February 2025
ALPENA Senior Citizens CENTER
"501" River News
NATIONAL SENIOR INDEPENDENCE MONTH

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
Andy Marceau - Secretary/Treasurer
Jerry Broad ● Alex Senchuk
Lorri Rondeau

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 AARP Tax Preparation

6 Book Club

8 February Activities

9 February Menu

10 Staying Connected

13 Sec. State Mobile Office

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

February is National Independence Month. The Mission at the Alpena Senior Citizens Center is to promote and protect dignity, independence, and welfare of older adults throughout Alpena County. We want everyone to be aware of all the wonderful resources here at the center and if we cannot help, we will try to guide you in the right direction. Did you know that we have many programs to offer you socialization here at the center? There is a quilting and knitting group, card games, Maj Jong, puzzles, and Bingo. We also have a great exercise program on Monday, Wednesday, and Fridays from 10:00 -11:00 a.m. For support we have a weekly Staying Connected group where we do adult coloring, games and offer support as needed. We have daily lunches Monday through Friday from 11:30-12:30 for a suggested donation of $4.50.

February 16th is National Caregiver Day. If you are caring for or helping a neighbor, a parent, sibling, friend, etc. – you are a caregiver. Thank you and know you are appreciated. We have several programs to help you along with a monthly support group, You Are Not Alone, that meets the 1st and 3rd Thursday of every month from 4:00 -5:00 p.m. We also will be bringing more resources and support programs to you for this journey.

A new support group is starting in February at the Alpena County Library the second Thursday of the month from 1-2 pm, for Kinship families. This is for relatives or grandparents raising relative children aged 18 and under. It will be a group to listen, offer resources and support. Any questions call Annie at 989-356-3585.

We will be doing fundraisers again this year to offset the costs of operating the center. Just as inflation continues everywhere we haven't seen a change in our overall budget, so we need your help. Just a reminder, starting in March and April we will be doing our Annual Fundraiser for our meal programs.

Did you know that February is American Heart Month? Make sure to wear red on February 2nd to honor and recognize those dealing with heart conditions. Happy Valentine's Day to all of you on February 14th. I hope it's a great day!

Annie Hepburn

Winter Conditions

With it being winter now and having inclement weather at times this is a reminder on what that means to the Senior Center being open or closed.

We've determined that the best way to avoid confusion is to stick with the policy of Alpena Public Schools. If they cancel school because of inclement weather due to icy, snowy road conditions the Senior Center will be closed also.

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!

Blood Pressure Clinic

Having a blood pressure clinic at our center offers numerous benefits, particularly because seniors are at a higher risk for hypertension and related health complications. Here are some key reasons why it's important:

1. **Early Detection and Monitoring**
- Regular Screening: Blood pressure clinics provide routine checks vital for identifying hypertension or related issues early.
- Preventive Care: Early detection can help prevent severe conditions such as heart attacks, strokes, or kidney disease.

2. **Health Education**
- Awareness: Clinics can educate seniors about the risks of hypertension and the importance of maintaining healthy blood pressure levels.

3. **Convenience and Accessibility**
- Easily Accessible Care: Seniors often face mobility or transportation challenges. Stop by to check your blood pressure while you are here for lunch and socialization.
- Community-Based Support: Familiar and comfortable surroundings encourage participation.

Regular blood pressure monitoring empowers individuals to take control of their health and make informed decisions about their well-being. We host a blood pressure clinic the second Tuesday of each month, with the next scheduled time being February 11th from 11:00 a.m. to Noon.

