

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

November 2020
Volume 9
Issue 11

Active for Life

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

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MASON COUNTY • MICHIGAN

Thanksgiving Quotes

A new survey found that 80% of men claim they help cook Thanksgiving dinner. Which makes sense, when you hear they consider saying 'that smells good' to be helping.

Jimmy Fallon

Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. *This is not coincidence.*

Erma Bombeck

Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often.

Johnny Carson

I suppose I will die never knowing what pumpkin pie tastes like when you have room for it.

Robert Brault

Thanksgiving is a time to count your blessings, one by one, as each relative goes home.

Melanie White

Thanksgiving, man. Not a good day to be my pants.

Kevin James

Retrieved from: <https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g22788839/thanksgiving-jokes/> and <https://www.countryliving.com/food-drinks/g22825950/funny-thanksgiving-quotes/>



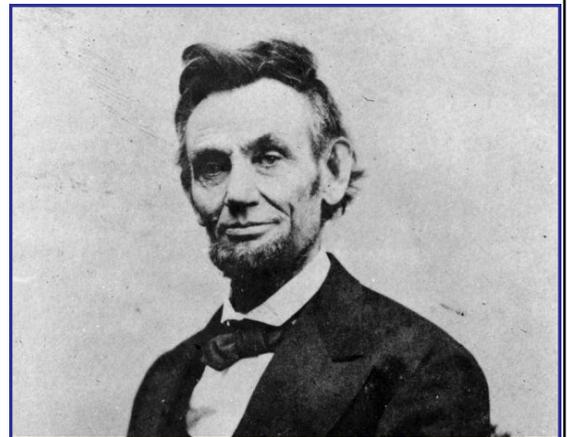
Did
you
know?

Thanksgiving wasn't a national holiday until 1863.

On October 3, 1863, after expressing gratitude for a pivotal Union Army victory at Gettysburg, President Abraham Lincoln announced that the nation will celebrate an official Thanksgiving holiday on November 26, 1863.

The speech, which was actually written by Secretary of State William Seward, declared that the fourth Thursday of every November thereafter would be considered an official U.S. holiday of Thanksgiving. This announcement harkened back to when George Washington was in his first term as the first president in 1789 and the young American nation had only a few years earlier emerged from the American Revolution. At that time, George Washington called for an official celebratory "day of public thanksgiving and prayer." While Congress overwhelmingly agreed to Washington's suggestion, the holiday did not become an annual event until 1863.

Retrieved from: <https://www.history.com/this-day-in-history/lincoln-proclaims-official-thanksgiving-holiday>



Lincoln, not the pilgrims, is responsible for the Thanksgiving holiday.

How Can You Support Those with Dementia? Become a Dementia Friend!



In the United States alone, over 5 million people live with some form of dementia. Most of us likely regularly come into contact with someone who has dementia in our community. For those with dementia, cognitive decline makes it difficult to interact with others and the world around them. They may struggle to make a decision, forget where they are heading, or not understand the question a person is asking. Navigating daily life can be overwhelming for these individuals and they could feel they are slowly being cut off from the world. So, what can you do to help? *Become a Dementia Friend*. Dementia Friends Michigan (DFMI) is a program designed to help you understand how to better communicate and support those with dementia. This is especially important during COVID-19 as many with dementia have likely had the daily routines that they rely on disrupted and could be feeling isolated and confused.

At its heart, Dementia Friends is a social action movement. The program recognizes that the way in which we view dementia as a society needs to be altered and focuses on changing the way we think, act, and talk about dementia. DFMI works to educate “Dementia Friends” on how best to communicate and interact with people living with dementia. In many cases, small action steps can make a big difference in helping someone with dementia navigate through their day. This knowledge will help make communities more accessible and inclusive as a whole. In turn, Dementia Friends support not only the individual with dementia, but their caregiver as well.

The wonderful thing about Dementia Friends is that anyone can become one! Whether you are a caregiver, a neighbor, grandchild, etc. all you need is the desire to help others. Dementia Friends sessions are currently being held virtually via the Zoom platform, with a session lasting about an hour and a half. In this class, you will learn how to recognize signs of dementia, how to effectively interact with people living with dementia, and how you can make your community a friendlier place through your daily work and interactions. If you want to take this involvement one step further, you can become a Dementia Champion as well, where you become a Dementia Friends trainer in your own community.

The impact of COVID-19 on those with dementia is apparent. The routines that they have come to expect in their days have been halted. Though we’ve all had to adapt to the pandemic, understanding why can be harder for those with dementia. If you have someone in your life with dementia, you could be feeling overwhelmed at how to best support them. Having the communication tools gained from a Dementia Friends session can be a huge help. Additionally, at the Area Agency on Aging of Western Michigan, we are offering virtual caregiver support groups and Family Caregiver University classes. Our partners are able to help with the delivery of essential items and other tasks. Support is available for you and your loved one.

