

A PUBLICATION FOR
MASON COUNTY
BOOMER and SENIOR
RESIDENTS

December 2018
Volume 5
Issue 12



Active for Life

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

**Modern
Active
Social
Opportunity
Network**

Triple-Chocolate Peppermint Treats



Ingredients

1 cup butter, softened
1 cup packed brown sugar
1/2 cup sugar
2 large eggs
2 teaspoons vanilla extract
2-1/2 cups all-purpose flour
3/4 cup baking cocoa
1 teaspoon salt
1 teaspoon baking soda
1 cup (6 ounces) semisweet chocolate chips
1/2 cup 60% cacao bittersweet chocolate baking

WHITE CHOCOLATE FROSTING:

1/2 cup white baking chips
4 ounces cream cheese, softened
3 cups confectioners' sugar
2 to 3 tablespoons 2% milk
1/3 to 1/2 cup crushed peppermint candies

Directions

Preheat oven to 375°. Cream butter and sugars until light and fluffy. Beat in eggs and vanilla. In a separate bowl, whisk flour, cocoa, salt and baking soda; gradually beat into creamed mixture. Stir in chocolate chips.

Drop by rounded teaspoonfuls 2 in. apart onto ungreased baking sheets. Bake until set, 8-10 minutes. Cool 2 minutes before removing to wire racks to cool completely.

For frosting, melt white baking chips in a microwave; stir until smooth. In another bowl, beat cream cheese and confectioners' sugar until smooth. Beat in melted chips. Add enough milk to reach desired consistency. Frost cookies; sprinkle with peppermint candies.

Avoiding the MI Choice Maze

by Regina Salmi

Area Agency on Aging of Western Michigan (AAAWM)

With the population of people age 65+ in the United States expected to double by the year 2030, it is no wonder every other advertisement on television, in magazines and on the internet is marketing services to older adults. Not only is the population of seniors growing, people are living longer. The result? Businesses created to serve seniors are sprouting up every day.

For the most part, the increase in the need for services has inspired innovation and offers older adults a greater variety of options for care than in decades previous. Today, it is possible for many older adults to live out their remaining years in their own homes. The rapid increase in businesses catering to seniors also raises red flags. Some of these businesses are in it for the money and they don't mind if that means spending the last bit of yours. While being promised the moon, what seniors and their families receive instead is a run around, endless waiting and misinformation. The motto, "If it seems too good to be true, it probably is" is a good one to hang on to when considering some of these promises.

One of those flags is the promise to get a senior connected to 'Medicaid waiver programs'. It seems so simple – one gets a waiver and then they get services. Right? Well, not always. What these companies are referring to is the MI Choice program. It's important to know the facts about MI Choice, so you don't find yourself stuck in a maze of misinformation.

The 'waiver' being referred to is not a piece of paper – it is not a pass – it is funding that the government set aside to be used for a specific purpose. There are often strict criteria attached to these types of funds to insure they are being used for the purpose intended. This is the case with MI Choice.

MI Choice provides adults age 65+ and adults 18-64 with a certified disability the services necessary to continue living independently, rather than moving into a long-term care facility. Individuals in the MI Choice program can receive help with all sorts of daily living tasks, like in-home cleaning services, bathing and dressing, nursing, and meal delivery. Individuals may qualify for services like home modifications, personal emergency response systems, and transportation. Stephanie Hecksel, LMSW, Outreach Specialist at Area Agency on Aging of Western Michigan (AAAWM) explains, "There are a variety of services offered through the MI Choice program to help individuals remain as independent as possible. MI Choice is also a person-centered program, which means services are put into

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place based on the individual's unique situation, needs and personal choices.”

MI Choice is a fantastic program and there are many people who qualify for MI Choice, but still don't know about it. Unfortunately, a lot of people who aren't qualified for the program are being referred to it, which takes time and resources away from reaching out to those who need it.

Besides age, one of the main criteria is that the person being referred to the MI Choice program is *nursing home eligible*. Eligibility usually involves needing assistance with daily living tasks like moving, bathing, dressing, cooking, etc. “Most commonly” Hecksel describes, “individuals need some sort of ongoing, hands-on assistance due to physical or cognitive challenges.” Determining whether someone is nursing home eligible involves several criteria and is done through an assessment performed by a licensed social worker and registered nurse. If it turns out that a person is not eligible for MI Choice based on the criteria, these same professionals can help get an individual get connected to other available services and help them receive the level of help they need to remain independent.

When seeking services, it is also important to recognize that the State of Michigan has designated specific non-profit agencies specializing in services for older adults as the agents for the MI Choice program. In our region, which is made up of Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola counties, there are two agencies designated to determine MI Choice eligibility: Area Agency on Aging of Western Michigan and Reliance Community Care Partners. Attempting to follow other avenues into the MI Choice program significantly delays a person's ability to get connected to the services they need.

Applying for the MI Choice program begins with a phone call to Area Agency on Aging of Western Michigan or Reliance Community Care Partners. If you are interested in learning more about the services that may be available to you or your loved ones or you would like to begin the application process, contact Area Agency on Aging of Western Michigan at (888) 456-5664 or email at aaainfo@aaawm.org. Reliance Community Care Partners can be reached at (800) 447-3007 or info@reliancecccp.org.

