

November 2018
Volume 5
Issue 11

Active for Life

*Your Life, Your Way,
Your Time over 50*

**Modern
Active
Social
Opportunity
Network**

**A PUBLICATION FOR
MASON COUNTY
BOOMER and SENIOR
RESIDENTS**

french

Blessings COUNT THEM ONE BY ONE

My life hasn't been perfect, but when I count my blessings, I lose count.

Change can be difficult, but it does offer a time for reflection and the opportunity for new experiences and . . . well, yes, blessings.

Right now I am at the edge of a big change, and as I look back and reflect, and as I look forward, I find myself grateful for blessings.

I'm retiring this month. (It's actually kind of surprising to think I've arrived at this point in life already.) So, I'm appreciative and very grateful for the wonderful job I've had for the last few years, as the director of the Scottville Area Senior Center. I've been blessed with amazing coworkers. I'm grateful for the people I've met, collaborated with, and all the people with whom I've shared ideas, plans, conversations and laughter. I've sure learned a lot of new things along the way here . . . things that it just so happens will be very useful for retirement and as I age!!

I want to thank the MCC/SASC team for selecting me for this position. Thank you to all the organizations that bring their expertise and share it with our guests at the center. Thank you, advertisers and advocates for supporting the center, our services and programs. Thank you to all the advertisers who have supported this newsletter and our efforts to get the good news of the programs and resources available to seniors in Mason County. I want to thank the many volunteers, family and friends who have shared in my enthusiasm and mission. I want to especially thank my husband, Gary, my number one volunteer, who has been willing to take an active role in my job, doing countless repairs, installations and miscellaneous jobs around the center. He has also run errands and has moved or carried literally a ton of stuff to, from, and around the center.

Yes, indeed, I have been blessed, and let me shout out a loud, heartfelt **THANK YOU!**

~ Marcia Visscher, editor

SHOW GRATITUDE FOR YOUR BODY.

Be good to yourself. Age gracefully.

<https://medlineplus.gov>

We can't help getting older, but we can age successfully. The more active, healthy, and fit you are now, the better you will feel as you get older.

The Aging Population

The U.S. Department of Health and Human Services Administration on Aging estimates that by 2030 there will be 72.1 million people over the age of 65 – 19% of the population. By 2040, the number of people 85 and older is expected to reach 14.1 million!

It's Never Too Late to Start Exercising

Exercise is an important key to aging successfully. It's never too late to start. In this article we will look at how our bodies age, the benefits of exercising into old age, and tips to get started on your fitness journey.

What Happens to Muscles As We Age?

As we age, muscle mass decreases. Between the third and eighth decades of life, we lose up to 15% of our lean muscle mass, which contributes to a lower metabolic rate. Maintaining muscle strength and mass helps burn calories to maintain a healthy weight, strengthens bones, and restores balance.

Is It Ever Too Late to Build Muscle?

It's never too late to exercise and build muscle. The body is responsive to strength training at any age. Strength training can help



reduce symptoms of some common problems we encounter as we age including arthritis, diabetes, osteoporosis, obesity, back pain, and depression.

Can I Get Stronger Without Building Big Muscles?

Strength doesn't just involve building large muscles. Lifting weights just two or three times a week can increase strength by building lean muscle. Studies have shown that even this small an amount of strength training can increase bone density, overall strength, and balance. It can also reduce the risk of falls that can lead to fractures.

Article continued on page 5

5 Reasons Keeping a Gratitude Journal Will Change Your Life

Why being grateful is good for you

Keeping a gratitude journal is an easy habit to form. It's no secret that showing gratitude is good for you. As well as being backed by science, good folks such as the Dalai Lama are also big fans, so it's no wonder that more of us are taking the time to be thankful for what we have in our lives. One of the best ways to show thankfulness on a daily basis is to keep a gratitude journal.

While regular journaling has been proven to improve your wellbeing, making a point of jotting down all the things that you are grateful for can take the experience to a whole new level. Keeping a gratitude journal is easy and on the simplest level it involves making a note of the things that you are grateful for that day. You can decide how long your list is each day and how much detail you want to go into. The great thing is that it's an easy habit to form and after a while you are left with a great collection of inspiring material to look back on when you are in need of a pick-me-up.

1. IT INCREASES POSITIVITY

When you take the time to focus on the good things in your life you naturally become more positive. By writing down what you are thankful for it can make you more optimistic because you are choosing to see more of the positivity in your life and give less power to negative emotions. While these positive aspects of your life may be floating around in your subconscious, writing them down makes them more concrete and real.

2. IT IMPROVES SELF-ESTEEM

Keeping a journal is a very personal activity and allows you to be present with your own achievements. Showing gratitude has been proven to reduce social comparisons and by expressing what you are thankful for you are less likely to be resentful towards others. A study published in 2014 found that gratitude increased athlete's self-esteem and they were able to trust others on a higher level because they had more self-belief.

3. IT HELPS YOU SLEEP BETTER

Spending just 15 minutes before bed writing down a few grateful sentiments can help you have a much better night's sleep, according to a study on the topic. By thinking of the positive experiences of the day or reminding yourself of what you have to be thankful for, you are much less likely to ponder over your worries and therefore clear your mind for a good night's sleep.

4. IT MAKES YOU HAPPIER

Showing gratitude means you are acknowledging the goodness in your life and by writing these things down you are able to feel more positive emotions, relish good experiences, and build strong relationships. A recipe for a much happier life! Researchers have found that people who write about gratitude are more optimistic and feel better about their lives in general.

5. IT REDUCES STRESS

Grateful people take better care of themselves, meaning in the long run they live healthier lives and are therefore able to manage stress in a healthier way. Scientists have found that focusing on feelings of contentment and satisfaction naturally counters stress, and leaves you feeling much more grounded and able to deal with whatever life throws at you.



MASON COUNTY SENIOR MEALS
 300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



**PLEASE CALL MEAL SITES
FOR LUNCH
RESERVATION**

PRICES

**Age 60 and up: \$3
Under age 60: \$5**

**Note: Menu's are
subject to change.**

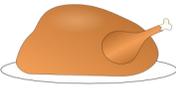
\$1 Lunch Days

*Third Friday each month
Ludington Center
November 16*

*Last Thursday each month
**Scottville & Tallman
Centers**
November 29*

Kitchen – 757-4831
Meal Sites
Scottville 757-4705
Ludington 845-6841
Tallman 757-3306