You can learn more about becoming a Dementia Friend at www.aaawm.org/dfmi or call (616) 456-5664 to get information on the number of resources that are available to you.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Fried Steak Mashed Potato Corn Tropical Fruit Bread 1 % milk	3 BBQ Chicken Coleslaw Baked Beans Pears Dinner roll 1 % milk	4 Meatloaf Mashed Potatoes Brussels sprouts Banana Homemade Roll 1 % milk	5 Pizza Day Tossed Salad Peas Fruit salad 1% milk	6 Breaded Fish Scalloped Potato Carrots Applesauce Dinner roll 1 % milk
9 Breaded Pork Cutlet Potatoes/gravy Cauliflower Pears Dinner rolls 1 % milk	10 Taco Tuesday Taco Meat Flour Shell Refried Beans Cheese, Lettuce, Tomato Fresh Fruit 1% milk	11 Spaghetti/meat sauce Broccoli Tossed Salad Peaches Bread 1 % milk	12 Jumbo Hotdogs Spudsters Baked Beans Fresh Banana Hotdog buns 1 % milk	13 Chicken Pot Pie & Veggie Green Beans Warm Peaches 1 % milk
16 Meatballs in gravy Mashed Potato Brussels sprouts Grapes Biscuits 1 % milk	17 Polish Sausage Sauerkraut Red Skin Potatoes Applesauce Bun 1 % milk	18 Sloppy Joes Hash brown Casserole Creamy Cucumbers Spiced Apples Hamburger Bun 1 % milk	19 Chicken Marinara Winter Blend Tossed salad Melon Chunks Spaghetti Noodles 1 % milk	20 Sliced Roast Beef Mashed Potato Peas Fruit Cup Roll 1 % milk
23 Breaded Chicken Sweet Potatoes Green Bean Cas- serole Tropical Fruit Bread 1 % milk	24 Lasagna Broccoli Tossed Salad Peaches Breadsticks 1 % milk	25 Turkey Supreme with Stuffing Sweet Potatoes Green Beans Applesauce Pumpkin Cookie 1 % milk	26 No Meals Served 	27 No Meals Served 
30 Tator Tot Casserole Potatoes in entree Green Beans Peaches Roll 1 % milk				

PRICES

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

\$1 Lunch Days

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

**Note: Menus are
subject to change.**

**Kitchen/Meals on
Wheels program
757-4831**

Meal Sites

Scottville 757-4705
Tallman 757-3306

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FUN FOOD FACTS

Retrieved from: <https://parade.com/966564/parade/fun-facts/>



Sliced bread was first manufactured by machine and sold in the 1920s by the Chillicothe Baking Company in Missouri. It was the greatest thing since...unsliced bread?

The Earl of Sandwich, John Montagu, who lived in the 1700s, reportedly invented the sandwich so he wouldn't have to leave his gambling table to eat.

Experiments in universities have actually been carried out to figure out how many licks it takes to get to the center of a Tootsie Pop, both with machine and human lickers (because this is important scientific knowledge!). The results ranged from 252 to 411.

There actually aren't "57 varieties" of Heinz ketchup, and never were. Company founder H.J. Heinz thought his product should have a number, and he liked 57. Hint: Hit the glass bottle on the "57," not the bottom, to get the ketchup to flow.

German chocolate cake doesn't come from Germany. It was named for a person, Sam German, who created a type of baking chocolate for Baker's Chocolate in 1852.

Hawaiian pizza was created in Ontario, Canada, by Greek immigrant Sam Panopoulos in 1962.

Word association key: 1. Deck 2. Trunk 3. Pupil 4. Case 5. Bank 6. Sheet 7. Tank 8. Racket 9. Mummy 10. Pipe

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What You Are Is As Important As What You Do

Who you are speaks so loudly I can't hear what you're saying

Ralph Waldo Emerson

It was a sunny Saturday afternoon in Oklahoma City. My friend and proud father Bobby Lewis was taking his two little boys to play miniature golf. He walked up to the fellow at the ticket counter and said, "How much is it to get in?"

The young man replied, "\$3.00 for you and \$3.00 for any kid who is older than six. We let them in free if they are six or younger. How old are they?"

Bobby replied, "The lawyer's three and the doctor is seven, so I guess I owe you \$6.00."

The man at the ticket counter said, "Hey, Mister, did you just win the lottery or something? You could have saved yourself three bucks. You could have told me that the older one is was six; I wouldn't have known the difference." Bobby replied, "Yes, that may be true, but the kids would have known the difference."

As Ralph Waldo Emerson said, "Who are you speaks so loudly I can't hear what you are saying." In challenging times when ethics are more important than ever before, make sure you set a good example for everyone you work and live with.

