

A PUBLICATION FOR  
MASON COUNTY

January 2021  
Volume 10  
Issue 1

# Active for Life

Your Life, Your Way,  
Your Time over 50

## What's Inside:

- **Page 2 Volunteer Profile**
- **Page 3 Getting Through a Long Winter**
- **Page 6 Crisis Line, How it Works**
- **Page 10 A letter from Ludington Senior Center**
- **Page 15 Scottville's Giving Tree**
- **Page 23 Senior Resources**



# MASON COUNTY • MICHIGAN



## What is a volunteer?

- A volunteer is someone who works for a community or for the benefit of the environment primarily because they choose to do so. Many serve through a non-profit organization – sometimes referred to as formal volunteering, but a significant number also serve less formally, either individually or as part of a group.
- By definition, a volunteer worker does not get paid or receive compensation for services rendered other than reimbursement for out-of-pocket expenses.

» Source: Wikipedia (<http://en.wikipedia.org/wiki/Volunteer>)

A good example would be our volunteer drivers in the medical transportation program at Scottville Senior Center. These good-hearted men and women take our Seniors from throughout Mason County (those who have no other transportation option) to doctor appointments up to 100 miles away. These dedicated drivers are reimbursed for mileage but receive no direct compensation.

HAPPY-WISHES.NET



**YOU SERVED FROM THE HEART  
YOU DIDN'T SUPPORT FOR PRAISE  
WE ARE SO THANKFUL TO YOU  
FOR WORKING HARD NIGHT AND DAYS**

To all of the Volunteers who  
have helped selflessly  
throughout this trying year!

*Thank*  
**YOU** *For volunteering*



## Getting Through A Long Winter

By now, you are likely tired of being home. We've had an unprecedented year with the COVID-19 pandemic that has left us all spending more time at home than we ever have before. Add in the winter weather we're now experiencing, forcing us inside for long stretches of time, and we're probably all feeling a little stir-crazy and drained. So what can we do to make this unique winter a little more bearable? Here are a few tips:

### **Practice the Dutch Secret "Niksen".**

Embrace where you are. This season is a trying one to be sure, but also an opportunity to recognize the good. Take this as an opportunity to slow down and embrace "niksen", the Dutch concept of purposely doing nothing which can help relieve stress and burn-out. As journalist Olga Mecking shared with [NBC News in 2019](#): *"With niksen, which most closely translates as 'nothing-ing' in Dutch, you have to be intentional about doing nothing... You're taking the time to sit there and not do anything on purpose. You could be gazing out a window, but you're not observing your thoughts or letting them go, or doing anything like that. You're just being."*

### **Take a class.**

GetSetup is a digital education platform for older adults, offering 150+ technology and enrichment classes, all taught by retired educators. This is an online place for older adults to hang out, learn, teach, and engage over video helping them live healthier, happier, and more connected lives from the comfort of home. Currently, GetSetup courses are available to Michiganders age 60 and over at no cost. Classes are offered on things like video services to communicate with loved-ones, how to use a smartphone, tablet, or computer, how to do things like ordering groceries, household items, access services like telehealth, or if simply take a fun class to socialize and make new friends. Visit <https://www.getsetup.io/partner/michigan> to learn more and sign up for your free classes!

### **Get help if you need it.**

If you are struggling during this time, help is available.

- The COVID-19 Senior Support Service provides additional support for older adults and their family caregivers during this crisis through the delivery of essential items and wellness check phone calls. Contact the Area Agency on Aging of Western Michigan (AAAWM) to get started at (616) 456-5664.
- Michigan StayWell Counseling is also available. If you are experiencing emotional distress in the context of COVID-19, call the COVID-19 Hotline at 1-888-535-6136 and press "8" to talk to a Michigan Stay Well counselor at no cost.

(Continued on page 20)

# MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

<h1 style="font-size: 2em; margin: 0;">January 2021</h1>				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Happy New Year No Meals served</b>	
<p style="text-align: right; margin-right: 5px;">4</p> Swiss Steak/ Mushroom gravy Mashed Potato Green Beans Applesauce Biscuit w/honey 1% milk	<p style="text-align: right; margin-right: 5px;">5</p> Chicken Noodle Casserole Carrots Baby Peas Sliced Peaches 1% milk	<p style="text-align: right; margin-right: 5px;">6</p> 1 /4 pounder w/ cheese Seasoned crispy cubes Tossed Salad Apricots Hamburger bun 1% milk	<p style="text-align: right; margin-right: 5px;">7</p> <b>Thursday Pizza Day Fresh Fruit and Salad 1% milk</b>	
<p style="text-align: right; margin-right: 5px;">11</p> Chicken Stir Fry Peas Stir fry vegetables Pears Rice 1% milk	<p style="text-align: right; margin-right: 5px;">12</p> Steak bites Mashed potatoes/ gravy Winter Blend Sliced Apples Dinner roll 1% milk	<p style="text-align: right; margin-right: 5px;">13</p> Roast pork Sweet potatoes Green Beans Diced Peaches Dinner roll 1% milk	<p style="text-align: right; margin-right: 5px;">14</p> Meatloaf Mashed potatoes Wax Beans Melon Wedges Wheat bread 1% milk	<p style="text-align: right; margin-right: 5px;">15</p> Creamy Chicken, Broccoli & Rice Bake Carrots Pears Sliced Bread 1 % milk
<p style="text-align: right; margin-right: 5px;">18</p> <small>Martin Luther King Day</small> Connecticut Beef Bake – Potatoes in entree Peas Mixed Fruit Sliced Bread 1 % milk	<p style="text-align: right; margin-right: 5px;">19</p> <b>Taco Tuesday Ground beef w/ Beans and Rice Lettuce &amp; Tomato Orange wedges Shell Taco Shell 1% milk</b>	<p style="text-align: right; margin-right: 5px;">20</p> Sliced Roast Turkey Mashed potato Green Beans Fresh Pear Dinner roll 1% milk	<p style="text-align: right; margin-right: 5px;">21</p> Goulash/meat sauce Tossed salad Corn Fruit mix 1% milk	<p style="text-align: right; margin-right: 5px;">22</p> Lemon baked fish Coleslaw Mixed Veggies Fruit salad Whole wheat bread 1% milk
<p style="text-align: right; margin-right: 5px;">25</p> Macaroni & Cheese Peas Carrots Pasta in entree Peaches 1% milk	<p style="text-align: right; margin-right: 5px;">26</p> Sliced Roast Beef Mashed potatoes Green Beans Fruited Jell-O Bread 1% milk	<p style="text-align: right; margin-right: 5px;">27</p> Chili Tossed Salad Applesauce CornBread 1% milk	<p style="text-align: right; margin-right: 5px;">28</p> Jumbo Hotdog Baked beans Cucumbers Fruit salad Bun 1% milk	<p style="text-align: right; margin-right: 5px;">29</p> Breaded Chicken Patty Bun Potato Salad Baked Beans Pineapple – 1 % milk

PLEASE CALL ME-  
SITES FOR LUNCH  
RESERVATION BY  
9:00 AM.

### PRICES

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

Note: Menus are  
subject to change.

**\$1 Lunch Days**

Ludington Center  
**January 15**

Scottville & Tallman  
Centers  
**January 28**

**Kitchen**  
757-4831

### Meal Sites

Scottville 757-4705

Ludington 845-6841

Tallman 757-3306

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

© BlankCalendarPages.com

# MASON COUNTY • MICHIGAN

## Christmas Poem:

Kerry Scrivens

Ludington Senior Center Volunteer

It was two weeks before Christmas, I realized with dread,  
And this poem began rattling 'round in my head,  
This COVID-19 made my Holiday Letter a sad little farce,  
There was no adventures to report, the news beyond sparse!

Where I'd usually share events, weddings, travel and fun-  
It seemed in this year, there was nothing to share -THERE WAS NONE!!  
We sadly missed family reunions, celebrations and more,  
It seemed our biggest trip was to the grocery store!

But then I began to reflect and truly look back,  
And I realized I had my plan of attack!  
So here are my thoughts, I hope to impart joy, and a little cheer,  
As we finally reach the end of this not great past year.

I've learned you must stop to revel in each sunset at night,  
And when morning sun rises, greet that new day with delight  
Each day is always better than the one that's just passed,  
Be grateful for those you love, because these moments won't last.

Simple things you might say- "Why even bother?"  
But these elementary thoughts I've learned from my mother.  
When there's no longer the ability to make memories that are new,  
And the memories you do have become flighty and few,  
The adage "Live in the Moment" takes on a bittersweet meaning,  
Hold onto precious thoughts for memory is fleeting.

Here's to being together again, and days filled with less fear,  
Let's say Goodbye to 2020, and Hello to Bright New Year!!!  
Sending our love and warm wishes for a Christmas most Merry. **With hugs, love and kisses from Buddy, Paul and yours truly, Kerry.**



## 10 Facts about you

1. You're reading this right now.
2. You're realizing that is a stupid fact.
4. You didn't notice I skipped three.
5. You're checking now.
6. You're smiling.
7. You're still reading this even though it's stupid.
9. You didn't realize I skipped eight.
10. You're checking again and smiling about how you fell for it again.
11. You're enjoying this.
12. You didn't realize there's only supposed to be ten facts.

# How Does it Work?

1

First, you're in a crisis. Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. So, you text us at 741741.

Your opening message can say anything. Keywords like "HOME," "START" and "HELLO" just help us identify how people hear about us.

