Active for Life

Your Life, Your Way, Your Time over 50

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November 2019
Volume 7
Issue 11
Helping in So Many Ways
Volunteer of the Month-
Ann Kozloski

Free Soil Area Senor Center Volunteer for the November Newsletter is Ann Kozloski. Ann’s official title is Treasurer, for the Free Soil Area Senior Center Board. Ann keeps our finances in check and our budget in place.

Not only does Ann look after our financial health, she helps where ever needed. Ann can be found in the kitchen making her delicious buttermilk biscuits for lunch, stirring a pot of soup, or greeting guests as they come to the senior center. Helping to get groceries, and keeping track of stock is another big way Ann helps. Ann is always ready with a helpful hint, a great deal of laughter and good fun!

Ann has been a large asset in helping to set up fund raisers, trips, mystery trips and our first big, group bus trip to Mackinac Island this year. Ann is very much needed and appreciated in all of her capacities at the Free Soil Area Senior Center!

The Free Soil Area Senior Center is open from 9:00 am until 2:00 pm on Tuesday and Thursday each week.
As we get older the chance of our suffering a fall increases, in fact according to the National Council on Aging (NCOA) 1 in 4 Americans aged 65+ falls each year. After relying on your body to catch you and keep you steady for many years, any decline in this ability can be a serious downfall to your mobility and morale. Sometimes the fear of falling can be such an all-consuming worry that you may start retreating from doing the things you used to love. However, just because you are noticing a drop in your confidence, movement levels, and strength, does not mean that you can't improve upon these things and live a fulfilling life. The key to avoiding falls is knowing which factors contribute to falls so we can work to prevent them. The NCOA recommends a number of steps you can take to prevent a fall and build your confidence along the way!

The first is to **find a good balance and exercise program**. This is vital because building up your body’s flexibility, strength, and balance enables you to avoid falling in the first place, and if you do happen to fall, you’ll have the ability to get up safely. The Area Agency on Aging of Western Michigan and its partners offer a variety of evidence-based falls prevention classes through their Healthy Aging programs such as A Matter of Balance and Enhance Fitness. You can find upcoming classes throughout West Michigan here: [https://www.aaawm.org/classes](https://www.aaawm.org/classes).

The senior centers in Mason County also offer a variety of exercise classes that can help you enhance fitness. Please check the senior center calendars in this and future issues of your **Active for Life** newsletter for exercise classes convenient for you.

### Five more important steps for fall prevention:

- **Talk to your health care provider about fall risks.** Go over your medical history and if you’ve experienced falls in the past. Your provider also has the ability to assess your risk level for a fall and what can be addressed to lower this risk.

- **Regularly review your medications with your provider.** Some medication’s side effects can increase your risk of falling, and of course, you should take medications only as they are prescribed by your doctor.

- **Get your vision and hearing checked annually.** Proper sight can help you avoid trip hazards and obstacles, and abnormalities in your inner ear can also negatively impact your balance. Treat your health as a top priority to fall prevention and check in with your doctor on these three steps to ensure your well-being.

- **Keep your home safe** by removing hazards that are commonly overlooked, but easy to fix. A few things to look for: Do you have a clear pathway through your rooms? Look for rugs, cords and wires, and bulky furniture that may be in your way. Assess your stairs; if steps are uneven or broken this can cause you to fall, and make sure that your stairway is well-lit and has a handrail. In the kitchen, it is best if items are not kept on high shelves, and that your step stool is sturdy if you must use it. In your bedroom, you should have a light close to the bed within easy reach, as well as a well-lit path to the bathroom. Lastly, your bathroom is a danger zone for slips and falls. It should have some sort of support for you to rely on when using the toilet and bathtub, and if you have a slippery shower floor, add a non-slip rubber mat. All helpful things to keep your home safe!

- **Enlist the help of your family and friends.** Let them know that you are worried about falling and would appreciate their help in making your home a safe space. They can provide an extra set of eyes and hands to rid your house of obstacles. They are also likely to help you navigate talking to your doctor, checking your vision and hearing, and reviewing your medications. Having their help will make the process less overwhelming for you. Often those around you are eager and willing to help, you just need to ask!

