

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS  
On the Upside of 50

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Volume 9  
Issue 8

# *Active for Life*

Your Life, Your Way,  
Your Time over 50

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## FDA Warns Against Using These 9 Hand Sanitizer Products may contain potentially toxic substance

by Peter Urban, [AARP](#), June 22, 2020

The U.S. Food and Drug Administration (FDA) is advising consumers not to use any hand sanitizer manufactured by Eskbiochem after samples of the Mexican company's hand sanitizer were found to contain methanol (wood alcohol), which can be toxic when absorbed through the skin or ingested.

"Methanol is not an acceptable ingredient for hand sanitizers and should not be used due to its toxic effects," [the FDA said in a statement](#).

In sample testing, the FDA found the company's Lavar Gel Hand Sanitizer contained 81 percent methanol and CleanCare No Germ contained 28 percent methanol.

If you have purchased these hand sanitizers, the agency recommends you stop using them immediately and dispose of the hand sanitizer in "appropriate hazardous waste containers." Do not flush them down the toilet or pour them down the drain, the FDA advises.

The FDA is not aware of any consumers being harmed by these hand sanitizers to date, but notes that "substantial methanol exposure" can result in "permanent blindness, seizures, coma, permanent damage to the nervous system or death."

"Consumers who have been exposed to hand sanitizer containing methanol should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning. Although all persons using these products on their hands are at risk, young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute, are most at risk for methanol poisoning," the FDA said.

On June 17, the FDA requested that Eskbiochem voluntarily remove its hand sanitizer products from the market. As of that date, the company had not complied, which prompted the FDA to issue a consumer alert. Eskbiochem did not respond to a request for comment from AARP before publication of this article.

### 9 Hand Sanitizers Subject to FDA Safety Warning

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)



In response to [COVID-19](#), the FDA reminds people to [wash their hands using soap and water](#) for at least 20 seconds (especially after going to the bathroom, before eating and after coughing, sneezing or blowing one's nose) to prevent the spread of the coronavirus. If soap and water is not available, the Centers for Disease Control and Prevention (CDC) suggests using a hand sanitizer that contains at least 60 percent ethanol to kill most disease-causing germs. Anything less than that may not work as well "for many types of germs," and could "merely reduce the growth of germs rather than kill them outright," the CDC says.

Hand sanitizer works best when used correctly. Be sure to apply enough hand sanitizer to cover the entire surface of both hands. Rub the hand sanitizer into your hands (paying special attention to the fingertips) until your skin is completely dry – it should take about 20 seconds.

## Caregiving in the Time of Coronavirus



If you are a family caregiver, you could be feeling overwhelmed during this time. Many of your usual forms of support that were in place to help you care for your loved one, such as respite and adult day care services, may be on hold due to the coronavirus pandemic. You are also probably spending more time at home than usual as certain stay-home measures are in place, which means spending more time caregiving than you may be used to as well. These things add up, and it is possible you are experiencing feelings of stress, anxiety, and uncertainty. Yet it is important to remember... these feelings are **normal**. We are in a unique circumstance that is requiring more of us as caregivers than ever before, you are not alone. However, it is now more important than ever to remember to care for yourself and ask for help when needed.

So what can you do to take small steps towards reducing the understandable stress that comes from caregiving during a pandemic? Here are a few suggestions.

### ***Attempt to set a new daily routine***

Pre-pandemic, you likely had a schedule in place, you and your loved one knew what to expect each day. Just because this looks different than before, does not mean you should abandon having a routine. Having one gives you set goals to aim for and adds structure to your days, helping them go more smoothly overall. If your loved one has dementia, a routine also can help ease their worry and frustrations. Some ideas for routines? Set up activities that involve your loved one while also indirectly helping you as well. Get moving by taking a walk together. Start each day with a healthy meal. Have them help you with simple household tasks, like sorting laundry or watering plants.

### ***Rely on Support***

Seeking support is crucial to your wellbeing, and this can look differently for a lot of people depending on their needs. Here are a few options in our region:

- **COVID-19 Senior Support:** The Area Agency on Aging of Western Michigan and its network of partners, through the Kent County Senior Millage and Older Americans Act funding, are offering wellness check phone calls and the delivery of essential items to older adults. If you are a caregiver feeling overwhelmed in getting your loved one groceries, for instance, this service could help.
- **Information & Assistance:** Our I&A department remains an essential senior resource in our region, and many of our programs are continuing to operate with safety measures in place. Each situation is unique, so we encourage you to call to see what resources can help; give us a call at (616) 456-5664.
- **Family Caregiver University:** Family Caregiver University provides practical education and support to caregivers in West Michigan, one class at a time. With the current coronavirus crisis, we realize this support is now more important than ever, therefore we are taking our monthly class offerings virtual! You can learn about upcoming classes at [www.caregiverresource.net](http://www.caregiverresource.net).

Join a Virtual Support Group: Many organizations have taken their support groups virtual as well. The Alzheimer's Association has a large offering of COVID-19 resources and supports, you can learn more at <https://www.alz.org/alzheimers-dementia/coronavirus-covid-19>

### ***Take Care of Yourself***

A large factor in not facing burnout as a caregiver is to remember to take care of yourself as well. You are a better caregiver for your loved one when you are well-rested and clear-minded.

- **Take a break.** Having time to yourself do what you would like is key. Don't be afraid to ask for help, most family members and friends are happy to do so. Practice mindfulness. Meditation can be a great tool for mindfulness, the Headspace app has partnered with the state of Michigan to offer free meditation resources at <https://www.headspace.com/mi>. A gratitude journal is another wonderful way to reflect on the good in your days and stay positive. Exercise, eat well, and get enough sleep so you feel your best.

If you are having trouble navigating your caregiver responsibilities, know that you are not alone. Reach out to the Area Agency on Aging of Western Michigan at (616) 456-5664, we can connect you with resources to help.