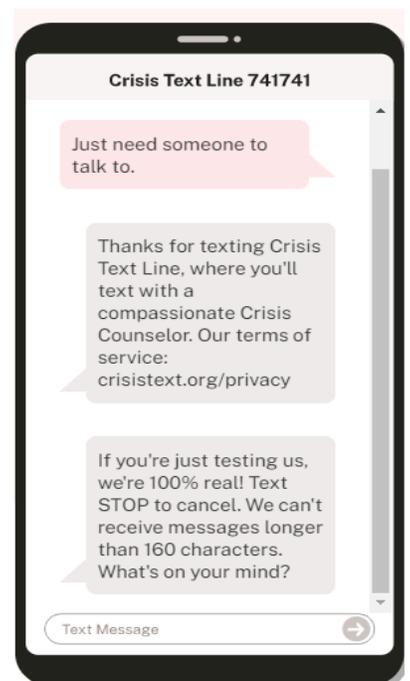
2

The first two responses are automated. They tell you that you're being connected with a Crisis Counselor and invite you to share a bit more.

The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice.

**IN A CRISIS?**

**Text HOME to 741741 to  
connect with a Crisis  
Counselor**



# MASON COUNTY • MICHIGAN

3

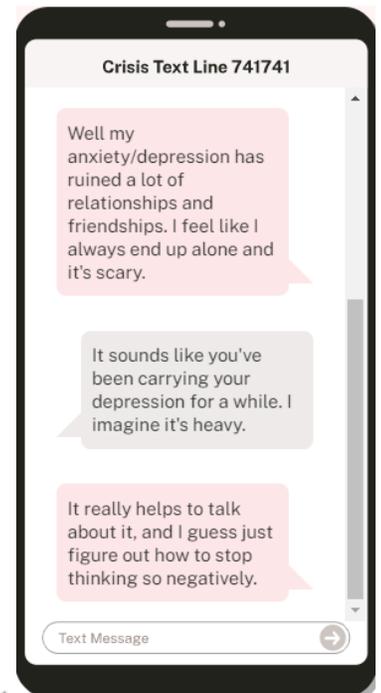
It usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times).

When you've reached a Crisis Counselor, they'll introduce themselves, reflect on what you've said, and invite you to share at your own pace.

4

You'll then text back and forth with the Crisis Counselor. You never have to share anything you don't want to.

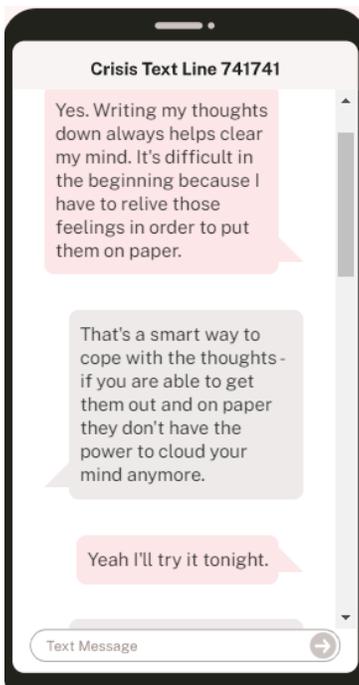
The Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening.



5

The conversation typically ends when you and the Crisis Counselor both feel comfortable deciding that you're in a "cool," safe place.

After the conversation, you'll receive an optional survey about your experience. This helps us help you and others like you!



6

The goal of any conversation is to get you to a calm, safe place.

Sometimes that means providing you with a referral to further help, and sometimes it just means being there and listening. A conversation usually lasts anywhere from 15-45 minutes.

# LUDINGTON AREA SENIOR CENTER

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

## NO STATE & FEDERAL TAX ASSISTANCE NEXT TAX SEASON

We will be unable to assist seniors next tax season in (2021) with filing their State & Federal taxes, due to a mandate from the **STATE PROGRAM** that trains our tax preparation volunteers.

We will however, assist with Home Heat & Property taxes. We sincerely apologize for any inconvenience caused.

## MEDICAL EQUIPMENT LOAN CLOSET

Our Medical Equipment Loan Closet is still at the disposal for Mason County area seniors to take advantage of.

Loan closet items include but not limited to: Wheelchairs, Commodes, Adult Diapers, Walkers etc.

A \$3.00 donation is appreciated.

We need your information for our Zoom activities, if you would like to join us, via Zoom platform, please call @ 231.845.6841 to be added to our list!

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)



## FOOT CARE

Keep Your Feet Happy!  
To schedule an appointment please call Tricia @ 231.239.1951 during the afternoon or early evenings. Tricia will be at the Ludington Senior Center Friday afternoons. By appointment only.

## Thank You

Volunteers for supporting us during 2020. It has been a tough year and you remain committed to us. If not for your dedication, our service to the community would not have been so impactful. We appreciate your time and service.

To community members, local businesses & groups, we thank you for supporting the **Angel Christmas Tree Program**. It is one of our main annual Christmas event, and this is the year our beneficiaries needed it the most. Thanks again for your love and support.

