

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS

July 2025  
Volume 15  
Issue 7

# Active for Life

## Mason County's Senior Newsletter

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# MASON COUNTY • MICHIGAN

## **Volunteers! Medical Drivers, a Member of the Sunset Carvers Club, a Diamond Art instructor.....OH MY!**



***Phew. A couple of many talents! Donna and Bruce Genia belong in one or more of the above listed activities at the Scottville Area Senior Center!***

Bruce retired from being a truck driver (he drove through 48 states!) to being a driver of fork lifts for a company in Hart for eleven years to doing the same job, but for Indian Summer until retirement.



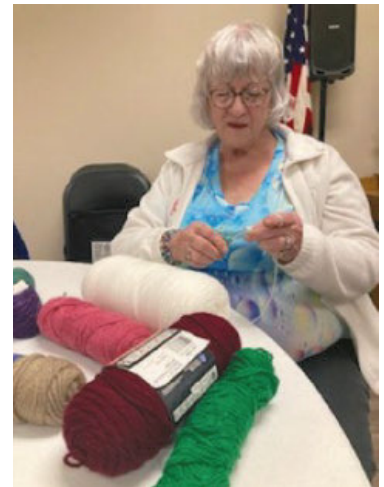
To continue his driving expertise, he now volunteers as a medical driver, taking seniors to medical appointments, waiting while the client has a procedure, and taking the client back home. Bruce is patient and calm as he waits for clients, travelling up to 100 miles one way, helping each senior meet appointment times, and knowing how much this transportation opportunity means to his passenger.

As another skill, Bruce has become a member of the Sunset Side Wood Carvers club at the Scottville Area Senior Center, led by Larry Stewart (retired Mason County sheriff). He's now working on gnomes!

Donna was a bookkeeper, moving here from Niles to marry Bruce. Donna actually worked for the same firm for 40 years. A sweet memory

for her was when Bruce came to pick her up for their first date on a motorcycle. Donna says she was "hooked."

As Donna watched Bruce carve every Tuesday afternoon at SASC, she made the decision that she didn't want to just sit around doing knitting or crocheting while Bruce was so focused. SO, she has decided to teach others a craft she knows well: ***Diamond Art.***



Her class will also be on the third Tuesday, from 1PM-3PM, during the same time frame as the carvers in which Bruce is active... a couple that truly volunteers or participates together!

***Thank you, Bruce and Donna, for being part of our Scottville family and sharing your talents with us all!  
We are grateful!***

On the Cover: "Summertime Fun" by Brad Reed. Thanks to Todd and Brad Reed Photography.

## Brain Health Awareness: Creating a Dementia Care Plan that Works for You



Caring for a loved one with dementia can be overwhelming, both emotionally and logistically. Everyday tasks like showers, shopping, or keeping an appointment can feel nearly impossible as the disease progresses. For many caregivers, asking for help or knowing where to start feels just as daunting.

We're highlighting ways to take proactive steps, whether you're just starting to care for someone recently diagnosed or are further along in your caregiving journey. Dementia Friends Program Coordinator, **Brandon Beck**, offers a three-step approach to help you build a strong, person-centered care plan that evolves with your loved one's needs.

### Step 1: Educate Yourself and Your Support System

Understanding dementia is key to providing compassionate, effective care. While it's tempting to jump straight into services and supports, Brandon encourages caregivers to begin with education.

"Learning more about the disease itself and the experience of someone living with it creates a foundation for the rest of your care decisions," he shares. "And it's even more powerful when the whole support circle learns together."

#### Recommended educational resources:

**Dementia Friends** This free, one-hour session provides a solid introduction to dementia, including common signs and communication strategies. It's a great first step for caregivers, families, and professionals. Sessions are offered both in person and via Zoom. - Learn more: [www.aaawm.org/dfmi](http://www.aaawm.org/dfmi)

**Family Caregiver University (FCU)** A monthly workshop series designed for caregivers, FCU tackles topics like avoiding burnout, managing challenging behaviors, and planning ahead. It's a space to gain skills and connect with others in similar situations. - Explore topics: [www.caregiverresource.net](http://www.caregiverresource.net)

**The Alzheimer's Association – Greater Michigan Chapter** This national partner offers a wealth of resources—from early-stage support groups to one-on-one consultations and care planning help. - Visit: [www.alz.org/gmc](http://www.alz.org/gmc)

### Step 2: Discover & Combine Resources

Once you've built a basic understanding of dementia, the next step is to learn what services are available in your community, and how they can work together to support both you and your loved one.

"It's easy to feel lost in a sea of options," Brandon says. "That's why I encourage caregivers to visualize what a 'day in the life' could look like with these resources in place."

For example:

- Your loved one attends **adult day services** two days a week.
- On those same days, they receive a **home-delivered meal**.
- During that time, you gain a few hours to rest, work, or take care of other responsibilities.

Small combinations like this can bring relief and routine to what once felt like chaos.