**ALL CONGREGATE MEALS ARE CURRENTLY CANCELED UNTIL MASON COUNTY SENIOR CENTERS ARE REOPENED.**  
**For information about meals-on wheels and the menu call 231-757-483.**

## 3 Day Sun Pickles Recipe

Retrieved from: <https://www.isavea2z.com/3-day-sun-pickles-recipe/>

### Ingredients

- 1-3 garlic cloves peeled
- 3 quarts of water
- 3/4 cup of pickling salt
- 3/4 cup of vinegar
- 1 bunch of fresh dill
- about 20 pickle cucumbers, this depends on how large the cucumbers are that you get. You'll need enough to fill your jar.



### Instructions

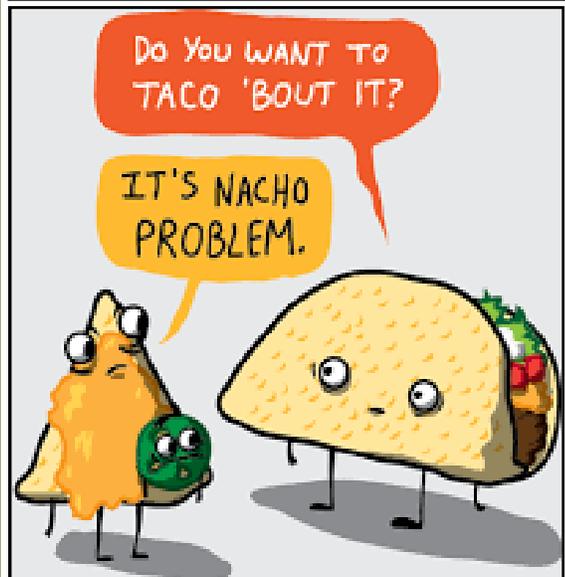
- Mix water, pickling salt and vinegar in a sauce pan. Bring to a boil and boil for five minutes.
- Set to the side and cool for about 5 minutes, or until luke warm.
- In a large gallon sized jar, place dill, cut onion, peeled garlic and cucumbers. Place cucumber last, and fill the jar.
- Pour warm mixture into the jar and put the lid on.
- Set jar outside in the sun for 3 days.
- After three days, open the jar and test a pickle. If it is to your liking, place the jar in the fridge. This will keep the pickles crunchy.

**Notes:** This can also be broken up into quart size jars for easier use. Use 1 garlic clove and 1-2 sprigs of dill for each smaller jar. You can also use the larger pickling cucumbers so they can be cut into spears and or sliced.

A lot of people cry when they cut onions. The trick is to not form an emotional bond.

**I finally did it!**

**Bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.**



# I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

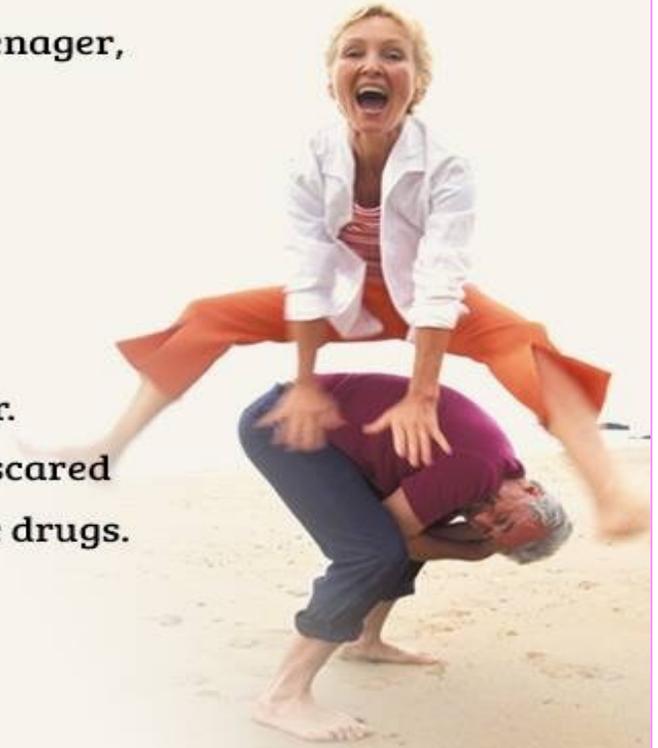
I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.



Life is great.

## DID YOU KNOW...?

**There is a town in Nebraska with a population of one.**

Elsie Eiler lives in a town called Monowi, which is in the state of Nebraska—and she's the only one. She used to live there with her husband Rudy, but when he passed away in 2004, she became Monowi's sole resident. Elsie is also the town's mayor, bartender, and librarian, and is responsible for paying herself taxes and granting herself a liquor license. As of 2018, the tiny population makes Monowi the only incorporated town in the U.S. with only one resident.



## WORD SCRAMBLE ANSWER KEY

- 1. MINT CHOCOLATE CHIP 2. BUTTER PECAN 3. ROCKY ROAD 4. NEAPOLITAN 5. MOOSE TRACKS 6. STRAWBERRY 7. FRENCH VANILLA 8. ORANGE PINEAPPLE 9. SUPERMAN 10. PISTACHIO



## Sweaty Face Mask? 5 Tips to Keep Cool While Covered Up

by **AARP** For the latest coronavirus news and advice [go to AARP.org/coronavirus](https://www.aarp.org/coronavirus).



### 1. Choose the right fabric

A light, breathable material like cotton will likely keep your face cooler than medical and N95 masks made from synthetic materials, and in the right configuration can be effective in preventing contagion, according to new research by Taher Saif, a professor of mechanical science and engineering at the University of Illinois.

Saif's team tested 10 common fabrics, from 100 percent cotton to polyester and silk blends, to see which best balance comfort and droplet-blocking impermeability. The "sweet spot," he says, is a two-layer mask made from a cotton T-shirt, which comes close to matching a surgical mask's efficiency in stopping potentially infectious droplets from coughs and sneezes and is about twice as breathable.

