October 2024
ALPENA Senior Citizens CENTER
"501" River News

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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

I am shocked that we are already in the last quarter of 2024, not sure where the time is going.

Effective October 1st we will be asking all those who come to the center to complete a new Green NAPIS Form. This is something that must be completed annually in October and is important for us to continue to receive funding for our programs. The forms will be available at the congregate desk. I would appreciate your help in completing these forms. All new participants to the Center, throughout the year, will need to complete a NAPIS form. My goal is to have NAPIS forms, for all those who attend regularly, completed by the end of October. If you have questions, please come to me regarding this.

This month's theme is Positive Attitude. Having a positive attitude is making the best of a bad situation, seeing yourself in a more positive way, and trying to see the best in other people. Over the past several years we have experienced things in life we have never experienced before with COVID. We have seen changes in society and overall, many things have changed in our world. Some of the ways you can adjust your attitude is by trying to pay attention to your thoughts and practice reframing your negative thoughts into positive ones. Pay attention to how you talk to yourself, be patient, surround yourself with positive people and at the end of the day write down 3-5 positive things that you recall from the day. If you are ever struggling, we are here as a team to listen and help if we can.

We are doing some fundraisers right now. 50/50 tickets are for sale and if anyone can help sell any please let us know. We will also be doing another raffle and potentially some other things in the next few months.

Wishing you all a Happy Halloween! 🎃

As always, my door is always open, if you have any questions or concerns.

Thanks,

Annie Hepburn

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.

Senior Center Board Meeting

There will be a Board Meeting on Wednesday, October 16th at 4:30 PM. Public is invited to attend!

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 are important for several reasons, as they provide emotional, social, and educational benefits to individuals living with diabetes. Here's why they are needed:

1. Emotional Support: Living with diabetes can be overwhelming, especially when managing daily tasks like blood sugar monitoring, insulin administration and maintaining a balanced diet. Support groups provide a space to share struggles and victories, reducing feelings of isolation and anxiety.
2. Shared Experiences: People with diabetes often face similar challenges such as coping with dietary restrictions, navigating medication, or dealing with complications. Hearing from others who have similar experiences can provide practical tips and foster a sense of community.
3. Education and Resources: Diabetes support groups often feature educational materials and up-to-date information on managing diabetes. Members can learn about new treatments, technologies, or strategies for maintaining their health.
4. Encouragement for Lifestyle Changes: Managing diabetes requires lifestyle changes, like maintaining a healthy diet, exercising regularly, and avoiding certain habits. Support groups can motivate individuals to stay on track with these changes through encouragement and shared goals.
5. Reduced Stress: Stress can negatively impact blood sugar levels, and diabetes management itself can be a source of stress. Support groups help people develop coping strategies, reducing the burden of managing the condition alone.
6. Improved Health Outcomes: Studies show that individuals involved in support groups often experience better overall health outcomes. The emotional and informational support can lead to improved blood glucose control, healthier behaviors, and fewer complications.

Diabetes support groups provide a comprehensive system of emotional, social, and practical support that helps individuals better manage their condition and improve their quality of life. Join our group, facilitated by Norman Schultz, RN from MyMichigan Medical Center on the first Friday of each month (October 4th) at 1:00 PM. Contact BJ at 989-356-3585 should you have any questions.

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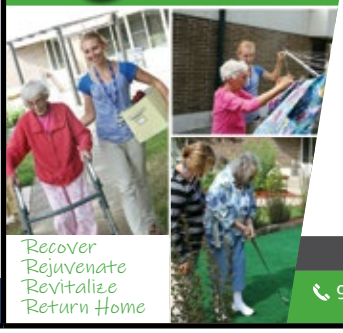

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Staying Connected

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.

October 3, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

October 17, 2024
Join us from 4:00 to 5:00 p.m. for support, advice, and information.

Blood Pressure Clinic

High blood pressure (hypertension) is often called the "silent killer" because it typically has no symptoms but can lead to severe health complications if left untreated. Regular monitoring allows for early detection, even in asymptomatic patients, enabling timely interventions. Managing blood pressure reduces the risk of life-threatening complications like heart disease, stroke, and kidney failure. People with diabetes, obesity, or a family history of hypertension are at higher risk of developing high blood pressure.