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Chicken Patty *German Potato Salad Cantaloupe Bun 1 % milk	2 *Breaded Fish *Scalloped Potato Carrots *Applesauce 1 % milk
5 *Lasagna *Broccoli Peaches *Breadsticks 1 % milk	6 Sliced Roast Beef *Mashed Potatoes *Green Peas Fruit cup *Roll	7 *Tator Tot Casserole *Potatoes in entree *Green Beans Peaches * Roll 1 % milk	8 Thursday Pizza Day 	9 *Chicken Pot Pie & Veggie *Green Beans Warm Peaches 1 % milk
12 *Country Fried Steak *Mashed Potato *Tropical Fruit 1 % milk	13 *Polish Sausage *Sauerkraut *Red Skin Potatoes *Applesauce *Bun	14 *Meatloaf *Brussels Sprouts Banana *Homemade Roll	15 *Breaded Chicken *Sweet Potatoes *Green Bean Casserole *Tropical Fruit 1 % milk	16 *Jumbo hotdogs *Spudsters Fresh Grapes *Hotdog buns
19 *Breaded Pork Cutlet *Potatoes/gravy Cauliflower Pears *Dinner rolls	20 TACO MEAT Flour Shell Refried Beans Cheese, Lettuce Tomato Fresh Fruit 1% milk	21 *Turkey Supreme with *Stuffing *Sweet Potatoes Green Beans *Applesauce *Pumpkin Cookie	22 No Meals Served Happy Turkey Day!! 	23 No Meals Served Have a great Weekend!!!!
26 *Chicken Marinara *Winter Blend Melon Chunks * Spaghetti	27 *BBQ Chicken *Potato Salad *Baked Beans Pears Dinner roll	28 Spaghetti/ meat sauce Broccoli Tossed Salad Peaches Bread 1 % milk	29 *Sloppy Joes *Hash brown Casserole Tropical Fruit *Hamburger Bun 1 % milk	30 *Meatballs/gravy *Mashed Potato Brusselsprouts Grapes * Biscuits 1 % milk

SHOW GRATITUDE FOR YOUR BODY

Continued from page two.

What Happens to Endurance As We Age?

Just as muscle mass declines with age, so does endurance. The good news is that the body also responds to endurance fitness training such as walking. Any activity that increases heart rate and breathing for an extended period is considered endurance exercise. In addition to walking, swimming, cycling, dancing, and tennis are all endurance activities.



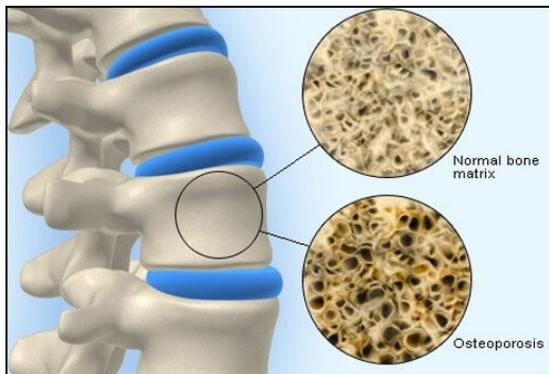
What Happens to Flexibility As We Age?

Along with muscle mass and endurance, flexibility also decreases as we age. But like strength and endurance, flexibility too can be improved. Increased flexibility allows for more freedom of movement and greater range of motion. Areas to pay attention to are the neck, shoulders, elbows, wrists, hips, knees, and ankles.

What Happens to Balance As We Age?

As we age, balance decreases and falls can lead to fractures. The National Institutes of Health estimates more than one-third of people over the age of 65 fall each year, often resulting in injuries such as hip fractures which are a major cause of surgeries and disability among the elderly. Balance and strength exercises can help maintain balance and reduce the risk of falling.

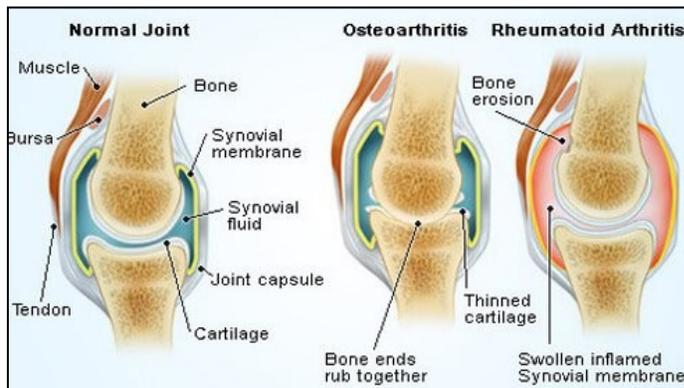
What Happens to Bones As We Age?



As we age, bone density decreases as well and can lead to osteoporosis, a condition in which the bones become fragile and weak, and are more prone to frac-

ture risk for osteoporosis, and it is more common in women than in men. Exercise can increase bone strength and density. Weight-bearing activity in particular is useful as this causes the bones to work harder. Strength training as well strengthens muscles and helps strengthen bones.

What Happens to Our Joints As We Age?



Osteoarthritis becomes more common as we age – about 27 million people in the U.S. have osteoarthritis, a condition in which the cartilage between the joints breaks down, causing stiffness, pain, and loss of movement in the joints. One of the best ways to manage osteoarthritis is to stay active and maintain a healthy weight. Lack of movement contributes to stiffness and weak joints. Exercises include those for range of motion and flexibility, endurance, and strength.

Watch for continuation of this article in December for specific exercise advice to address the challenges that aging brings. You can take control and make a difference in your health.

~ Editor

Crossword

M	Y	L	E	S		C	H	I	E	F		B	L	T					
M	A	I	Z	E		R	E	C	T	I		L	E	I					
C	H	U	R	C	H	O	F	E	N	G	L	A	N	D					
						A	R	I	T	R	A		A	I	D	E			
S	A	W				E	T	A					W	O	R	L	D		
P	U	R	I	T	A	N	S					H	A	S					
E	R	I	N					N	U	D	E	S		G	A	I			
N	A	T	I	V	E	A	M	E	R	I	C	A	N	S					
T	S	E				A	N	N	U	L				E	M	I	T		
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C	A	R	V	E								A	M	A		T	A	E	
A	R	I	A			C	O	O				C	I	A					
W	I	L	L	I	A	M	B	R	A	D	F	O	R	D					
E	S	E				S	P	A	I	N			E	R	R	O	R		
D	E	S				M	E	N	S	A			N	O	S	E	Y		

© 2001, The New York Times

Why Is Autumn the Only Season With Two Names?

Before it was *autumn* and *fall*, it was *harvest*. While the modern names of *winter* and *summer* have been around for more than 1,000 years, the names of fall and spring are more recent—and less constant. This is partly because the two seasons were long viewed as secondary to summer and winter. As late as the 18th century, English speakers were less likely to think of the year as having four seasons, focusing instead on the coldest and warmest portions of the year. Even when they spoke of fall, they couldn't agree when, exactly, it took place. In the 17th and 18th centuries, dictionaries by both Thomas Blount and Samuel Johnson noted that some thought that fall began in August and ended in November, while others contested that it began in September (at the equinox) and ended in December (with the solstice).