These six steps come together to help you avoid falls, so you can continue to do the things that you love. Getting older doesn't have to mean a loss of independence; it does mean adapting your environment to best fit your changing needs so that you can flourish. Be sure to use the resources around you; from your doctor to a family member or friend, to help you take these preventative measures. For more information, visit the National Council on Aging’s website at [www.ncoa.org](http://www.ncoa.org).
### November Meal Schedule

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<tbody>
<tr>
<td>4 Country Fried Steak</td>
<td>5 BBQ Chicken</td>
<td>6 Meatloaf</td>
<td>7 <strong>THURSDAY PIZZA DAY</strong></td>
<td>8 Chicken Pot Pie</td>
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<td>Mashed Potato</td>
<td>Potato Salad</td>
<td>Brussels sprouts</td>
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<td>11 Breaded Pork</td>
<td>12 Taco Tuesday</td>
<td>13 Spaghetti/meal</td>
<td>14 Jumbo hotdogs</td>
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<td>Cutlet</td>
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<td>Spudsters</td>
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<td>Potatoes/gravy</td>
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<td>Broccoli</td>
<td>Fresh Grapes</td>
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<td>18 Sliced Roast Beef</td>
<td>19 Polish Sausage</td>
<td>20 Sloppy Joes</td>
<td>21 Breaded Chicken</td>
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<td>25 Chicken Marinara</td>
<td>26 Lasagna</td>
<td>27 Turkey Supreme</td>
<td>28 Happy Holidays</td>
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<td>Winter Blend</td>
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**Prices**
- Age 60 and up: $3
- Under age 60: $5

Note: Menus are subject to change.

**$1 Lunch Days**
- Third Friday each month
  - Ludington Center: November 15
  - Scottville & Tallman Centers: November 21

**Kitchen** 757-4831

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Scottville Optimist Hall  

**Scottville Community Thanksgiving Dinner for Seniors**

**Scottville Optimist Hall**  
**Sunday, November 24**  
**Serving Dinner from 12:00 – 2:00 pm**

The Scottville Area Senior Center is sponsoring Scottville’s traditional Community Thanksgiving Dinner for Seniors this year. Please call the senior center for details, 231-757-4705.

As always, the dinner will be held at the Scottville Optimist Hall, with food prepared by Mason County Central Schools Food Services.

As always, we will feature a traditional Thanksgiving dinner, with turkey and dressing, mashed potatoes and gravy, and more.

**Only desserts can be brought in by guests**

As before, guests are welcome to bring desserts to share. However, we cannot serve any dishes to pass—except desserts. Please do not bring salads, jello, and other types of side dishes.

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**Rebus answer key:** 1. gravy  2. napkin  3. family  4. salad  5. wishbone  6. dessert  7. pilgrim  8. thankful

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**The Cashew**

**A Little Bit Nutty**

Cashews are the kidney shaped seeds that adhere to the bottom of the cashew apple, which is the fruit of the cashew tree, and is native to the coastal areas of northeastern Brazil. The cashew tree made its way to the Goa, India, between 1560 and 1565 with Portuguese sailors. From there, it spread throughout Southeast Asia and eventually, Africa. Let’s take a look at some fun and fascinating facts about the cashew nut.

1. In Goa, the cashew apple is mashed and the juice extracted and kept for fermentation for a few days. Fermented juice then undergoes a double distillation process. The resulting beverage is called feni or fenny. It has about 40% to 42% alcohol.
2. Before the seed is roasted, cashews are actually a shade of green.
3. November 23rd is National Cashew Day.
4. The true fruit of the cashew tree is a kidney shaped drupe that grows at the end of the cashew apple. The dupe develops first on the tree, and then the pedicel expands to become the cashew apple. Within the tree fruit is a single seed, which is often **considered a nut**, in the culinary sense.
5. While in their shell, cashew nuts are surrounded by a toxic oil or resin that’s similar to urushiol called “anacardic acid,” which can burn or irritate the skin. They’re nearly always treated by roasting, boiling or steaming before they’re shelled.
6. In 2010, Nigeria was the top producer of cashew nuts, producing 650,000 tonnes.
7. People who have a tendency to get kidney stones or have gallbladder issues may need to avoid or reduce their intake of cashews as they have oxalates, which can make their condition worse.
8. Cashews are commonly used in South and Southeast Asian cuisine. They’re a characteristic ingredient of numerous chicken and vegetarian dishes of southern India.

*Website: “TONS OF FACTS”, January 10, 2018,*

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Do these scenes sound familiar:

- You’ve been in bed for an hour, tossing and turning, but you can’t sleep. You keep re-hashing the day’s events and worrying over everything that needs to get done tomorrow. Now you start fretting about the fact that you can’t get to sleep.

- You’re trying to quickly get in and out of the grocery store, because mom has a doctor’s appointment this afternoon and the kids have to be dropped off at soccer practice. Suddenly your heart starts beating fast, and your hands start to sweat.

Feeling stressed is normal for caregivers. But constant worrying, unrelenting doubts and pre-occupation with the "what ifs" and worst-case scenarios can be unproductive and even paralyzing. Anxiety causes physical symptoms -- trembling, heart palpitations, insomnia, sweating, fatigue -- and mental anguish that interfere with day-to-day life.

The good news is that chronic worrying is a mental habit you can learn how to break. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiving anxiety.