All-cotton tested best, but up to 40 percent polyester will do the job, Saif says. "I'm not a cloth expert. I just buy things from Walmart and Target," he adds with a laugh. "Our study showed that if you have these layers on top of your mouth and nose, you don't have to have an official mask.

### 2. Keep it dry

Cotton traps less air and moisture than standard medical and industrial masks, and it's more absorbent, but if it gets damp due to breathing and sweating it can be less effective in filtering respiratory particles, not to mention uncomfortable and abrasive to the skin so it's good to keep a second mask as a backup. "Try to stay in well-ventilated locations to keep air and vapor mixing, which can help evaporate any extra water (and also keep the rest of your skin/body feeling cooler)," says Jennifer Vanos, a biometeorologist at Arizona State University who studies the effects of heat on health.

### 3. Time trips to beat the heat

Avoid going out at the hottest parts of the day and for extended periods. Stop at home between errands if you can, to cool off and doff your mask. When you do have to be out, stay well-hydrated and seek the shade.

Being cognizant of the heat is about much more than keeping your mask fresh. "We have major issues every summer with heat exhaustion and heat stroke and heat-related deaths," the Mayo Clinic advises, and older adults are "definitely at increased risk."

An ice pack or damp cloth applied to the head or neck can help you cool off — just take care not to get your mask wet or touch your face. You can also try using an umbrella for shade. Fans, hand-powered or battery operated, can also be used as long as you are at least six feet away from other people.

### 4. Skip the makeup

Heat and perspiration mixed with makeup or oily skin care products makes for a gunky mess under your mask. You don't have the ability to have sweat evaporate efficiently when you have the mask on. It can all sit there and collect dermatologists advise. That clogs pores and contributes to the lower-face skin eruptions that have been dubbed "maskne," a combination of the words mask and acne.

Another change to make to your skin care regimen: Avoid products with retinoids or salicylic acid, which some older people use to diminish wrinkles or sun damage. "Those can be very, very irritating if used under occlusion or under some kind of covering. We don't want to put them under the mask," one dermatologist said. "If [people] are using those products, it's better to put them on at night and then wash your face in the morning."

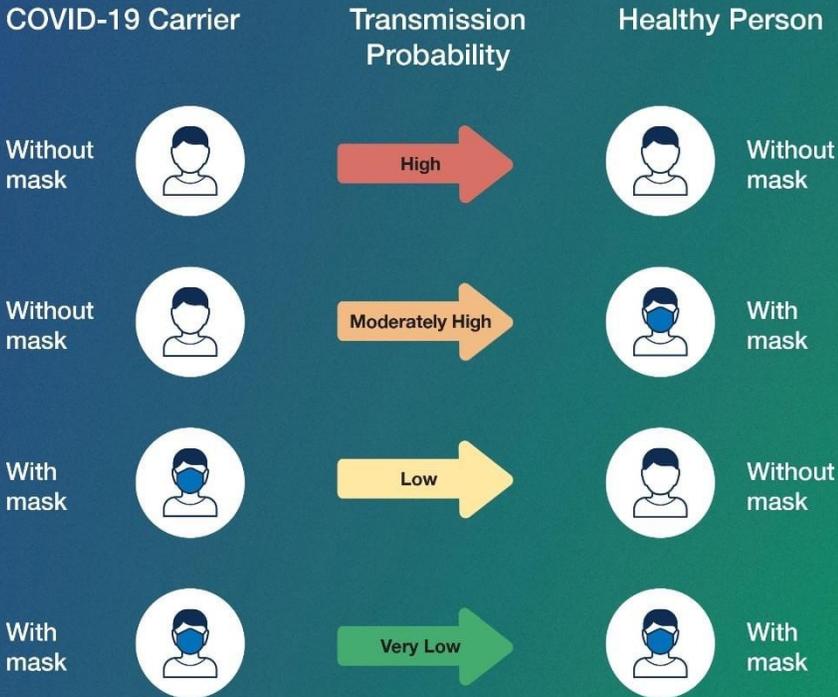
### 5. Bring a spare

If you can't keep your mask from getting icky and sticky, there's no better remedy than swapping it for another. It's recommended that people do that anyway, whatever the weather. When you're outside with the mask on, that mask has a limited lifespan.

On especially hot and humid days, pack multiple masks. Just make sure to follow the other CDC safety recommendations when changing masks, like avoiding crowds and washing or sanitizing your hands.

## Masks Reduce COVID-19 Transmission

The use of face masks is important to protect others and limit the spread of the virus.



X23562 © Spectrum Health 06.2020



Used courtesy of Spectrum Health Ludington Hospital

### EVIDENCE FOR EFFECTIVENESS OF CLOTH FACE COVERINGS

Cloth face coverings are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows cloth face coverings reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of cloth face coverings is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

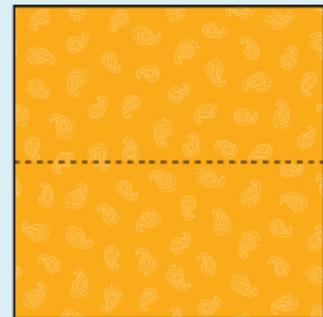
## NO SEW FACE MASK

Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

### MATERIALS

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)

1.



Fold bandana in half.

2.



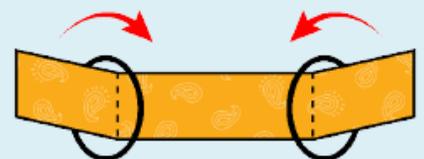
Fold top down. Fold bottom up.

3.



Place rubber bands or hair ties about 6 inches apart.

4.



Fold side to the middle and tuck.

5.