Even if the MI Choice program isn't for you, there are a number of other services available through Area Agency on Aging of Western Michigan and their partners for older adults, people with disabilities, and their caregivers. Visit our website: www.aaawm.org or find us on Facebook to learn more.



Senior Guidelines for Physical Activity

<p>Aerobic Exercise (walking, jogging, dancing, biking, swimming, etc.)</p>	<p>Older adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes 5 days a week or vigorous intensity aerobic activity for a minimum of 20 minutes three days a week. (Moderate intensity = feeling “warm and slightly out of breath,” and vigorous is when you feel “out of breath and sweaty.”)</p>
<p>Resistance Exercise (weight lifting, calisthenics)</p>	<p>Older adults will benefit from performing activities that maintain or increase muscular strength and endurance for a minimum of 2 days each week. It is recommended that 8 to 10 exercises be performed on 2 or more non-consecutive days per week using major muscle groups.</p>
<p>Flexibility Exercise</p>	<p>To maintain the flexibility necessary for regular physical activity and daily life, older adults should perform activities that maintain or increase flexibility at least 2 days each week for at least 10 minutes a day.</p>
<p>Balance Exercise</p>	<p>To reduce risk of injury from falls, older adults with substantial risk of falls (for example, with frequent falls or mobility problems) should perform exercises that maintain or improve balance.</p>



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



**PLEASE CALL MEAL SITES
 FOR LUNCH RESERVATION
 BY 9:00 AM.**

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
 December 21**

**Last Thursday each month
 Scottville & Tallman
 Centers
 December 27**

Kitchen – 757-4831

Meal Sites

Scottville 757-4705

Ludington 845-6841

Tallman 757-3306

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Monday	Tuesday	Wednesday	Thursday	Friday
DECEMBER				
3 *Chicken Tenders *Baked Potato *Tropical fruit *Whole wheat bread *1% milk	4 * Chop Suey/rice *Winter Blend Chop Suey Veg-gies Diced Peaches *Cinnamon Roll *1 % milk	5 *Leah's Homemade Meatloaf *Mashed Potatoes Sliced Pears Dinner roll 1% milk	6 Thursday Pizza Day Fruit & Veggie Bar Choice of Milk	7 *Baked Chicken Breast Wild Rice *Steamed Broccoli * Applesauce 1% milk
10 *Stuffed Cabbage Rolls Tropical Fruit *Dinner roll 1 % milk	11 *Taco Tuesday *Lettuce- Tomato, Cheese *Taco Shell *Refried Beans *Diced Warm Peaches *1% milk	12 *BBQ Chicken *Baked Beans *Bread *Fresh Fruit *1 % milk	13 *Spaghetti w/ meat sauce *Caesar salad *Winter Blend Veg Chilled apricots *Garlic toast *1% milk	14 *Sloppy Joes *Carrots *Red Skin Potatoes Pears Bun *1% milk
17 *Stuffed Baked Potato *Broccoli, Ham, Cheese *Peaches *Dinner roll *1% Milk	18 *Polish Sausage Sauerkraut *Carrots Applesauce *Bun *1% milk	19 *Hot Turkey Roast *Whipped potatoes *Creamy Green Beans * Fruit Mix *Sliced bread *1% milk	20 *Tator Tot Casserole *Green Beans *Fresh Fruit *Sliced Bread 1 % milk	21 *Stuffed Green Pepper *Fresh grapes *Sliced Bread *1% milk
24 Xmas Eve No meals served	25 Merry Christmas No meals served 	26 *Breaded Chicken *Potato Salad Apricots Dinner roll 1 % milk	27 Creamy Chicken with Broccoli over Rice Carrots Diced Peaches 1% milk	28 *Roast Pork *Augratin Potatoes Fresh Fruit *Bread *1% milk
31 New Years Eve No meals Served				

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HISTORY 101

THE YEAR IS 1917 . . . 101 YEARS AGO . . .

For most of you, this will boggle your mind; then again, some of you just might remember!

The year is 1917 "One Hundred One years ago."

What a difference a century makes!

Here are some statistics for the Year 1917:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average US wage in 1910 was 22 cents per hour.

The average US worker made \$200 to \$400 per year.

A competent accountant might earn \$2000 per year.

A dentist \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

And, a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all Doctors had NO COLLEGE EDUCATION Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and, used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars

The population of Las Vegas, Nevada was only 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write.

And, only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!"

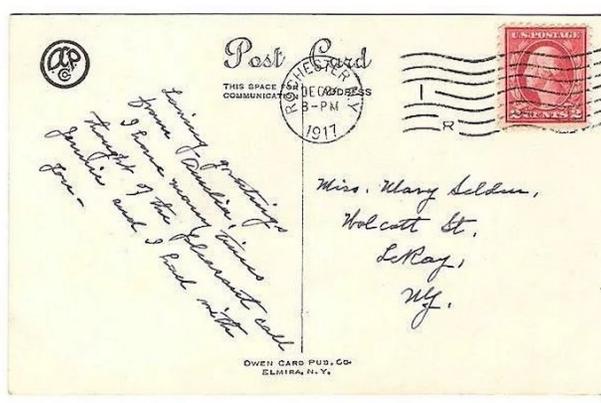
Eighteen percent of households had at least one full-time servant or domestic help...

