A PUBLICATION FOR
MASON COUNTY
R E S I D E N T S
On the Upside of 50

April 2021
Volume 10
Issue 4

Active for Life

Your Life, Your Way, Your Time over 50

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We are so excited to show off our freshly painted "Vitality" space; **AKA** exercise room!
The space was painted by Julie and Doug Tews. The Tews have been married for over thirty years, have a daughter and grand-dog Cooper.

Thank you, Julie & Doug Tews!

National Volunteer Week - April 19 - 25, 2021

THANK YOU!

Special thank you, Nancy Parker and Kerry Scrivens!

Both Nancy and Kerry are volunteers at the Ludington Senior Center.

During this unprecedented time; they have been instrumental, in helping us to weather the storm of an on going pandemic. Their dedication, love and support towards our beloved senior population, is incomparable!

THANK YOU!

Navigating Aging- Choices for Independence

A vast majority of older adults live in their own homes and communities and want to continue to do so. This lifestyle choice is called "aging in place." However, it is a reality of life that everyone ages differently, and sometimes this means exploring various options for support. Planning ahead can be complicated, needs can change and it is best to try to get an understanding of resources that are available before you or your loved one are in "crisis-mode." Questions that commonly come up include: What needs to change to continue to remain living at home? What supports exist in the community? If you notice your loved one could use support how do you get started?

The Choices for Independence Program with the Area Agency on Aging of Western Michigan (AAAWM) could be the answer to taking this first step. Often people are unsure of where to turn or where to start looking for help, which can be overwhelming. This is where Carly Whetstone, a Social Worker with Choice for Independence, comes in. She works with families to best understand their options and be made aware of the support systems that exist. She comes alongside the aging loved one and their caregiver to have person-centered conversation. She will meet with you to discuss your unique situation and provide potential resources to help reach your goals. Because these visits are curated for the client's unique situation, the social worker can help with estimated costs of programs and finding which will fit best. These serve mostly as educational visits, but referrals to programs are often made by the social worker.

Choice for Independence operates as a one-time consultation to discuss resources in the community. There are no criteria for eligibility other than an individual being over the age of 60 who may be having some difficulty taking care of themselves and has a desire to stay living in their own home. Residents in all nine of the counties in our AAAWM region qualify for a Choices for Independence visit, these counties include Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, and Osceola. Resources and care options that could be discussed in this meeting range from in-home services like housekeeping, respite care, and home-delivered meals. The individual will leave the visit with an understanding of which options best fit their unique situation.

As Carly explains of the program, "We work with individuals, understanding they are independent, capable people, who have made their own decisions and determined this life direction for decades. Therefore, special attention is spent making sure the solutions are ones that fit their desired outcomes and current lifestyle." An example of this could be the following…A woman is needing to move into a nursing home after a bad fall. The husband has relied on his wife as a caregiver for many years and now needs to figure out how to carry on without her living with him. At a Choices for Independence visit, it might be determined that the husband at home qualifies for our Care Management program where he could get hands-on care in his home to assist him when needed. The social worker commonly leaves a list of other possible resources for the individual if he chooses to follow up with them, though the social worker is able to make referrals on his behalf as well.

Currently, Choices for Independence visits are following coronavirus safety precautions. Most consultations are taking place via phone or virtually, however we recognize this could be difficult for some. If you wish to meet in-person with social distancing and mask wearing guidelines in place, we are happy to do so. If you feel you or your loved one could benefit from a Choices for Independence visit, contact the Area Agency on Aging of Western Michigan at (616) 456-5664 or visit www.aaawm.org