# SCOTTVILLE AREA SENIOR CENTER

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



## SCOTTVILLE SENIOR CENTER IS PLANNING ACTIVITIES AT RIVERSIDE PARK!

(Schedule on page 11)

Classes will take place in the pavilion at Riverside Park at 700 S. Scottville Rd, Scottville, MI.

ALL class sizes are limited to 10 participants to maintain safe social distancing. YOU MUST sign up in advance for every activity by calling 231-757-4705.

If a class you would like to attend is full, we will place you on a waitlist to attend the next available class in the order in which the requests are received.

Safe social distancing (6 ft. between people) and a face covering are **MANDATORY** for all scheduled activities. If you do not have a mask we can give one to you.

Opportunity will be offered at these events to fill out the census and receive a \$5 gift card.

### Census help for seniors...and a gift

Have you completed the 2020 census for your residence? If not, we can help! What's more—we'll give you a \$5 gift card to Meijer or Walmart for doing it!

Open to all Mason County Seniors. We can come to your home with our computer, or you can get help at our table outside the Scottville Area Senior Center, 140 S. Main St. Please call 757-4705 to schedule.



### Healthy and Wise



**A FREE Guide to More Natural Health Care**  
**Presented by Luanne Parks, DNP**  
**Third Thursdays at 12:30 PM**  
**August Topic:**  
Feng Shui for the home



### COVID Support Group for Seniors

**Tuesdays at 12:30 PM at Riverside Park**

COVID-19 has impacted all of our lives and we are all trying to deal with the changes and challenges that have occurred due to this pandemic.

This is a peer support group for seniors in which we will explore coping skills, relaxation, and problem-solving techniques. We will also try to have some fun!

Class size is limited. Please call 231-757-4705 to register. Social distancing and face covering is required for this group.

**THE WAY I SEE IT,  
IF YOU WANT THE  
RAINBOW, YOU  
GOTTA PUT UP  
WITH THE RAIN.**

-DOLLY PARTON

# SCOTTVILLE AREA SENIOR CENTER

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



## ASK SHARON

I have been seeing people lately who have lost extra help paying for Medicare and don't know why. People usually learn they have lost this assistance when the price of their prescriptions has gone UP!

**Question:** Why did I get a letter asking me to fill out a form with information that I already gave them when I applied for extra help?

**Answer:** The Social Security Administration will periodically send a letter asking for a new enrollment form to be filled out. This is to ensure that a person hasn't had a change in their income. It is important that you fill out the form and return it to SSA. If you have difficulty filling it out you can call one of the senior centers and we will help you. If you get help from the DHS they also will send out redetermination forms for you to complete. Please do it as soon as possible so that you do not lose your help.

**Question:** Could you explain to me exactly what the Donut Hole is?

**Answer:** The Donut Hole, also known as the Coverage Gap, will come into play after the overall cost of your medication reaches \$4020. At this point, your copays will increase and you will be responsible for 25% of the cost of medications.

You will remain in the donut hole until you pay a total of \$6,350 in 2020 in out-of-pocket costs. At this time you will be eligible for Catastrophic Coverage. Out-of-pocket cost of medication is about 5% of the total cost at this time.

If you are not on any brand name drugs you are probably not going to reach the donut hole. If the cost of your medications is unusually high and your income is low, you may qualify for extra help.



The opening of the Senior Centers in Mason County is unknown at this time. We miss each and every one of you, hope you are well, and will see you soon.

We have to remember that we are the "older people" who are vulnerable to this virus, so please be careful. Also, if you feel you are not eating as well as when we were eating lunches at the Center, you can have meals delivered to your home during this time. We have to do all we can to get through this pandemic and be glad we live in Mason County.

*Sharon Bailey is a certified MMAP Counselor for Scottville Area Senior Center, always concerned with fair and affordable treatment for her fellow seniors—such as the high cost of medications. While Medicare open enrollment for 2020 has ended, Sharon is available to help with issues and questions that come up during the year. Call Sharon at 757-4052 to make an appointment.*

## Creative Crafts

**Paper Butterflies-\$2**  
**4th Wednesdays at 12:30 PM**  
**at Riverside Park**



We're making decorative paper butterflies to brighten your home. This craft is easy, fun, and pretty! \$2 for a set of nine unique butterflies.

Class size is limited. Please call 231-757-4705 to register. Social distancing and face covering is required for this group.

Michiganders are done playing with this virus.



# SCOTTVILLE AREA SENIOR CENTER

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

## Scottville Senior Center Closed Temporarily

Due to concern about people gathering during this period of heightened health awareness, Scottville Senior Center will be closed as a public gathering place until further notice. We cannot be certain when we'll be able to reopen, but it will be as soon as possible, consistent with medical advice.

### Phone lines still open

There will still be staff on site at the senior center, to help in whatever way we can by phone, email, and social media.

### Web site updates

Please check our web site: <https://scottvilleareaseniorcenter.com/> for news during our closure—and a reopening announcement.

**Medical transportation services have resumed.** Social distancing and face covering requirements are in place for drivers and passengers.

**Homemaker and respite services have resumed** for those who have requested them.

Please continue to check our Facebook or website, <https://scottvilleareaseniorcenter.com/>, for any current information regarding Scottville Area Senior Center.

We're still not open and serving lunch at Scottville Area Senior Center. But folks who typically attend our congregate meals can inquire about receiving Meals-On-Wheels from the senior meals program at Mason County Central Schools Food Services. Please call 231-747-4831.

Our building may be closed, but we're still open for business—helping seniors with a variety of services outside our building, as well as information and Medicare/Medicaid counseling via phone. Our number is 231-757-4705.

It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like "What about lunch?"