Patricia Fripp

Excerpt from *Chicken Soup for the Soup*. Pg. 103

National Family Caregivers Month – November 2020

History of National Family Caregivers Month

Back in 2014, through a Presidential Proclamation, Barack Obama designated November as National Family Caregivers Month. The president encouraged all Americans to pay tribute to those providing for the health and wellbeing of family members, friends and neighbors.

Here's an excerpt from the proclamation:

“Each day, courageous individuals step forward to help care for family members in need, their quiet act of selflessness and sacrifice telling a story of love and devotion. Across our country, parents and children, siblings and spouses, friends and neighbors heroically give of themselves to support those in their lives affected by illness, injury, or debility. During National Family Caregivers Month, we salute the people who play difficult and exhausting roles, and we recommit to lifting up these Americans as they care for their loved ones while protecting their dignity and individuality”.

Barack Obama

Caring for the caregiver

Your well-being is important, too

How to fill your tank

Driving down the road one day, Amy Goyer knew her luck-and fuel tank– could run out at any moment. “I was running out of gas”, said Goyer, a caregiver expert for AARP.com. “I was afraid I was going to break down.”

With little fuel to spare, she made it. As she left the station, Goyer realized the panic she had felt is what caregivers experience every day, and that those who give care run better on a full tank.

“That was my “aha” moment,” she said.

Goyer wrote a blog about four levels of “fill-ups” for caregivers– Quick tank fillers, premium fill-ups, scheduled tune-ups and routine maintenance. Taking part in only one level, Goyer says, won't suffice.

As a caregiver, you should partake in all four categories to ensure you're maintaining your physical and mental well-being.

The suggestions include:

Fill up quickly. Try phoning a friend, enjoying a mug of your favorite coffee or tea, or chatting with friends on social media. Goyer recommends the AARP Family Caregivers Discussion Group on Facebook, which provides tips, support, and a way to connect with other care-givers.

At a premium. Enjoy an exercise class, play a round of golf, take a hike or do other things to give yourself a one- to two-hour break. Goyer would take her parents on what they called fun Friday adventures. “Mom would get her hair done, then we'd go out to eat.,” she said. “That change in routine helped fill me up and filled them up, too.”

Get in tune. Plan out a longer period of respite and go on vacation to recharge. Travel for pleasure or attend a workshop or retreat.

Maintain yourself. Commit to regular events, such as eating a healthy diet, exercising, getting regular medical checkups and massages or acupuncture, for example.”

“This is not selfish,” Goyer said. “It's practical. You can't expect yourself to run on empty. Anything we do for ourselves is good.”



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org

Open Enrollment

Open enrollment is from **October 15 to December 7**.

We will be starting Open Enrollment at the Senior Center on Wednesday October 16th. **You must Call to make an appointment** with our MMAP counselors. We will start making appointments on Tuesday, October 19th.



Due to the COVID-19 Pandemic

**This season Councilors will assist seniors via phone.
One-on-one counseling may not be permitted.**

Call 231-845-6841. During this annual enrollment period you can make changes to various aspects of your coverage.

- You can switch from **Original Medicare** to Medicare Advantage, or vice versa.
- You can also switch from one **Medicare Advantage** plan to another, or from one **Medicare Part D** (prescription drug) plan to another.
- If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you're already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you *don't want to make changes* to your coverage for 2021, you don't need to do anything during open enrollment, assuming your current plan will still be available in 2021.

If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you didn't; it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could be changing for 2021. So even if you're confident that you want to keep your current coverage for the coming year, it's important to make sure you understand any changes that may apply, and that you've double checked to make sure your current plan is still the best available option. The available plans and what they cover changes from one year to the next. Even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

Open Enrollment is here: For assistance with this process please call the Ludington Senior Center at **231-845-6841**.

Due to the COVID-19 Pandemic

**This season Councilors will assist seniors via phone.
One-on-one may not be permitted.**

Angel Christmas Tree Program

The Ludington Senior Center invite you to adopt a Mason County senior through the Angel Christmas Tree program. Over the past ten years the Ludington Senior Center have partnered with local business and private individuals, to help make Christmas a little brighter for at risk seniors living in Mason County. The Angel Christmas Tree is a "Gift Giving Program," for seniors living in Mason County.

This year, due to the Corona Virus pandemic, it is imperative for seniors to benefit from this program. Our goal, here at the Ludington Senior Center is to ensure no senior living in Mason County is left feeling isolated, lost or abandoned. We realize, at this time, that some of us are feeling the economical strain due to the virus. However, it is at this time our seniors needs us most to feel included. If you are able to, please consider adopting a Mason County senior this Holiday Season, through our, "[Gift Giving Program.](#)"

Name tags with gift ideas will be available the week of October 26th, 2020.