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

Mon	Tue	Wed	Thu	Fri
			1 Polish Sausage Sauerkraut Carrots Hot dog bun Applesauce 1% milk	2 No Meals Served
5 Quarter Pounder/ Cheese Potato Salad Carrots Peaches Bun 1% milk	6 Pork Chop Suey rice Oriental Veggies Chop Suey Veggies Diced FruitMix Cinnamon Roll 1 % milk	7 Chicken ala King Mixed Veg (in entrée) Peas Rice Pears 1% milk	8 **Thursday Pizza Day** Fresh Fruit Tossed Salad 1 % milk	9 Chicken Alfredo Cauliflower Carrots Pears Bun / 1% Milk
12 Cabbage Rolls Corn Applesauce Wheat bread 1% milk	13 **"Taco Tuesday"** Refried Beans Lettuce Tomatoes Melon Wedges Taco Shell	14 Stuffed Baked Potato Broccoli, cheese, ham Peaches Bread 1 % milk	15 Chicken Patty/ Bun Peas Crispy Cubes Apple Slices Pasta*1% milk	16 Lasagna Tossed Salad Carrots Bread Oranges 1 % milk
19 Salisbury Steaks Au gratin Potatoes Mixed Veg Pears Bakery Bun 1% milk	20 Tator Tot Casserole Dinner roll Cauliflower Peaches 1% milk	21 Creamy Chicken and Rice Broccoli Carrots Banana Biscuit 1% milk	22 Chili Corn Corn Bread Grapes 1% milk	23 Stuffed Green Peppers Corn Fruit Mix 1% milk
26 Jumbo Hotdogs Coleslaw Baked Beans Peaches Bun 1% milk	27 Connecticut Beef Bake California Blend Dinner roll Pears 1 % milk	28 Spaghetti with Meat sauce Carrots Peaches 1 % milk	29 Beef Stew Veggies in entrée Grapes Biscuit 1% milk	30 Sloppy Joes Hash brown Casserole Green Beans Apple slices 1% milk

PLEASE CALL MEAL 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

3rd Friday of the Month
Ludington Center
April 16

Last Thurs. of the Month
Scottville & Tallman Centers
April 29

Kitchen 757-4831

Meal Sites

Scottville 757-4705
Ludington 845-6841

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Food Memory - Just for Laughs

An elderly couple is worried that they are starting to forget simple things, so they go to a doctor for a checkup.
The doctor looks them over top to bottom but doesn't find anything.
"It seems you two are perfectly fine so all that I can suggest is anytime you want to remember something, simply write it down".
The couple believe that's a great idea and so they go home with renewed confidence.
Later that evening, the couple are watching television and he decides to grab a drink.
"Need anything my dear" he asks?
"Could you grab me some ice cream. Here write it down" she tells him.
"No need my dear, ice cream coming up"!
"Oh, and some chocolate sauce please. Want to write it down"?
"Ice cream with chocolate sauce, got it".
"And a cherry dear" she asks "sure you don't want to write it down"?
"Ice cream with chocolate sauce and a cherry. I've got it, Hun".
The elderly man is gone for 10 minutes and the woman begins to worry. He comes back with scrambled eggs, bacon and orange juice. The woman looks at the food and says, "Oh dear, you forgot the toast"!

Anonymous

Decorate a flower pot.

We have a variety of colors and decorations to choose from. Call us to come and pick out your supplies.

Heart wreath with pine cone flowers

These crafts will be available all month. You could do both!

Ludington Police Department

The Ludington Police Department and the Mason County Sheriff's Office want to remind everyone that subjects involved in attempting to defraud you of money do not take a day off. These instances include phone calls, emails and even letters personally addressed to you. The subjects tell you that you are delinquent on a bill or owe money to pay off a fine. They will even represent a cousin, niece or other relative reaching out in need of money to help them in their time of need. Callers have even masked their phone numbers through caller ID as a legitimate business or even a local Police Department or Sheriff.

We want to stress that at **no time** will Law Enforcement call you and demand gift cards to pay off a fine. There is not a legitimate business that will call, email or text asking for gift cards in lieu of taking civil action against you.

If you receive a call, ask for more information, ask for a call back number, ask to talk to their supervisor. These callers will sometimes get verbally abusive and threatening. These are fraudulent. Call you local police department and they will give you direction on the validity of the call, email, letter or text.

We need to stay ahead of these individuals. We need to be vigilant and be an advocate for ourselves.

If you are the victim of fraud, please call the Ludington Police Department **231.843.3425** or the Mason County Sheriff **231.843.3475** to make a report.

What is the Cost of COVID?

(Support Group)

On Thursday, April 29th, 2021 at 6:30 PM, we will initiate a monthly confidential educative support group to begin to process the losses, deaths and transitions related to the costly impact of **COVID 19** globally but most especially locally, here in Ludington at the Ludington Area Senior Center. There is no doubt in our minds and hearts that this has been and still is a challenging time to be alive, but it is also a moment in which our collective resources and history have never been greater and more capable to be open, honest, supportive and kind – to ourselves, and with each other.