### Step 3: Create (and Revisit) Your Dementia Care Plan

With a clearer understanding of dementia and available resources, you'll feel more prepared to build a **customized care plan**. The best care plans are person-centered, flexible, and informed by trial and error.

Brandon notes, "You'll gain confidence with every decision you make, but it's important to keep the care plan dynamic. As your loved one's condition changes, your approach should too."

#### Tips for care planning:

- Involve your support circle early and often.
- Document what works. Share successful strategies with family or other caregivers.
- Regularly check in with your loved one's needs and be ready to adapt.

#### Taking the First Step

Brain health starts with awareness, and awareness leads to action. Whether you're caring for someone with a recent diagnosis or simply want to be prepared, starting with education and small changes can lead to big impacts. If you'd like to learn more about local dementia services or connect with a care specialist, contact the **Area Agency on Aging of Western Michigan** at (616) 456-5664 or visit [www.aaawm.org](http://www.aaawm.org).



# MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

## July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Sweet &amp; Sour Chicken/ Rice</b> Mixed Veggies Salad Cantaloupe 1 % Milk	<b>2 Cabbage Rolls</b> Corn Applesauce 1% Milk	<b>3 No Meals Served July 4th Observed Frozen Meals Available</b>	<b>4 No Meals Served July 4th Observed Frozen Meals Available</b>
<b>7 Baked Chicken</b> Scalloped Potatoes Green Beans Peaches Dinner Roll 1 % Milk	<b>8 Biscuit&amp;Gravy</b> Cheesy Hash-brown Casse- role Orange Juice Fresh Fruit 1% Milk	<b>9 Turkey Deli</b> Potato Salad Sliced Cukes Pears Bun 1% Milk	<b>10 Homemade Pizza</b> Green Beans Creamy Cukes Banana 1 %Milk	<b>11 Cheeseburger</b> Tator Tots Steamed Carrots Watermelon Bun 1% Milk
<b>14 Salisbury Steak</b> Scalloped Potatoes Peas Diced Peaches Rye Bread 1% Milk	<b>15 Chicken Stew</b> Stewing Vegetables Carrots Pineapple Biscuit 1% Milk	<b>16 Jumbo Hot Dog</b> Baked Beans Coleslaw Fruit Bun 1% Milk	<b>17 Chicken Sandwich</b> Au Gratin Potatoes Cherry Tomatoes Applesauce Bun 1% Milk	<b>18 Fiesta Lasagna</b> Veggies in Entrée Tomato/Lettuce Peaches 1 % Milk
<b>21 French Toast</b> Sausage Load- ed Hash Browns Orange Juice Muffin 1% Milk	<b>22 Beef Stroganoff</b> Noodles Peas Squash Lunch Bunch Grapes 1 % Milk	<b>23 BBQ Country Ribs</b> Baked Beans Three Bean Salad Oranges Biscuit 1% Milk	<b>24 Quarter Pounder</b> Peas Spudsters Pineapple Bun 1 % Milk	<b>25 Baked Fish</b> Brussels Sprouts Crispy Cubes Blushing Pears Wheat Bread 1% Milk
<b>28 Tator Tot Casserole</b> Potatoes in Entrée Mixed Veggies Peaches Dinner Roll 1% Milk	<b>29 Taco Tuesday</b> Spanish Rice Lettuce/Tomato Fresh Apple 1 % Milk	<b>30 Chicken Pot Pie</b> Veggies in Entrée Peas Grapes 1 % Milk	<b>31 Swedish Meatballs</b> Noodles California Blend Peas Fruit Mix 1% Milk	

**PLEASE CALL MEALSITES FOR LUNCH RESERVATION BY 9:00 AM.**

### PRICES

Age 60 and up: \$3  
Under age 60: \$6

**\$1 Lunch Days**

Scottville & Tallman  
Last Thurs. each month

Ludington Center  
Serves Lunch on  
Tuesdays &  
Thursdays

**Meals on Wheels**  
**231-757-4831**  
**Kitchen**  
**231-757-5721**

### Meal Sites

**Scottville 757-4705**  
**Ludington 845-6841**  
**Tallman 757-3306**

**Note: Menus are subject to change**

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# MASON COUNTY • MICHIGAN

# Thank you

for joining us at the 10th Annual Expo  
and to all of our sponsors!



## 5 Wishes: Getting Started—Monday, July 21, 1:15

*Making sure your personal wishes are recognized and honored*



Scottville Area Senior Center (SASC) invites you to an introduction to the “5 Wishes” guide. It’s the document to ensure that your preferences are followed for care toward the end of your life.

The presentation is scheduled for **Monday, July 21, at 1:15**, with Marie Stycos of Mindful Passages. The session will be 60-90 minutes. Please call SASC (231-757-4705) to sign up.  
Cost: \$10—includes Guide/Work booklet

The Five Wishes guide is valuable because:

- It's written in everyday language, making it easy to understand and complete.
- It covers personal, spiritual, medical and legal wishes all in one document.
- It allows your family or caregiver to know exactly what you want, so they don't have to guess
- It's legally valid in nearly every state

DELICIOUS

# Ice Cream Social

JULY 11TH  
1-3PM

ENJOY!