Both *spring* and *autumn* used to go by different names. In the 12th and 13th centuries, spring was called *lent* or *lenten*, while fall was called *harvest*. In the 14th century things got a little chaotic. *Lenten* disappeared around the beginning of the 1300s, and the later *lent* similarly vanished only a few decades later. (It survives, of course, as the name for a religious observance.) By the end of the 14th century there was no firm word for springtime: People referred to it as part of summer, they used Latin (*ver*) or French (*primetemps*), or they just made up new phrases. *Harvest* as a word to mean not just “a time of reaping” but also, even for city folk, “the third season of the year” lasted longer. But it was joined by *autumn*—a word borrowed from the French—by the 16th century.

Spring and *fall* likely gained popularity in conjunction with each other. They each initially appeared in the 16th century as *spring of the leaf* and *fall of the leaf*, respectively. The two complemented each other nicely and were soon shortened to the more succinct *fall* and *spring*, with the longer phrases disappearing over the next few hundred years.

It's a bit of a mystery why the word *autumn* persists while words like *primetemps* and *ver* have fallen out of use, but it may have something to do

with the Atlantic Ocean. The rise of *autumn* and the appearance of *fall* happened around the same time as the British arrival on the American continent, and it's there that the latter really caught on. In fact one of the *Oxford English Dictionary's* first citations of *fall* comes from Sir Walter Raleigh, one of the first English explorers of North America: In his poem “The Nymph's Reply to the Shepherd,” he uses the word to contrast with *spring*. *Fall* hasn't ever had quite as much currency in the United Kingdom as it has state-side—even though some Brits concede that North Americans have the superior term. In *The King's English*, the Fowler brothers counseled against Americanisms, but expressed envy over *fall*:

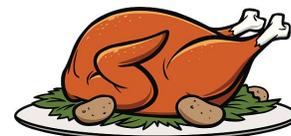
Fall is better on the merits than *autumn*, in every way: it is short, Saxon (like the other three season names), picturesque; it reveals its derivation to every one who uses it, not to the scholar only, like *autumn*.

However, in the end the Fowlers warned that it was too late. “We once had as good a right to it as the Americans,” they wrote, “but we have chosen to let the right lapse, and to use the word now is no better than larceny.”

Ben Zimmer of the Visual Thesaurus and Vocabulary.com.

Did you know?

Many people report feeling drowsy after eating a Thanksgiving meal. Turkey often gets blamed because it contains tryptophan, an amino acid that can have a somnolent effect. But studies suggest it's the carbohydrate-rich sides and desserts that allow tryptophan to enter the brain. In other words, eating turkey without the trimmings could prevent that post-Thanksgiving energy lull.



MASON COUNTY • MICHIGAN

Angel Christmas Tree Program



The Ludington & Scottville Senior Centers
invite you to adopt a senior for Christmas through our
Angel Christmas Trees Program.

Help make this Christmas a little brighter for
at risk seniors living in Mason County.

Over the past ten years, the Ludington & Scottville Senior Centers
have partnered with local businesses and individuals, through our
Angel Christmas Tree Program.

This is a gift giving program for seniors living in Mason County,
who are **at risk of feeling isolated, lost or abandon during the
Christmas Season.**

In the past, the program focused on seniors in Adult Foster Care
Facilities, Nursing Homes and a few individuals. Although we have been reaching many
seniors, we felt the need to expand our services to home bound seniors, who participate in
the **Meals on Wheels Program.**

A gift from a community member, indicates to **at risk seniors,**
they are not alone. It will bring peace of mind and
comfort to their hearts.

Help us bridge the gap between isolation, abandonment,
or feeling lost; to feeling loved, valued and cared for.

Name Tags with gift ideas will be available the week of **October 29th.**

Please visit either center to choose a Name Tag or two!

Ludington Senior Center 308 S Rowe Street, Ludington.

- Phone: 231.845.6841

Scottville Senior Center 140 S Main Street, Scottville.

- Phone 231.757.4705

Experience the magic of Christmas;

GIVE



*Great gift-giving involves three things: you feel what the other feels:
you give freely: and you count sacrifice a bargain....those gifts are truly
great which are given simply for the joy they bring to another heart.*

~ Henry B Eyring ~

SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705



Learn about the Healing Secrets

FREE EDUCATIONAL SERIES ABOUT THE HEALING PROPERTIES OF CANNABIS

Where: Scottville Area Senior Center

When: Second Tuesdays, 6 p.m.

Next Meeting: November 13- 2018

Topic: Episode 7: What's Next & How It Impacts Us All



Homemade Cinnamon Ornaments



**4th Tuesdays
November 27th
2 PM
\$5**

They're meant to look like gingerbread, but unlike the regular cookie version these ornaments are made from only three ingredients—ground cinnamon, unsweetened applesauce, and craft glue—which helps them last for about forever. You mix it, cut it out just like regular cookies, dry, decorate, and hang. And you have a bunch of amazing smelling ornaments that will last for years and years! Join us for

Healthy and Wise

The last Thursday after T-Day

November 28th • 1-3:00 pm



Alternative and Integrative Medicine

Are you interested in Natural Health Care?

Naturopathic medicine is a distinct system of primary health care that emphasizes prevention and the self-healing process through the use of natural therapies.

Luanne Parks, DNP, presents a lecture series on being Healthy and Wise regarding your health.

November Topic:

**ENVIRONMENTAL
HAZARDS**

AND

VACCINES: THE PROS AND CONS

Please register at center or call 757-4705.



GET the FACTS

• NO PRESENTATION IN NOVEMBER •

Next: **December 13th @ 2 PM**

Understanding and Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost.

However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease or any type of dementia.

Presented by: **alzheimer's association**

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ASK SHARON

This month I am going to do explain The Medicare Advantage (MA) Plans to you. If you are paying more than you can afford, in order to pay for a Medigap plan, this may be a way to afford better coverage than original Medicare.

Q. What is the difference between a Medigap plan and Medicare Advantage (MA plan)?

A. Medigap pays the portion of your medical expense that Medicare doesn't pay. Some plans pay 100%, some of the less expensive plans pay everything *after* you pay the deductible(s). Of course the better coverage the more expensive. You should see a licensed insurance salesperson for this type of coverage. MA policies are like an HMO. You use plan doctors, pay a copay for all services. But, they are a lot cheaper, and some have no premium.

Q. Can you tell me approximate costs to MA plans?

A. Most MA plans have a \$15-20 dollar co pay for doctor visits, \$35 copays for blood work, around \$200 co pay for outpatient surgery. Remember you can get a policy that has \$0 premium. These plans also cover prescription drugs and most have some dental, vision and hearing aid coverage available at a reasonable cost. They also are capped as to how much you have to spend out of pocket before covering all costs. Original Medicare has no caps, so could cost you a lot if you end up in the hospital for an extended amount of time.

Q. Do all the doctors take all the MA plans?

A. No, you would have to ask your doctor. There are some plans that all the doctors and specialists take.

Q. If I decide to look into changing or signing up for an MA plan, how do I go about enrolling.

A. You can enroll between now and December 7 during open enrollment by contacting a MMAP counselor at the Scottville Senior Center or the Ludington Senior Center, and also by contacting your insurance company, if they sell Medicare insurance plans. But, remember that MMAP counselors are not affiliated with any insurance company and are interested only in finding you the best plan for you.