There were about 230 reported murders in the ENTIRE U.S.A. !

It is impossible to imagine what it may be like in another 101 years.



1917 Postcards



SHOW GRATITUDE FOR YOUR BODY.

Be good to yourself. Age gracefully.

<https://medlineplus.gov> (Con't from Nov. 2018 issue)

Does Exercise Help Cognitive Function?

Exercise helps with cognitive function. Studies have shown that regular physical activity can slow declines in memory and protect against dementia.

Can Exercise Improve Mood?

Exercise has been shown to improve mood. Depression is common in older adults, and exercise can have an antidepressant effect. It is thought that exercise may increase serotonin in the brain, which leads to better moods and less depression.

How Much Exercise Do I Need to Do for Health and Fitness?

The American College of Sports Medicine and the American Heart Association recommends exercise for older adults. See the chart for suggested guidelines for physical activity on page 3.

How Do I Get Started?

Before starting any exercise program, talk to your doctor to find out what activities are right for you. It's important to start slowly, and build gradually. Doing too much, too soon can result in injury. Even a five-to-ten minute walk is a good starting place, and you can build from there. Motivate yourself with goals.

Make a Weekly Exercise Plan

Schedule your exercise and you will be more likely to stick with it. Be consistent, and find the times and days that work best for you to get started. It doesn't matter how much you do in the beginning – just get out there and do it!

Endurance and Aerobic Exercises

Any activity that increases heart rate and breathing for an extended period is considered endurance exercise. Endurance and aerobic exercises are good for your heart, lungs, and the circulatory system. Endurance gives you stamina for daily tasks, and can prevent many aging-related diseases such as diabetes, heart disease, and stroke.

Walking, running, cycling, swimming, aerobics classes, and tennis are all types of endurance exercise. Many gyms and senior centers offer exercise classes for seniors. Endurance exercise does not have to be strenuous to be beneficial.

Strength and Resistance Exercises

Strength exercises will make you not only stronger, they will help you remain able to perform daily tasks, and they can increase metabolism



allowing you to maintain a healthy weight. Strength exercises also play a role in keeping blood sugar levels healthy, which is important in preventing diabetes and obesity. Strength and resistance training may also help prevent osteoporosis by helping you maintain strong bones.

Resistance bands are an easy and inexpensive way to perform strength exercises at home. You can also use free weights, or machines at the gym.

Flexibility Exercises

Exercises for flexibility help stretch muscles and surrounding connecting tissues. Stretching can prevent injuries and may help prevent falls. Yoga is an excellent way to improve flexibility. There are many different types of yoga so you can find one that suits your needs. Yoga studios, gyms, and the "Y" offer classes, and you can also do yoga at home with the help of DVDs, books, or apps for your phone.

Balance Exercises



Stability and balance is important to prevent falls, which are a major cause of broken hips and disability in the elderly.

When doing balance exercises, hold on to a table or chair to support yourself or have someone nearby who can support you if you lose your balance. Many senior centers offer classes on balance and your doctor can recommend exercises that are right for you.

Go for It!

No matter what your age, exercise is good for you. It's never too late to start, and you can benefit from strength and resistance training, stretching and flexibility exercise, and endurance and aerobic exercises. Find exercise that you enjoy that fits into your

DRY EYES 101

While Fall and Winter are beautiful, these seasons, unfortunately, mean the worsening of dry eye symptoms. Furnaces are turned on and burning, irritation, redness, and overall eye discomfort for those suffering from dry eyes is increased.

There are 2 main causes of dry eye and each requires a different treatment technique to resolve symptoms:



Lipid (oil) layer:
Lubricates & prevents evaporation

Aqueous (water) layer:
Nourishes & protects the cornea

Mucin layer:
Adheres tears to the eye

Meibomian glands:
Create the lipid (oil) layer of the tear film, a blockage can lead to evaporative dry eye

1. Evaporative Dry Eye.

There are glands in your eyelids that produce an oily layer to your tears, and this layer keeps your tears on your eye longer. If your glands become inflamed and clogged, that oil layer thins out and your tears evaporate faster than normal. So even though your eye produces enough tears, because they evaporate your eyes become dry, which causes inflammation and symptoms of irritation, redness, grittiness, and overall discomfort. In this case we need to treat the oil glands and improve their function. Some eye doctors now have an instrument which is able to measure your oil layer and photograph the structure of your meibomian glands to see if they're the culprit for your symptoms.

