April 2025

ALPENA Senior Citizens CENTER

"501" River News

Campaign 2025

MEALS ON WHEELS AMERICA 2025 MEMBER

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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.

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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

We have kicked off our Meals on Wheels Fundraiser, which is off to a good start and will continue over the next several months. This program continues to need our community's support. Over the next few months, we will be holding several fundraising events, so please help spread the word. Please check out the rest of the newsletter and plan to stop by the center to purchase your tickets, pick up an egg or two, and preorder your favorite quiche. All funds raised will be used to offset the cost of food and supplies.

April is Volunteer Month, and we are so grateful for all the board members and volunteers that help us each day to make the Alpena Senior Center a great place to socialize, participate or receive services from. "Volunteers have an attitude of gratitude and a commitment to serve." Thank you to each of our volunteers, we couldn't do what we do without you! 😊 If you are interested in a volunteer opportunity reach out to BJ.

We are so happy to be presenting a cutting-edge program on April 4th on Transforming Dementia Care, Empowering through the SPECAL Approach. We are looking forward to the feedback after the symposium. If you are on a journey with dementia, please know that we are here to listen and offer resources and support. We hold a bimonthly support group and a monthly memory café. Our library has a great selection of books, DVD's and activities, that can be borrowed and returned when you are finished with them. We continue to fit bracelets for those individuals with cognitive issues, who may wander, to help them stay safe through our Miles for Memories program.

I am also excited that we kicked off our Kinship Support group in March. This is for relatives and grandparents raising related children. I am looking forward to being able to share and learn from one another on this journey. If you need any help in this matter, please reach out.

We continue to look at ongoing grant opportunities to provide more programs or resources as our funding is never 100% secured.

As always, our team is here for you.

Happy Spring and Happy Easter, 🐣🌷

Annie Hepburn

Transforming Dementia Care

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.

Date: Friday, April 4th
Time: 9:00 a.m. - 4:00 p.m.
Location:Alpena Community College Granum Theatre
655 Johnson St. Alpena, MI

Registration Required: shorturl.at/UpjLf

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!

Senior Center Closed

The Senior Center will be closed on Friday, April 4th for training purposes. Thank you for your understanding.

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The Alpena Senior Citizens Newsletter is printed monthly. It is mailed and distributed to local organizations, businesses and individuals... *they could be your customers.*

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LOCAL FRIENDLY HELPFUL

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.

Blood Pressure Clinic

We host this clinic on the second Tuesday, of each month, with the next scheduled time being April 8th 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 356-3585.

The Alpena Senior Citizens Center Proudly Announces:

The Second Annual

DEMENTIA, **R**ESOURCES, **E**DUCATION, **A**DVOCACY, **M**ENTORSHIP

DEMENTIA WALK

Raising funds for Dementia Awareness

Date: Wednesday, May 14th

Meet Time : 9:30 a.m.

Start Time: 10:00 a.m.

Starting at the Senior Center and walking around the river!

501 River St. Alpena MI 49707

Cost: $25 includes **DREAM** t-shirt

Register by April 25th at the Alpena Senior Citizens Center.

For questions, please contact BJ or Annie at 989-356-3585

DREAM
dementia
resources
education
advocacy
mentorship

ALPENA Senior Citizens CENTER

Alpena Senior Citizens Center, 501 River St, Alpena MI 49707 · 989-356-3585

APRIL 2025 ACTIVITIES

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

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 Cancelled	**CLOSED** 4	5
6	7 Exercise 10:00 – 11:00 am	8 Shopping Trip Blood Pressure Clinic 11:00 – Noon Staying Connected 1:00 – 2:00 pm	9 Exercise 10:00 – 11:00 am	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**	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			

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

APRIL 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 Ham Pizza Vegetable Fruit	2 Sweet & Sour Chicken Rice Vegetable Fruit	3 Chef Salad Dinner Roll Fruit	CLOSED 4	5
6	7 Grilled Chicken Patty Bun Vegetable Fruit	8 Beef Taco Power Bowl Mexican Toppings Fruit	9 Goulash Vegetable Fruit	10 Ham & Cheese Quiche Vegetable Fruit	11 Chicken Salad Sandwich Cream of Broccoli Soup Fruit	12
13	14 Chicken Pot Pie Fruit	15 Philly Steak & Cheese Flatbread Vegetable Fruit	16 BBQ Pork Bun Vegetable Fruit	17 Chicken Cranberry Salad Dinner Roll Fruit	18 Cheese Stuffed Pasta w/Sauce Vegetable Fruit	19
20 	21 Chicken Fajitas Flour Tortillas Fajita Toppings Fruit	22 Swiss Steak Mashed Potatoes Vegetable Fruit	23 Sloppy Joe Bun Vegetable Fruit	24 Chicken Caesar Sald Breadstick Fruit	25 Fish Filet Tator Tots Vegetable Fruit	26
27	28 Spaghetti w/Meat Sauce Vegetable Fruit	29 Tuna Casserole Vegetable Fruit	30 Hamburger Chips Burger Toppings 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.

Once a Month Shopping Trips

Walmart - Tuesday, April 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 quickley so please call as soon as possible.

Asparagus

Asparagus is a nutritious vegetable packed with antioxidants, fiber, folate, and vitamins, offering benefits like improved digestion, lower blood pressure, and hangover relief. It can help your body rid itself of excess salt and water, potentially reducing bloating and promoting kidney health. Asparagus also contains potassium, which helps counter the effects of sodium, supporting healthy blood pressure levels.