Even if you have already signed up for a drug plan this year, you can switch to a MA plan during open enrollment?

Be sure to review your Health Insurance/Medicare Situation during Open Enrollment Oct 15 thru Dec 7; Make sure you have the coverage you need for 2019!

~ Sharon Bailey is a certified MMAP Counselor. Call Sharon at 757-4052 to make an appointment for help with your Medicare and insurance issues.

WE ♥ OUR volunteers

We are looking for volunteers!
Do you have a morning or an afternoon
to help out at the center?

If so, come talk to us. We'd love to have
you join our team and
help make our center a great place to be
and you will have a great time doing it!

Not sure? Come check it out!
Find out how you can help and
Then it give it a whirl.

We think you'd enjoy yourself!

Marcia and Dottie



is offering free hearing screenings,
as well as cleaning and checking on all
makes and models of hearing aids.

Tuesday • November 27th • 10:30 -11:30

THIS IS A FREE SERVICE!

Country Dance is Great Exercise!

Fridays

2-4 pm

*Join us for
exercise
and fun!*



MARCIA IS RETIRING!

Five years ago this month Marcia Visscher was interviewed by ten people representing the Scottville Area Senior Center. Evidently they were a pretty intimidating bunch. After interrogating, I mean interviewing her for what must have seemed like hours, we decided to hire her for the job of director of the Scottville Senior Center.

In the time that Marcia has been at the Senior Center she has made her mark. She has almost single handedly created a very professional newsletter called Active for Life. Active for Life is distributed throughout Mason County, at the Senior Centers, and on the Scottville Senior's website. It has become very popular as there is a lot of information pertaining to seniors.

Marcia has also added to the membership of the Center by creating some kind of exercise program daily, from chair exercises, walking groups, Wii bowling and more. We also have regular Potlucks and dances, including line dancing.

She is also a very hard worker and has been instrumental in making the center into a very enticing building. At this time even though she is ready to leave the center, she is scrubbing the floors in the dining area and painting walls so that the building is ready for the 45th anniversary celebration. By the time you read this the carpeting in the card room and the living room will be replaced by a beautiful vinyl plank floor guaranteed not to be stained by coffee!

Everyone feels that someone new will never be able to replace the person who held the job before. But as you all know Marcia has done a great job. She will be missed by everyone who knows her, guests and coworkers alike, as she joins those of us who have gone before her into retirement.

I understand she will be splitting her time between Mason County and far away in Arizona. She plans on volunteering here when she is in town.

Marcia's last day will be November 16 so we are having an open house that day from 4 o'clock to 6 o'clock. Food, music and fun are expected at the Scottville Senior Center, and this will be no different. Hope to see you there!

-Sharon Bailey



Marcia's Retirement Party

Friday, November 16th, 4-6 PM

Join us as we celebrate Marcia's last day as the Director of the Scottville Area Senior Center!



Nothing Gold Can Stay

Nature's first green is gold
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

-Robert Frost

Goodbye, Marcia! We will miss you but are happy for you as you begin your new adventure. You have made Scottville Senior Center a better place, and you will always be in our hearts.

-Sharon, Dottie, Kellie, and Rhonda

SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Cards Group 4:30 Charity Sew 12-4:00	2 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	3 
				4 Pinochle 1:30	5 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45 Quilt Guild CANCELLED	6 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00 Marek Group 3:00
11 	12 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45	13 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00 Sacred Plant 6:00	14 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	15 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Open Pool 12-4:00 COA –Tallman 1:00 Stroke Support 2:00 Cards Group 4:30 Beekeepers 6:30	16 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00 MARCIA'S LAST DAY	17 
18 Pinochle 1:30	19 Quilting 10:00 Senior Interval Training 9:30 Lunch 11:45	20 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00 Creative Crafts 2:00 Marek Group 3:00	21 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00 Parkinson's Support Group 1:00	22 HAPPY THANKSGIVING! CENTER CLOSED 	23 HAVE A GREAT WEEKEND! CENTER CLOSED 	24 
25 	26 Quilting 10:00 Senior Interval Training 9:30 Lunch 11:45	27 Sit & Be Fit 10:30 Beltone 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00	28 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Blood Press √1 1:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	29 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch for \$1 11:45 Pool League 1:00 (Tallman) Cards Group 4:30	30 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	KEY Exercise -Weekly -Once each Month -Series -Special

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

Medicare Part D OPEN ENROLLMENT



The Ludington Senior Center has highly qualified MMAP Counselors to assist you in choosing the best Prescription Plan to fit your needs.

The open enrollments period is
Oct.15th - Dec.15th, 2018.

Call the Ludington Senior Center
231.845.6841 to reserve your appointment.

The counselors prefer you bring your prescription bottles in with you to your appointments.

A printout from your pharmacy will also be accepted, as hand written list of medications are not always accurate and legible.

Advantage Plans Work Shop

Knowing which health plan to choose can be confusing. Let the experts help you understand different plan options.

FREE WORKSHOP

Date: Wednesday, November 14th 2018

Time: 3:30 pm & 6:00 pm

Location: Ludington Senior Center
308 S Rowe Street, Ludington.

Be Informed On:

- How Medicare Advantage Plans Work
- How to Choose An Advantage Plan
- Is an Advantage Plan Right for you?
- Do You Qualify for Enrollment?

Being informed helps in making practical decisions!



Elder Law, Estate Planning, Civil Litigation
Power of Attorney & Trusts
November 19th, 2018 By appointment.



Christmas Ornament Class
Join us at the Ludington Senior Center
on Thursday, November 8th for an
Ornament painting class!



Class is \$5.00 and you get one glass ornament!

Feel free to bring your own ornaments
if you wish to make more than one or
buy additional ones from us for \$1.50.
Paint, one ornament & coffee provided.



No Pinochle November 3rd & December 1st, 2018



*Spectacular South Africa Trip Presentation by:
Andrew Brown of Collette Tours*



Culture & Harmony
Trip Date: April - 16, 2019



Highlights: Johannesburg, Panoramic Route, Kruger National Park, Soweto, Cape Town, Safari Game Drive, Garden Route, Table Mountain Featherbed Nature Reserve, Ostrich Farm Visit, Knysna, Choice on Tour, Winery Lunch & Tasting.

- Gain knowledge of:**
- Exploring the world worry free
 - Track your travel experience
 - Amazing global destinations!