-Winnie The Pooh

## Coronavirus reminders

People in at-risk groups should be especially vigilant about following CDC guidelines to help prevent contracting or spreading the coronavirus:

- Wash your hands frequently, for at least 20 seconds. If soap and water are unavailable, use a hand sanitizer with at least 60 percent alcohol content.
- Avoid touching your mouth, nose and eyes with unwashed hands.
- **Wear a face covering** and keep at least 6 feet away from others while outside the home.
- Avoid crowds, especially in confined indoor spaces.
- Avoid close contact with people who are sick, even at home.



## Face masks available for Mason County Seniors

Thanks to the hard work of our *Charity Sew* group and our friends in *The Sewing Brigade*, we have cloth masks available to give to Seniors who need one. Limit one per person. Please contact the Scottville Area Senior Center at 231-757-4705 for more information.



# SCOTTVILLE AREA SENIOR CENTER

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
2	3 <b>KEY</b> -Exercise -Weekly -Once each Month -Series -Special Event	4 Sit & Be Fit 10:30 (Riverside Park) COVID Support Group 12:30 (Riverside Park)	5 	6 Sit & Be Fit 10:30 (Riverside Park)	7 	8	
9	10 	11 Sit & Be Fit 10:30 (Riverside Park) COVID Support Group 12:30 (Riverside Park)	12 	13 Sit & Be Fit 10:30 (Riverside Park)	14 	15	
16	17 	18 Sit & Be Fit 10:30 (Riverside Park) COVID Support Group 12:30 (Riverside Park)	19 	20 Sit & Be Fit 10:30 (Riverside Park) Healthy/wise 12:30 (Riverside Park)	21 	22	
23	24 	25 Sit & Be Fit 10:30 (Riverside Park) COVID Support Group 12:30 (Riverside Park)	26 	27 Sit & Be Fit 10:30 (Riverside Park) Creative Crafts 12:30 (Riverside Park)	28 	29	
30	31 						





Let The FUN Begin!!

# ICE CREAM SOCIAL!

ALL COMMUNITY MEMBERS INVITED!



THURSDAY, AUGUST 13TH, 2020

1:00 PM - 3:00 PM

SUGGESTED DONATION \$2.00

Choose from our  
Sundae Menu Options!!

Ludington Senior Center  
308 S Rowe Street  
Ludington, MI 49431



Vitality at its Best

ROTARY  
PARK



YARD GAMES!!  
In the parking lot

Join us at Rotary Park in August  
for Bingo! **FREE GAME**  
Bring your chair and, forget  
water to keep hydrated.  
Every other Monday at 1:00 pm  
Dates: 3rd, 17th & 31st.  
Cards and markers provided!  
Join in on the FUN!!

Call us, 231.845.6841  
if you would like to  
reserve a time to play  
CORNHOLE.

Four boards available!  
• Reserve a time slot  
• bring team members  
LET THE GAMES BEGIN

**CLOSED UNTIL FURTHER NOTICE**

The Ludington Senior Center is currently closed to all group activities, until further notice, due to Governor Whitmer's, "**Stay Home, Stay Safe**" order, cause by the Corona Virus Pandemic. Our doors will remain closed, however, staff is available to assist our clientele as needed. Please contact us if you need assistance, review our calendar or Facebook pages for current programs and services we are providing.

We can be reached via phone: **231.845.6841**

Mondays - Fridays, 9:30 am - 4:00 pm.

**Or Email us at:**

Vickie: [vcollins@ci.ludington.mi.us](mailto:vcollins@ci.ludington.mi.us)

Rayma: [rburger@ci.ludington.mi.us](mailto:rburger@ci.ludington.mi.us)

Cyndi: [cscott@ci.ludington.mi.us](mailto:cscott@ci.ludington.mi.us)



Like us on  
Facebook



**Ludington Senior Center Webpage coming SOON!**

## Extra Help Eligibility AKA Low - Income Subsidy



**Did you know, if you have Medicare you could be eligible for Extra Help to assist with your Prescription Drug Plan?**

### Medicaid Eligible

- Did you know, your co-pay could be as little as **\$1.30** for (Generics)  
**OR \$3.90** for (Brand name) if your income is or less than:  
**Individual:** \$1,084 monthly; \$13,000 yearly.    **Couple:** \$1,457 Monthly; \$17,480 yearly?
- Did you know, you could have \$0.00 Annual Premium?
- Did you know, you could have \$0.00 Annual Deductible?

### Full Subsidy Eligible

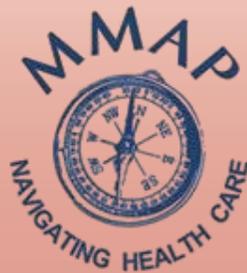
- Did you know, your co-pay could be as little as **\$3.60** (Generics)  
**OR \$8.95** (Brand) if your income is or less than:  
**Individual:** \$1,456 monthly; \$17,466 yearly.    **Couple:** \$1,960 monthly; \$23,514 yearly?
- Did you know, you could have \$0.00 Annual Premium?
- Did you know, you could have \$89.00 Annual Deductible?

Call us at the **Ludington Senior Center** at **231.845.6841** if you believe you could be qualified for this program. Let us help, by assisting you with filling out the necessary paperwork to apply.

## Opening for Services by Appointments

Need help navigating the high seas of Medicare and Medicaid? Our volunteers may be able to assist.

Call us, 231.845.6841 for an appointment.



Paralegal, **Denise Amidon** from Parmenter Law is currently taking appointments. Call the Ludington Senior Center at, 231.845.6841 to schedule a **"FREE"** 30 minutes Elder Law consultation.

[www.parmenterlaw.com](http://www.parmenterlaw.com)

Take the Census online. Nine (9) questions, ten (10) minutes!

FOOT CARE  
Keep Your Feet  
Happy!

Call Tricia @  
231.239.1951

To Schedule an  
appointment



Need help with filing your Tax Credits?

Call us at 231.845.6841 to arrange drop off time. We will call you when your paperwork is ready for pick up!

Farm to Families  
Produce box distribution  
Boxes contain fresh fruits & vegetables, and are issued on a first come bases.  
Pick up Wednesdays @ 11:00 am  
Please wear a **MASK**.