We host this clinic on the second Tuesday of each month, with the next scheduled time being October 8th from 11:00 AM 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.

Positive Attitude Month

Positive Attitude Month is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as "glass half empty," now is the time to change that! Looking at things with a "glass half full" perspective is a small thought process that makes a big difference.

The following are some lasting benefits of a Positive Attitude:

- Longer life span because of overall lower stress levels
- Lower chance of depression
- More resistance to sicknesses like the common cold
- Increased physical and mental well-being
- Less risk of death from cardiovascular disease
- More developed coping skills during challenges

Your positive energy can result in more overall motivation, more friends, and many more happy memories. Of course, life can be extremely challenging. In our work and personal lives, speed bumps will always present themselves and there's really nothing we can do about it. So, why not try to make the best of every situation we are thrown into?

Try thinking positively, expecting great things, and challenging yourself to be so strong that nothing can disturb your peace of mind. If you struggle to keep a good attitude try a few of the ideas below:

1. List the negative things in your life, the things that really upset you and cause you to lose your cool. Seeing them on paper can help you recognize and address them when they happen in real life.
2. Sometimes, negativity begins with unrealistic expectations of yourself or others. Understand that nobody is perfect and the imperfections add character!
3. Do not dwell on past mistakes. You are only hurting yourself if you do so.
4. Change can be difficult to manage, but if you take a breath and give yourself some time to think, you'll find the clarity you need to respond in a positive manner.
5. Surround yourself with positive people. You'll start to see how happy and successful people think, and you'll likely start to think the same way.

OCTOBER 2024 ACTIVITIES

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Staying Connected 1:00 – 2:00 pm	2 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm**	3 Zoom Book Club 11:00 am – 12:00 pm You Are Not Alone 4:00 – 5:00 pm	4 Exercise 10:00 – 11:00 am Diabetes Support 1:00 – 2:00 pm	5
6	7 Exercise 10:00 – 11:00 am	8 Shopping Trip Staying Connected 1:00 – 2:00 pm Blood Pressure Clinic 11:00 – Noon	9 Exercise 10:00 – 11:00 am Spark a Connection 1:00 – 2:00 pm	10 Zoom Book Club 11:00 am – 12:00 pm	11 Exercise 10:00 – 11:00 am	12
13	14 Exercise 10:00 – 11:00 am	15 Staying Connected 1:00 – 2:00 pm	16 Exercise 10:00 – 11:00 am **BINGO: 12:45 pm** Board Meeting – 4:30 pm	17 Zoom Book Club 11:00 am – 12:00 pm You Are Not Alone 4:00 – 5:00 pm	18 Exercise 10:00 – 11:00 am	19
20	21 Exercise 10:00 – 11:00 am	22 Staying Connected 1:00 – 2:00 pm	23 Exercise 10:00 – 11:00 am	24 Zoom Book Club 11:00 am – 12:00 pm	25 Exercise 10:00 – 11:00 am	26
27	28 Exercise 10:00 – 11:00 am	29 Staying Connected 1:00 – 2:00 pm	30 Exercise 10:00 – 11:00 am	31 Zoom Book Club 11:00 am – 12:00 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

OCTOBER 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** Goulash Vegetable Fruit	**2** Hot Pork Sandwich Mashed Potatoes, Gravy Vegetable Fruit	**3** Chicken Pot Pie Vegetable Fruit	**4** Scrambled Eggs Sausage French Toast Juice	**5**
6	**7** Spaghetti w/Meat Sauce Vegetable Fruit	**8** Chicken Pizza Vegetable Fruit	**9** Chili Corn Muffin Vegetable Fruit	**10** Beef Roast Mashed Potatoes, Gravy Vegetable Fruit	**11** Tuna Salad Sandwich Cream of Potato Soup Vegetable Fruit	**12**
13	**14** Meatloaf Potatoes Vegetable Fruit	**15** Pork Roast Rice Vegetable Fruit	**16** Chicken Broccoli Casserole Vegetable Fruit	**17** Cabbage Rolls Mashed Potatoes Vegetable Fruit	**18** Cheese Stuffed Pasta w/Sauce Vegetable Fruit	**19**
20	**21** Beef Stir Fry Rice Fruit	**22** Baked Chicken Stuffing Vegetable Fruit	**23** Pork Smoked Sausage Pierogies Sauerkraut Fruit	**24** Beef Stew Dinner Roll Fruit	**25** Fish Filet Macaroni & Cheese Vegetable Fruit	**26**
27	**28** Beef Swiss Steak Potatoes Vegetable Fruit	**29** Chicken a' la King Biscuit Vegetable Fruit	**30** Pork Carnitas Mexican Rice Mexican Toppings Fruit	**31** Sweet & Sour Meatballs Potatoes 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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Celebrating Spinach Lovers Month

Spinach Lovers Month is a perfect time to celebrate the versatility and health benefits of spinach! Typically recognized in October, this month-long celebration encourages incorporating this nutrient-packed leafy green into meals.