Coping with Caregiver Stress

Recognize the Physical Response to Stress

The first step is to identify when you’re becoming anxious. Listen to your body and recognize physical changes in your body: butterflies in the stomach, feeling as if your heart is beating out of your chest, shortness of breath.

Don’t let your body’s symptoms scare you, let them talk to you. That rapid heartbeat doesn’t mean you’re having a heart attack; it’s your body’s natural response to anxiety and stress. Once you know the sensations, you can control them. Think of the physical symptoms as a fire engine going to another place. You’ve noticed them; now let them pass by.

Pause to Practice Relaxation

Relaxation techniques, such as deep breathing, can instantly lower the physical symptoms and mental worry associated with anxiety.

Place one hand on your stomach above the navel, and the other hand on your chest. Breathe in slowly until the stomach rises and hold your breath for three to five seconds. Then, exhale slowly.

Another exercise to try is muscle relaxation.

Tense, and then relax your muscles, one by one. Tense your shoulders, then feel the sensation as you relax those muscles. Continue tensing and relaxing down the body: forearms, hands, abdomen, buttocks, legs and feet. In addition, learning yoga, meditation or prayer will teach you techniques that you can use throughout the day to reduce stress.

Accept that Caregiving Brings Uncertainty

Fear of the unknown plays a huge role in anxiety. Chronic worriers can’t stand doubt or unpredictability. They need to know with 100 percent certainty what’s going to happen. The problem is, no one can predict the future or control of the outcome of every situation.
Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening. It will only keep you from enjoying life.

**Stop worry by asking yourself these questions:**

What’s the probability that what I’m scared of will actually happen? Is there a more likely, alternate outcome?

Is the thought helpful? How will worrying about it help me and how will it hurt me?

What would I say to a friend who had this worry?

**Schedule Worry-Time**

Our worries tend to be like the constant dinging of emails: they show up throughout the day, and we stop everything to address them. If you find yourself constantly fretting about things, set aside a 30-minute period each day where you do nothing but worry. During your worry period, you’re allowed to worry about whatever’s on your mind. The rest of the day, however, is a worry-free zone. After worry time has expired, vow not to think about your problem again until your anxiety time the following day. When you find yourself worrying, jot down what you are worrying about and resolve to think it through later. By the time the worry zone rolls around, many of your troubles won’t even matter anymore – and you will have spent almost an entire day anxiety-free.

**Avoid Triggers that Cause Stress**

Avoid things that can aggravate the symptoms of anxiety disorders, such as poor diet, caffeine, sugar, smoking, over-the-counter cold medications and alcohol.

Research has shown that the top three dietary causes of increased anxiety are caffeine, sugar, and alcohol. In many cases, taking these five steps will be enough to significantly reduce your anxiety.

However, if you cannot control your anxiety, see your doctor.

Anti-anxiety and antidepressant medications are available that can help reduce symptoms. **In addition**, some people may benefit from counseling and therapy.

Taken in part from [https://www.agingcare.com](https://www.agingcare.com)

**Welcome to Wherever We Are:**

*A Memoir of Family, Caregiving, and Redemption by Deborah J. Cohan*

**Welcome to Wherever We Are** is a meditation on what we hold onto, what we let go of, how we remember others and ultimately how we’re remembered.

**Deborah Cohan** shares her story of caring for her father, a man who was simultaneously loud, gentle, loving and cruel and whose brilliant career as an advertising executive included creating slogans like, “**How about a nice Hawaiian punch?**”

Wrestling with emotional extremes that characterize abusive relationships, **Cohan** shows how she navigated life with a man who was at once generous and affectionate, creating magical coat pockets filled with chocolate kisses when she was a little girl, yet who was also prone to searing, vicious remarks like “**You’d make my life easier if you’d commit suicide.**”

**WE CONNECT. WE INSPIRE. WE ARE CAREGIVERS.**
Alaska Discovery Land & Cruise - Featuring a 7 - night - Princess Cruise July 07 - July 18, 2020 * 12 Days * 25 Meals

Highlights
Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan.