Facilitating this engaging work is ***Laura J. Ruhle*, CT and *Dennis B. Bromley*, FLE.** Laura is a graduate of St. Mary-of-the-Woods, Terra Haute, IN and of The Center for Loss and Life Transitions/Alan D. Wolfelt, PhD. and Colorado State University – Fort Collins, CO.

She is also a Certified Thanatologist through ADEC (Association of Death Education and Counseling) Minneapolis, MN.

Dennis is a graduate of Spring Arbor University of Michigan in Family Life Education. He is also an ordained Minister in the United Methodist Church. Laura and Dennis are married and have been supporting life's transitions collectively over the last 35 + years and are residents in Mason County, Ludington, MI whereby they have made it their retirement home.

Come. All are welcome as we continue to serve these needs with adherence to COVID protocol **(masks are required).**

Pre-registration is requested by calling the Ludington Senior Center at **231.845.6841**

Article submitted by: Laura J. Ruhle

What's the Cost of COVID? - Support Group

Monthly confidential educative support group. The support group will be meeting on the last Thursday of each month, at 6:30 pm. The meeting will be held at the Ludington Senior Center, 308 S Rowe Street, Ludington MI.

Call: 231.845.6841 to register!

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 $5.00 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.

PARMENTER LAW

Call the Ludington Senior Center at, 231.845.6841 to schedule a "FREE" 30 minutes Elder Law consultation. www.parmenterlaw.com

FOOT CARE

Keep Your Feet Happy!

Call Tricia @ 231.239.1951

To Schedule an appointment

The Ludington Senior Center will be offering assistance with Tax Credits ONLY. Property & Heat Credits, starting mid March.

Please call us at 231.845.6841 to drop off your Tax documents.

Please drop of the follow documents;

- **Last year's tax credit information**
- **Health Insurance Premiums amount**
- **Auto Insurance PIP amount**
- **Social Security income amount**
- **Property Tax amount (Winter & Fall)**
- **Rent amount**

LUDINGTON AREA SENIOR CENTER

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

April

LOCATION KEY:
(FB) - Facebook
(SC) - Senior Center
(ZOOM) - Virtual Platform

Sun-	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 10 Craft & Giggles (SC) 1 Tai Chi (FB) (Zoom) 1 Bridge (SC)	2 GOOD FRIDAY CLOSED	3
4	5 9:30 Yoga (FB) 10 Mahjong (SC) 10 Billiards (SC)	6 10 Quilting (SC) 10 Billiards (SC)	7 9:30 Yoga (FB) 10 Billiards (SC)	8 10 Craft & Giggles (SC) 1 Tai Chi (FB) (Zoom) 1 Bridge (SC)	9 10 Yoga (Zoom) 10 Billiards (SC) 1 Footcare (SC)	10
11	12 9:30 Yoga (FB) 10 Mahjong (SC) 10 Billiards (SC)	13 10 Quilting (SC) 10 Billiards (SC) 1 Alzheimer's Supt. Group (SC)	14 9:30 Yoga (FB) 10 Billiards (SC) 2 Diabetes Support (FB) 3 Ted Talks (Zoom)	15 10 Craft & Giggles (SC) 1 Essential Oils (SC) 1 Tai Chi (FB) (Zoom) 1 Bridge (SC)	16 10 Yoga (Zoom) 10 Billiards (SC) 1 Footcare (SC)	17
18	19 9:30 Yoga (FB) 10 Mahjong (SC) 10 Billiards (SC)	20 10 Quilting (SC) 10 Billiards (SC)	21 9:30 Yoga (FB) 10 Billiards (SC)	22 10 Craft & Giggles (SC) 1 Tai Chi (FB) (Zoom) 1 Bridge (SC)	23 10 Yoga (Zoom) 10 Billiards (SC) 1 Footcare (SC)	24
25	26 9:30 Yoga Facebook 10 Mahjong (SC) 10 Billiards (SC)	27 10 Quilting (SC) 10 Billiards (SC)	28 9:30 Yoga (FB) 10 Billiards (SC) 2 Diabetes Supt. (FB) 3 Ted Talks (Zoom)	29 10 Craft (SC) 1 Tai Chi (FB) (Zoom) 1 Bridge (SC) 6:30 What's the Cost of COVID (Supt. Group)	30 10 Yoga (Zoom) 10 Billiards (SC) 1 Footcare (SC)	