Evaporative Dry eye requires treatment to prevent it from worsening. When your glands start to lose function they can eventually stop making oil all together. Imagine if you break your arm and it has to be in a cast for months, when the cast is finally removed, your arm is thin because the muscles atrophied from lack of use. If your glands aren't functioning properly, not only will you develop dry eye symptoms but eventually they'll stop working all together, and once they're gone, there is no way to bring them

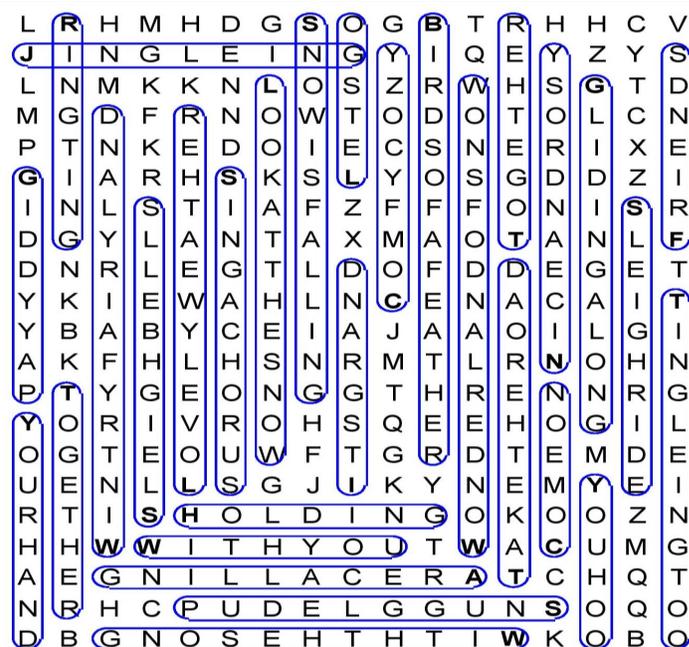
2. Aqueous Deficient Dry Eye

Basically, with this type of dry eye, your eyes do not produce enough tears to keep the eye lubricated and happy. Imagine being thirsty and not being able to get a glass of water, your throat becomes dry and scratchy and your voice gets hoarse. Well it's no different for your eyes. If there aren't enough tears present the eye becomes irritated and dry and this dryness causes inflammation. Using an over the counter artificial tear can add moisture back to the eye but it won't do anything to treat the inflammation. If this inflammation persists so will your dry eye symptoms. In this case, a prescription drop known as Restasis can be used to reduce ocular inflammation and help the eye produce better quality tears.

If you're suffering from dry eye now or you know your dry eye gets worse every winter, stop the cycle of discomfort. Call your eye doctor today to make an appointment so it can be determined which type of dry eye you have and get you started on the best course of treatment for your eyes.

Remember how your Mom would see you run with a stick or do something crazy that could ultimately hurt your eyes? Then she would remind you that you only get one set of eyes. Well, she was right. Love yourself. Take care of your eyes. Take care of yourself.

Article adapted from www.focusseyehealth.com



SCOTTVILLE AREA SENIOR CENTER

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



Wear Your Favorite Christmas Sweater . . .
Ugly or otherwise . . .
PRIZES will be awarded!!

Of course, we will need
snacks . . . Finger Food!
We welcome whatever
you choose to bring to
help us celebrate.

CHRISTMAS PARTY Monday, December 17 1:00 pm - 4:00 pm

white elephant gift exchange

A White Elephant Gift Exchange is the popular Christmas game where people TRY to walk away with the best present. **Bring a gift:** Gently Used or low cost. Gifts can be funny, weird, useful or not.

Join the fun



Healthy and Wise



Fourth Thursdays

Will resume in the New Year!

Wishing you a Healthy 2019!

~ Luanne Parks, DNP

BINGO

With Lucky Larry!
Every Friday at 10 !



GET the FACTS

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®

Alzheimer's caregivers are heroes. -Leeza Gibbons



Back by Popular Demand

PAINTING PARTY Thursday, December 6th, 5:30 p.m.

Yes! You can do it!
No experience needed:

*You will be shown
step-by-step how to
create the painting.*

ALL materials are provided. (paint, easels, brushes, aprons)

COST: \$20-\$25
Canvas size 12" x 16"
or 16" x 20"

Must pay with registration. Class Maximum: 20

Scottville Area Senior Center
140 S Main St. Scottville, MI
231-757-4705



COME JOIN THE FUN!

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ASK SHARON

I am asked quite often what MMAP stands for. The government seems to have a thing for acronyms. For those of you who do not know, it means Medicare/Medicaid Assistance Program. I have written a lot about Medicare and not much about Medicaid. Medicaid is a state program and helps low income people with many things. Today I want to help you understand how Medicaid can help Seniors.

Q. My wife and I are living only on our Social Security benefits. She collects about \$400 and my check is \$700 a month. We also have about \$5000 in our savings account. Do we qualify for any help from Medicaid or Medicare?

A. After you add the cost of Part B (\$104 or \$120 each) your income total will be \$1304 a month. There are other considerations that they take into account, but barring these, you are below the amount you can earn before getting help from both programs. Note: people new to Medicare in 2016 will pay \$120 a month for part B

Q. What kind of help can I apply for?

You qualify for Ex Help to help you pay for the prescription premium and about 95% of the cost of the drugs. You also qualify for the state's Medicare Savings Program. At your income your Medicare Part B premium would be paid for. You also qualify to have your deductibles and 20% co-pay paid for. This is a very large savings for anyone who qualifies.

