March 2025

ALPENA Senior Citizens CENTER

"501" River News

March For Meals

Campaign 2025

MEALS on WHEELS AMERICA

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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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Community Foundation for NORTHEAST MICHIGAN

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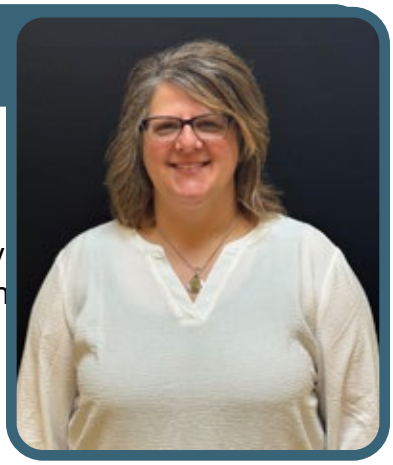
OUR MISSION STATEMENT

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



This month's newsletter will be focusing on our meal programs, Meals on Wheels and Congregate Meals, which leads to the necessity of our large Annual Fundraiser. We cook daily for about 350 people. Our Meals on Wheels deliveries are Monday through Friday in the city and Monday, Wednesday, Friday for county routes. Our meal program is open to seniors 60 years of age and older who live in Alpena County. For additional information about our meal programs contact Mike Stauffer at 989-356-3585.

Last year we provided over 73,707 meals, to seniors in Alpena County, that were prepared on-site. Our Congregate Lunch is served Monday through Friday from 11:30 am to 12:30 pm. It is a wonderful place to come for a nutritious meal as well as socializing with other seniors and our staff members. For those seniors 60 and older the suggested donation is $4.50 and for those under the age of 60 the cost is $8.00.

In the past year, we have seen an increase in the meals we provide for the seniors in Alpena County. As we all know, the food costs have also increased with our budget staying the same despite the increase in overall costs. We are hearing from seniors about the struggle to pay for food, gas for their vehicles, medications and the necessities in daily life.

There are many myths in the community about how we are funded to provide our services and programs. To clarify a few of them for you:

- We receive a portion of the millage funds, not 100%.
- We receive State and Federal funding for our nutrition programs but at this time we remain concerned about the path ahead for these programs as Federal Funds and other funding is not always promised.
- We review grant opportunities, but most grants do not cover the cost of food. Most grants are more for equipment, which is not where our funds are needed.

Therefore, it is imperative for us to do this annual fundraiser for our meal programs. We are asking you and the community to support this effort starting March 1st through April 30th. Please help us by changing a senior's life and making this the best year ever. Donate today, either online, or check to the Alpena Senior Citizens Center Meal Programs. Or better yet, stop by the center to say hi and we also accept cash!

Annie Hepburn

March For Meals

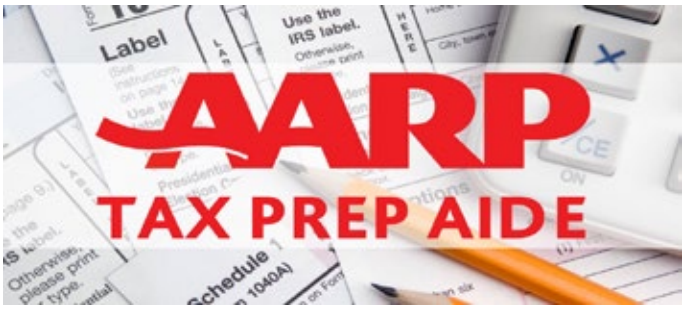
AARP Tax Preparation

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.



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!

Getting Your Blood Pressure Checked

Regularly checking your blood pressure is crucial for maintaining good health, especially as you age. Here's why it's important:

- **Early Detection of Hypertension**
  High blood pressure (hypertension) often has no noticeable symptoms but can lead to severe health issues like heart disease, stroke, and kidney failure. Regular check-ups can catch it early and help you take preventive steps.
- **Reduces Risk of Heart Disease and Stroke**
  Uncontrolled high blood pressure puts extra strain on your heart and arteries, increasing the risk of heart attacks, strokes, and heart failure. Monitoring your blood pressure helps you act before complications arise.
- **Helps Manage Existing Health Conditions**
  If you already have conditions like diabetes, heart disease, or kidney issues, keeping an eye on your blood pressure is vital to prevent further complications.
- **Guides Lifestyle and Medication Adjustments**
  Regular readings help your doctor determine if lifestyle changes (diet, exercise, stress management) or medications are needed to keep your blood pressure within a healthy range.
- **Promotes Overall Well-being**
  Knowing your blood pressure can give you peace of mind and empower you to take control of your health. Simple changes like reducing salt intake, exercising regularly, and managing stress can make a big difference.

Regular screenings can help prevent complications and ensure you live healthier, longer lives. We host a clinic, here at the center, on the second Tuesday of each month. Please join us on March 11th from 11:00 a.m. to Noon. If you have any questions, please reach out to BJ at 989-356-3585.