Have a **HAPPY NEW YEAR!**

**LUDINGTON AREA SENIOR CENTER**  
 308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Sat.

# Hello -January

**1 Closed**  
**Happy New Year**

2

3	4 11 Stretch Fit & Balance (Zoom Platform)	5 10 Craft & Giggles (Zoom Platform) 1 Essential Oils (Zoom Platform)	6 11 Let's Talk	7 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Platform) (Facebook Live)	8 10 Yoga (Zoom Platform) 1 Footcare	9
10	11 11 Stretch Fit & Balance (Zoom Platform)	12 10 Craft & Giggles (Zoom Platform)	13 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Meeting)	14 10 Craft & Giggles 1 Tai Chi (Zoom Platform) (Facebook Live)	15 10 Yoga (Zoom Platform) 1 Footcare	16
17	18 11 Stretch Fit & Balance (Zoom Platform)	19 10 Craft & Giggles (Zoom Platform)	20 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Platform)	21 10 Craft & Giggles (Zoom Platform) 1 Tai Chi (Zoom Platform) (Facebook Live)	22 10 Yoga (Zoom Platform) 1 Footcare	23
24	25 11 Stretch Fit & Balance (Zoom Platform)	26 10 Craft & Giggles (Zoom Platform)	27 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Meeting)	28 10 Craft & Giggles (Zoom Platform) 1 Tai Chi (Zoom Platform) (Facebook Live)	29 10 Yoga (Zoom Platform) 1 Footcare	30
31						

*Dear Patrons:*

*As the world and us navigate this unusual time, please know you are constantly in our hearts and thoughts. We often reminisce on the times we have served you face-to-face and long for those times to resume.*

*During this interval, know we are still here for you. Although our doors are closed to the public, we are here working behind the scenes, providing any necessary service needed. We are still meeting clients via phone for Med - D & Paralegal consultations. Footcare is available by appointment, the Medical Equipment Loan Closet is still at your disposal.*

*To help combat the impact of isolation, we have moved some of our programs to virtual platforms. Ted Talks, Diabetes Support, Tai Chi, Yoga, Stretch, Fit & Balance, Crafts & Giggles, Essential Oils, and our latest activity addition, "Let's Talk", a Zoom meeting gathering place.*

*Although we miss you, our most significant concern is for your safety and well-being during this global pandemic. We are heartened in our ongoing commitment to serving you from a distance, and look forward to serving you face-to-face when it is safe to do so.*

*As always, please keep safe, wash your hands, wear a mask, social distance and have a **Happy Holiday**.*

***Best wishes, Ludington Senior Center Staff***

## Virtual Enrichment

### Zoom Craft Classes

We will be offering some craft class on the Zoom platform. The classes will be offered at a nominal cost, including supplies. Call us to 231.845.6841 to sign up for classes.

Follow us on Facebook or visit our webpage to see our featured classes!



<https://www.ludingtonseniorcenter.org/>

### LET'S TALK - Zoom Style

*Come hangout with us on Zoom!  
1st & 3rd Wednesdays @ 11:00 am.  
Please call at 231.845.6841 with your  
contact information to be placed on list.  
Join us on the other side of the screen.*

*Let's Talk*

We need your information for our Zoom activities, if you would like to join us, via Zoom platform, please call @ 231.845.6841 to be added to our list!

### Stretch Fit & Balance



*This class is designed for all ages and exercise levels. Participate in the class on Zoom, while getting strong in the safety of your home!*

**Facilitator:**  
**Cyndi Scott**

### TED TALKS

Join us on Zoom for a mind stimulating discussion!  
2nd & 4th Wednesdays.  
Call us at 231.845.6841 with your email information to added to the class.

**Facilitator: Gene Kyle**

### Tai Chi

to improve your balance.

Class is on Zoom & Facebook Live  
Call 231.845.6841 with your email Information.

**Cass Facilitator:**  
**Joe Moloney**



You can't come to us, therefore we are coming to you! Join us on Zoom, Friday mornings at 10:00 am for Yoga classes!

Call us at 231.845.6841 with your email information!

**Class facilitator: Joan Riise**







Extension  
**MICHIGAN STATE UNIVERSITY**

## Tai Chi and Mindfulness

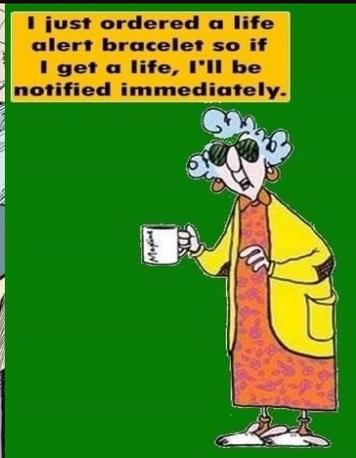
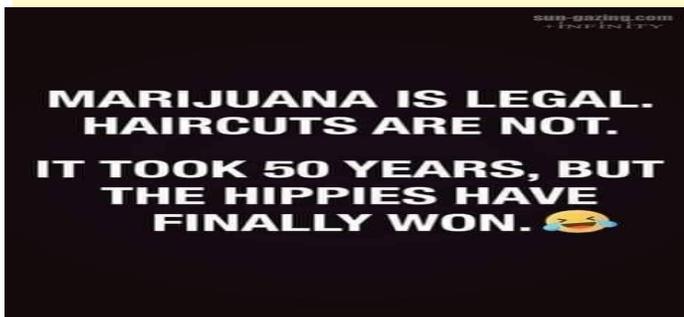
Live Zoom Webinar is an interactive 6-week, self-management, workshop designed for people living with chronic pain. In this introductory webinar session, MSUE Health Educators will provide a brief overview of the program with the opportunity to ask questions and register for an upcoming series at the end.