Please call us to get a name tag or two!

Ludington Senior Center 308 South Rowe Street, Ludington.

Phone: 231.845.6841

Experience the magic of Christmas - GIVE



AIR FRYER 101

Air Fryer cooking is excellent for easy clean up and promote healthy eating, but first you have to know how to use it.

Join us for a Air Fryer 101 class!

Friday, November 20th, 2020 at 11:00 am.

(MUST CALL TO REGISTER!)

Bring your favorite written recipe to share

Join in on the FUN!!

LETS TALK

*Come out and socialize with us.
Meet with, Cyndi, Vickie or Rayma
Tuesday mornings 11:00 am - Noon
Only ten people per session.
Please call at 231.845.6841 to reserve you place*

Join our Coffee Klatsch - Lets Talk

All group activities are limited to 10 people. You must call 231.845.6841 to reserve your place before joining any activity and follow the COVID - 19 safety guidelines in place to protect everyone who enters the building.

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.



FOOT CARE

Keep Your Feet Happy!

Call Tricia @ 231.239.1951

*To Schedule an appointment
please call Tricia in the afternoon or
early evenings.*

*Tricia will be at the Ludington Senior Center
Friday afternoons.*

By appointment only.



LUDINGTON AREA SENIOR CENTER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-
1 The Ludington Senior Center will gradually be reopening to some group activities. Call us at 231.845.6841 to find out about your group.	2	3	4 11 Stretch Fit & Balance (FacebookLive)	5 10 Craft & Giggles 11 Zumba (Call center for location) 1 Tai Chi (Zoom Meeting)	6 Noon Sandy's Sit & Chat (Senior Center)	7
8	9 10 Zumba 11 Drumming (Call center for location) 1 Bingo (Senior Center)	10 10 Craft & Giggles 1 Essential Oils (Senior Center)	11 11 Stretch Fit & Balance (FacebookLive) 2 Diabetes Supt. (Senior Center) 3 Ted Talks (Zoom)	12 10 Craft & Giggles 11 Zumba (Call instructor for location) 1 Tai Chi (Zoom Meeting)	13 Noon Sandy's Sit & Chat (Senior Center)	14
15	16 10 Zumba 11 Drumming (Call center for location)	17 10 Craft & Giggles (Senior Center)	18 11 Stretch Fit & Balance (FacebookLive)	19 10 Craft & Giggles 11 Zumba (Call instructor for location) 1 Tai Chi (Zoom Meeting)	20 11 Air Fryer 101 Noon Sandy's Sit & Chat (Senior Center)	21
22	23 10 Zumba 11 Drumming (Call center for location) 1 Bingo (Senior Center)	24 10 Craft & Giggles (Senior Center)	25 11 Stretch Fit & Balance (FacebookLive) 2 Diabetes Supt. (Senior Center) 3 Ted Talks (Zoom)	Happy Thanksgiving		28
29	30 10 Zumba 11 Drumming (Call center for location)	NOVEMBER				

Scottville Senior Center now open on Mondays, Tuesdays, and Thursdays

Masks, spacing, reservations, capacity limits part of safety precautions



The Scottville Area Senior Center (SASC) reopened for visitors November 2 for the first time since the coronavirus pandemic flared in the spring. We were very excited to welcome our guests back and all were obviously pleased to return and see friends after these long, hard months of separation.

The reopening featured resumption of congregate meals and a limited number of in-center activities. We opened with programs that can be done with safety-related spacing, plus 10-person limits on the number of people in each of the center's activity areas.

While things are much different than we're used to, we are following guidance from health experts and other advisors to keep everyone as safe as possible. Staying open will depend on keeping our guests healthy and avoiding Covid-19 infections. Here are some of the key changes:

***There is a new opening time of 9:00 am.** Staff will be on site earlier to prepare for the day's activities, but the door will not open until 9:00.

***Access is limited, for now, to a single door (the main rear entrance).** The reception desk has been relocated to this entrance. A hand sanitizing station, sign-in sheet, and touchless temperature reading are provided.

***Guests are asked to call ahead for reservations (757-4705) for lunch as well as events.** Participation limits will be observed and we don't want to have to disappoint people who arrive without reservations, only to find we are at capacity.

***Masks covering both mouth and nose are required** during all activities (modified during lunch) to keep everyone as safe as possible. Physical distancing of at least 6 feet is requested at all times. Both hand-washing and hand-sanitizing will be encouraged frequently during visits.

***Capacity will be limited to 10 people per room/activity area**

Lunch protocols: Two designated seating spots per large table; one person only at smaller tables in overflow room. Lunches will be similar to home-delivered meals, and will be served by staff after diners are seated. Packaged salt and pepper and plastic utensils will be included. Masks can be pulled down below chin or attached to clothing while actively eating (of course), then replaced for table conversation (please do not lay masks on table). We will not have a salad bar or lunch line.