Virtual Enrichment

"Healthy Me" Diabetes Support Group
This group is designed around you and offer support with those battling similar medical issues.
Articles is shared on our Facebook page
2nd & 4th Wednesdays of the month, at 2pm.
Share, learn, feel better.
Topics range from:

Medical Management
- Controlling Neuropathy
- Insulin Delivery Systems

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

Exercise
- Choosing the Right Shoes
- Exercise When You Have Complications

Articles and recipe ideas submitted by Jaclyn, meeting facilitator

YOUNG LIVING ESSENTIAL OILS — Tree of Life

Join like minded oil enthusiasts, learn, share and explore the many possibilities of essential oils.
Discussion type class is held the 3rd Thursday of the month @ 11 am
Meeting facilitator: Karen Bieniek.
Location: Ludington Senior Center

Learn about:
- Aromatherapy & Chakra,
- Scents of the Bible
- Essential Oils & Yoga
- DIY Oils for the home.

Ludington Area Senior Center (ludingtonseniorcenter.org)

Yoga videos from YouTube will be uploaded to our Facebook page on Monday & Wednesday mornings at 9:30 am for your convenience.

Call us at 231.845.6841 should there be questions about accessing these YouTube videos.

A Zoom Class is offered on Friday mornings at 10:00 am.
Class facilitator Joan Riise.
If you would like to join this meeting, call us at 231.845.6841 with your email information.
Namaste.

Meditation videos from YouTube will be uploaded to our Facebook page on Tuesday & Thursday mornings at 9:30 am for your convenience.

Call us at 231.845.6841 should there be any questions to accessing these YouTube videos.

Namaste.

Virtual Enrichment

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

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!

Tai Chi

to improve your balance.

Class is on Zoom & Facebook Live

Call 231.845.6841 with your email Information.

Cass Facilitator: Joe Moloney

TEDTALKS IDEASWORTHSPREADING

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

Stretch, Fit & Balance

is designed for all ages and exercise levels.

Participate in the class on Facebook Live; while getting strong in the safety of your home!

Facilitator: Cyndi Scott

SASC Reopening no later than May 3

Vaccinations, masks, spacing, reservations, capacity limits part of safety precautions

The Scottville Area Senior Center (SASC) will again welcome visitors for in-center activities and lunch no later than Monday, May 3. The center will reopen for the first time since the coronavirus fall surge caused the SASC to close for the second time since the COVID-19 pandemic began.

We are very excited to welcome our guests back after these long, hard months of separation. **Our goal is to be as sure as these uncertain times allow, that when we open—this time it will be a permanent resumption of in-center activities.**

The reopening for guests was preceded by resumption of the center's county-wide in-home and medical transportation programs. The services resumed on a limited basis in late February, and quickly expanded as more aides and volunteer drivers completed their vaccinations to protect their clients and themselves. Team members who had not been vaccinated were still able to help clients who had completed their shots.
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 usually 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 activities as well as meals. 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 while eating) 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

COVID-19 vaccination is highly recommended—but not required. All staff have received their vaccinations. We will not be checking to see if guests have been vaccinated—that's one reason it's so important to continue to observe health safety precautions.

Lunch protocols: Two designated seating spots per large table (separated as far as possible); one person only at smaller tables in overflow room. Lunches will be the same as home-delivered meals (see page 3), 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 during regular center hours (9-4:30), including the Parkinson's support group, book club, life story writing, 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. Please see page 17 for a calendar of SASC events.

(Continued on page 15)

(Continued from page 14)

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, and groups of more than 10 people. Meetings outside normal center hours (9 am to 4:30 pm) can be scheduled but, for now, only if a staff member is able to attend and all safety precautions are observed.

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 and started after we consult with adults in the group.
Our other inter-generational programs inside the center, held in partnership with Mason County Central Schools (of which SASC is a part) including The Alliance Project with Spartan Academy students, are also on hold temporarily, but we hope to resume them soon.
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.

Quick Reference Summary for SASC reopening

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, small group meetings, including:

- Grandparents Raising Grandchildren (+ other kinship caregivers)
- Parkinson's support group
- book club
- life story writing
- 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.