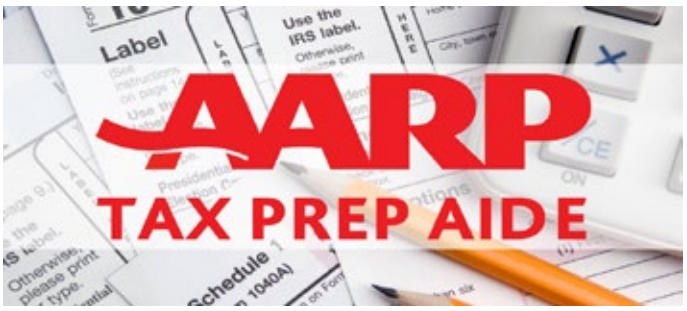
AARP Tax Preparation

AARP is once again offering free tax prep in Alpena. This service is available by appointment only for Monday, Wednesday, Friday and Saturday.

Taxpayer may be eligible for a property, renter and/or heating credit.

You will be instructed to pick up an envelope a week before your appointment and please follow all instructions.

Please call 989-278-8104 to schedule your appointment.



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!

ATTENTION SENIORS!

The Reverse Mortgage Center LLC

Enhancing Retirement Solutions • Serving All of Michigan

www.revmortgagecenter.com

NORTHEAST MICHIGAN OFFICE
LOCALLY OWNED & OPERATED

CALL: 989-858-0565

FOR A FREE QUOTE

ACCREDITED BUSINESS BBB Rating : A

Kristen Alderman
Reverse Mortgage Specialist
NMLS ID#: 2572985 & 2069141

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.

(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

SARGE PUBLICATIONS

BOOK PUBLISHING
FROM CONCEPT TO COMPLETION

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

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 the schedule for February.

February 6, 2025
Join us from 4:00 to 5:00 p.m. for support, advice, and information

February 20, 2025
Join us from 4:00 to 5:00 p.m. for support, advice, and information

Alpena Senior Center's Book Club

We have read and studied many books since the start of this group, during COVID. I've had several members tell me our current book "Contented Dementia" is their favorite thus far. I want to share with you, one more time, the letter that Penelope Garner wrote in the very beginning of the book. As I have mentioned, Penny Garner is the inventor of the method described in this book.

Dear Reader,

If you have been diagnosed with dementia and have picked up this book, this is a letter specially for you.

You are the expert in a most extraordinary subject, dementia. Your memory is behaving quite strangely and letting you down. You know what it's like to be slightly out of step in a way that is sometimes difficult to describe.

This book is designed for other people to learn what you already know so that they can help rather than hinder your progress through life.

Here, below, are a few tips specially for you. Stick to these, and you can safely leave everything else in the hands of the person you trust most.

1. From now on please don't worry about the future – stay with what you already know and love.
2. Appoint the person you most trust as your advocate – and ask them to read this book while you get on with your life.
3. Forget all about the diagnosis – you're very good at forgetting now, so use this skill to forget about dementia and get on with enjoying your life once more.

If you take these tips to heart you have nothing to fear. Be confident, go with the flow, and leave all the work to someone else.

With Very Best Wishes,

Penelope Garner

It's not too late to participate with our group as we work our way through this amazing book. You will be hearing some exciting news as we go into 2025 regarding this book. Please reach out to BJ at 989-356-3585 with any questions you may have.

Diabetes Support Group

Diabetes support groups are essential for individuals managing diabetes because they provide emotional, educational, and social benefits that enhance overall well-being and improve disease management. Here are a few reasons why they matter:

Emotional Support

- Living with diabetes can be overwhelming. Support groups create a safe space to share feelings, frustrations, and successes with others who understand similar challenges.
- They help reduce feelings of isolation or loneliness, fostering a sense of community.

Education and Resources

- Many support groups invite healthcare professionals, such as dietitians or diabetes educators, to share up-to-date information on managing diabetes, new treatments, and technology.
- Participants gain access to resources that empower them to make informed health decisions.

Motivation and Accountability

- Group settings encourage participants to stick to treatment plans, maintain heathy lifestyles, and stay motivated through mutual encouragement.
- Accountability to a group can help reinforce positive habits, such as regular exercise and monitoring blood sugar.

Problem-Solving Together

- Members can discuss specific challenges-like coping with cravings, managing stress, or dealing with complications-and brainstorm solutions collaboratively.
- Sharing diverse perspectives often leads to creative and effective problem-solving.