Pricing
Inside Double - $5,849pp
Inside Single - $8,849pp
Outside Double - $7,049pp
Outside Single - $10,899pp
Balcony Double - $7,349pp
Balcony Single - $11,549pp
Cancellation waiver & Insurance not included

Alaska Discovery Land & Cruise Trip Presentation
Presenter: Andrew Brown from Collette
Ludington Senior Center
308 S Rowe Street, Ludington
Tuesday, November 12th, 2019
3:00 P.M. Start Time

Ludington Senior Center Presents 6th Annual Arts & Crafts Show
Saturday, November 16th, 2019
10 am - 3:00 pm
308 S Rowe Street
Ludington, MI 49431
231.845.6841

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)
## Ludington Area Senior Center

### November

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<th>Sunday</th>
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<td><strong>10:15 Zumba Gold</strong></td>
<td><strong>N Meals</strong></td>
</tr>
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<td><strong>31</strong></td>
<td><strong>32</strong></td>
<td><strong>9 Cribbage</strong></td>
<td><strong>9:30 Yoga</strong></td>
<td><strong>10 Men's Billiards</strong></td>
<td><strong>10:15 Zumba Gold</strong></td>
<td><strong>N Meals</strong></td>
</tr>
</tbody>
</table>

**Note:**
- **Paralegal:** Nov 18
- **Call:** 231.845.6841
- **Craft Show:**
- **Thanksgiving Day:** Center Closed

For Mason County Residents on the Upside of 50
**Healthy Living**

**Stretch & Fit While Getting Strong with Cyndi**

Wednesdays @ 11:00 am.

This class is designed for all ages and all exercise levels. We laugh and celebrate our milestones together. Come and participate in the fun, while getting strong!

**“Healthy Me” Diabetes Support Group**

This group is designed around you and offer support with those battling similar medical issues.

2nd & 4th Wednesdays of each month @ 2pm.

Day & Time: 2nd Wednesday at 2pm
Date: November 13th
Location: Ludington Senior Center
Phone: 231.845.6841

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Phone: 231.845.6841

**Many older adults experience concerns about falling and restrict their activities.**

**A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels. Call 231.845.6841 for Spring class schedule

---

**You are invited to join us at the Ludington Senior Center, for our second annual...**

**Holiday Open House**

Craft Make & Take day!

Monday, December 9th - Friday, December 13th
9:00 am - 4:30 pm.

Regular attendees can enter in a drawing to receive a generous giveaway. If...... they bring in a NEW FRIEND who PARTICIPATES in an activity, That NEW FRIEND can enter in a drawing for a chance to win a gift basket! It’s a WIN - WIN opportunity for everyone!

**Free Seasonal Snacks**

**Spa Day!**

308 S Rowe Street
Ludington, MI 49431

Find us on Facebook or on our webpage!

For some activities, a modest fee will be applied for material or equipment use.

Watch our Facebook page for updates!
Country Dancing
Tuesdays @ 2:00 PM
Instructor: Ed Thompson
Boot Scooters
Thursdays @ 7:00 PM
Country Dancing Rocks

Enjoy an hour of mind stimulating discussion.
2nd & 4th Wednesdays @ 3pm
Dates: Nov. 13th & 27th.
Topics:
Nov. 13th - We Need to Talk About An Injustice
Nov. 27th - The Case for Optimism on Climate Change

Facilitator Gene Kyle
Coffee & Tea provided.

Join us in a casual intimate setting to talk everything ESSENTIAL OILS
Day: 3rd, Wednesday monthly.
Time: 2:00 pm
Date: November 20th, 2019
Embrace wellness, one drop at a time!
Attendance is FREE!

Date: Friday, Nov. 15th.
Ludington Senior Center
Time: 1:00 - 4:00 pm
Cost: $20.00
12” X 12” Fall Greetings Canvas
Call 231.845.6841 to register.
$10.00 Non-refundable toward total cost due at registration.

Open Enrollment for Medicare Prescription Drug Plan (Med - D)
Begins, October 15th - December 7th.
Call the Ludington Senior Center, at 231.845.6841 to scheduled and appointment.
MMAP Volunteers will see clients, Mondays - Thursdays, by appointment only.
Clients are ask to bring to their appointment:
• Medicare Insurance Card
• Info on the plan they currently have.
• Prescription list printout.
Note: Clients can get a copy of their prescription list from their doctor or pharmacist.

Tai Chi for Every Body
Beginners Tai Chi
Tuesday @ 12:30 pm
$3.00 Donation
Yang Style Tai Chi
No Wednesday Tai Chi classes during the month of November.

Tai Chi Rocks
Enjoy an hour of mind stimulating discussion.
2nd & 4th Wednesdays @ 2pm
Dates: Nov. 13th & 27th.
Topics:
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Paint with Julie

Tai Chi for Every Body
Beginners Tai Chi
Tuesday @ 12:30 pm
$3.00 Donation
Yang Style Tai Chi
No Wednesday Tai Chi classes during the month of November.

Veterans Day
Honoring All Who Served
Monday, November 11, 2019
Thank You!!
A capacity crowd attended Mason County’s first Kinship Care Recognition Dinner this fall at the Scottville Area Senior Center (SASC). They were there to honor grandparents raising their grandchildren and other kinship caregivers raising their young relatives.

There were about 20 kinship caregivers in attendance, along with a similar number of their kinship family members, ranging in age from less than one to 15 years of age. Every chair in the senior center was occupied for the event.