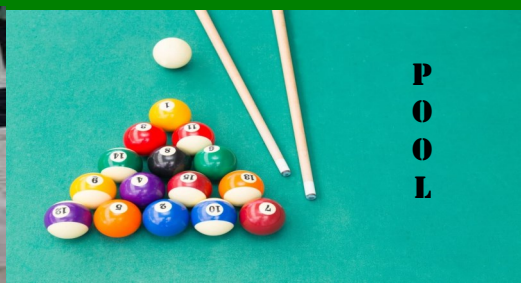
On hold for now
Among the traditional activities that will not resume until a later date, due to health concerns, close contact or shared items, are:

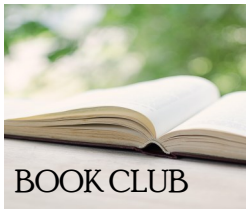
- travel
- cards and table games
- dancing
- puzzles
- groups of more than 10 people

Meetings outside normal center hours (9 am to 4:30 pm) can be scheduled, but only if a staff member is able to attend and all safety precautions are observed.

SCOTTVILLE AREA SENIOR CENTER

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





PARKINSONS GROUP

GRANDPARENTS A I S I N GRANDCHILDREN

Active for Life

Activities starting in May.

Let's Do Lunch

Cookbook Update

With the 50th anniversary of the Scottville Area Senior Center coming in 2023, we have decided that our Active for Life Cookbook could be a great way to help us celebrate. We will be extending the deadline out to 2022 to be closer to our anniversary date. This will also give anyone who would like to be published more time to get recipes and stories about their experiences with our center to us for publishing.

-Missy

SCOTTVILLE AREA SENIOR CENTER

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

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY Exercise -Weekly -Once each Month - Series - Special Event	**1** Quilting 10:00 Lunch 11:45	**2** Sit & Be Fit 10:30 Lunch 11:45 Open Pool 12-4	**3** Painting 9:00 Ladies Pool 10:00 Lunch 11:45	**1** Wii Bowling 10:00 Lunch 11:45 Open Pool 12-4	**2** Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00	**3**
4 .	**5** Quilting 10:00 Lunch 11:45	**6** Sit & Be Fit 10:30	**7** Painting 9:00	**8** Wii Bowling 10:00 Lunch	**9** ling 10:00 10:00 11:45 ol 12-4:00	**10**
11	**12** Quilting Lunch 1	Pool 12-4	Lunch		10:00 10:00 nch 11:45 Open Pool 12-4:00	**17**
	19 Quilting 10:00 Lunch 11:45	**20** Sit & Be Fit 10:30 Lunch 11:45 Open Pool 12-4	**21** Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Creative Crafts 2:00	**22** Wii Bowling 10:00 Lunch 11:45 **Open Pool 12-4**	**23** Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00	**24**
25	**26** Quilting 10:00 Lunch 11:45	**27** Sit & Be Fit 10:30 Lunch 11:45 Open Pool 12-4				

Activities will not resume until May but we will welcome you in (Fully Masked) if you need to speak to someone in person about any of the details.

Friends of Pat Hanson are invited to her memorial service
Friday, April 9 at 2:00
Oak Grove Funeral Home
3060 US 10, Ludington

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
1 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	2 Bingo 10:00 Lunch 12:00	3 Coffee Talk 9-2 Lunch 12:00	4 Bingo 10:00 Lunch 12:00	5 Coffee Talk 9-2 Lunch 12:00
8 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	**9** Bingo 10:00 Lunch 12:00	10 Coffee Talk 9-2 Lunch 12:00	11 Bingo 10:00 Lunch 12:00	**12** **Coffee Talk 9-2** **Lunch 12:00**
15 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	**16** Bingo 10:00 Lunch 12:00	17 Coffee Talk 9-2 Lunch 12:00	18 Bingo 10:00 Lunch 12:00	**19** **Coffee Talk 9-2** **Lunch 12:00**
22 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	***23*** Bingo 10:00 Lunch 12:00	***24*** ***Coffee Talk 9-2*** ***Lunch 12:00***	25 Bingo 10:00 Lunch 12:00	26 Coffee Talk 9-2 Lunch 12:00
		ALL ACTIVITIES ARE CANCELED UNTIL THE CENTER REOPENS. ***We'll see you soon!***		

Free Soil Area
Senior Center
8446 N Democrat St
Free Soil, MI 49411
231-464-6789

Take Out Meals Only
Until Further Notice

Please Call by NOON the day before to reserve a meal.

Thank you!!!