Activities resuming immediately

Among the initial activities offered are: exercise classes, quilting and sewing, crafts, bingo (assigned cards, distanced seating), shuffleboard, pool, and Wii bowling (gloves for controller use). Also on the schedule are small group meetings, including the Parkinson's support group, book club, life story writing (starting in January), painting, and special presentations on health and other topics.

In order to accommodate as many activities as possible, while still maintaining health precautions, the days, times and locations of some events have temporarily changed. Please call the center (757-4705) to check on your favorite activities.

On hold for now

Among the traditional activities that will not resume until a later date, due to health concerns, close contact or shared items, are: travel, cards and table games, dancing, puzzles, ladies' coffee, and other groups of more than 10 people. Meetings outside normal center hours when staff is not onsite will not resume until a later date.

Inter-generational programs

Monthly Grandparents Raising Grandchildren meetings will resume. These will include adults only at the beginning, but resumption of activities for children will be reviewed regularly. The November 18th meeting will include planning for 2021.

Our other inter-generational programs, held in partnership with Mason County Central Schools (of which SASC is a part) are also on hold temporarily. These include The Alliance Project with Spartan Academy students and another great favorite of our seniors—the traditional Christmas visit by third grade students. We will find an alternate way to do them, or resume them in 2021.

SCOTTVILLE AREA SENIOR CENTER

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

Resuming immediately

Among the initial activities offered, with a 10-person limit, are:

- exercise classes
- quilting and sewing
- crafts
- bingo
- shuffleboard
- pool
- Wii bowling

Also starting soon- small group meetings, including:

- Grandparents Raising Grandchildren (+ other kinship caregivers)
- Parkinson's support group
- book club
- life story writing (starting in January)
- painting
- special presentations on health and other topics

In order to accommodate as many activities as possible, while still maintaining health precautions, the days, times and locations of some events have temporarily changed. **Please call the center (757-4705)** to check on your favorite activities. Please see page 17 for a calendar of SASC events.

On hold for now

Among the traditional activities that will not resume until a later date, due to health concerns, close contact or shared items, are:

- travel
- cards and table games
- dancing
- puzzles
- ladies' coffee
- other groups of more than 10 people

Meetings outside normal center hours (9 am to 4:30 pm) will not resume until a later date.



Reception area

The reception area has been moved to the rear door, which is the only one in use now the center has reopened. A sanitizing station is between the entrance doors, and temperatures will be taken during the sign-in process at the table next to the welcome desk.



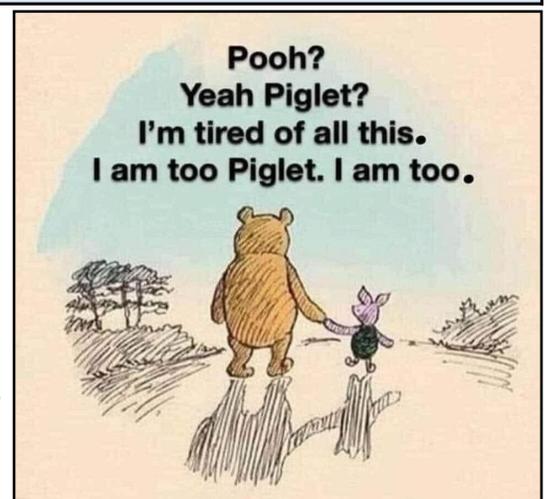
Lunch room

Lunch tables have been spread apart and will be limited to two people per table. Overflow seating if needed, will be in the exercise room and the quilting/pool room. Guests will take seats and box lunches will be served by the staff. (menu on page 4)

Services have continued during health crisis

Despite Covid-related limitations, the center's services have continued with little disruption. After a short hiatus requested by clients, the center has maintained its county-wide programs, such as homemaker services, respite for caregivers, and medical transportation. Other programs, such as food box and coupon distribution, Medicare and census assistance have continued outside the building. The center staff has continued wellbeing checks and other services via phone and computer. Exercise and other special events have been held at the Scottville Riverside Park pavilion.

There are many details about the reopening of SASC and the operation of individual activities that will resume. Please call the center (757-4705) for details.



SCOTTVILLE AREA SENIOR CENTER

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Healthy and Wise



A FREE Guide to More Natural Health Care

Presented by Luanne Parks, DNP

Third Thursdays at 12:30 PM

November's Topic:

Magnets and Polarity

Group size limit is 10. Call 757-4705 to attend.

Grandparents Raising Grandchildren

3rd Wednesdays at 5:30 PM

Open to Mason County grandparents and kinship caregivers raising grandchildren and other young relatives.