**COST: FREE**

**DATE & TIME: Mondays and Wednesdays 2:00pm.-3:00p.m.**  
**Jan 11th-March 10th,2021**

**CONTACT: Anita Carter (carter356@msu.edu)**

**TO REGISTER: <https://events.anr.msu.edu/NYHTaiChiMindfulnessMW100CENTRAL/>**



**Why were the clothespins arrested?**

**For holding up a pair of pants.**



## Giving Tree Recognizes SASC donors

This past year has tested all of us in many ways, sometimes undermining our optimism and confidence as well. We at the Scottville Area Senior Center have experienced this roller-coaster ride like everyone else, with our center closed to visitors, reopened, then closed again amid the fall/winter Covid surge. We've had the deep regret of seeing our core programs disrupted by health concerns. During our frequent well-checks with our clients, we've shared their frustration and loneliness as social contacts were curtailed by the threat of illness. And we've all known people directly affected by the insidious virus.

Yet amidst these troubles and uncertainties and disruptions, we have also experienced acts of kindness that have lifted our spirits and given us hope... renewing our confidence that better times are ahead. Often these are acts of personal assistance and individual help. And other times they come in the form of donations meant to help others.

Donations are always welcome, and greatly appreciated, at a non-profit senior center. To show our appreciation, Scottville Area Senior Center recently installed a wall sculpture—The Giving Tree—to recognize our major donors.



The photo which accompanies this article shows Mellissa “Missy” Kissell, our talented new activities coordinator, installing the tree at the SASC’s west entrance. We have also ordered a plaque that will be positioned at the base of the tree, with name plates recognizing those whose exceptional generosity helps to underwrite new and improved programs—including our program for Grandparents Raising Grandchildren, and other kinship caregivers who are raising young relatives.

**We created a special fund—the Senior Services Improvement Fund—for these kind gifts.**

These major gifts come in many forms. Some are provided in the memory of long-time participants in the center’s activities, as their families and friends remember their loved one’s fondness for the center and the friendships forged there. Others seek to express their appreciation for services provided, or to underwrite specific programs they consider especially beneficial. Others simply tell us they appreciate the important role a senior center holds in the lives of Mason County seniors.

**Whatever the cause or reason, we are so grateful for their support and kindness.**

While we’re calling special attention to our donors, we also want to gratefully recognize the organizations and people who provide our lifeblood of regular funding which makes our programs possible.

We thank the **residents of Mason County**, who approved the Mason County senior millage with their votes, and the **County Board of Commissioners** and **Council on Aging**, who review, recommend and approve our annual millage funding. Our county-wide programs—homemaker services, respite, and medical transportation—are generously supported by the **Area Agency on Aging of Western Michigan**. In addition, we receive support from **United Way of Mason County** and via dedicated gifts to the **Community Foundation for Mason County**. All of these organizations make it possible for us to provide services to seniors in their homes, and through our center in Scottville.

We also are deeply grateful to **Mason County Central Schools**, of which we’re a part. The school district provides the building in which we operate, and the financial and operational oversight so important to our continued service to seniors.

Thank you...all of you!

-SASC Team

## Online exercise class... Interested?

This month's article from our colleagues at the Area Agency on Aging (pg. 3) encourages us to take online classes, including exercise classes to help us through this long Covid-darkened winter.

The Scottville Area Senior Center is offering to start an online Sit 'N' Be Fit class, one of the most popular activities when SASC is open for visitors.



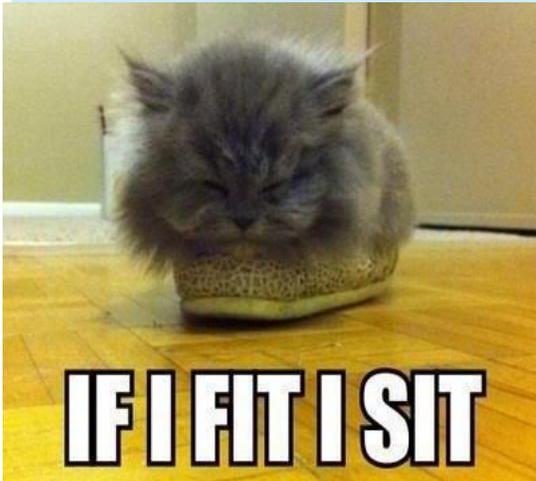
The class would use the Internet Zoom app and be led by activities coordinator Missy Kissell.

### Are you interested?

Please call Missy at 757-4705 and let her know if you'd like to take part in this Zoom exercise class.