On hand to honor these “heroes among us” were some of the most influential public officials involved with judicial and legislative issues affecting kinship care, along with key Michigan kinship advocates.

Heading the list were Judge Jeffrey Nellis of the Mason County Probate and Family Court, State Senator Curt VanderWall, and County Commissioners Janet Andersen, Steven Hull, and Ron Bacon. All three commissioners have strongly supported the formation of the Grandparents Raising Grandchildren/Kinship Caregiver support group initiated this year at SASC.

While the adults were meeting, their kids were in the next room with a group of senior center staff and volunteers, building bird feeder kits donated by Home Depot, coloring, or watching a kid-friendly movie. Sounds audible in the adult room testified to their enjoyment. Everyone enjoyed a dinner prepared by the Mason County Central Schools food service team—the same people who provide senior congregate and in-home meals throughout the county.

Judge Nellis was eloquent on the important role kinship caregivers play in the lives of the county’s youth, with obviously sincere appreciation for their commitment. Senator VanderWall expressed strong support for the kinship care families and for state-level efforts to help make the path smoother for them and their young relatives. Andersen, Hull and Bacon have demonstrated their support by taking on roles well beyond their official duties to support seniors and the families led by grandparents and other kinship caregivers.

These leaders stayed long after their comments to the crowd, lingering to answer questions and discuss individual circumstances encountered by the people they were there to honor.

Other key players in the success of the evening were co-sponsors Adoptive Family Support Network (AFSN), Synergy Media and Home Depot. Synergy donated all of the ads—dozens—on its five radio stations. Deb Frisbie of AFSN initially proposed the event when she was a guest speaker at a support group meeting this summer, and followed through as co-organizer. Mason County Central students from Spartan Academy volunteered and did a great job setting up the center for the dinner. Local media—Synergy radio stations and the county’s newspapers, Mason County Press and Ludington Daily News—were very supportive via interviews and articles informing the public about the event and the role of kinship caregivers.

Numerous honored guests expressed their appreciation and said both they and their kids enjoyed the evening. One guest said as she left, misty-eyed, “I had no idea there was a group like this…with people who would understand and support me.”

The support for kinship families will continue, with informational meetings, speakers, group outings and other activities—all defined by feedback from grandparents and other kinship caregivers themselves. For information, to participate or to help, contact the Scottville Area Senior Center at 231.757.4705, director@scottvilleseniorcenter.com

Recognition Dinner summary continued on next page
Lasting Impact Hoped from Event

“This recognition event could be a breakthrough moment for our program to assist grandparents and other relatives who step up to raise their young kinfolk. They’re often heading a family for the second time or expanding their family to embrace additional kids,” said Bill Kerans, Scottville Senior Center (SASC) director, “often at considerable personal and financial sacrifice.”

“We know from census data that there are at least 70 such families in Mason County. We’re dedicated to helping them with information and resources to support their commitment. It’s a perfect fit with our role of providing in-home and support services to seniors county-wide.”

“The dinner brought our program to the attention of many new people. But there are still others out there raising one to seven young relatives. We will continue to reach out, and hope those who attended, and others who heard about it through the media, will join us and participate in our meetings and activities.”

SASC has had great support from experts with the Adoptive Family Support Network, the local Department of Health and Human Services office, Great Start Collaborative, leading kinship advocates such as Jan Wagner, who helped create the program, and other experienced kinship family members willing to share their lessons learned with newer families. In addition, local schools, Help Ministries, churches and others have helped spread the word.

“So far we’ve operated strictly on donations we’ve raised,” Kerans added. “We are vastly encouraged that the Council on Aging and the Board of Commissioners have approved some funding from the voter-approved senior millage for 2020, to help us sustain the program. Their support has been amazing. But donations will continue to be essential for us to continue.”

“My hope is that more people will take advantage of the program and that we’ll have to have a larger venue the next time we honor these great people.”

ASK SHARON

This month I am going to go over some of the details of Medigap (or Medicare Supplement). I have mentioned it in columns before, but I will touch on some of the things that may affect how you decide which type of Plan you choose for your supplemental policy.

Q. I heard that Medigap Insurance will not cover the Part B deductible. Is that true?
A. Yes, on page 69 of the Medicare and You Book, last paragraph, it states that as of January, 2020 plans sold to new people on Medicare won’t be allowed to cover Part B deductible. Plans C and F, which cover Part B deductible will no longer be available to new enrollees. That means if you are new to Medicare beginning in January of 2020 you will be responsible for approximately the first $200.00 a year before Medicare pays for doctor visits, lab work and medical equipment will be covered. Part A pays only for hospital stays.

Q. Are all Medigap plans equal in how well they pay?
A. They are all required to follow the same standard, made by Medicare. They vary in price quite a lot, so it is important to compare plans.