Promoting Mental Health

- Diabetes management can cause stress and anxiety. Support groups often include discussions on mental health and coping strategies, which can improve psychological well-being.
- Reducing stress has direct benefits for blood sugar control.

Building Long-Term Relationships

- Support groups often lead to lasting friendships and connections that extend beyond the meetings, providing ongoing support and encouragement.

Join our group, facilitated by Norman Schultz, RN from My Michigan Medical Center on the first Friday of each month, which will be February 7th at 1:00 PM. If you have any questions please contact BJ at 989-356-3585.

FEBRUARY 2025 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	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 **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	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	

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

BINGO
First & Third Wednesday of the Month

FEBRUARY 2025 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
2	3 Beef Stir Fry Rice Fruit	4 Baked Chicken Stuffing Vegetable Fruit	5 Pork Smoked Sausage Pierogies Sauerkraut Fruit	6 Beef Stew Dinner Roll Fruit	7 Fish Filet Au Gratin Potatoes Vegetable Fruit	8
9	10 Beef Swiss Steak Potatoes Vegetable Fruit	11 Chicken a' la King Biscuit Vegetable Fruit	12 Pork Carnitas Mexican Rice Mexican Toppings Fruit	13 Sweet & Sour Meatballs Rice Vegetable Fruit	14 Turkey Sub Cream of Broccoli Soup Fruit	15
16	17 Chicken Parmesan Pasta Vegetable Fruit	18 Goulash Vegetable Fruit	19 Hot Pork Sandwich Mashed Potatoes, Gravy Vegetable Fruit	20 Chicken Pot Pie Fruit	21 Scrambled Eggs Sausage French Toast Juice	22
23	24 Spaghetti w/Meat Sauce Vegetable Fruit	25 Chicken Pizza Vegetable Fruit	26 Chili Corn Muffin Vegetable Fruit	27 Taco Salad Refried Beans Mexican Rice Mexican Toppings Fruit	28 Tuna Salad Sandwich Cream of Potato Soup 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

Once a Month Shopping Trips

Walmart · Tuesday, February 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 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 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 to connect 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".

National Mend a Broken Heart Month

National Mend a Broken Heart Month is observed in February and is a time to focus on healing emotional wounds and addressing heartbreak. Whether caused by the loss of a loved one, the end of a relationship, or other emotional struggles, this observance encourages self-care, growth, and support from friends, family, or professionals.

Ways to observe National Mend a Broken Heart Month: Engage in activities like meditation, exercise, journaling, or spending time in nature to promote emotional well-being.

1. Seek Support: Talk to a trusted friend, join a support group, or consult a counselor or therapist.
2. Learn and Grow: Read books, listen to podcasts, or attend workshops focused on personal growth, relationships, and resilience.
3. Give Back: Helping others through volunteering or acts of kindness can be a powerful way to mend your own heart.
4. Celebrate New Beginnings: Use this month to set goals and focus on creating positive changes in your life.

The month serves as a reminder that healing takes time and that it's important to acknowledge emotions and seek pathways to recovery.

National Heart Month

National Heart Month, observed every February in the United States, focuses on raising awareness about heart health and promoting cardiovascular well-being. For senior citizens, this is particularly important, as age is a significant risk factor for heart-related issues such as heart disease, high blood pressure, and stroke. Some key focus areas for seniors include:

1. **Heart-Healthy Lifestyle:**
- Diet: Promote a heart-healthy diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats (like omega-3 fatty acids).
- Exercise: Encourage low-impact activities such as walking, swimming, yoga, which improve cardiovascular health without straining joints.
- Hydration: Remind seniors to stay hydrated, as dehydration can increase the risk of heart strain.

2. **Regular Health Checkups:**
- Monitor blood pressure, cholesterol, and blood sugar levels.
- Discuss medications and their effects on heart health with a healthcare provider.

