusive deals and easy ordering.

3 Convenient Locations In Alpena

1424 M 32 WEST
1115 W CHISHOLM
2241 US 23 SOUTH

McDonald's

Serving Seniors Everyday!

Reach Your Target Market

PUT YOUR AD HERE

Call *Today* to get in the next issue!

ALLEGRA 989-356-0834

HOME IS WHERE THE HEALING IS.

McLaren HEALTH MANAGEMENT GROUP

Hospice • Home Health • Palliative Care • Home Infusion

Let us help by calling (866) 323-5974 or visit www.mclaren.org/healthmanagement

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

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

BOOK PUBLISHING
FROM CONCEPT TO COMPLETION

SARGE PUBLICATIONS

Do you have a story to tell?

Call 989-356-0834 or Email for a FREE CONSULTATION

ed@allegraalpena.com

www.sargepublications.com

ALLEGRA
MARKETING • PRINT • MAIL

Do you live in the clouds?

Your web site does!

Be seen around the world with updates & SEO... We can help!

allegraalpena.com 829 W. Chisholm St.

CALL TODAY: 989-356-0834

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

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".

You Are Not Alone – Dementia Support

Support groups for dementia caregivers or individuals with dementia are precious. 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 provide 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 need to talk to someone, please contact BJ or Annie at 989-356-3585. The following is our schedule for September.

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

September 19, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

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 on the second Tuesday of each month, with the next scheduled time being September 10th 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.

Alpena Senior Center's Book Club

As we dig into the Blue Zones Solution, our latest read, the excitement amongst our members is being reignited. This book is just one of an amazing series. A bit about the book:

Bestselling author Dan Buettner reveals how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones". With the audacious belief that the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive healthcare project in the United States.

Our group is considering broadening our interests and doing a monthly "Healthy Meal Prep" session. We are excited about this addition and will keep everyone posted, maybe even share some recipes. Any questions about our Book Club can be directed to BJ at 989-356-3585.

National Senior Center Month

National Senior Center Month, celebrated every year in September, is an opportunity to showcase our center and to tell you about our valuable programs, activities, and services we offer. I'm sure you noticed that Annie did a great job of that in her Director's Note! I believe it's also the perfect time to promote a positive image of aging. Also, highlighting how our center improves the lives of local older adults and showing the importance of our center in the community as we create an interest in prospective new participants and collaborative partners.

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 1940s through their inclusion in the Older Americans Act in 1973, and up to today.

Over the past few years, we have learned so much about the importance of social connection. The Surgeon General's report identifies loneliness as an epidemic. Senior centers have always been places where people gather, socialize, and connect. This year's theme, "Powering Connections" celebrates senior center's long history of powering connections, and it goes beyond social engagement!

If you are on social media, you will see many highlights of the Alpena Senior Center during September. If you have participated in activities here you may even see your picture come across Facebook. Please share the posts with your family and friends. Let them know how important the center is to our community. If you want to share something on Facebook and aren't sure how call BJ at 989-356-3585 and I will help you.

Open Enrollment 2024

Medicare Open Enrollment runs from October 15th through December 7th. Make your appointment NOW! During Open Enrollment, you can change 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, schedule early, as space is limited. Call Julie at 989-356-3585 ext. 21 to schedule your appointment.

SEPTEMBER 2024 ACTIVITIES

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

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

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 2024 MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**CLOSED** 2 	3 Honey Garlic Chicken Rice Vegetable Fruit	4 BBQ Pork Bun Vegetable Fruit	5 Beef Bulgogi Rice Vegetable Fruit	6 Scrambled Eggs Sausage Hashbrowns Juice	7
8 The Menu is subject to change.	9 Chicken Fajitas Flour Tortillas Fajita Toppings Fruit	10 Swiss Steak Mashed Potatoes Vegetable Fruit	11 Sloppy Joe Bun Pasta Salad Fruit	12 Chicken Caesar Salad Roll Fruit	13 Fish Filet Macaroni & Cheese Vegetable Fruit	14
15	16 Spaghetti w/Meat Sauce Vegetable Fruit	17 Tuna Casserole Vegetable Fruit	18 Burgers Chips Burger Toppings Fruit	19 BBQ Chicken Baked Potato Vegetable Fruit	20 Egg Salad Sandwich Chicken Noodle Soup Fruit	21
22	23 Meatballs w/Gravy Potatoes Vegetable Fruit	24 Taco Salad Mexican Rice Mexican Toppings Fruit	25 Sweet & Sour Chicken Rice Vegetable Fruit	26 Chef Salad Dinner Roll Fruit	27 Sausage, Egg, Cheese Breakfast Burrito Juice	28
29	30 Chicken Parmesan Pasta 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
SPONSORED BY ALPENA AGENCY

National Honey Month

This month is a celebratory and promotional event held annually during the month of September in the United States.

Its purpose is to promote American beekeeping, the beekeeping industry, and honey as a natural and beneficial sweetener.

September is significant for honey producers as if it is the month that marks the end of the honey collection season for many beekeepers in the United States.

In addition to being an amazing natural sweetener, honey has benefits that have gone largely unknown. It's a wholesome sore-throat soother, a natural energy booster, and more.

It's not just versatile, varied, and delicious. Research has shown that honey contains a wide array of vitamins, minerals, amino acids, and antioxidants. Flavonoids and phenolic acids, which act as antioxidants, are found in honey. The amount and type of these compounds depend largely on the floral source.