Thursday, April 1
April Food Fools

Tuesday, April 6
Mushroom Swiss Chicken
Mashed Potatoes w/Gravy
Broccoli
Tropical Fruit

Thursday, April 8
Macaroni & Cheese
California Blend Vegetables
Applesauce
Cupcake

Tuesday, April 13
Chopped Suey
Cream Cheese Rangoons
Fortune Cookie
"Sushi" Cake

Thursday, April 15
Hamburger on Bun
French Potato Salad
Breaded Cauliflower
Peaches

Tuesday, April 20
Chicken Soup
Egg Salad Sandwich
Banana
Lemon Cake

Thursday, April 22
Polish Dinner

Tuesday, April 27
Ground Beef Stroganoff w/ Noodles
Asparagus
Cottage Cheese
Roll & Butter
Cherry Pie

Thursday, April 30
Stuffed Pepper Soup
Roasted Broccoli & Sweet Potatoes
Corn Bread
Lemon Berry Salad

There is no simple way to deal with the life-changing event of a Parkinson's diagnosis. The good news: Most people find acceptance and quality of life after the initial adjustment period.

What can you do for Parkinson's Disease Awareness Month?

- Spread the word about PD by sharing a link to our website or one of our publications or webinars with a friend who might benefit from learning more.
- Make this the month when you finally make that appointment with a neurologist that you've been putting off.
- Register for one of our VIRTUAL Optimism Walks and help raise funds and awareness no matter where you live!
- Been hesitant to go to a support group or exercise class? One might be available online! This April, take the plunge and give it a try. Call APDA at 800-223-2732 if you need help finding one.
- Know someone who is a care partner? Check in on them and see how they're doing.
- Make a donation to APDA. The more funds we raise, the more people we can help, and the need is especially great in these challenging times.

The Parkinson's Group meets at the Scottville Senior Center once a month. You can call the SASC to find out when meetings will resume. 757-4705

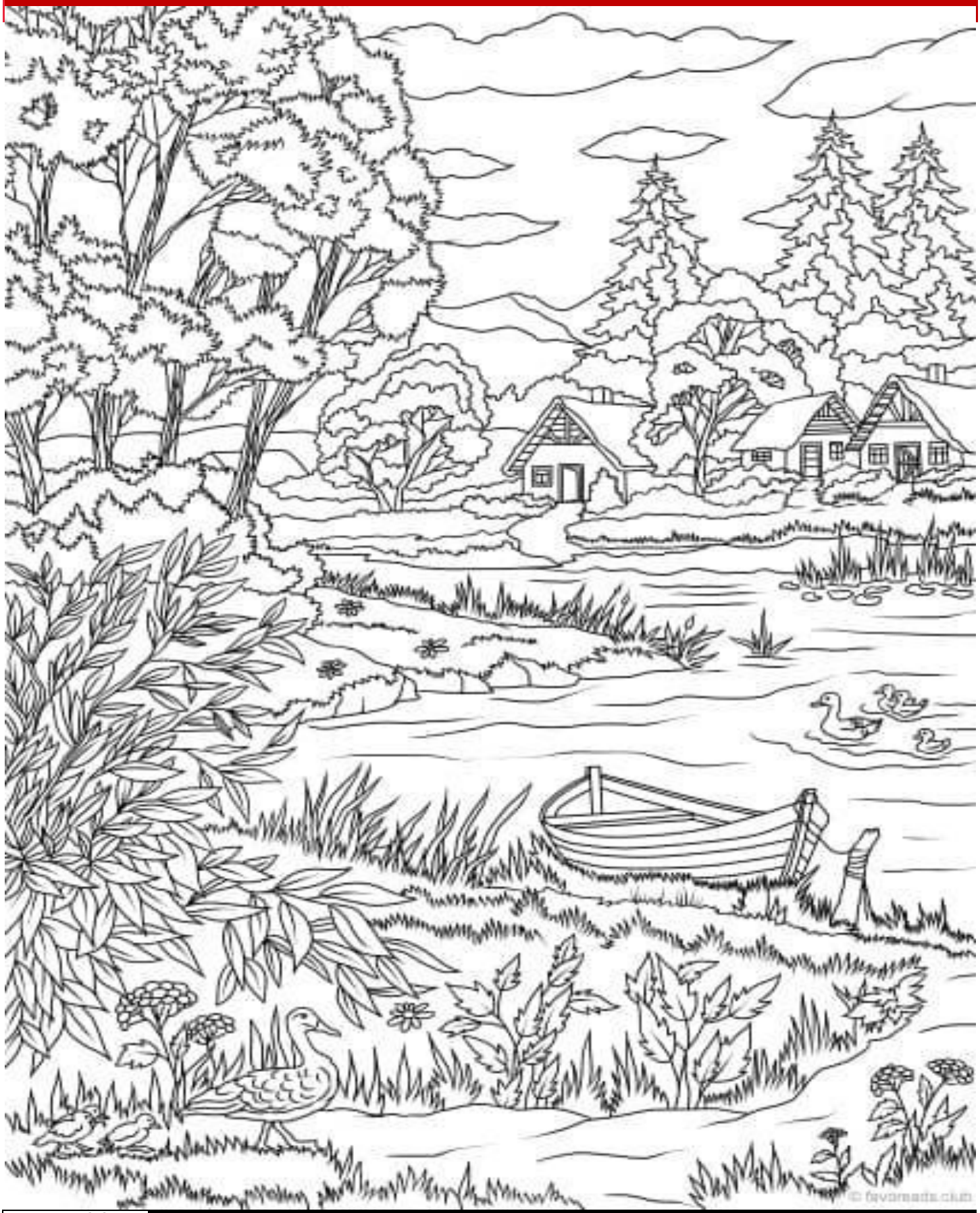
WHAT IS AUTISM?