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1
9 Foot care
9:30 Sewing/Crafts
10 Ladies Billiards
10:15 Zumba Gold
N Meals
1 Dup Bridge
5:15 Zumba Gold
7:30 Boot Scooters

2
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games

NO BINGO

3
10-3pm
ANNUAL ARTS & CRAFTS SHOW

4
Billiards Open play Monday Thru Friday 1-4pm

5
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
5:15 Zumba Gold

6
10 Ladies Billiard
10:15 Zumba Toning
N Meals
12:15 Dup Bridge
2 Country Dancing
5 Weight Watchers

7
9 Cribbage
9:30 Yoga
10 Men's Billiards
11 Stretch /Balance
N Meals
12:15 Tai Chi (beg.)
1 Tai Chi
6:30 Tai Chi

8
9 Foot care
9:30 Ornament Class
10 Ladies Billiards
10:15 Zumba Gold
N Meals
1 Dup Bridge
5:15 Zumba Gold
7:30 Boot Scooters

9
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
1 Bingo

10
Pinochle 1pm

11
Advance Directive Nov 21 10 - 2 pm Call 231.845.6841 For appointment

12
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
5:15 Zumba Gold

13
10 Ladies Billiard
10:15 Zumba Toning
N Meals
12:15 Dup Bridge
2 Country Dancing
5 Weight Watchers

14
9 Cribbage
9:30 Yoga
10 Men's Billiards
11 Stretch /Balance
N Meals
12:15 Tai Chi (beg.)
1 Tai Chi
2 Diabetes Suppt.
3 TED Talks
3:30&6pm Ad Plans Workshop
6:30 Tai Chi
7 Coin Club

15
9:30 Sewing/Crafts
10 Ladies Billiards
10:15 Zumba Gold
N Meals
1 Dup Bridge
1 Garden Club
5:15 Zumba Gold
7:30 Boot Scooters

16
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
1 Painting Class

LUNCH FOR A BUCK

17
Pinochle 1pm

18
Paralegal Nov 19 9 - 11:30 Call 231.845.6841 For appointment

19
9 Paralegal
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
1:30 Low Vision
5:15 Zumba Gold

20
10 Ladies Billiard
10:15 Zumba Toning
N Meals
12:15 Dup Bridge
2 Country Dancing
5 Weight Watchers

21
9 Cribbage
9:30 Yoga
10 Men's Billiards
11 Stretch /Balance
N Meals
12:15 Tai Chi (beg.)
1 Tai Chi
2 Essential Oil Class
6:30 Tai Chi
10-2pm Ad. Directive



24
Pinochle 1pm

25
Billiards Open play Monday Thru Friday 1-4pm

26
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games
5:15 Zumba Gold

27
10 Ladies Billiard
10:15 Zumba Toning
N Meals
12:15 Dup Bridge
2 Country Dancing
5 Weight Watchers

28
9 Cribbage
9:30 Yoga
10 Men's Billiards
11 Stretch /Balance
N Meals
12:15 Tai Chi (beg.)
2 Diabetes Suppt.
3 TED Talks
1 Tai Chi
6:30 Tai Chi

29
9:30 Sewing/Crafts
10 Ladies Billiards
10:15 Zumba Gold
N Meals
1 Dup Bridge
5:15 Zumba Gold
7:30 Boot Scooters

30
9 Cribbage
9:30 Yoga
10 Men's Billiards
10:30 Mahjongg
N Meals
1 Cards/Games

3:00 pm
Christmas Dinner

Open Enrollment October 15th - December 5th.

Healthy Living



Join like minded oil enthusiasts, learn, share and explore the many possibilities of essential oils.

Discussion type class is held the 3rd Wednesday of the month. Class facilitator: Karen Bieniek.

Learn about:

Aromatherapy & Chakra, Scents of the Bible Essential Oils & Yoga, DIY Oils for the home, Helix of emotions & Essential Oils

This month's class: November 21st @ 2:00 pm.

“Healthy Me” Diabetes Support Group
 Group is designed around you and offer support with those battling similar medical issues. Join us on the **2nd & 4th Wednesdays of the month, at 2pm.**

Share, learn, feel better.

Topics range from:

Medical Management

- Weight control
- Controlling Neuropathy
- Kidney and Bladder Infections
- Insulin Delivery Systems
- Cardiovascular Disease Prevention & Prevention



Nutrition

- Splurging with the Least Amount of damage
- Incorporating Your Favorite Foods

Exercise

Choosing the Right Shoes
 Exercise Equipment
 Exercise When You Have Complications

Day & Time: Wednesdays at 2pm

Date: November 14th and 29th

Location: Ludington Area Senior Center

Phone: 231.845.6841

Stretch & Balance Exercise Class

Our Stretch & Balance Group is growing! Weights, balls, bands & scarves are used to help achieve your goal for better balance.



Wednesdays
11:00 am.

Class is geared towards improving your balance issues while working your entire body.

Unique gift finds from local artists & artisans!



\$5 Lunch available

One Stop Holiday Shop For Family, Friends & Self!



Ludington Senior Center
a bridge between agencies and services for baby boomer & seniors, presents 5th Annual

Saturday, November 3rd, 2018
10 am - 3:00 pm
308 S Rowe Street
Ludington, MI 49431
231.845.6841



Crafts Show



For more information, please contact the Ludington Senior Center at 231.845.6841
 Visit our website at <http://www.ludington.mi.us/272/Senior-Citizen-Center> or our Facebook page @ Ludington Area Senior Center



Vendor table space rental proceeds benefit the Ludington Senior Center (A non-profit organization)

Educational & Fun!!

Tai Chi

Tai Chi for everyone!
Beginners Tai Chi
 Wednesdays @ 12:15 pm
 Cost: \$30 for 8 weeks
Yang Style Tai Chi
 Weds. @ 1 & 6:30 pm
 Cost: \$40 for 8 weeks

HAPPINESS IS Tai Chi

Painting Class

Friday, November 16th.
 Time: 1:00 - 4:00 pm

Cost: \$20.00

**Santa's Face
 on Slate!**

Join the talented
Julie Tews

Please call
 231.845.6841 to
 register.



Join us on the 2nd & 4th
 Wednesdays @ 3:00 pm for an
 hour of mind stimulating
 discussions.



**Facilitator
 Gene Kyle**

Topics include:

- Addiction
- Aging
- Computers
- Depression
- Failure
- Technology

Country Dancing
 Tuesdays @ 2:00 PM
Instructor: Ed Thompson
Boot Scooters
 Thursdays @ 7:30 PM



Cribbage - Mondays, Wednesdays and Fridays @ 9:30am
Duplicate Bridge - Tuesdays 12:30 and Thursdays @ 1:00 pm
Mahjonn - Mondays & Fridays @ 10:30 am.
Pinochle - Saturdays @ 1:00 pm.
Bingo - June 1st, and 8th @ 1:00 pm.
Euchre - Thursdays @ 1pm

WE WILL BE CLOSED ON THE 22nd & 23rd. HAPPY THANKSGIVING!

BOOM!!

Edgy, Artsy & Crafty

Our **BOOM SHOP**

is up and running!

Come see what we have to offer.
 You just might find that unique
 gift for the special person
 in your life!

We promise, you'll
 love what you find!