It will be nice to see all of you again,  
if only "virtually"

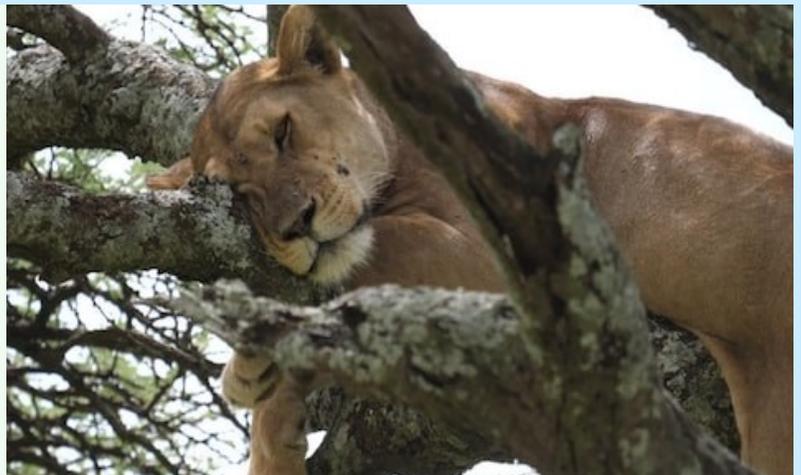
-Missy



## Go to the Aquarium Or the Zoo

Watch the LIVE webcams of your favorite Aquariums and Zoos around the world for FREE.

Try San Diego Zoo.com  
You will love it.





# January

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <i>Happy New Year</i>
4	5	6	7	8
18				22
25	26	27	28	29

**KEY**  
 Exercise  
 -Weekly  
 -Once each Month  
 -Series  
 -Special Event

**ALL ACTIVITIES ARE CURRENTLY CANCELED. PLEASE LOOK FOR UPDATES ON OUR FACEBOOK PAGE OR OUR WEBSITE: SCOTTVILLESENIORCENTER.COM**

# 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!

# January

HOURS  
MON thru FRI  
9:00 TO 3:00

Mon	Tue	Wed	Thu	Fri
				1
4				
11				
18				
	19	20		
25	<p><b>In center activities are suspended until re-evaluation due to Covid-19.</b>  <b>Director Sandy Varnes will be available by phone (231-757-3306) Mon-Fri 9:00am to 3:00pm.</b></p>			
				

# January

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11				15
				22
25	26	27	28	29

*Happy  
New  
Year!*

**We hope to re-start take-out meals in mid-January. Please call us for details on exact date and menu as this information was not available when the newsletter went to press.**

# MASON COUNTY • MICHIGAN

## Getting Through A Long Winter

(continued from page 3)

### Try a new activity.

You could be stumped on what to try next, since it *feels* like you've done everything to occupy your time in these slower days. Check out our list of boredom busters with fun activities you can safely do from home while social distancing. This list is broken down into two categories, ideas using "online/technology" and those without, so there is a little something for everyone!

[www.aaawm.org/document/covid-boredom-buster-ideas](http://www.aaawm.org/document/covid-boredom-buster-ideas)