Regular meetings to help you with educational, medical, legal and other parenting issues.

Creative Crafts

SNOW GLOBES

\$4 per globe

12:30 PM

Fourth Tuesday of the month

This craft will make a great Christmas decorations, or gift!

Supplies are limited! Reserve your spot by calling (231)757-4705.



Attention: Those with Diabetes

Free Online class on Diabetes Management- Diabetes Path

Tuesdays at 2:00 p.m. at SASC (or at home)

Free for Michigan Residents-Registration Required Contact: Christi Demitzch at demitzch@msu.edu



ASK SHARON ABOUT MEDICARE

We are in month eight of the corona virus. I hope everyone has been well. We have probably come to the end of our outdoor weather so it is good that the Senior Center is open. The restrictions for opening are many but if we are all patient we will be able to enjoy each other and the center. I hope to see you all soon.

Q. Can I make an appointment to check my Medicare drug plan this year?

A. We cannot meet in person this year, but I will be able to help you by phone. When you call, I will write your prescriptions down and compare them to your plan this year. If you could benefit by changing plans I will let you know and assist you in enrolling in a new plan at that time. I will also let you know if you don't have to change. I will try to help you when you call, or call you back as soon as I can.

Q. Will you be helping with anything else this year?

A. I will also help anyone apply for Extra Help paying for drugs and Medicare Advantage.

Q. What is Medicare Advantage?

A. It is an HMO type of private medical insurance that takes the place of Medicare. There are co-pays and an out of pocket amount that you must spend before the plan pays your medical bills in full. The out of pocket amount is usually around \$6000 a year. This plan usually covers some dental, eye exams and glasses, and hearing aids. They also cover prescription drugs. These plans are very reasonably priced and usually you don't come close to your out-of-pocket amount unless you are hospitalized.

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

SCOTTVILLE AREA SENIOR CENTER

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45	3 Open Pool 9-11:30 Sit & Be Fit 10:30 Lunch 11:45 Ladies Pool 12:30 Diabetes Path 2:00	4 Center Closed	5 Charity Sew 9:00 Shuffleboard 10:30 Lunch 11:45 Bingo 12:30 Open Pool 2-4:30	6 Center Closed	7
8	9 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45	10 Open Pool 9-11:30 Sit & Be Fit 10:30 Lunch 11:45 Ladies Pool 12:30 Diabetes Path 2:00	11 Center Closed	12 Shuffleboard 10:30 Lunch 11:45 Book Club 1:00 Bingo 12:30 Open Pool 2-4:30	13 Center Closed	14
15	16 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45	17 Open Pool 9-11:30 Sit & Be Fit 10:30 Lunch 11:45 Ladies Pool 12:30 Parkinsons Gr 1:00 Diabetes Path 2:00	18 Center Closed	19 Shuffleboard 10:30 Lunch 11:45 Healthy/wise 12:30 Bingo 12:30 Open Pool 2-4:30	20 Center Closed	21
22	23 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45	24 Open Pool 9-11:30 Sit & Be Fit 10:30 Lunch 11:45 Ladies Pool 12:30 Crafts 12:30 Diabetes Path 2:00	25 Center Closed	26 Center Closed 	27 Center Closed	28
29 <u>KEY</u> Exercise -Weekly -Once each Month -Series -Special Series Event	30 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45					

NOVEMBER National DIABETES AWARENESS MONTH

Education is a critical part of both diabetes prevention and treatment, as there are many misconceptions about the disease. Below, the American Diabetes Association dispels some common myths to help you stay knowledgeable about diabetes.

Retrieved from: <https://www.uabmedicine.org/-/november-is-national-diabetes-awareness-month>

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths each year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that proper diabetes control can reduce your risk for diabetes complications.

Myth: Eating too much sugar causes diabetes.

Fact: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends avoiding sugar-sweetened beverages to help prevent diabetes. These include regular sodas, fruit punch, energy drinks, sports drinks, and other sugary drinks.

These drinks raise blood glucose and can add several hundred calories to your diet in just one serving!

Myth: If you are overweight or obese, you eventually will develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other factors such as family history, ethnicity, and age also play a role. Unfortunately, too many people disregard the other risk factors and mistakenly believe that weight is the only risk factor. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are within their normal weight or only moderately overweight.

Myth: You can catch diabetes from someone else.

Fact: Although we don't know exactly why some people develop diabetes, we know diabetes is not

contagious. It can't be contracted like a cold or flu. There seems to be some genetic link in diabetes, particularly with type 2 diabetes. Lifestyle factors also play a part.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone. It should be low in saturated and trans fats, moderate in salt and sugar, and based on lean protein, non-starchy vegetables, whole grains, healthy fats, and fruit. "Diabetic" foods generally offer no special benefit; most still raise blood glucose levels, cost more, and can have a laxative effect if they contain sugar alcohols.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to eat a small portion and save them for special occasions, in order to focus on healthier foods.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and oral medications eventually may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Tips for a Better Memory

All of us have problems recalling a stray fact or name at times, but some of us are so disorganized and forgetful that our brains sometimes seem more like a sieve.