# LUDINGTON AREA SENIOR CENTER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10 Zumba (Rotary Park) 1 Bingo (Rotary Park)	4	5 11 Stretch Fit & Balance (Facebook Live)	6 10:30 Zumba (Rotary Park)	7	8
<p>The Ludington senior Center is currently closed to all group activities. Call us at 231.845.6841 should you need assistance.</p>						
9	10 10 Zumba (Rotary Park)	11 1 Essential Oils (Stearns Park)	12 11 Stretch Fit & Balance (Facebook Live)  2 Diabetes Supt. (Facebook)  3 Ted Talks (Zoom)	13 10:30 Zumba (Rotary Park)  1 - 3 Drive Up <b>ICE CREAM</b> <b>SOCIAL</b> See Ad on Page 14 	14	15
16	17 10 Zumba (Rotary Park)  1 Bingo (Rotary Park)	18	19 11 Stretch Fit & Balance (Facebook Live)	20 10:30 Zumba (Rotary Park)	21	22
<p>Watch our Facebook page for continued updates. Stay safe. #sixfeetplzthanks</p>						
23	24 10 Zumba (Rotary Park)	25	26 11 Stretch Fit & Balance (Facebook Live)  2 Diabetes Supt. (Facebook)  3 Ted Talks (Zoom)	27 10:30 Zumba (Rotary Park)	28	29
	30	31 10 Zumba (Rotary Park)  1 Bingo (Rotary Park)				

## THE CORONAVIRUS CRISIS

# Planning For End-Of-Life Care Is More Crucial Than Ever. Here's How

Article found on NPR website  
Written by: Katherine Harmon Courage  
July 9, 2020. 7:00 AM ET

The coronavirus pandemic has been a stark reminder "that things can change in a minute — and so you've got to be prepared," says **Sunita Puri**, medical director for palliative care at the Keck Medical Center at the University of Southern California. One of the ways to do this is to decide what sorts of treatments you would want (or not want) in the case you became critically ill — and then document those wishes and share them with loved ones.

**COVID-19** has now killed nearly .04 percent of the U.S. population — and sent an even higher proportion to the hospital for intensive treatment. But many — some **63%** of adults in the U.S. — have not made formal plans for what they would want their critical care and, if it comes to it, their deaths, to look like. **Puri** says, working in palliative care, she's seen numerous examples when careful end-of-life planning, done in advance of a crisis, can make a big difference. For example, the daughter of one **COVID-19** patient had already discussed these issues with her mother — before the mother became critically ill — and that helped the daughter and the medical team make decisions and removed some of the strain around deciding whether to continue invasive care.

As a doctor, "you always want your recommendations to be in alignment with what the patient would want, what their values are, what their preferences are," says **Trevor Bibler**, a faculty member at Baylor College of Medicine's Center for Medical Ethics and Health Policy. Lacking that information when loved ones and medical professionals need to make difficult decisions in a time of strain "can be an additional area of distress," he says.

So preparing some simple paperwork — and having a few important conversations — is more crucial than ever, say experts in palliative medicine and bioethics. Here's what you need to know.

### Find advance directive forms for your state

A first step to take is to complete an advance directive. This is a form that allows you essentially to check boxes about what kind of life-sustaining

interventions you want — or do not want — such as being resuscitated or having a feeding tube. These are **legally recognized documents** and typically require witnesses (and sometimes a notary). These forms and their questions vary for each state; a comprehensive **list of state forms** created by the National Hospice and Palliative Care Organization is available for anyone for free from AARP.

### Contemplate your goals and wishes

When filling out your advance directive, take some time for introspection. Remember this form might have to speak for you in a moment when you cannot speak for yourself.

Also be aware that these forms do not always provide an entirely clear path for care, **Bibler** notes. "People think that, 'Well, if I fill this out, then it's going to be completely unambiguous as to what's going to happen to me at the end of my life,'" he says. "But oftentimes the advanced care planning documents are hard to interpret, or the clinical situation might not be exactly what people think."

That is in part because the forms try to capture your wishes in the simplest terms (no resuscitation, for example). But life — and particularly critical care and death — is complicated and incredibly varied. What you might have seen a relative endure (perhaps a slow decline through advanced dementia) could be very different from a situation you might face **(such as a rapid and severe coronavirus infection)**.

One way to help others understand your wishes is to think about what your idea of good and bad critical care would look like for you, **Bibler** says. "Don't just rely on a couple of check boxes" on the form, he says. "Add additional narrative elements" that illustrate your goals. It could be as simple as noting, "If I can never interact with my grandchildren again, I would rather be made comfortable," he says. "That's a very helpful narrative element that gives a lot more insight into what the person valued."

Thinking about clinical decisions, such as whether we would want mechanical ventilation and in what situation can be hard "because we're not medical

# MASON COUNTY • MICHIGAN

experts," says **Rebecca Sudore**, a palliative medicine physician and professor at the University of California, San Francisco, School of Medicine.

"But what we are experts on is ourselves and our lives. We're experts about what brings us meaning and quality of life." To help people in thinking and talking about these issues, she and her colleagues created a **research-based** online resource called **PREPARE**, which is available in English and Spanish and includes state-specific advance directive forms in multiple languages.

It might also help to remember that this planning is not just for you. "It's really all about helping your family and friends," **Sudore** says.

## Consider the ventilator question

Even if you have filled out advance directives in the past, now might be a good time to review them to make sure they reflect your current wishes, **Bibler** says. Some people might change their minds about whether they would want to go on a ventilator if they got COVID-19, how long they would want to stay on ventilation without signs of improvement, or if they would feel good about offering their ventilator to another patient who had better odds of surviving should there be an equipment shortage.