Christmas Dinner

**Cost:
 \$10**

**Live
 Entertainment**

Ludington Senior Center
Address: 308 S Rowe St.
 Ludington, MI 49431

Date: December 1st, 2018

Time: 3:00 PM

RSVP: Wed, Nov. 21st, 2018
 Phone: 231.845.6841

Limited Seating

Menu

- Rice & Peas (Beans)
- Baked Chicken
- Ham
- Potato
- Jamaican Dessert
- Sorrel Drink

Jamaican Style

TALLMAN SENIOR CENTER

6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306

LUNCH

Mon - Fri

Noon

Please call by 9am
each day to sign up
for lunch!



HOURS

MON thru FRI
9:00 TO 3:00

DIRECTOR
Sandy Varnes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Bingo 10:00 Lunch 12:00	2 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	3
5 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	6 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00 Food craft with Ellis 1:00	7 Auxiliary Mtg 10:00 Coupon Class 11:00 Beg Yoga 11:00 Lunch 12:00 Express 1:00 Guitar Lessons 1:00 Sit 'n be Fit 2:30	8 Bingo 10:00 Lunch 12:00 Pool League (Scottville) 1:00	9 Book Club 9:30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	10 POTLUCK 12:00
12 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	13 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00 Food Craft 1:00	14 Board Mtg 10:00 Lunch 12:00 Beg Yoga 11:00 Express 1:00 Sit 'n be Fit 2:30	15 Bingo 10:00 Lunch 12:00 COA (Tallman) 1:00	16 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30 Evening OUT- 4:00	17
19 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	20 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00	21 Crafts 10:00 Beg Yoga 11:00 Lunch 12:00 Express 1:00 Guitar Lessons 1:00 Sit 'n be Fit 2:30	22 HAPPY THANKSGIVING ! CENTER CLOSED	23 Thanksgiving Leftover Potluck 12:00	24
26 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	27 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00	28 Bunco 10:00 Beg Yoga 11:00 Lunch 12:00 Express 1:00 Sit 'n be Fit 2:30	29 Bingo 10:00 Lunch 12:00 Pool League (Tallman) 1:00	30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	

November 16th



Join us for two
potlucks in
November!
11/10 and 11/23



HOT COCOA ON
MONDAYS

Guitar Lesson
every other
Wednesday
1:00 pm



FREE SOIL AREA SENIOR CENTER

8480 N. DEMOCRAT • FREE SOIL, MI 49411 • 231.464-5039

The Free Soil Area Senior Center

The Center is open from 9:00 am until 2:00 pm on Tuesday and Thursday each week.

Delicious made-from-scratch meals cooked on site. Served at NOON.

JOIN US FOR A MEAL

PLAY CARDS

WALK LAPS IN THE GYM

PLAY A GAME OF POOL

ENJOY ENTERTAINMENT

VISIT WITH NEW

& OLD FRIENDS



Spaghetti and Chili Dinner

Saturday, November 17

6:00 to 9:00 or until gone.

Choice of Spaghetti or Chili, Salad, Garlic Bread or Cornbread, Dessert and Beverage



Cost is \$10 donation for adults, \$5.00 for children 6-12. Children under 6 years-old eat free.



<p>Meals are served at NOON Please call 464-6789 by noon the day before to reserve a meal Thank you!</p>	<p>Thursday, November 1 BEEF STEW BISCUITS APPLE SLICES CAKE & ICE CREAM **Regular Board Meeting 1:00** *** Exercise Group 11:00***</p>
<p>Tuesday, November 6 CLOSED DUE TO VOTING</p>	<p>Thursday, November 8 CHICKEN CASSEROLE W/ VEGETABLES ROLL & BUTTER MIXED FRUIT COOKIE ***Exercise Group 11:00***</p>
<p>Tuesday, November 13 THANKSGIVING DINNER WITH ALL THE TRIMMINGS</p>	<p>Thursday, November 15 COOKS CHOICE *** Exercise Group 11:00*** ***COA Meeting 1:00/Tallman**</p>
<p>Tuesday, November 20 VEGETABLE SOUP EGG SALAD SANDWICH PEACHES BROWNIE ***Blood Pressure Clinic***</p>	<p>Thursday, November 22 CLOSED HAPPY THANKSGIVING!</p>
<p>Tuesday, November 27 SLOPPY JOES OVEN FRIES COLE SAW GRAPE SALAD COOKIE ***Exercise Group 11:00***</p>	<p>Thursday, November 29 BISCUITS & PORK GRAY SCRAMBLED EGGS PEACHES BANANA BREAD *** Exercise Group 11:00***</p>

Who Will Care for the Caregivers?

Some 40 million Americans give daily help to a parent, grandparent, relative or neighbor, assisting with basic things like dressing, bathing, cooking, medications or transportation.

Credit: ~*Mark Makela*~ The New York Times

I should have put his socks back on.

The thought kept nagging me as I finished my clinic notes, replaying the afternoon in my head. My final patient of the day — a man with dementia — was a late addition to the schedule, after his daughter, herself a patient of mine, called to report he hadn't been himself lately.

We scheduled him for the last appointment, so she could join after finishing work across town.

She recounted the subtle changes she'd noticed in her father. He'd been eating less, sleeping more. He was less steady on his feet and seemed uninterested in playing with his grandchildren — an activity that normally filled him with irrepressible joy.

From her purse, she pulled out no fewer than eight pill bottles — each with a dose, time and frequency meticulously labeled. She handed me a handwritten transcript of his other recent appointments: an ophthalmologist, a neurologist, a cardiologist.

As I examined him, her phone rang.

"Grandpa isn't feeling well, sweetie," she said.

"There's macaroni in the fridge. We'll be home soon."

She hung up and apologized for the interruption. Then she leaned over to pull his socks over his bare feet — socks I'd removed moments before and left on the exam table.

I should have put his socks back on.

There are some 40 million Americans like my patient's daughter. Every day, they help a parent, grandparent, relative or neighbor with basic needs: dressing, bathing, cooking, medications or transportation. Often, they do some or all of this while working, parenting, or both.

And we — as doctors, employers, friends and extended family — aren't doing enough to help them.

According to AARP and the National Alliance for Caregiving, the [typical family caregiver](#) is a 49 year old woman caring for an older relative — but nearly a quarter of caregivers are now millennials and are equally likely to be male or female.

About one-third of caregivers have a full-time job, and 25 percent work part time. A third provide more than 21 hours of care per week.

Family caregivers are, of course, generally unpaid, but the

economic value of their care is estimated at [\\$470 billion](#) a year — roughly the annual American spending on Medicaid.