Q. Are there any rules that I should know about?
A. As in all government programs there are rules. I will list them rather than write a paragraph about each one.
1. You must have Medicare parts A and B
2. A Medigap policy only covers one person. Spouses must buy separate policies. This cost is in addition to the cost of Medicare.
3. You can’t have prescription drug coverage in both Medigap policy and a Medicare drug plan. See page 81 in Medicare and You book for explanation.
4. Expect Medigap policies to rise as you get older.
5. You will have to see a licensed insurance agent to purchase a Medigap policy. You should call a licensed agent that handles multiple plans. If you need help deciding on a plan, you can see me. Remember you should not pay more for the exact same coverage.
6. You will have to enroll in a prescription drug plan separate from the Medigap plan. You should enter your drugs into Medicare.gov to find least expensive plan for your drugs. Do not enroll in a plan that comes in the mail unless you are sure it covers your medicine for the lowest price. I hope this helps when you are ready to shop around for a supplemental policy. I will also be helping with drug plans and Medicare Advantage plans until December 5th.

Sharon Bailey is a certified MMAP Counselor. Call Sharon at 757-4052 to make an appointment for help with your Medicare and insurance issues.
Veteran’s Day at the Scottville Senior Center

Join us on Monday, November 11th at 1 PM to celebrate this important day.
We will watch a video entitled *Michigan’s Salute to Veterans* and will have cake and ice cream!

**PAINTING PARTY**
**December 12**
**6 PM – 8:00 PM**

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

ALL materials are provided.

No experience needed!

**Cost:** Canvas size: 12" x 16" = $25

Must pay with registration

Sign up and pay at the Scottville Senior Center.

**CHRISTMAS PARTY**
**Monday, December 16th**
**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.

** yarı the fun**

**Grandparents Raising Grandchildren/Kinship Caregiver Support Group**

We’re having special group activities in Nov. and Dec.

**November 24th—Thanksgiving meal for Seniors (see page 5)**
**December 14—Holiday meal 3-5 PM and concert 7 PM at Ludington Area Center for the Arts.**

Please call 231-757-4705 for details.

**Country Dance**
**Fridays • 2:00pm**

Great Fun
Great People
Great Exercise

DJ and Instructor: Ed Thompson
FREE! ALL DANCE ABILITIES WELCOME!

**Creative Crafts**
**4th Wednesdays**
**at 3 PM**

**BIRD SEED ORNMENTS $1.00**

We’re making these ornaments using gelatin. A cookie cutter for you to keep is included in the price of this craft.

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<td>KEY</td>
<td>Essential Estate Planning-by appt.</td>
<td>Sit &amp; Be Fit</td>
<td>Painting</td>
<td>Stretch &amp; Bal</td>
<td>Wii Bowling</td>
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<td>Exercise Weekly</td>
<td>Quilting 10:00</td>
<td>Lunch 11:45</td>
<td>Mahjong 12:30</td>
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<td>BINGO 10:00</td>
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<td>- Once each Month</td>
<td>Lunch 11:45</td>
<td>Mahjong 12:30</td>
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<tr>
<td>- Series</td>
<td>Chess Club 1:00</td>
<td>Open Pool 12-4</td>
<td>Games 1:00</td>
<td>Cribbage 12:15</td>
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<td>- Special Event</td>
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<td>Michigan's</td>
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FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50
**TALLMAN SENIOR CENTER**

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

**LUNCH**

Mon - Fri

Noon

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

---

**November**

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**CRAFT AND BAKE SALE**

**NOVEMBER 15 AND 16**

9 AM TO 3 PM

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Coffee</td>
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<td>Table Games</td>
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<td>Crochet class</td>
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<td>Auxiliary Mtg</td>
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<td>Soap Making</td>
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**Soap making volunteers needed! We’re making soap to sell in our Craft & Bake Sale. All proceeds will be used to buy new chairs for Tallman Senior Center!**

---

**CENTER CLOSED**

---

**CRAFT and Bake SALE**

**NOVEMBER 15 and 16**

9 AM TO 3 PM

---

**HOURS**

MON thru FRI

9:00 TO 3:00
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.