### Reach out to a friend.

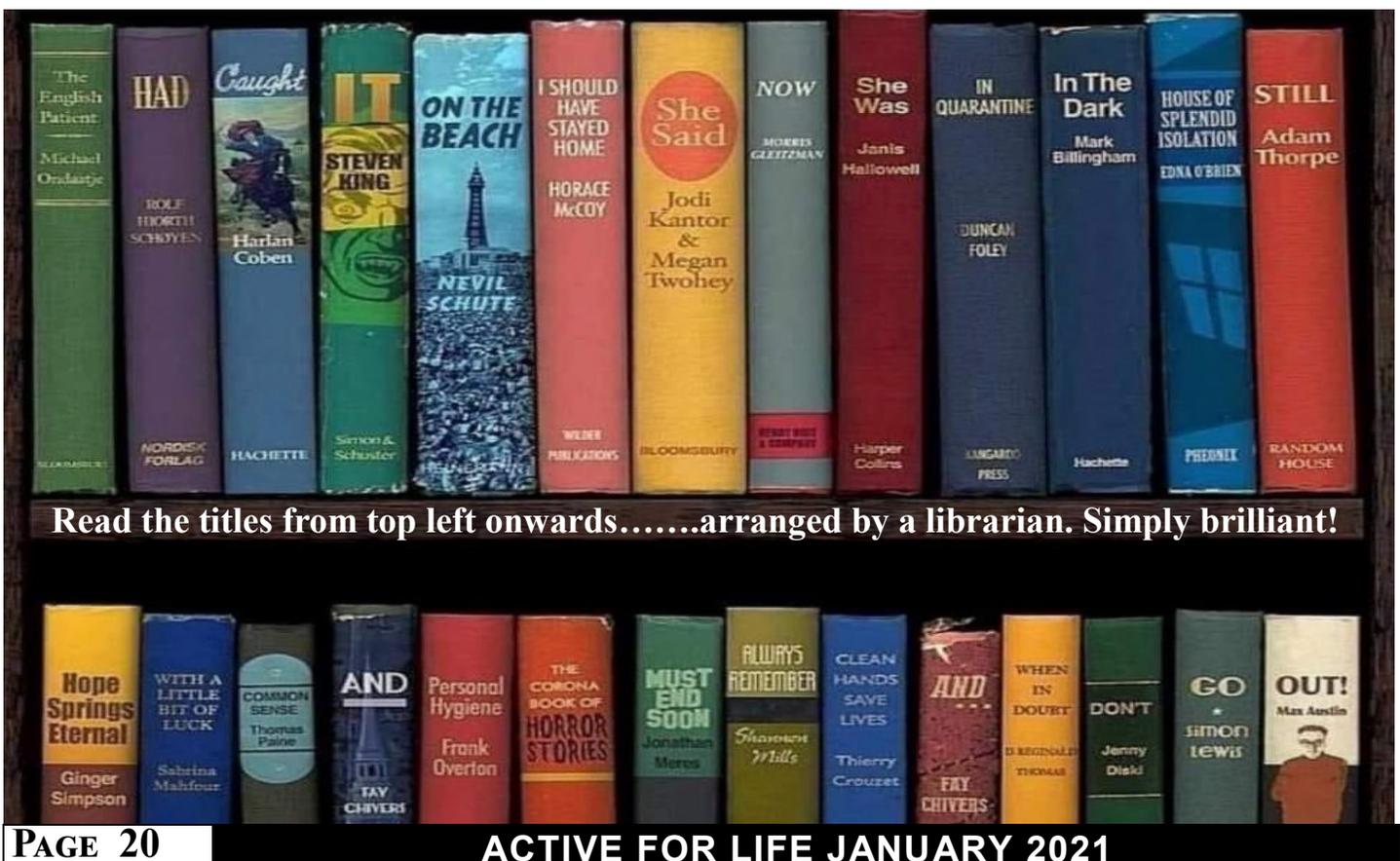
Socialization is a key component for our wellbeing. Without it, feelings of loneliness and isolation can set in. It is likely you have friends who are feeling lonely as well, so the best thing to do is reach out. One tip-- schedule your check-ins with loved ones- not only as something you can look forward to every few weeks, but to keep you both accountable as well.

### Move your body.

Regularly exercising is another great way to boost your mood through the winter months. Though the current coronavirus pandemic has hindered in-person exercise programs, you can still move at home. Some organizations have taken their class offerings virtual! The Area Agency on Aging of Western Michigan is offering Zoom classes to their Healthy Aging participants and there are also a number of online programs available throughout West Michigan. Youtube can also be a great resource for finding free exercise classes at a level that is best for you.

If you are facing challenges during COVID-19, know you are not alone. Here at the Area Agency on Aging of Western Michigan we have resources available for older adults, persons with a disability, and family caregivers

Give us a call at (616) 456-5664 or email [aaainfo@aaawm.org](mailto:aaainfo@aaawm.org). Our Information and Assistance team is on hand to fully understand a person's unique situation and recommend the best fit of services.



## Mason County Road Commission unveils map showing which streets have been plowed

**MASON COUNTY, Mich., (WPBN/WGTU) --** If you live in Mason County, your commute might get a whole lot easier this winter, thanks to a new program launched by the county road commission.



**In December, the road commission introduced Snowpaths, an online interactive map that will show residents which roads have been plowed and cleared during the winter months.**

**All roads maintained by the road commission will be included on the map.**

**Residents in Mason County will be able to track the current status of plowing, safely plan their commute and have access to snow and ice alerts.**

**“They can put in their address or just their location to see and then there’s a bar that shows if the trucks have been there within two hours, within four hours, within six hours, or not at all, so they kind of have an idea of what to expect,” Mason County Road Commission Director Mary Samuels said.**

**The road commission said it will evaluate Snowpaths at the end of the season and get the public’s feedback.**

**Samuels said if all goes well, they plan to work with Snowpaths on potentially tracking the county’s brining process over the summer.**