A recent [report](#) from the National Academies of Sciences, Engineering and Medicine suggests that society's reliance on this "work force" — largely taken for granted — is unsustainable. While the demand for caregivers is growing because of longer life expectancies and more complex medical care, the supply is shrinking, a result of declining marriage rates, smaller family sizes and greater geographic separation. In 2015, there were seven [potential family caregivers](#) for every person over 80. By 2030, this ratio is expected to be four-to-one, and by 2050, there will be fewer than three potential caregivers for every older American. This volunteer army is put at great financial risk. Sixty percent of those caring for older family members report having to reduce the number of hours they work, take a leave of absence or make other career changes. Half say they've gotten into work late, or had to leave early. One in five report significant financial strain. Family caregivers over 50 who leave the work force lose, on average, [more than \\$300,000](#) in wages and benefits over their lifetimes.

Even worse, perhaps, is the physical and emotional toll of extended caregiving. Family caregivers are more likely to experience negative health effects like anxiety, depression and chronic disease. [One study](#) found that those who experienced mental or emotional stress while caring for a disabled spouse were 63 percent more likely to die within four years than non-caregivers who were also tracked. [Another study](#) found that long-term caregivers have disrupted immune systems even three years after their caregiving roles have ended. And caregivers of patients with long I.C.U. stays have [high levels of depressive symptoms](#) that can last for more than a year.

As overworked and underappreciated as family caregivers are, health systems, under pressure to reduce costs, increasingly rely on them to manage illness at home.

There's more we medical professionals can do to improve the way we engage, support and educate them. Family caregivers aren't always clearly listed in

MASON COUNTY • MICHIGAN

the medical record, and even when they are, we often fail to include them in important decisions about a patient's treatment plan — despite expecting them to carry out that plan at home. We assume they're able to perform complex medical tasks — administering injections, changing catheters, dressing wounds, starting tube feeds — but fewer [than half](#) of family caregivers receive the training to perform them.

The Academies' report highlights several measures that could help. First, simply identify caregivers, assess their abilities and anticipate challenges they're likely to encounter. The United Hospital Fund has developed a [tool](#) to understand caregivers' existing home or work duties, as well as what training they'll need to perform new caregiving tasks and any concerns they have about the treatment plan.

Having counseling and support services available to caregivers, as well as [respite programs](#) to temporarily relieve them of their responsibilities, could also help. And clinicians could be trained in how best to educate family caregivers, and to better meet their emotional and physical needs. A nurse might demonstrate how to turn a patient in bed without risking back strain. Or the right way to deliver an insulin injection — how to pinch the skin, what angle to insert the needle — and what signs to look out for if blood sugar levels get too low.

Policy makers can help caregivers, too. [More than 30 states](#) have passed versions of the [Caregiver Advise, Record, Enable \(CARE\) Act](#). The act requires hospitals to identify family caregivers, inform them when patients are being discharged, and provide them with basic education on the tasks they'll be expected to perform. [Other policy changes](#) might strengthen financial support for caregivers by increasing the amount of available paid leave and encouraging employers to offer more flexible work hours.

Caregivers should also feel comfortable speaking up about their needs, and asking for information on services available in their area. Increasingly, there are support groups available to those caring for patients with [Alzheimer's disease](#), [cancer](#) and [other serious illnesses](#). The government's [Eldercare Locator](#) is an online tool that allows older people and their caregivers to identify community organizations that can help with meals, transportation, home care, peer support and caregiving education.

Similarly, local [Area Agencies on Aging](#) can help connect patients and caregivers to the services they need. Employers might consider "time-banking" programs to share leave among employees. And, of course, we can all

call to check in on a caregiver, and volunteer our time to give them a break.

If it's a certainty that all of us will experience illness, it's a near-certainty that most of us will care for someone with an illness. But our current conception of patient and disease seems too narrow. It may help to recognize that while patients' needs come first, illness is often a family affair.

For many, caring for a loved one provides tremendous purpose and fulfillment. It can deepen relationships and offer the time and space for connection where it otherwise might not exist. It seems that the goal, then, should not be to reduce family caregiving, but to reduce its burdens.

~Mark Makela~ **The New York Times**

Advantage Plans Work Shop

Knowing which health plan to choose can be confusing. Let the experts help you understand different plan options.

FREE WORKSHOP

Date: Wednesday, November 14th 2018

Time: 3:30 pm & 6:00 pm

**Location: Ludington Senior Center
308 S Rowe Street, Ludington.**

Be Informed On:

- **How Medicare Advantage Plans Work**
- **How to Choose An Advantage Plan**
- **Is an Advantage Plan Right for you?**
- **Do You Qualify for Enrollment?**
- **Navigating Medicare.gov**

Being informed helps in making practical decisions!

Note: For hands on experience bring your own laptop. Wi-Fi available.