## Pick multiple health care agents

Another important element of critical care planning is naming at least one health care agent (also called a proxy or surrogate). These are people (named in your advance directive) who you designate to make medical decisions on your behalf if you are incapacitated and cannot make them yourself. And they will be designated in a particular order so only one person acts as the official agent at any one time.

**Bibler** recommends naming as many backups as possible, especially during the pandemic. For example, entire families are getting sick, so having additional individuals who can fill that role should a first or even second agent become ill is particularly helpful now.

It is important to clarify that although appointed health care agents are allowed to speak on your behalf, completed advance directives usually take precedence over their words, **Bibler** says. In fact, even if an agent insists that their loved one would have wanted a different approach than is outlined in a directive, doctors can face liability if they go against the legal document.

In fact, even if an agent insists that their loved one would have wanted a different approach than is outlined in a directive, doctors can face liability if they go against the legal document. This is another reason to review advance directives regularly and ensure they still align with your wishes — and to let others know if you have changed anything. **Bibler** also recommends "letting them know *why* there has been a change," which can help everyone make more nuanced decisions later if necessary.

It might also be worth considering if there are people you would *not* like to have contributing to decisions on your behalf. "There's always going to be that person that just shows up" when critical decisions need to be made, says **Puri**, who is also **author** of *That Good Night*. "There's not a specific box for this, so I suggest people just write it in."

## Have "the talk"

Set up time to tell your appointed health care agents that you've named them and talk through your decisions, **Sudore** says.

"I can't tell you how many conferences I've had with family and friends who basically didn't even know their name was written on an advance directive so they can't even prepare themselves," she says. "And giving these people even just an inkling of what's important [**to you**] can really help."

Experts say that conversations with your most important loved ones about your care wishes are incredibly helpful. (**And the more people you loop in, the better, Bibler says.**)

The conversation doesn't have to be gruesome, **Sudore** says. If it's easier to steer clear of resuscitation or ventilation details, some other topics might prove to be more useful, ultimately, for making care decisions, she says.

For example, she says, you can tell people: "These are the things that make my life worth living and give me quality of life — and these are the things that if I didn't have it would be really hard on me."

These planning conversations might not be easy, but they are key to giving us more say in care decisions. "We have a semblance of control if we can plan a bit," **Puri** says. "There's a lot more suffering when nobody has planned for anything."

*Katherine Harmon Courage is a freelance science and health journalist and editor, contributor for Scientific American and Vox, and author. You can find her on Twitter at @KHCourage.*

# TALLMAN SENIOR CENTER

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

## LUNCH

Mon - Fri at Noon  
Please call by 9 am  
each day to sign up  
for lunch!

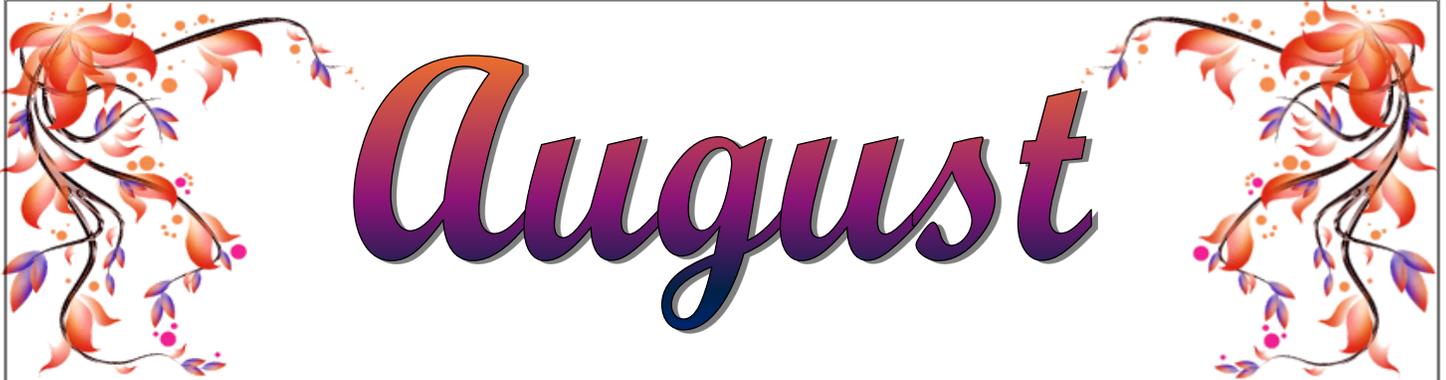


**HOURS**  
MON thru FRI  
9:00 TO 3:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	4 Bingo 10:00 Lunch 12:00 Talk Session 1:00	5 Auxiliary Mtg 10:00 Board Mtg 10:00 Lunch 12:00 Sit 'n be Fit 2:30	2 Bingo 10:00 Lunch 12:00	3 Book Club 9:30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	4
10 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	7 Bingo 10:00 Lunch 12:00 Talk Session 1:00	8 Board Mtg 10:00 Crafts 10:00 Lunch 12:00 Sit 'n be Fit 2:30	9 May Birthday Party 9:30-10:30 Lunch 12:00 COA Mtg 1:00	10 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	11 <b>POTLUCK 12 PM</b>
17 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	14 Bingo 10:00 Lunch 12:00 Talk Session 1:00	15 Crafts 10:00 Lunch 12:00 Put N Take 1:00 Sit 'n be Fit 2:30	16 Bingo 10:00 Lunch 12:00	17 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	18
24 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	21 Bingo 10:00 Lunch 12:00 Talk Session 1:00	22 Crafts 10:00 Lunch 12:00 Put N Take 1:00 Sit 'n be Fit 2:30	23 Bingo 10:00 Lunch 12:00	24 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	25
31 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	28 Bingo 10:00 Lunch 12:00 Talk Session 1:00	29 Crafts 10:00 Lunch 12:00 Put N Take 1:00 Sit 'n be Fit 2:30	30 Bingo 10:00 Lunch 12:00	31 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	

**ALL ACTIVITIES ARE CANCELED UNTIL  
THE CENTER REOPENS.**

*We'll see you soon!*



Free Soil Senior Center is currently closed but takeout meals are available.