No need to panic. Psychologists at Beth Israel Deaconess Medical Center in Boston have developed an innovative program called Memory 101 that's gaining attention from researchers around the nation. Want to turbo-charge your memory -- or least get your engine running smoothly? Here are tips from Memory 101 psychologists Cheryl Weinstein and Winifred Sachs, as well as from clinical memory programs around the country:

- Make a memory notebook. This is an 8-by-10 notebook with a calendar that will help you plan the minutiae of your life. Fill it with your to-do lists for the day, week, and month. Your notebook can become a portable filing cabinet for phone numbers, addresses, birthdays, medical information, phone messages, inspirational thoughts, bridge-playing strategies -- you name it. Carry it with you, or carry a small notepad to jot down information that you later transfer into your notebook. The act of writing something down reinforces it in your memory. And make sure to look at your notebook several times a day.
- Talk aloud to yourself. Say: "I'm walking up the stairs to get my glasses. I'm putting my parking ticket in my pocket so I can get it validated. I'm going to the store to buy milk and eggs." If a great idea strikes while you're in the shower, rehearse it out loud to help remember it. Consider carrying a tape recorder to record things you need to remember.
- Post reminder signs in your house, office, and car: "Remember to buy stamps!" "Remember to take out the garbage on Thursday!"
- Get in the habit of keeping items where you will need them -- keys by the front door, umbrella in the sleeve of your coat, eyedrops in the drawer of your nightstand, and so on. Record these locations in your memory notebook.
- Minimize distractions. Do one thing at a time. Turn off the television or radio when you're talking with someone. At a restaurant, try to face the wall so you can more easily focus on the conversation at your table.
- Bundle items from your to-do list. Examples: Always clean your glasses at the sink after you brush your teeth; always change the batteries in your home smoke detectors whenever you change the clocks for daylight-saving time.
- Use mnemonic tricks -- acronyms, rhymes, and so on. When tightening or loosening lids, remember "righty-tighty, lefty-loosey." To recall the Great Lakes, remember "HOMES" (Huron, Ontario, Michigan, Erie, Superior.)
- Slow down. Our ability to store and recall memory slows slightly with age. Ask friends, relatives, and even doctors to speak more slowly.
- Take care of your body to take care of your mind. Certain medications, poor nutrition, and even small deficiencies in sleep may interfere with memory.
- Exercise your mind. Reading, playing the piano, watching shows like *The Weakest Link* or *Who Wants to Be a Millionaire*, playing cards or chess. These activities help keep your brain sharp and active.

Retrieved from: <https://www.fastcompany.com/3028359/6-science-backed-methods-to-improve-your-memory>

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!

NOVEMBER

HOURS
MON thru FRI
9:00 TO 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Coffee Talk 9-2 Crochet class 10:00 Lunch 12:00	3 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	4 Coffee Talk 9-2 Lunch 12:00	5 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	6 Coffee Talk 9-2 Lunch 12:00	7
9 Coffee Talk 9-2 Crochet class 10:00 Lunch 12:00	10 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	11 Coffee Talk 9-2 Lunch 12:00	12 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	13 Coffee Talk 9-2 Lunch 12:00	14
16 Coffee Talk 9-2 Crochet class 10:00 Lunch 12:00	17 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	18 Coffee Talk 9-2 Lunch 12:00	19 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	20 Coffee Talk 9-2 Lunch 12:00	21
23 Coffee Talk 9-2 Crochet class 10:00 Lunch 12:00	24 Coffee Talk 9-2 Bingo 10:00 Lunch 12:00	25 Coffee Talk 9-2 Lunch 12:00	26 Thanksgiving Center Closed	27 Center Closed	28
30 Coffee Talk 9-2 Crochet class 10:00 Lunch 12:00					

**COFFEE
TALK**

Join us for coffee
and socialization
every day from
9 AM to 2 PM!



Tuesdays and Thursdays at 10 AM

WELCOME BACK!

Space is limited so please call in advance if you'd like to participate in an activity.

Tallman Senior Center closes at 2 PM daily to be cleaned and sanitized .

We will continue to add more activities if and when it can be done safely.