<table>
<thead>
<tr>
<th>Tuesday, November 5</th>
<th>Thursday, November 7</th>
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</thead>
</table>
| **LEMON PEPPER CHICKEN**  
**CHEESY POTATOES**  
**GREEN BEANS**  
**ROLL & BUTTER**  
**FRUITED GELATIN**  
***Group Exercise 11:00***  
***Regular meeting @ 11:00 am***  
**NOTE: Meeting Time Change** | **MEATLOAF**  
**MASHED POTATOES w/ GRAVY**  
**MIXED VEGETABLES**  
**ROLL & BUTTER**  
**PEARS**  
**CAKE & ICE CREAM**  
***Group Exercise 11:00*** |

<table>
<thead>
<tr>
<th>Tuesday, November 12</th>
<th>Thursday, November 14</th>
</tr>
</thead>
</table>
| **BBQ CHICKEN**  
**BAKED POTATO**  
**BROCCOLI**  
**ROLL & BUTTER**  
**RED/WHITE/BLUE SUNDAES**  
***Group Exercise 11:00*** | **PORK ROAST**  
**RED POTATOES**  
**PEAS & CARROTS**  
**ROLL & BUTTER**  
**CLEMENTINE**  
**NO BAKE COOKIE**  
***Group Exercise 11:00***  
***COA MEETING/TALLMAN 1:00*** |

<table>
<thead>
<tr>
<th>Tuesday, November 19</th>
<th>Thursday, November 21</th>
</tr>
</thead>
</table>
| **SPAGHETTI w/MET SAUCE**  
**TOSSED SALAD**  
**GARLIC BREAD**  
**PINEAPPLE TIDBITS**  
**COOKIE**  
***Group Exercise 11:00*** | **THANKSGIVING DINNER**  
**WITH ALL THE TRIMMINGS** |

<table>
<thead>
<tr>
<th>Tuesday, November 26</th>
<th>Thursday, November 28</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
</tr>
</tbody>
</table>

**The Free Soil Area Senior Center Will Reopen on Tuesday, December 3.**

**PLEASE CALL 231-464-6789 By NOON the day before to reserve a meal Thank you for supporting The Free Soil Area Senior Center**
DON’T CONFUSE IT WITH MEMORIAL DAY.
Memorial Day (the last Monday in May) and Veterans Day (November 11) both honor the men and women who served in our nation's military, but there's a major difference between the holidays. While Memorial Day is reserved for those who died while serving their country, Veterans Day is a time to recognize all veterans, both the dead and the living.

IT USED TO HAVE A DIFFERENT NAME.
On November 11, 1919 President Wilson issued an Armistice Day proclamation—a reference to the agreement made between the Allies and Germany to end World War I a year earlier. Congress would officially declare Armistice Day a federal holiday in 1938 (most states already had their own observances). In 1954, President Dwight D. Eisenhower signed legislation that officially changed the name to Veterans Day, making the holiday more inclusive of veterans who had served after and prior to the First World War.

THE DATE HOLDS HISTORICAL SIGNIFICANCE.
Though the date changed a few times throughout the 20th century, today Veterans Day falls on November 11 of each year. The date was chosen to coincide with the anniversary of the end of World War I, which occurred "at the 11th hour of 11th day of the 11th month.

A lot of businesses offer discounts or free meals to veterans on November 11th. For a complete list visit: https://militarybenefits.info/veterans-day-discounts-sales-deals-free-meals/
How to Enjoy Being Alone on Thanksgiving
By Roberta Kyle
Retrieved from: https://holidappy.com/holidays/Ways-to-Enjoy-Being-Alone-on-Thanksgiving

So, you are going to be alone on Thanksgiving, and the very idea is getting you down. Cheer up, and welcome to the club!

Many Americans don’t gather around a groaning board surrounded by family and friends on Thanksgiving. Some people are alone by choice and others by circumstance. Whatever your situation, you can choose to get maudlin about the whole thing, or you can have a super fabulous day with help from some of the tips listed below.

Lower Expectations to Combat Stress
The holiday season is the time of year when our family problems, insecurities, personal vices, and other issues are inflamed. There are an infinite number of expectations we set for ourselves that make us look ourselves in the mirror with a critical eye and believe that we have something inherently wrong with us. It is important to lower our expectations to baseline this Thanksgiving to prevent succumbing to a depressive state.

Plan Ahead
If you know you are going to be alone and not working, try to find a kindred soul or souls ahead of time, and make plans to get together for a Thanksgiving meal. It can be a potluck at somebody’s house or a seasonal feast at a fancy restaurant. One year, I went to a local diner with a group of women who were alone for one reason or another. It was great. It’s a way of observing the holiday without pain. Make a plan, and do something to give the day a little structure.

Make the Day YOURS
If you are going to be alone, do what you feel like doing and not what you think you should do. That is, don’t go to somebody’s house for Thanksgiving just because you think you should. Sometimes, being grafted on to somebody else’s family celebration can make you feel more alone than being alone. Do what you want to do. Feel like taking a hike or catching a film or concert? Do it. Don’t feel you have to eat turkey either. If your idea of a great meal is pizza, then get a pizza. In fact, it might be a good idea to NOT go anywhere near traditional Thanksgiving food if you are on your own for the day.