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 April.

April 3, 2025
Cancelled!!

April 17, 2025
Join us from 4:00 to 5:00 p.m. for support, advice, and information

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Wednesday 11am - 10pm
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Friday & Saturday 11am - 11pm

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Hopeful Journey Support Group

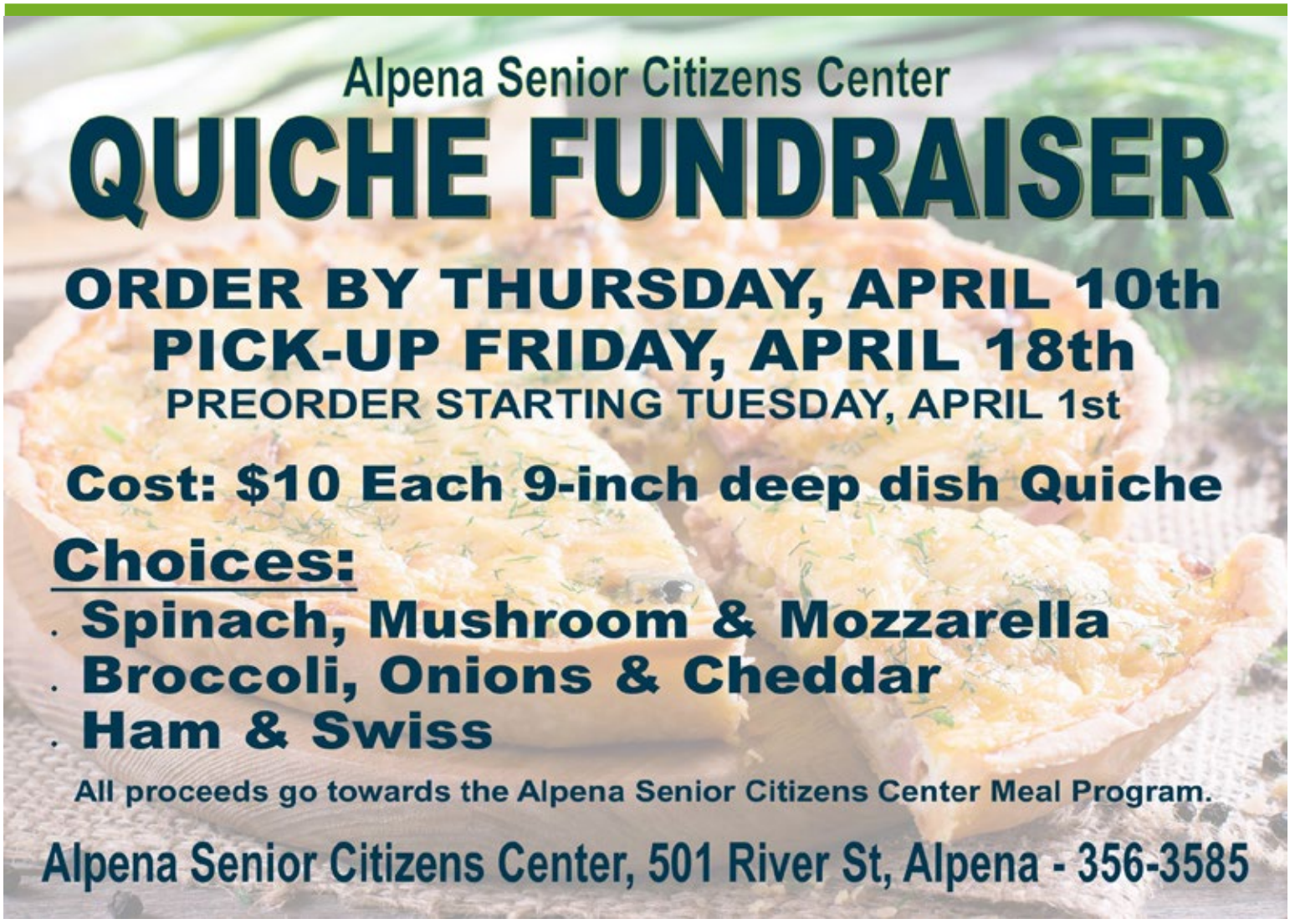
This kinship support group is vital for individuals who are raising or caring for relatives' children, such as grandparents, aunts, uncles, or older siblings. We can offer emotional, practical, and social support to help you navigate the challenges of raising children outside of a traditional parental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

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 April 9th. If you have any questions, please contact BJ at 989-356-3585.



Everyday,
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from opioid
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Medication Take Back Event

Protect our citizens against drug abuse and overdose by disposing of unused and expired medications.

Friday, April 25th
10:00 a.m. - 2:00 p.m.

Alpena Senior Center - Front Lobby
501 River St, Alpena MI

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ALPENA Senior Citizens CENTER

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

In Memory

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Clara Lewandowski

Thanks to Jeanne & Daniel Szymanski, and the Have-A-Heart Quilters for the donation in Memory of
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Thanks to Eileen Wikaryasz,and the Have-A-Heart Quilters for the donation in Memory of
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Thanks to the Have-A-Heart Quilters for the donation in Memory of
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Alpena Senior Citizens Center

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MEALS on WHEELS AMERICA

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