3. **Preventive Care:**
- Get vaccinated against influenza and pneumonia, as these infections can worsen heart conditions.
- Address sleep apnea, which is linked to heart health.

4. **Smoking Cessation:**
- Seniors who smoke should be encouraged to quit, as smoking significantly increases the risk of heart disease.

5. **Mental Health Awareness:**
- Combat loneliness and stress, which can contribute to heart problems, by engaging in social activities and mindfulness practices.

6. **Warning Signs of Heart Trouble:**
- Educate about recognizing symptoms of a heart attack or stroke, such as chest pain, shortness of breath, or sudden weakness.

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

National Sweet Potato Month

National Sweet Potato Month is celebrated annually in February in the United States to honor the versatile and nutritious sweet potato. This month-long observance highlights the health benefits, culinary versatility, and cultural significance of sweet potatoes.

Sweet potatoes are considered a nutritional powerhouse. They are:

- High in Vitamin A: One medium sweet potato provides over 100% of the recommended daily intake of vitamin A, essential for eye health and immune function.
- Rich in Antioxidants: Purple sweet potatoes contain anthocyanins, which help combat oxidative stress.
- Low Glycemic Index: Sweet potatoes release energy slowly, making them a great option for blood sugar regulation.

Some agricultural highlights include:

- Not Yams: Despite common confusion, sweet potatoes and yams are botanically distinct. Yams are starchier and less sweet.
- Top Producers: The United States, especially North Carolina, is a major sweet potato producer. Globally, China leads in production.
- Resilient Crop: Sweet potatoes are hardy, growing well in various climates and requiring relatively low maintenance.

Some fun facts include:

- Not a Potato: Despite their name, sweet potatoes are not closely related to regular potatoes. They belong to the morning glory family.
- Variety of Colors: Sweet potatoes come in orange, white, purple, and even yellow hues.
- Historical Staple: They've been cultivated for thousands of years and were an important crop for many ancient civilizations.
- Symbol of Abundance: Many cultures associate sweet potatoes with prosperity and abundance.
- State Vegetable: The sweet potato is the official state vegetable of North Carolina.

MICHIGAN SECRETARY OF STATE

MOBILE OFFICE IS COMING TO YOU

Alpena Senior Center

Date: Wednesday, February 26, 2025

Time: 10:00 a.m. - 3:00 p.m.

Location: 501 River St.
Alpena MI 49707

For more information or to schedule your visit during this Mobile Office event contact Annie Hepburn at 356-3585 ahepburn@alpenaseniors.com

Hopeful Journey Support Group

for Relatives or Grandparents Raising Children

Alpena County Library - Judith Stillion Room

211 N. First Ave, Alpena MI 49707

2nd Thursday of Every Month 1:00 - 2:00 p.m.

Starting February 13th

For more information call the Alpena Senior Citizens Center 356-3585 and ask for Annie

Kinship care is when a child is raised by a relative, such as a grandparent, aunt, uncle, or both family member, when their parents are unable to care for them, essentially providing a child with a stable home environment within their family network.

Support, Resources, Speakers and More

This program funded in part with funds through the Older Americans Act, Aging and Adult Services Agency of the Michigan Department of Health and Human Services and Region 9 Area Agency on Aging.

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 Sandy Baker, Doris & Ralph Stevens, and Joyce Stevens donations in Memory of
Della Luman

Thanks to Brigitte Hinrichs for the donation in Memory of
Rita Cook

Thanks to the Swift Family for the donation in Memory of
Yvonne DeRosia

Thanks to Anonymous Donor for the donation in Memory of
Gretchen Meredith-Jensen

Thanks to...
Mr. & Mrs. Larry Clark
Patrick & Linda Schepke
Linda Falk
for their generous donations.

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

Presorted Standard
U.S. Postage Paid
Alpena, MI 49707
Permit No. 127

RETURN SERVICE REQUESTED

HAPPY Valentine's Day