Honey is sweet- that's a given. And it adds a special touch to almost every recipe. It can be your secret ingredient that's always revealing new possibilities. Many people think of honey as a drizzle in desserts or a topping for toast. But more and more, honey is being recognized as a pantry staple. It gives your recipes unbeatable flavor and unexpected functional benefits. From balancing flavors to providing moisture to baked goods, honey excels in a stew of tasks, all from one little bottle and only one ingredient.

As honey is slightly sweeter than sugar, you can use less to achieve the same amount of sweetness in a dish. When substituting honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

Honey is a natural source of carbohydrates, providing 17 grams per tablespoon, which makes it ideal for your working muscles. Since carbohydrates are the primary fuel the body uses, honey can help maintain muscle glycogen, also known as stored carbohydrates, which gives athletes the boost they need when they need it most.

Honey has been used for centuries to help alleviate symptoms of the common cold, and now research confirms this approach for children ages one and older. Honey offers an effective and natural alternative to over-the-counter cough medicine. Though time is the most important healer of a sore throat, a spoonful of honey can help relieve the irritation.

Spark A Connection Memory Café

A Memory Café is a welcoming, safe space where people living with dementia, Alzheimer's, or other memory-related conditions, along with their caregivers, can gather for social interaction, support, and activities. These cafes provide a relaxed environment where participants can engage in activities that stimulate the mind, foster creativity, and encourage social connections.

- Social Interaction: Memory Cafes offer a place where people with memory issues and their caregivers can meet others in similar situations, reducing feelings of isolation.
- Activities: A wide range of activities is typically available, including music, arts and crafts, games, storytelling, and sometimes even physical activities like dance or light exercise. These are designed to be enjoyable and to help stimulate cognitive function.

We would love to have you join us, if you have any of the above memory-related conditions. We meet at the Senior Center the second Wednesday of the month at 1:00, with the next scheduled get-together being September 11th. Justin from Art in the Loft will be guiding you through an art project. If you have any questions, please contact BJ at 989-356-3585.

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

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

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

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

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

Senior Project FRESH
Market Fresh Food

ALPENA Senior Citizens CENTER

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

*RELIEVE MUSCLE PAIN & SORENESS
*GET EFFECTIVE RESULTS
Dr. Bob's BOTANICALS
All-in-One CBD Hemp Relief
Balance CBD Tincture
Daytime CBD Tincture
Fading Fast CBD Tincture
Harmony CBD Salve
Harmony CBD Tincture
Sleep CBD Tincture
Available at: Neighborhood Provisions
909 W Washington Ave
Alpena, MI 49707
(989) 266-9333

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

United Way
SUPPORTING OUR COMMUNITY
Basic Human Needs • Education • Health
www.unitedwaynemi.org
989-354-2221
108 Water Street, Alpena, MI 49707

Comfort. Care. Compassion.

Call today to start receiving the compassionate care you and your family deserves.
Our State. Our Town.
Hospice of Michigan Our Hospice.
HOSPICE HONORS ELITE 2023
888-247-5701 • HOM.ORG • 199 LONG RAPIDS RD., ALPENA

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!

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

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
Alpena's Custom Home Design Studio
Wausau Homes by Marshall & Company, LLC
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

REACH Program

REACH stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. This is an evidence-based program designed to support caregivers of persons with Alzheimer's and other types of dementia.

The program includes an initial assessment and four individual sessions with a certified REACH Program Coach. Each session is an hour and focuses on specific topics. Sessions can be done in-person, over the phone or virtually using a computer or tablet.

Session 1 establishes rapport; stress is discussed, and a stress management technique is taught and practiced. In Session 2, education on dementia and strategies to address safety concerns are offered. Learning and practicing problem solving is the main focus of this session. After a review of problem solving, Session 3 focuses on positive thinking/mood management. Session 4 provides an opportunity for Coach and Caregiver to work on additional concerns and to review the program and strategies to use in the future. A part of each session is the Caregiver's commitment to try strategies that have been discussed.

If you are a family caregiver helping 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.

Once a Month Shopping Trips

Meijer · Tuesday, September 10th

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

Healthy Aging Month

Healthy Aging Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

The mission of Healthy Aging Month is to encourage local level events that promote taking personal responsibility for one's health…be it physically, socially, mentally or financially.

10 Tips to Celebrate Healthy Aging Month:

- Do not act your age or at least what you think your current age should act like. What was your best year so far? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.
- Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
- Have negative friends who complain all of the time and constantly talk about how awful everything is? Distance yourself from them. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
- Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.
- Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.
- Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee.
- Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter.
- Get a physical. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
- Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be taped. Have you always wanted to play the piano, violin or tuba? Have you ever wondered if you could paint a portrait or scenic in oil?

Labor Day

Labor Day is celebrated to honor and recognize the contributions of workers and the labor movement. It's a day set aside to acknowledge the social and economic achievements of workers, highlighting the importance of their role in the development, prosperity, and well-being of a nation.

The Senior Center will be closed on September 2nd so that staff can enjoy the day with family and friends. The staff sends "Best Wishes for an amazing day to each of you!"

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 Thunder Bay Community Health Services for the donations in Memory of
Susan Mousseau

Thanks to Coworkers of Daughter Miranda Rau for the donations in Memory of
Richard Keith Burns

Thanks to Ralph & Kathy Eckert for the donations in Memory of
Milton Hanson

Thanks to Joan & Sonny Chrzan for the donations in Memory of
Dixie Julian

Thanks to Jeanne & Dan Szymanski for the donations in Memory of
Carol & Clarence T. Kraft, Terry Anderson & Milton Hanson

Thanks to Nancy Birmingham for the donations in Memory of
Donna Wallace

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...
Mr. & Mrs. Larry Clark, AAACU &
Grace Episcopal Church Guild
for their 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