**Please call us at 231-464-6789 to see what services we're offering at
Free Soil Area Senior Center.**



AGING HAPPILY

I asked one of my friends who has crossed 70 & is heading to 80 what sort of changes he is feeling in himself? He sent me the following very interesting lines, which I would like to share with you

1. After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.
2. I just realized that I am not "Atlas". The world does not rest on my shoulders.
3. I now stopped bargaining with vegetables & fruits vendors. A few pennies more is not going to burn a hole in my pocket but it might help the poor fellow save for his daughter's school fees.
4. I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me
5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.

BRAIN GAMES

Word Association

Can you find a third word that is connected or associated with these two words? Retrieved from: <https://sharpbrains.com/brainteasers/>

Example: LOCK — PIANO Key

1. SHIP — CARD _____

2. TREE — CAR _____

3. SCHOOL — EYE _____

4. PILLOW — COURT _____

5. RIVER — MONEY _____

6. BED — CAKE _____

7. ARMY — WATER _____

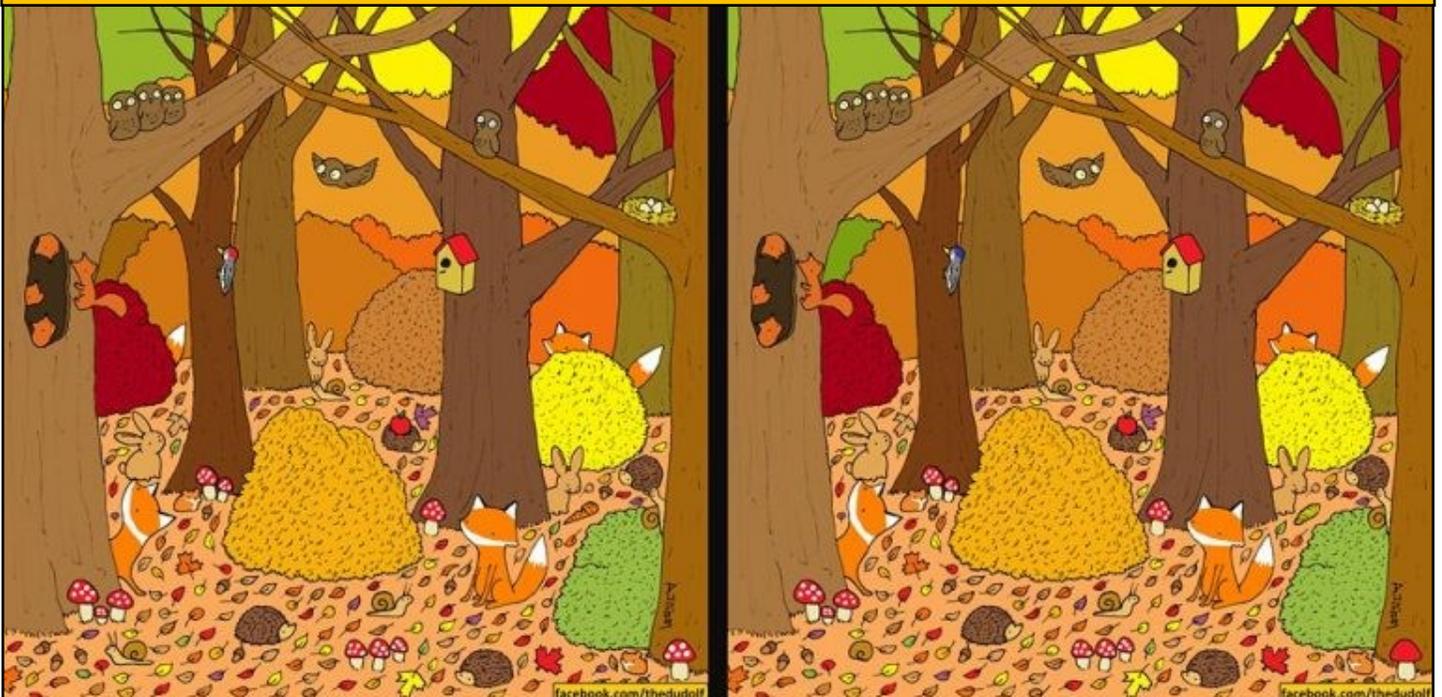
8. TENNIS — NOISE _____

9. EGYPTIAN — MOTHER _____

10. SMOKER — PLUMBER _____



Can you spot the 7 differences in these pictures?



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 MAY CURRENTLY CANCELED. PLEASE CALL AHEAD BEFORE PLANNING TO ATTEND.

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

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

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 (Hands Extended Loving People)	231.843.6811
Legal Aid of Western Michigan www.legalaidwestmich.org	231.726.4887
Legal Hotline for Michigan Seniors www.elderlawofmi.org/legal_hotline	517.372.5959
MI Public Service Commission (inquiries and complaints)	800.292.9555
Unwanted Phone Solicitation	888.382.1222

FREE MEDICAL EQUIPMENT LOANS

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