Q. Can you tell me what the considerations are that we should know about?

A. Yes, You can only have a savings totaling \$23,000 for Ex help, and \$10,000 for the Medicare Savings Program. You cannot own property that is not adjacent to your home. Your home, car, etc. are not counted. The Medicare Savings Program is a Medicaid Program so you will be applying through DHS. Sometimes it seems to be a hassle, but it is well worth it in the end. I am happy to help you apply at the Scottville Senior Center. If you think you qualify, even if you make more than \$1400, you should apply and see if you qualify for a lower level of help.

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.

Creative Crafts is CANCELLED FOR DECEMBER



January 22nd,
2 PM

MASON JAR
SNOWMAN
\$5

We will paint these cute snowman mason jars in January. They're easy to make and a perfect winter decoration for your home!

Supplies are limited. Call the Scottville Senior Center or sign up to reserve your spot!

WINTER IS HERE!

And so is the snow...

Scottville Area Senior Center
WILL BE CLOSED when
Mason County Central Schools
are closed due to inclement
weather.

Country Dance is Great Exercise!

Fridays
2-4 pm

Join us for
exercise and fun!



SCOTTVILLE AREA SENIOR CENTER

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



Scottville Travels



Savannah, Jekyll Island & Charleston, SC

April 27-May 5, 2019 • \$949 each double occupancy

Motorcoach Transportation • 9 Days, 8 Nights

Nine day motorcoach adventure featuring:

- 14 meals: 8 breakfasts, 6 dinners
- Guided trolley tour of Savannah, followed by hop-on/hop-off trolley privileges
- Evening show at the famous Savannah theatre
- Guided tour of St. Simon Island
- Guided tram tour of Jekyll Island
- Visit to historic Charleston, SC
- Relaxing harbor cruise in Charleston, SC



\$75.00
Deposit
Final pay 2/20/19

Branson Show Extravaganza

June 10-15, 2019 • \$649 each, double occupancy

Motorcoach Transportation • 6 Days, 5 Nights

This entertainment filled trip includes:

- 8 meals: 5 breakfasts, 3 dinners
- Admission to 7 fabulous Branson shows (3 morning shows, 3 evening shows) including: The Blackwoods, Amazing Acrobats of Shanghai, Doug Gabriel, Presley's Country Jubilee, Million Dollar Quartet Show & "Samson" show at the Sight and Sound Theatre
- One dinner show: Showboat Branson Belle



\$75.00
Deposit
Final pay 4/3/19

Cape Cod, Martha's Vineyard, and Plymouth

September 8-14, 2019 • \$669 each, double occupancy

Motorcoach Transportation • 7 Days, 6 Nights

Six day motorcoach adventure featuring:

- 10 meals: 6 breakfasts, 4 dinners
- A visit to Plymouth, MA and famous "Plymouth Rock"
- A visit to lovely, artistic Martha's Vineyard
- A guided tour of historic seaside towns of Hyannis and Sandwich
- A visit to the JFK Museum and Sandwich Glass Museum
- A guided tour of the "Outer Cape", including Provincetown and Chatham



\$75.00
Deposit
Final pay 7/1/19

Canada & New England Cruise

October 3-12, 2019 • \$1,880 (inside cabin) or \$2,080 (outside cabin) each, double occupancy, includes airfare

Royal Caribbean Cruise • 10 Days, 9 Nights

Day port visits include:

- Baltimore, Maryland
- Boston, Massachusetts
- Portland, Maine
- St. John, New Brunswick
- Halifax, Nova Scotia



\$350 double occupancy or \$700 single occupancy deposit required. Final balance due on 6/5/19.

PASSPORT REQUIRED



SCOTTVILLE AREA SENIOR CENTER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 Pinochle 1:30	3 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45 Quilt Guild 6:00	4 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00 Marek Group 3:00	5 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Cribbage 12:15 Pinochle 1:00	6 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Cards Group 4:30 Charity Sew 12-4:00 Painting Party 5:30	7 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	8
9	10 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45	11 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Games 1:00	12 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	13 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Book Club 1:00 Pool League 1:00 (Ludinton) Get the Facts 2:00 Cards Group 4:30	14 Wii Bowling 8:30 Bingo 10:00 Blood Press √1 1:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	15
16 Pinochle 1:30	17 Quilting 10:00 Senior Interval Training 9:30 Lunch 11:45 Christmas Party 1-4 	18 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	19 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	20 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Open Pool 12-4:00 Stroke Support 2:00 Cards Group 4:30 Beekeepers 6:30	21 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	22
23 KEY Exercise -Weekly -Once each Month - Series - Special	24 Center Closed 	25 Center Closed 	26 Painting 9:00 Walking 9:30 Ladies Pool 10:00 Blood Press √1 1:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	27 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch for \$1 11:45 Cards Group 4:30	28 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	29
30	31 Center Closed NEW YEAR'S EVE					

MONETARY CONTRIBUTION

Thank you to these wonderful organizations in Mason County who helped to make Christmas a whole lot brighter for seniors living in our community who are at risk for not receiving gifts during the holidays.