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.

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LOCAL FRIENDLY HELPFUL

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. By now most of you should know all about the Symposium we are hosting on April 4th. We hope that you can see the importance of attending this event. In this newsletter, you will find a flyer describing the event and how to sign up for it. Please reach out to BJ at 989-356-3585 with any questions you may have.

Hopeful Journey Support Group

This kinship support group is vital for individuals who are raising or caring for relatives' children, such as grandparents, aunts, uncles, or older siblings. We can offer emotional, practical, and social support to help you navigate the challenges of raising children outside of a traditional parental role.

We will be meeting at the Alpena County Library in the Judith Stillion Room on the 2nd Thursday of every month from 1:00 to 2:00 pm. For more information reach out to Annie Hepburn at the Alpena Senior Citizens Center at 989-356-3585.

Diabetes Support Group

Our diabetes support group serves as a safe and encouraging space for individuals with diabetes to share experiences, gain knowledge, and receive emotional support. The main purposes include:

1. Providing reliable information on diabetes management, including diet, exercise, medication, and lifestyle changes.
2. Offering a space where members can share their struggles and successes, reducing feelings of isolation.
3. Helping individuals stay committed to their health goals, through peer support.
4. Allowing members to discuss challenges and receive practical advice from others who understand.
5. Creating a sense of belonging and camaraderie among people with shared experiences.
6. Raising awareness about diabetes-related issues and promoting healthier lifestyles in the broader community.

Please join us on the first Friday of each month at 1:00 p.m. We have a great group of people that come to the table to share. Our next meeting will be March 7th. If you have any questions please contact BJ at 989-356-3585.

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.

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

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

Once a Month Shopping Trips

Meijer - Tuesday, March 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 quickley so please call as soon as possible.

MARCH 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	29
30	31 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

MARCH 2025 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 Sloppy Joe Vegetable Fruit	4 Pork Roast Rice Vegetable Fruit	5 Chicken Broccoli Casserole Vegetable Fruit	6 Cabbage Rolls Mashed Potatoes Vegetable Fruit	7 Cheese Stuffed Pasta w/Sauce Vegetable Fruit	8
9 	10 Beef Stir Fry Rice Vegetable Fruit	11 Baked Chicken Stuffing Vegetable Fruit	12 Pork Smoked Sausage Pierogies Sauerkraut Fruit	13 Beef Stew Dinner Roll Fruit	14 Fish Filet Tator Tots Vegetable Fruit	15
16	17 Beef Swiss Steak Potatoes Vegetable Fruit	18 Chicken à la King Biscuit Vegetable Fruit	19 Soft Shell Tacos Mexican Rice Mexican Toppings Fruit	20 Sweet & Sour Meatballs Rice Vegetable Fruit	21 Turkey Sub Cream of Broccoli Soup Fruit	22
23	24 Chicken Parmesan Pasta Vegetable Fruit	25 Goulash Vegetable Fruit	26 Hot Pork Sandwich Mashed Potatoes, Gravy Vegetable Fruit	27 Chicken Pot Pie Fruit	28 Scrambled Eggs Sausage French Toast Juice	29
30	31 Spaghetti w/Meat Sauce 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

MEALS on WHEELS

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

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

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

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

- Last year we served over 352 unduplicated Meals on Wheels clients and over 459 Congregate Meals clients.
- This year we have signed on more Meals on Wheels clients than ever before. We currently average over 225 clients.
- We make meals for over 350 seniors each day.
- Our monthly food and supplies cost an average of $18,000+.
- We provide over 648 half gallons of milk to seniors every month.
- We provide wellness checks to be sure the seniors are doing ok.

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

Donor/Representative Name: _____

Address: _____

Phone: _____ Email: _____

Included Donation: $_____

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

March For Meals
Campaign 2025
MEALS ON WHEELS AMERICA
Support Alpena Senior Citizens Center Meal Program.

National Nutrition Month

National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits.

This year's theme is "Food Connects Us". Food is a connecting factor for many of us. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and where the ingredients were sourced. Health, memories, traditions, seasons, and access can all impact our relationships with food. While these factors influence the foods we eat, the foods we eat also affect our health.

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".

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.

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 p.m., with the next scheduled get-together being March 12th. If you have any questions, please contact BJ at 989-356-3585.