Here are some fun ways to honor Spinach Lovers Month:

- Experiment with spinach in different ways-whether it's fresh in salads, blended into smoothies, sauteed with garlic, or baked into quiches and casseroles.
- Invite friends over for a spinach-themed potluck where everyone brings a spinach-based dish. From spinach artichoke dip to spanakopita, there's no shortage of options.
- If you enjoy gardening, try growing your own spinach at home. It's relatively easy and rewarding to have fresh spinach at your disposal.
- Share spinach's many health benefits with family and friends. Spinach is rich in vitamins A, C, K, and iron, making it excellent for boosting immunity, supporting eye health, and improving bone strength.
- Set up a smoothie station at home with various fruits, vegetables, and plant-based milk. It's a fun, creative way to get people hooked on adding spinach to their diet.

Remember spinach is a superfood! Your body will love it!

National Popcorn Poppin' Month

For more than 30 years, October has been celebrated as National Popcorn Poppin' Month; however, it became "official" in 1999, when the Secretary of Agriculture Dan Glickman proclaimed October as National Popcorn Poppin' Month. Here are some fun facts about popcorn:

- The average American eats about 60 quarts of popcorn annually.
- Ideally, popcorn should be heated to a temperature of 400 to 460 degrees Fahrenheit to properly pop.
- There are about 1,600 popcorn kernels in one cup of unpopped popcorn.
- The world's largest popcorn ball weighed in at 2,000 pounds.
- In 1946, popcorn became the first deliberately microwaved food.
- The oldest ears of popcorn ever discovered were found in a cave in central New Mexico. They were determined to be about 5,600 years old.
- Popcorn is the world's number one selling snack food and is also the world's most profitable snack food.
- Most of the world's popcorn is grown in the U.S. Top corn producing states include Iowa, Illinois, Indiana, Kansas, Kentucky, Michigan, Missouri, Nebraska and Ohio.
- To grow popcorn, it takes about 28,000 seeds planted per acre.
- One cup of air-popped popcorn contains just 31 calories, one gram of protein, six grams of carbohydrate, one gram of fiber, and a trace of fat.

Fire Prevention Week

The National Fire Protection Association announced, "Smoke alarms: make them work for you!" as the official theme for Fire Prevention Week, October 6-12, 2024. This year's focus on working smoke alarms comes in response to NFPA data, which shows that the majority of U.S. home fire deaths continue to occur in homes with no smoke alarms or no working smoke alarms.

Smoke alarms can make a life-saving difference in a home fire, but they must be working to deliver the needed protection. Having working smoke alarms in the home reduces the risk of dying in a home fire by more than half (54 percent). However, roughly three out of five fire deaths occur in homes with either no smoke alarms or no working smoke alarms. More than one-third (38 percent) of home fire deaths result from fires in which no smoke alarms are present.

People tend to remove smoke alarm batteries or dismantle them altogether when they don't know how to fix the issue. These actions put them at serious risk in the event of a home fire.

Fire Prevention Week is celebrated throughout North America every October and is the oldest U.S. public health observance on record. For more than 100 years, Fire Prevention Week has worked to educate people on the risk of home fires and ways to minimize them. Local fire departments, schools, and community organizations play a key role in bringing Fire Prevention Week to life in their communities each year and spreading basic but critical fire safety messages.

Its 50/50 Time!

We are excited to announce that we have started a 50/50 raffle, giving participants a chance to win big while supporting a great cause! The raffle will raise funds for the Alpena Senior Center, with half of the proceeds going to one lucky winner and the other half directly benefiting our meal programs.

The 50/50 raffle is simple: buy a ticket for a chance to win 50% of the total money raised through ticket sales. The more tickets sold, the larger the jackpot grows!