- FloraCraft
- Church Women United of Mason County
 - Great Lakes Casting

Due to your monetary donation, you have changed their lives.

These seniors will forever **THANK YOU** for allowing them to

EXPERIENCE THE MAGIC OF CHRISTMAS!



Elder Law, Estate Planning, Civil Litigation
 Power of Attorney & Trusts
 December 17th, 2018 By appointment.



Angel Christmas Tree Pro-

Thank you Mason County Community Members for supporting the **Angel Christmas Tree Program.**

If not for your **GREAT** gift of giving, many seniors living in our community without family members would not be able to experience the magic of Christmas. The staff of Ludington Senior Center thanks you!



The Ludington Senior Center will be closed on the following dates.

December 24th, 25th & 31st.

January 1st.

Merry Christmas & Happy New Year!



No Pinochle 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
3:00pm
Christmas Dinner

<p>2</p> <p>Billiards Open play Monday Thru Friday 1-4pm</p>	<p>3</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 5:15 Zumba Gold</p>	<p>4</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>5</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch /Balance N Meals 1 Tai Chi 6:30 Tai Chi</p>	<p>6</p> <p>9 Foot care 9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 5:15 Zumba Gold</p>	<p>7</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 1 Bingo</p>	<p>8</p> <p>Pinochle 1pm</p>
<p>9</p> <p>Billiards Open play Monday Thru Friday 1-4pm</p>	<p>10</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 5:15 Zumba Gold</p>	<p>11</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>12</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch /Balance N Meals 1 Tai Chi 2 Essential Oil Class 2 Diabetes Suppt. 3 TED Talks 6:30 Tai Chi 7 Coin Club</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 1 Painting Class 1 Bingo</p>	<p>15</p> <p>Pinochle 1pm</p>
<p>16</p> <p>Paralegal Dec 17 9 - 11:30 Call 231.845.6841 For appointment</p>	<p>17</p> <p>9 Paralegal 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 1:30 Low Vision 5:15 Zumba Gold</p>	<p>18</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>19</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch /Balance N Meals 1 Tai Chi 6:30 Tai Chi</p>	<p>20</p> <p>9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 1 Garden Club 5:15 Zumba Gold</p>	<p>21</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre</p> <p align="center">LUNCH FOR A BUCK</p>	<p>22</p> <p>Pinochle 1pm</p>
<p>23</p> <p>30</p>	<p>24 25</p> <p align="center">Closed</p>		<p>26</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch /Balance N Meals 2 Diabetes Suppt. 1 Tai Chi 6:30 Tai Chi</p>	<p>27</p> <p>9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters</p>	<p>28</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 1 Bingo</p>	<p>29</p> <p>Pinochle 1pm</p>

Open Enrollment October 15th - December 5th.

Healthy Living

“Healthy Me” Diabetes Support Group

This 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

- Controlling Neuropathy
- Insulin Delivery Systems

Nutrition

- Splurging with Least Amount of Damage
- Incorporating Your Favorite Foods

Exercise

- Choosing the Right Shoes
- Exercise When You Have Complications

Day & Time: *Wednesdays at 2pm*

Date: *December 12th and 26th*

Location: *Ludington Area Senior Center*

Phone: *231.845.6841*



Parkinson Support Group

The Ludington Senior Center is considering hosting a Parkinson Support Group due to a few request from community members.

We are therefore asking for your feedback to know if this is something other community members would be interested in as well.

Please call us at 231.845.6841 to let us know your views or you can just pop into the center.

If we decide to go ahead with this support group, we will need a facilitator who is knowledgeable about Parkinson Disease.

If you know someone who would be suitable as a facilitator please refer them to us!

As our goal at the Ludington Senior Center is to serve the Seniors of Mason County, your feedback is important!

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.

*Dear Mason County Community,
Could you please help us fill
our Christmas wish list?*

- | | |
|------------------|------------------------------|
| <i>Cookies</i> | <i>Napkins</i> |
| <i>Sugar</i> | <i>Paper Towels</i> |
| <i>Coffee</i> | <i>Bleach</i> |
| <i>Creamer</i> | <i>Disinfecting Wipes</i> |
| <i>Kleenex</i> | <i>Aerosol Air Freshener</i> |
| <i>Hand Soap</i> | |



Join like minded oil enthusiasts, learn, share and explore the many possibilities of essential oils. Discussion type class is held the 2nd Wednesday of the month. Class facilitator: Karen Bieniek.

Learn about:

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

This month's class: December 12th @ 2:00 pm.



Thank you to the Vendors who participated in our

Arts & Crafts Show

To our valuable **VOLUNTEERS**, we could not have been successful without you! Our vendors were pleased and this makes us happy! See you again, November 2019!

Educational & Fun!!

Tai Chi

Tai Chi for everyone!