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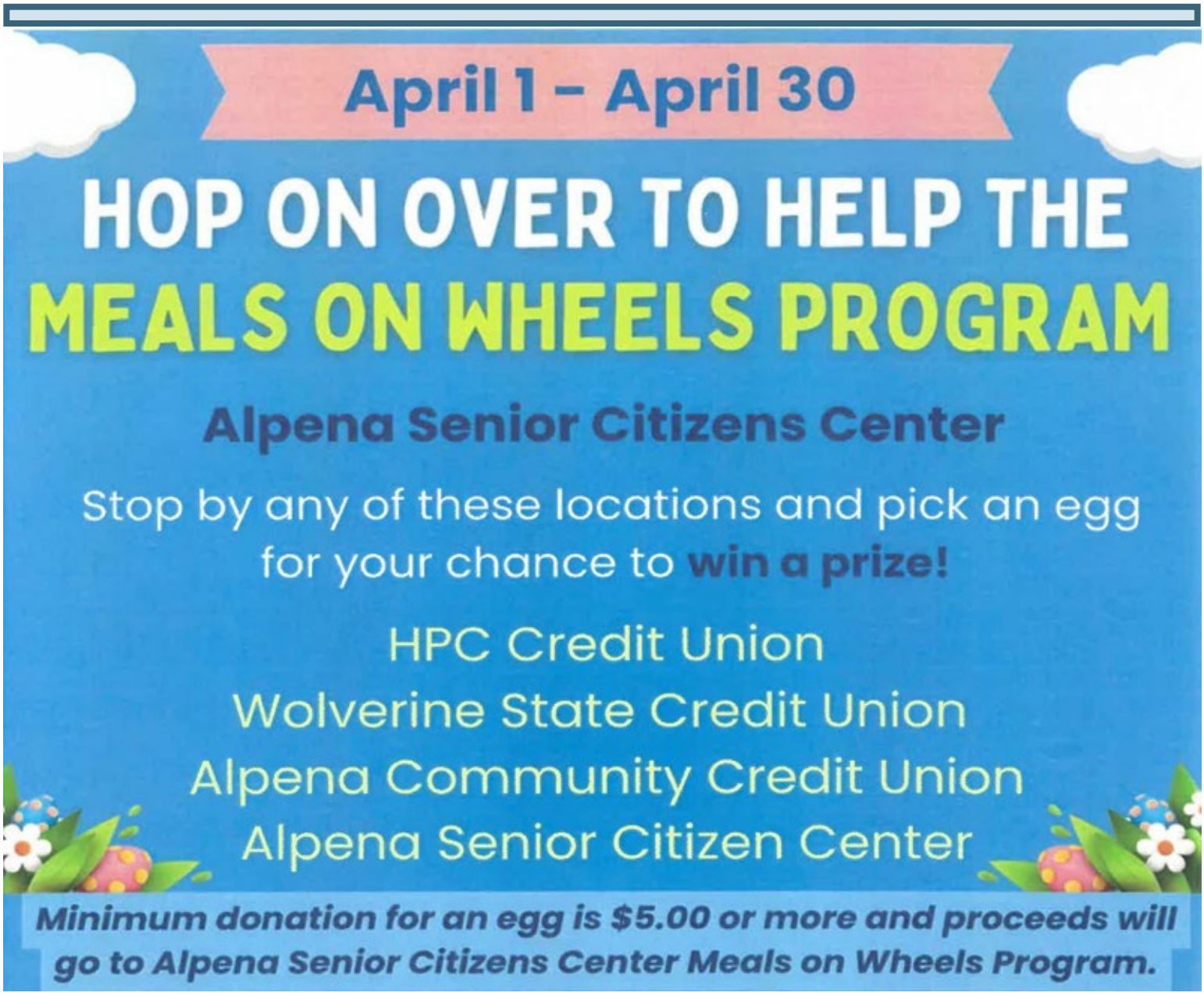
REACH Program

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.



ALPENA Senior Citizens CENTER

dementia together

TRANSFORMING DEMENTIA CARE

Empowering through the SPECAL® Approach

A Symposium for Families, Caregivers, and Professionals

DESCRIPTION:

Please join the Alpena Senior Center and Dementia Together for a day of learning the best approach of caring for those living with dementia, the SPECAL® Method. This symposium will feature educational sessions, practice of tools, and a discussion about compassion fatigue at no charge. Lunch will be provided. This symposium is made possible by the Michigan Health Endowment Fund.

Use of the SPECAL® Method can bring about immediate and sustainable improvements in the quality of life for the person living with dementia, along with everyone involved in their care.

THE SPECAL® METHOD HAS BEEN SHOWN TO:

- Increase the person's confidence and thereby slow the rate of deterioration.
- Reduce the need for medication.
- Enable the person to stay in their own home for significantly longer. Minimize
- the distress seen all too often during and after a transition to a different care setting.

DATE:

Friday, April 4th

TIME:

9:00 AM - 4:00 PM

LOCATION:

Alpena Community College Granum Theatre
655 Johnson St. Alpena, MI, 49707

REGISTRATION REQUIRED:

shorturl.at/UpjLf

CONTACT:

(989) 356-3585
BJ Sander
Annie Hepburn

NO ONE HAS TO WALK THE DEMENTIA JOURNEY ALONE.

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