Medicare.gov
The Official U.S. Government Site for Medicare

For more information, please contact the Ludington Senior Center at 231.845.6841

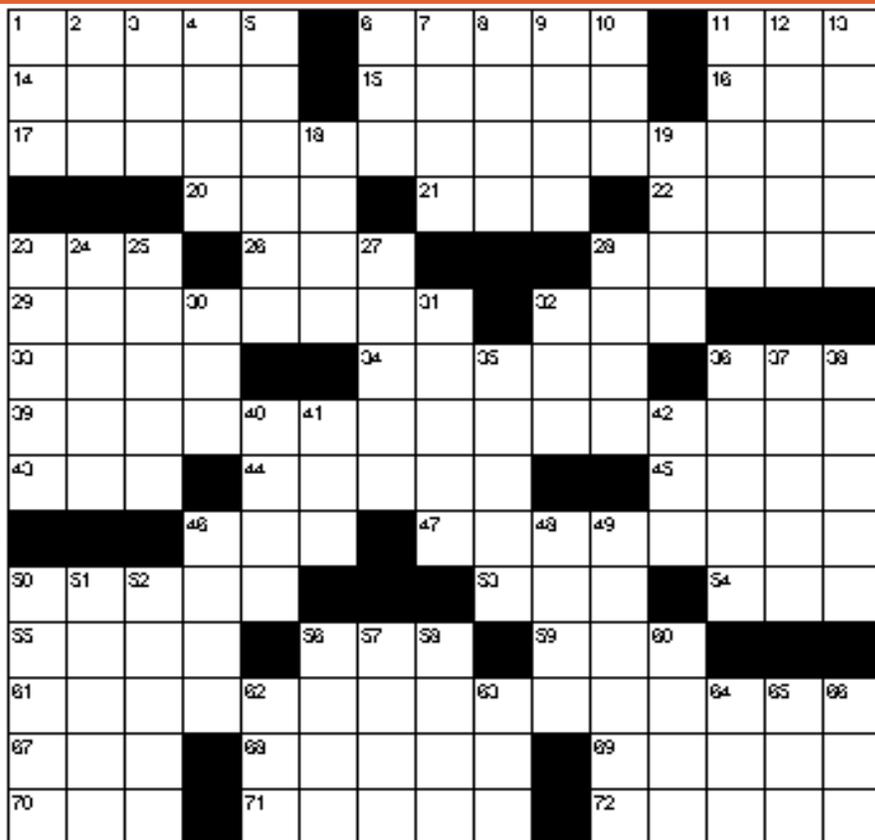
BRAIN GAMES

THE PILGRIMS

Puzzle by Frank A. Longo
Edited by Will Shortz

ACROSS

1. Military leader Standish of 47-Across
6. ___ Massasoit (Wampanoag Indian leader who negotiated a peace treaty with the Pilgrims)
11. Classic diner sandwich, for short
14. Indian corn eaten by the Pilgrims at the first Thanksgiving feast
15. Prefix with "linear" that means "straight"
16. Hawaiian necklace
17. Religious establishment that the Pilgrim 29-Across broke away from: 3 wds.
20. "Kate & Allie" actress Meyers
21. ___ la la (singing syllables)
22. Assistant
23. Lumberjack's tool
26. When a plane is due in: Abbr.
28. New ___ (Pilgrims' destination)
29. Strict religious disciplinarians who were among the Pilgrim population
32. "The time ___ come!"
33. "___ Brockovich" (Julia Roberts film)
34. Paintings of unclothed people
36. Moo goo ___ pan (Chinese dish)
39. People who had already been inhabiting the land when the Pilgrims arrived: 2 wds.
43. Communist chairman Mao ___-tung
44. Invalidate
45. Give off
46. Dollar bill
47. ___ Colony (commune established by the Pilgrims in 1620)
50. Cut into slices, as a Thanksgiving turkey
53. Physicians' org.
54. ___ kwon do



55. Operatic solo
56. Dove's noise
59. U.S. spy org.
61. Second governor of 47-Across: 2 wds.
67. Suffix of languages
68. Portugal's neighbor
69. Mistake
70. ___ Moines, Iowa
71. High-IQ society
72. Too inquisitive

DOWN

1. 2,100, to Caesar
2. Slangy affirmative
3. "Ally McBeal" actress Lucy
4. Better Than ___ (rock band)
5. Hush-hush
6. ___-Magnon man
7. Weight
8. One who frosts a cake
9. Europe's highest active volcano
10. ___ newton (fruity, chewy cookie)
11. "The ___ Witch Project" (1999 thriller)
12. Ivan who won tennis's U.S. Open three times

13. ___ over (curbed hunger pangs temporarily)
18. ___ home run: 2 wds.
19. Neighbor of Thailand
23. Used up
24. Subtle qualities that surround individuals
25. Put down on paper
27. U.N. Secretary General Kofi ___
28. "How ___ to know?": 2 wds.
30. Suffix of pasta names
31. Recap: 2 wds.
32. That girl
35. "Touched by an Angel" star Reese
36. Run the ___ (cover the entire range)
37. Soul singer Baker
38. "This ___ last straw!": 2 wds.
40. It points in the direction the wind is blowing
41. Opposite of WSW
42. Corporate decision-maker, for short
46. Shape of the U.S. President's office

48. Youth org. or 1979 disco hit
49. ___ voyage (ship's first trip)
50. Mimicked a crow's cry
51. Get out of bed
52. Irks
56. ___ Cod (where the Mayflower came to rest on November 11, 1620)
57. Arabian country
58. Japanese sashes worn over kimonos
60. Frizzy hairdo popular in the 1960's
62. Suffix with colonial
63. Genetic material
64. Places where surgeons work, for short
65. Fish eggs
66. Like a desert

**SOLUTION
ON PAGE 5**

MASON COUNTY • MICHIGAN

ACTIVE for LIFE Newsletter

GET IT THREE WAYS!

The Active for Life newsletter is available

1. In print—for free—at MANY locations throughout Mason County:
2. Online—for free—using this link:
ourseniorcenter.com/find/Scottville-area-senior-center
3. Mailed to you - contact the Scottville Senior Center. 757-4705
\$12.00 per year, paid by check or cash.

LOCAL SUPPORT GROUPS

Probably the biggest advantage of support groups is helping an individual realize that he or she is not alone -- that there are other people who have the same problems. This is often a revelation and a huge relief to the person.

Being in a support group can also help you develop new skills to relate to others. In addition, the members of the group who have the same problems can support each other and may suggest new ways of dealing with a particular problem.

When joining a support group, you may be uncomfortable at first when it comes time to discuss problems in front of strangers. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, everything that takes place within the support group should be kept confidential.

Alzheimer's Support Group

Mason County District Library
217 E. Ludington Ave.
Zonta Rm.
Ludington, MI 49431
Second Thursday 1:00pm.

Grief Support Group

Hospice of Michigan
5177 W. US 10, Ste. 2
Ludington, MI 49431
Fourth Mondays 12:00pm
231-845-3423

Parkinson's Support Group

April thru December
Scottville Senior Center
140 S. Main St.
Scottville, MI 49454
Third Weds 1:00 pm

Grief Support Group

United Methodist Church
5810 Bryant Road,
Ludington Michigan 49431
Second Mondays 4-6pm
231-843-8340

<u>USEFUL NUMBERS</u>	
<u>For Local Information / Resources</u>	<u>211</u>
<u>Area Agency on Aging of West MI</u>	<u>616-456-5664</u>
<u>Better Business Bureau of West MI</u>	<u>800-684-3222</u>
<u>MI Auto Insurance Coverage Issues</u>	<u>888-995-8441</u>
<u>Health Dept. District #10</u>	<u>231-845-7381</u>
<u>HELP Ministries</u>	<u>231-843-6811</u>
<i>(Hands Extended Loving People)</i>	
<u>Legal Aid of Western Michigan</u>	<u>888-783-8190</u>
www.legalaidwestmich.org	
<u>Legal Hotline for Michigan Seniors</u>	<u>866-400-9164</u>
www.elderlawofmi.org/legal_hotline	
<u>MI Public Service Commission</u>	<u>800-292-9555</u>
<i>(inquiries and complaints)</i>	
<u>Unwanted Phone Solicitation</u>	<u>888-382-1222</u>

FREE MEDICAL EQUIPMENT LOANS

American Legion Post 76 231-845-7094

318 N James St, Ludington, MI 49431
7Days/Week: Noon-7:00 p.m.

Custer VFW Gold Bar Post 231-757-9665

2022 State St. (US 10), Custer, MI 49405
Monday-Friday 9:00a.m. - 5:00p.m.

Ludington Senior Center 231-845-6841

308 S. Rowe St., Ludington, MI 49431
Monday-Friday 9:00 a.m. - 4:30p.m.

VA Benefits Claim Support

American Legion
318 N James Street
Ludington, MI 49431
1st & 3rd Wednesdays
9:30 am - 4:30 pm
Walk - in encouraged.
231.845.7094

Healthy Me - Diabetes Support Group

Ludington Senior Center
308 S. Rowe Street
Ludington, MI 49431
2nd and 4th Wednesdays
2:00pm
231-845-6841

Low Vision Support Group

Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
Third Mondays @ 1:30 pm
231.845.6841

Stroke Support Group

March thru November
Scottville Senior Center
140 S. Main St.
Scottville, MI 49454
Third Thurs 2:00 pm