Tickets are $5.00 each and the drawing is scheduled for November 25th, Noon, at the Alpena Senior Center. (License #R77320)

National Kick Butt Day!

National Kick Butt Day is celebrated on the second Monday of October each year. This is a day to give yourself a kick in the seat of the pants. It's a day to take action on goals, resolutions, or bad habits, and to reflect on achievements. Some things you can do are to take a step toward a goal, change a bad habit, or follow through on a resolution. I've marked this date on my calendar to take action! How about you?

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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

Walmart · Tuesday, October 8th

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.

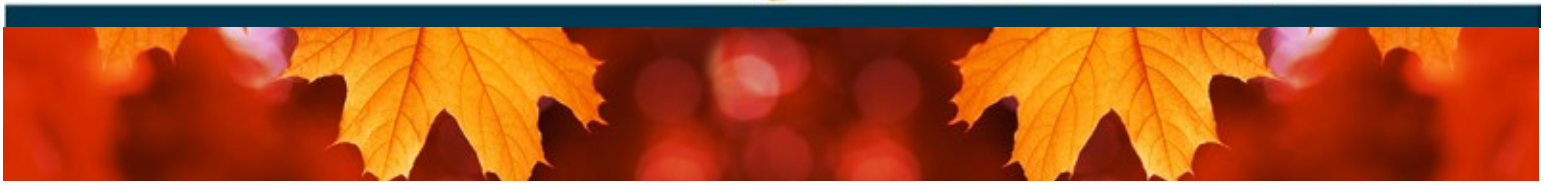
- **Free to Alpena County Seniors**
- **Pick-up will start at 10:00 a.m.**
- **Walmart one month alternating with Meijer next month.**
- **Shop until 12:30 then delivering everyone home.**

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



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.

We would love to have you join us, if you are having any form of cognitive issue. We meet at the Senior Center the second Wednesday of the month at 1:00 PM, with the next scheduled get-together being October 9th. Justin, Director at Art in the Loft, will be guiding us through a Fall leaf project. If you have any questions, please contact BJ at 989-356-3585.

Halloween

Halloween is a holiday celebrated on October 31st, traditionally associated with themes of death, the supernatural, and the spirit world. Its origins date back to the ancient Celtic festival of Samhain, which marked the end of the harvest season and the beginning of winter, a time often associated with death. The Celts believed that on the night of Samhain, the boundary between the living and the dead blurred, allowing spirits to return to Earth. To ward off harmful spirits, people would light bonfires and wear costumes.

When Christianity spread to Celtic regions, the festival was combined with All Saints Day (or All Hallows' Day), a celebration honoring saints, on November 1st. The evening before became known as All Hallows' Eve, eventually shortened to Halloween.

More modern traditions include:

- Trick-or-Treating: Children dress in costumes and go door-to door asking for candy, a practice that may have roots in European traditions of "souling," where people would go from house to house asking for small cakes in exchange for prayers for the dead.
- Costumes: People, especially children, dress up in costumes, often as spooky characters like witches, ghosts, or monsters, but also as popular fictional or real-life figures.
- Pumpkin Carving: Pumpkins are carved into jack-o'-lanterns, often with scary or funny faces, and lit from inside by candles. This practice originated from an Irish tradition of carving turnips to ward off evil spirits.
- Haunted Houses and Scary Stories: Many communities host haunted houses or other spooky attractions. Ghost stories and horror films are also popular around Halloween.

Today, Halloween is celebrated as much for the fun, lighthearted traditions as for its spooky roots. It's a time for dressing up, indulging in sweets, and embracing the eerie and mysterious.

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501 River Street
Alpena, MI 49707

In Memory

Thanks to Nancy Bobal for the donations in Memory of
Rosa Greene

Thanks to Nancy Bobal for the donations in Memory of
Robert "Bob" Brilinski

Thanks to Fox Farm Condominium Assoc, Family of Beverly Krajniak, Theresa & Rodney Lewandowski, Troy & Tanya Krajniak and Denise & Alex Krajniak
for the donations in Memory of
Beverly Krajniak

Thanks to Nancy Wedge
for the donations in Memory of
Allen Evans

Thanks to...
Jeanne Szymanski
for her generous donation.

Alpena Senior Citizens Center

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