Beginners Tai Chi
 Tuesday @ Noon
 Cost: \$30 for 10 weeks
 OR \$5:00 per class

Yang Style Tai Chi
 Weds. @ 1 & 6:30 pm
 Cost: \$40 for 8 weeks



HAPPINESS IS Tai Chi

Euchre

Now being offered twice per week!!

Mons & Fridays @ 1pm.

Play with like minded Individuals.

Who love the game of tricks!

Coffee provided.



TED TALKS

Wednesday,
 Dec.12th, at 3:00 pm.
 An hour of mind stimulating discussion.

This will be the last meeting until the spring!
This month's topic:

Do Schools Kill Creativity?

Creativity Expert: Sir Ken Robinson



Facilitator
Gene Kyle

Painting Class

Friday, December 14th.
Time: 1:00 - 4:00 pm
Cost: \$20.00

Watercolor Poinsettia

Join the talented Julie Tews

Please call 231.845.6841 to register.



Country Dancing

Tuesdays @ 2:00 PM
Instructor: Ed Thompson
Boot Scooters - 2nd & 4th
Thursdays @ 7:30 PM



Cribbage - Mondays, Wednesdays and Fridays @ 9:30am
Duplicate Bridge - Tuesdays 12:30 and Thursdays @1:00 pm
Mahjongg - Mondays & Fridays @ 10:30 am.
Pinochle - Saturdays @ 1:00 pm.
Bingo - December 7th @ 1:00 pm.
Euchre - Mondays & Fridays @ 1pm



The Ludington Senior Center - Boom Shop

We have a wide range of items/gift ideas for those on your Christmas gift list. When out shopping for gifts, please do pop in and see what we have to offer! You just might find that unique gift for the special person in your life!

Gift Ideas Include:

- ◆ Handcrafted Wooden Pens
- ◆ Quilted Handbags
- ◆ Quilted & Croqueted Baby Blankets
- ◆ Memory Pillows & Bears
- ◆ Air Fresheners
- ◆ Wind Chimes
- ◆ Handcrafted Jewelry
- ◆ Wooden Wreaths
- ◆ Cork Trivets
- ◆ Scented Candles
- ◆ Soy Melts
- ◆ Bath Bombs



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

December



HOURS

MON thru FRI

9:00 TO 3:00

DIRECTOR

Sandy Varnes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Senior Singers 1:00 Sit 'n be Fit 2:30	4 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00	5 Auxiliary Mtg 10:00 Lunch 12:00 Express 1:00 Guitar Lessons 1:00 Sit 'n be Fit 2:30	6 Bingo 10:00 Lunch 12:00	7 Book Club 9:30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	8
10 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	11 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00	12 Board Mtg 10:00 Coupon Class 11:00 Lunch 12:00 Express 1:00 Sit 'n be Fit 2:30	13 Bingo 10:00 Lunch 12:00	14 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	15 POTLUCK 12:00
17 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	18 Bingo 10:00 Lunch 12:00 Wii Bowling 1:00	19 Crafts 10:00 Lunch 12:00 Express 1:00 Guitar Lessons 1:00 Sit 'n be Fit 2:30	20 Bingo 10:00 Lunch 12:00	21 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	22
24 Hot Cocoa 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	25 Christmas Center Closed 	26 Bunco 10:00 Lunch 12:00 Express 1:00 Sit 'n be Fit 2:30	27 Bingo 10:00 Lunch 12:00	28 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	29

31

Happy
New Year



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



Meals are served at NOON
Please call 464-6789 by noon the day before to reserve a meal
Thank you!



Tuesday, December 4

MEATLOAF
MASHED POTATOES & GRAVY
CORN
ROLL & BUT
FRUIT SALAD
CAKE & ICE CREAM
****Exercise Group 11:00****
*****Regular Meeting*****

Thursday, December 6

FARMERS CASSEROLE
SAUSAGE LINKS
PASTRY
FRUIT
ORANGE JUICE
****Exercise Group 11:00****

Tuesday, December 11

OVEN FRIED CHICKEN
MASHED POTATOES
SPINACH
ROLL & BUTTER
MIXED FRUIT
****Exercise Group 11:00****

Thursday, December 13

BEEF BARLEY SOUP
CRUSTY BREAD
CHEESE CUBES
DICED PEARS
CARROT CAKE
****Exercise Group 11:00****



Tuesday, December 18

CHRISTMAS DINNER
WITH ALL THE TRIMMINGS

WEAR YOUR STRETCHY PANTS,
IT IS GOING TO BE A FEAST!

THE CENTER WILL BE CLOSED
FROM DECEMBER 19TH
THROUGH JANUARY 7TH

WISHING EVERYONE A VERY
MERRY CHRISTMAS
AND A
HAPPY AND HEALTHY NEW
YEAR!

Really Short, Really Powerful Stories

These twelve short stories are all very good stories and make us think twice about the daily happenings in our lives as we deal with others!!

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my psychology class. When I asked her to define success, in her own words, she said;

"Success is when you look back at your life and the memories make you smile."

2. Today, I asked my mentor - a very successful business man in his 70s what his top 3 tips are for success. He smiled and said;

"Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."

3. Today, after my 72-hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said;

"On 9-11-2001, you carried me out of the World Trade Center."