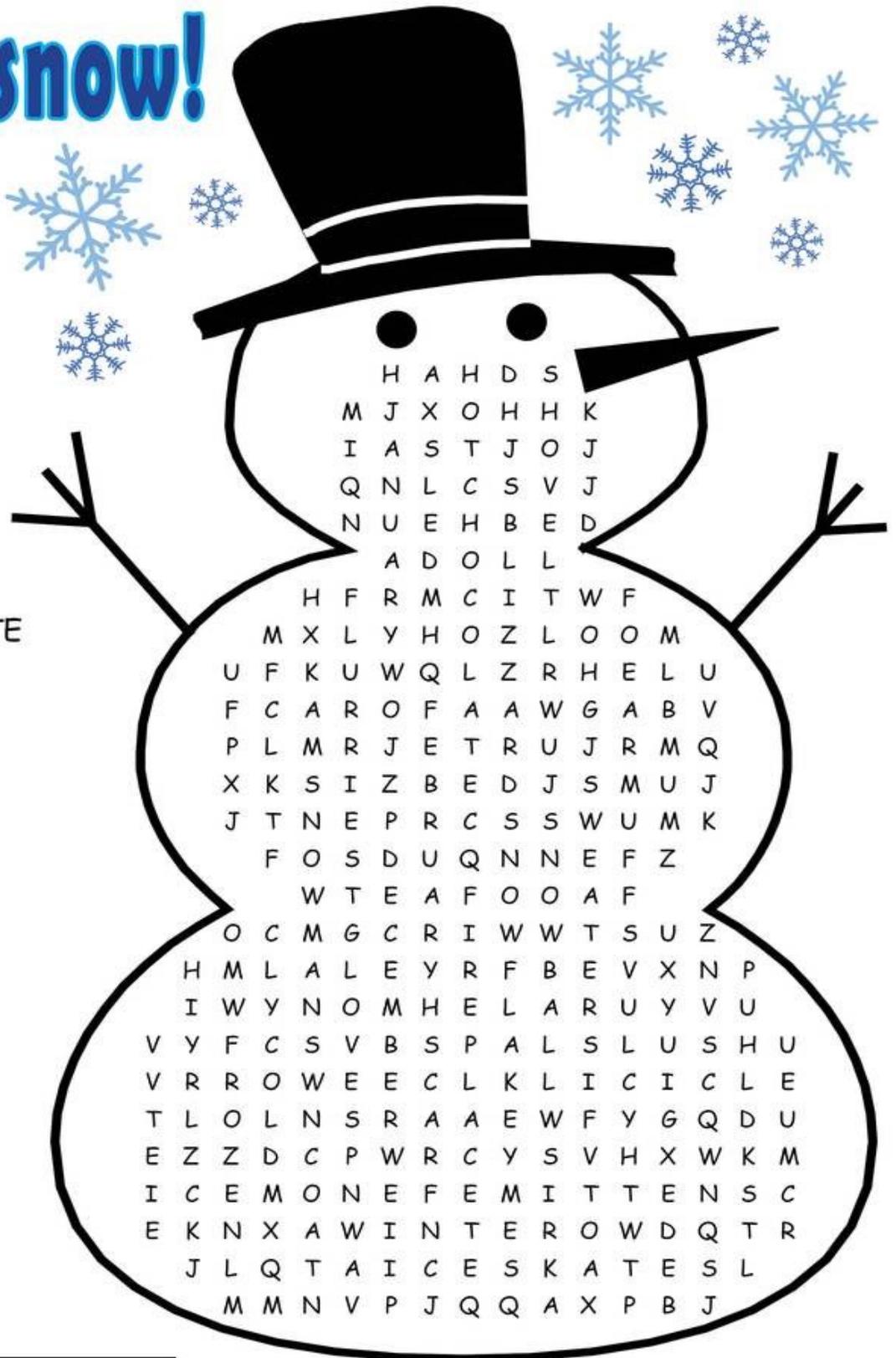
by Hannah Cumler

<https://portal.snowpaths.com/public/1302>

# BRAIN GAMES

## Let it snow!

BLIZZARD  
COAT  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY  
FIREPLACE  
FLURRIES  
FROZEN  
GLOVES  
HOT CHOCOLATE  
ICE  
ICE SKATES  
ICICLE  
JANUARY  
MITTENS  
SCARF  
SHOVEL  
SLED  
SLUSH  
SNOWBALL  
SNOWFLAKE  
SNOWMAN  
SWEATER  
WINTER



Name: \_\_\_\_\_

# 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

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

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

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

### Parkinson's Support Group

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

### Alzheimer's Support Group

Mason County  
District Library  
217 E. Ludington Avenue  
Ludington, MI 49431  
2nd. Thursday 1:00pm.

### Grief Support Group

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

### Grief Support Group

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

## USEFUL NUMBERS

<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>888.783.8190</b>
<b>Legal Hotline for Michigan Seniors</b> <a href="http://www.elderlawofmi.org/legal_hotline">www.elderlawofmi.org/legal_hotline</a>	<b>866.400.9164</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> 308 S. Rowe St., Ludington, MI 49431 Monday - Friday 9:00 a.m. - 4:30p.m.	<b>231.845.6841</b>

### Low Vision Support Group

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

### Healthy Me - Diabetes Support Group

Ludington Senior Center  
308 S. Rowe Street  
Ludington, MI 49431  
2nd & 4th Wednesdays  
@ 2:00pm  
**231.845.6841**

### VA Benefits Claim Support American Legion

318 N James Street  
Ludington, MI 49431  
Contact: Phillip Babcock  
231.590.6200  
1st & 3rd Wednesdays  
9:30 am - 4:30 pm

- Pensions
- Death Claims
- Benefits
- Forms etc.

Walk - in encouraged.

### Veteran's Affairs Commissioner

James Wincek  
**231.843.2563 Ext. 2027**