Autism is a complex, lifelong developmental disability that affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination, self-regulation, and the ability to establish relationships with others.

Our National Helpline offers our trained Information & Referral (I&R) Specialists to provide resources to services and supports across the country. To speak to an I&R Specialist directly, call **800-3-AUTISM (800-328-8476)**, or email **info@autism-society.org**.
Visit www.Autism-Society.org to learn more.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 April Fools Day & National Burrito Day	2 World Autism Day & Good	3 Chocolate Mousse Day & Tweed Day
4 Chicken cordon Bleu & Jeep 4x4	5 Gold Star Spouses Day	6 Caramel Popcorn Day	7 Coffee Cake & Beer Day	8 Zoo Lovers Day	9 Former prison of War Day	10 Farm Animal & Sibling Day
11 Eight Track Tape & Pet Day	12 Grilled Cheese & Licorice Day	13 Peach cobbler & Scrabble Day	14 Gardening Day	15 Tax Day & Banana Day	16 Clean out your Medicine Cabinet Day	17 Cheeseball & Bat Appre-ciation Day
18 Animal Crackers Day	19 Garlic & Hanging out Day	20 Cheddar Fries Day	21 Chocolate Covered cashews Day	22 Jelly Bean & Earth Day	23 Cherry Cheesecake Day	24 Pigs in a Blanket Day
25 Pet Parents Day	26 Help a Horse & Pretzel Day	27 Tell a Story Day	28 Blueberry Pie & Superhero Day	29 Shrimp Scampi Day	30 Military Brat Day	

BRAIN GAMES



ACTIVE for LIFE Newsletter

GET IT THREE WAYS!

The Active for Life newsletter is available

1. In print—for free—at MANY locations throughout Mason County:

2. Online—for free—using this link: ourseniorcenter.com/find/Scottville-area-senior-center or https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431

3. Mailed to you - contact the Scottville Senior Center. 231-757-4705, $18.00 per year, paid by check or cash.

LOCAL SUPPORT GROUPS

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

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

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

Parkinson's Support Group

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

Alzheimer's Support Group

Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
2nd. Thursday 1:00pm.
231.845.6841

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

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

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	888.783.8190
Legal Hotline for Michigan Seniors www.elderlawofmi.org/legal hotline	866.400.9164
MI Public Service Commission (inquiries and complaints)	800.292.9555
Unwanted Phone Solicitation	888.382.1222

FREE MEDICAL EQUIPMENT LOANS

American Legion Post 76 231.845.7094
318 N James St, Ludington, MI 49431
7Days/Week: Noon - 7:00 p.m.

Custer VFW Gold Bar Post 231.757.9665
2022 State St. (US 10), Custer, MI 49405
Monday - Friday 9:00a.m. - 5:00p.m.

Ludington Senior Center 231.845.6841
308 S. Rowe St., Ludington, MI 49431
Monday - Friday 9:00 a.m. - 4:30p.m.

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