4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died;

he licked the tears off my face.

5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too.

A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.

6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died.

She simply said, "I feel so loved right now. We should have gotten together like this more often."

7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed,

I realized it was the first time I had given him a kiss since I was a little boy.

8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?"

Because that's where I keep all my stuff," she said.

9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that,

I need to stop complaining about my life and start celebrating it again.

10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said,

"I hope you feel better soon."

11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away."

It was from a high school friend I hadn't seen in 10 years.

12. Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating.

The first thing the man said was, "We can share it."



Many Hands Make Light Work

by Regina Salmi

Area Agency on Aging of Western Michigan

Caregiving for a loved one with dementia is a difficult job. Depending on the progression of the disease, the simplest tasks can often seem impossible – taking a shower, picking up a few items from the grocery store, keeping a hair appointment. Asking for help from family and friends seems like too much and accepting offers of help can feel overwhelming, ‘Where would I start?’ we think. The Many Hands program helps caregivers access the support networks they may not realize they already have.

A majority of family caregivers, 60% according to the [AARP](#), still work outside of the home. Stephanie Hecksel, Outreach Specialist at Area Agency on Aging of Western Michigan observes, “It is common to see caregivers helping out with household chores, errands, and transportation for a loved one while trying to balance time with their own personal responsibilities.” As their loved one’s needs increase, the caregiver puts their personal responsibilities aside to dedicate themselves to the needs their loved one. This leads to increased stress and/or burn-out, can take a toll on other relationships and even affect one’s employment. This is where Many Hands comes in. With the help of a Licensed Social Worker, participants in the Many Hands program receive help with organizing their friends, other family members, neighbors, church members, co-workers into a network of willing helpers and to restore some balance to their own lives.

Asking people for help is difficult, too difficult for many of us to pick up a phone and reach out to a friend, or accept the help extended by people in our community. Hecksel acknowledges, “It can be difficult to ask for help for many reasons, including feelings of inadequacy as a caregiver or simply feeling overwhelmed by having to reach out for support and how to accept help it without feeling like a bother. Likewise, the people in our lives who would like to help are not sure how to go about it, what they can do or what needs to be done.



One of the most unique aspects of Many Hands is that you don’t have

to be the one to ask for help. Julie Alicki, LMSW and Certified Advance Dementia Practitioner, describes, “Many Hands takes the pressure off of you by having a trained Social Worker handle the entire meeting. As a caregiver you attend, but we do the explaining.” Hecksel agrees, “Rather than the caregiver being expected to take on yet another responsibility of coordinating care, Many Hands will provide that assistance.” All the caregiver needs to do is come up with a list of people in their current social circle who may be willing to help provide support with tasks such as laundry, yard work, meal preparation or spending time with a loved one to give the caregiver a rest and time for themselves.

How does it work? The caregiver makes a list of potential helpers. When the Social Worker receives this list, they will send invites and organize a Caregiver Support meeting.

At the meeting, the social worker will educate participants on dementia along with behaviors that may be present with the disease. They will also go over the effects of stress on the health of the caregiver, present the tasks identified by the primary caregiver and ask for support in these areas. Once a list of helpers is established, the Social Worker will prepare the Caregiver Calendar used to organize and communicate with helpers. “Many hands make light work” and this is the goal of the Many Hands program.

Many Hands is free and available to caregivers in Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola counties. To learn more about this program, contact Area Agency on Aging of Western Michigan at (888) 456-5664 or email aaainfo@aaawm.org. More information about all the services available through AAAMM can be found at www.aaawm.org.

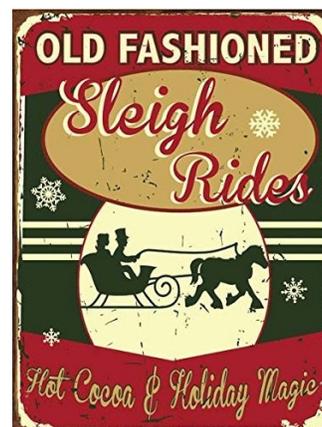


MANY HANDS MAKE LIGHT WORK

BRAIN GAMES

Sleigh Ride

"Sleigh Ride" was originally an orchestral piece and became a signature song for the Boston Pops Orchestra. Lyrics were added in 1950 but did not mention any specific holiday, although many artists substitute "Christmas Parties" when singing.



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

SLEIGH BELLS
JINGLE-ING
RING TING
TINGLE-ING TOO
LOVELY WEATHER
SLEIGH RIDE
TOGETHER
WITH YOU
SNOW IS FALLING
FRIENDS
ARE CALLING
YOU HOO
GIDDY-YAP
LET'S GO
LOOK AT THE SNOW
WONDERLAND
IT'S GRAND
HOLDING
YOUR HAND
GLIDING ALONG
WITH THE SONG
WINTRY FAIRY LAND
NICE AND ROSY
COMFY COZY
SNUGGLED UP
TOGETHER
BIRDS OF A FEATHER
TAKE THE ROAD
SING A CHORUS
COME ON

ANSWER KEY ON PAGE 7

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