Do Unto Others
I know it is going to sound like a cliché, but if your church or temple has a soup kitchen or if there is a local food pantry or charity dinner, you might want to plan to work for them on Thanksgiving. There is nothing to make you grateful for what you have like helping those who have less—they do call it Thanksgiving for a reason, you know.

Stay in Touch via Facetime/Skype
Through the wonders of the internet and video calling, you can now stay in touch with your family on Thanksgiving without actually being with them. Sometimes, I think this is the best of all worlds, but then my family history is full of contentious Thanksgiving dinners (a story for another article). I also love getting videos from everybody to replay later over the long weekend.

Bunker Down and Survive the Day
It is important to be present with yourself and mindful of your own feelings, but keep in mind that the day will pass. Watch a couple of movies to help pass the time or tune into the big Macy’s Day Parade if that’s what you’re into. A nice meal and a solid nap will have you back to your regular scheduled programming.

Managing the Holiday Blues

Be Genuinely Grateful: No matter our circumstances, we can always express appreciation for the little things in life. Use this time of solitude to take in the beauty of the sounds, smells, and sights around you.

Limit Your Alcohol and Drug Use: Now is not the time to magnify your feelings with stimulants or depressants. Try coping with exercise or meditation instead.

Practice Self-Care: Reduce stress levels by eating healthy, getting a massage, walking the park, or doing anything else that brings you comfort.
Thanksgiving Rebus Puzzle

In this puzzle, you need to break the rebus codes to discover words related to Thanksgiving. To decode the rebuses, first identify the picture and then add or subtract letters as required. If you figured them out correctly, the remaining letters will spell a word. Can you decode them all? ANSWERS ARE ON PAGE 5.

1. \( \text{RIP} - e + y = \_\_\_\_\_\_\_\_\_\_\_\_\)  
2. \( \text{Turkey} + \text{King} - g = \_\_\_\_\_\_\_\_\_\_\_\_\)  
3. \( \text{Fan} - n + \text{Box} - k + y = \_\_\_\_\_\_\_\_\_\_\_\_\)  
4. \( \text{Sailboat} - i + \text{Sun} - ro = \_\_\_\_\_\_\_\_\_\_\_\_\)  
5. \( w + \text{Fish} - f + = \_\_\_\_\_\_\_\_\_\_\_\_\)  
6. \( \text{Table} - k + \text{Nose} - no + - a = \_\_\_\_\_\_\_\_\_\_\_\_\)  
7. \( \text{Pie} - e + \text{Girl} - e + \text{Ring} - ng + m = \_\_\_\_\_\_\_\_\_\_\_\_\)  
8. \( t + \text{Hand} - d + k + - e = \_\_\_\_\_\_\_\_\_\_\_\_\)
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 or https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431
3. Mailed to you - contact the Scottville Senior Center. 231-757-4705, $18.00 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.

Parkinson’s Support Group
April thru December
Scottville Senior Center
140 S. Main Street
Scottville, MI 49454
Third Weds 1:00 pm

Alzheimer’s Support Group
Mason County
District Library
217 E. Ludington Avenue
Ludington, MI 49431
2nd. Thursday 1:00pm.

Grief Support Group
United Methodist Church
5810 Bryant Road.
Ludington Michigan 49431
Second Mondays 4 - 6pm
231.843.8340

Grief Support Group
Hospice of Michigan
5177 W. US 10, Suite #2
Ludington, MI 49431
Fourth Mondays 12:00pm
231.845.3423

USEFUL NUMBERS

Attorney General 517-284-8800/877-999-6442
For Local Information / Resources 211
Area Agency on Aging of West MI 616-456-5664
Better Business Bureau of West MI 800-684-3222
MI Auto Insurance Coverage Issues 888-995-8441
Health Dept. District #10 231-845-7381
HELP Ministries 231-843-6811
(Hands Extended Loving People)
Legal Aid of Western Michigan 888-783-8190
www.legalaidwestmich.org
Legal Hotline for Michigan Seniors 866-400-9164
www.elderlawofmi.org/legal hotline
MI Public Service Commission 800-292-9555
(inquiries and complaints)
Unwanted Phone Solicitation 888-382-1222
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.

Low Vision Support Group
Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
3rd. Mondays @ 1:30 pm
231.845.6841

Healthy Me - Diabetes Support Group
Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
2nd & 4th Wednesdays @ 2:00pm
231.845.6841

VA Benefits Claim Support
American Legion
318 N James Street
Ludington, MI 49431
Contact: Phillip Babcock
231.590.6200
1st & 3rd Wednesdays
9:30 am - 4:30 pm
• Pensions
• Death Claims
• Benefits
• Forms etc.
Walk - in encouraged.

Veteran’s Affairs Commissioner
James Wincek
231.843.2563 Ext. 2027

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50