We will be serving from 11:45 am and end at 12:30 pm. PLEASE call in to reserve a meal by **NOON** the day before at 231-464-6789, OR leave a message on our **FB Senior Center page**, OR **sign up** for the next meal when you pick up.

## Expressions with crazy origins that you would never have guessed

### Bite the bullet

**Meaning:** To accept something difficult or unpleasant

**Origin:** In the olden days, when doctors were short on anesthesia or time during a battle, they would ask the patient to bite down on a bullet to distract from the pain. The first recorded use of the phrase was in 1891 in *The Light that Failed*.

### Caught red-handed

**Meaning:** To be caught in the act of doing something wrong

**Origin:** This originates from an old English law that ordered any person to be punished for butchering an animal that wasn't his own. The only way the person could be convicted is if he was caught with the animal's blood still on his hands.

### Give a cold shoulder

**Meaning:** Being unwelcoming or antisocial toward someone

**Origin:** In medieval England, it was customary to give a guest a cold piece of meat from the shoulder of mutton, pork, or beef chop when the host felt it was time for the guest to leave. This was a polite way to communicate, "You may leave, now."

### Butter someone up

**Meaning:** To impress someone with flattery

**Origin:** This was a customary religious act in ancient India. The devout would throw butter balls at the statues of their gods to seek favor and forgiveness.

### Cat got your tongue?

**Meaning:** Asked to a person who is at loss of words

**Origin:** The English Navy used to use a whip called "Cat-o'-nine-tails" for flogging. The pain was so severe that it caused the victim to stay quiet for a long time. Another possible source could be from ancient Egypt, where liars' and blasphemers' tongues were cut out and fed to the cats. (What a treat for the cats!)

### Go the whole nine yards

**Meaning:** To try your best at something

**Origin:** During World War II, the fighter pilots were equipped with nine yards of ammunition. When they ran out, it meant that they had tried their best at fighting off the target with the entirety of their ammunition.

Retrieved from: <https://www.grammarly.com/blog/14-expressions-with-crazy-origins-that-you-would-never-have-guessed/>

# BRAIN GAMES

## ICE CREAM FLAVOR WORD SCRAMBLE

Unscramble each of the clue words to spell an ice cream flavor.

1. TMIN CALTOOHEC PHCI \_\_\_\_\_
2. TURTEB CNAEP \_\_\_\_\_
3. YOKCR DORA \_\_\_\_\_
4. LAPNANIOTE \_\_\_\_\_
5. SOEMO KCRTSA \_\_\_\_\_
6. RARSEWTYRB \_\_\_\_\_
7. NERHFC NALVIAL \_\_\_\_\_
8. GAERON PEPLENPIA \_\_\_\_\_
9. PRMANSEU \_\_\_\_\_
10. TPOSIHCIA \_\_\_\_\_



**There are 7 small differences in these pictures. Can you find them?**



# 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](https://www.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

SUPPORT GROUPS LISTED BELOW ARE CURRENTLY CANCELED. THEY SHOULD RESUME WHEN MASON COUNTY SENIOR CENTERS REOPEN. PLEASE CALL AHEAD BEFORE ATTENDING.

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

### 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

Book Mark  
201 S Rath Avenue  
Ludington, MI 49431  
2nd. Thursday 12:30pm.  
800.272.3900

### Grief Support Groups

**United Methodist Church**  
5810 Bryant Road.  
Ludington Michigan  
Second Mondays 4 - 6pm  
231.843.8340

**Hospice of Michigan**  
5177 W. US 10, Suite #2  
Ludington, MI 49431

### Kindship Caregivers Support Group

Scottville Senior Center  
3rd Wednesdays, 5:30 pm

### 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
- Benefits
- Forms etc.

### Veteran's Affairs Commissioner

James Wincek  
231.843.2563 Ext. 2027

## USEFUL NUMBERS

<b>Attorney General</b>	<b>517.284.8800/877.999.6442</b>
<b>For Local Information / Resources</b>	<b>211</b>
<b>Area Agency on Aging of West MI</b>	<b>616.456.5664</b>
<b>Better Business Bureau of West MI</b>	<b>800.684.3222</b>
<b>MI Auto Insurance Coverage Issues</b>	<b>888.995.8441</b>
<b>Health Dept. District #10</b>	<b>231.845.7381</b>
<b>HELP Ministries</b> (Hands Extended Loving People)	<b>231.843.6811</b>
<b>Legal Aid of Western Michigan</b> <a href="http://www.legalaidwestmich.org">www.legalaidwestmich.org</a>	<b>231.726.4887</b>
<b>Legal Hotline for Michigan Seniors</b> <a href="http://www.elderlawofmi.org/legal_hotline">www.elderlawofmi.org/legal_hotline</a>	<b>517.372.5959</b>
<b>MI Public Service Commission</b> (inquiries and complaints)	<b>800.292.9555</b>
<b>Unwanted Phone Solicitation</b>	<b>888.382.1222</b>

## FREE MEDICAL EQUIPMENT LOANS

<b>American Legion Post 76</b> 318 N James St, Ludington, MI 49431 7Days/Week: Noon - 7:00 p.m.	<b>231.845.7094</b>
<b>Custer VFW Gold Bar Post</b> 2022 State St. (US 10), Custer, MI 49405 Monday - Friday 9:00a.m. - 5:00p.m.	<b>231.757.9665</b>
<b>Ludington Senior Center</b> Monday - Friday 9:00 a.m. - 4:30p.m.	<b>231.845.6841</b>
<b>Scottville Senior Center</b> Monday - Friday 8:00 a.m. - 4:30p.m.	<b>231-757-4705</b>