**\$3**  
SUGGESTED  
DONATION

LUDINGTON SENIOR CENTER  
308 S ROWE STREET



## LIFE AND MORTALITY

Durable Power of Attorney for Health Care

Tuesday, July 15<sup>th</sup> @2pm

If you have done estate planning with a lawyer, you probably have a Durable Power of Attorney for finance, but you may not have Durable Power of Attorney for Healthcare (DPOAH). Not all estate planning lawyers include a DPOAH in the estate planning paperwork. You are invited to come and learn what the difference between the 2 are and why having a designated healthcare decision maker is so important. DPOAH forms will be available for those who desire them.

Presentation by Marie Stycos of Mindful Passages



## COOKING WITH CATHY

FOR ANY LEVEL

Try this refreshing liver cleansing salad for summer.

### MENU

- Avocado Duo with Carrots and Beets Salad
- Raw Strawberry Pie with Nut Crust

PRICE ONLY

**\$10.00**

PER SESSION

MONDAY, JULY 21<sup>ST</sup>

@12:30PM

REGISTER AT 231-845-6841

LUDINGTON SENIOR CENTER

LUDINGTON SENIOR CENTER

LUDINGTON SENIOR CENTER

MUSIC WILL START AT 2PM

JULY 21ST

## BINGO

Jukebox

CALL TO RESERVE YOUR SEAT



\$5.00 ENTRY FEE

ENTRY FEE INCLUDES 1 CARD.  
\$2.00 ADDITIONAL CARDS

## Sassy Head Planters

JULY 24TH

Ludington Senior Center

2 PM

FREE



Limited space available

Can you use another planter? This is your opportunity to make a sassy head planter that is one of a kind. If you have a glue gun or a specific pair of sunglasses, please feel free to bring those with you to this class.

Elara Caring  
We care where you are.

## Senior Project Fresh

The Ludington Senior Center can provide technical assistance and support with the new online application for those eligible.

Monday-Friday 1pm-3pm

1 person income- \$2,321.75/month

2 person income- \$3,151.17/month

# Services and Resources

Provided by Ludington Senior Center



30 minute FREE consultation  
by appointment only.  
Call 231-845-6841



Every 2nd Wednesday of the month  
at 10:30am an RN from Corewell  
Health will be here to give free blood  
pressure checks. No appointment  
necessary.



## Caregiver Support

Mason County Caregiver  
Support Group  
2nd Thursday of every month  
Call the helpline at 800-272-3900



## Grief Support

Open Ended Grief Support &  
Education  
Dennis B. Bromley, FLE.  
2nd Monday of the month  
*"If I have loved, I will feel and will  
grieve.."*



## Medical Equipment Loan Closet

We have medical equipment for loan at  
the senior center for a small donation.  
Walkers, wheelchairs, crutches, shower  
benches, transfer benches, grabbers,  
commodes, toilet seat riser, bed rails,  
canes, incontinent supplies are available.



## Chair Massage

Jane Robinson, LMT is a licensed  
massage therapist. Jane is available for  
appointments or walk-ins on Mondays  
from 9am to 1pm. Check or cash is  
accepted. \$15.00 per session.



## Facebook

Follow us on Facebook to stay informed on all of  
our activities, presentations, and special events.



# LUDINGTON AREA SENIOR CENTER

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		<b>1</b> 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	<b>2</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Stretch & Balance 1 Ping Pong 1 Kayaking 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>3</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 No Lunch Today 1 Duplicate Bridge 2 Chair Volleyball	<b>4 Center is Closed</b> 	<b>5</b> 
	<b>6</b> 	<b>7</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	<b>9</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Stretch & Balance 10:30 BP Clinic 1 Ping Pong 1 Karaoke 1 Kayaking 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	<b>10</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 2 Chair Volleyball	<b>11</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1-3 Ice Cream Social Open Billiards 	<b>12</b> 
<b>13</b> 	<b>14</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	<b>15</b> 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Life and Mortality	<b>16</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Stretch & Balance 1 Cups of Cheer 1 Ping Pong 1 Karaoke 1 Kayaking 4 Feldenkrais 5:30 Zumba Gold	<b>17</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Chair Volleyball	<b>18</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>19</b> 
<b>20</b> 	<b>21</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 9-12 Parmenter Law 10 Mahjong 11 Enhance Fitness 12:30 Cook with Cathy 1 Cards & Games 2 Jukebox Bingo 5:30 Zumba Toning	<b>22</b> 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	<b>23</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Stretch & Balance 1 Ping Pong 1 Karaoke 1 Kayaking 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	<b>24</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Elara Craft 2 Chair Volleyball	<b>25</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>26</b> 
<b>27</b> 	<b>28</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	<b>29</b> 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	<b>30</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Stretch & Balance 1 Ping Pong 1 Karaoke 1 Kayaking 4 Feldenkrais 5:30 Zumba Gold	<b>31</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Chair Volleyball		

# Ludington Senior Center



**Day Trip/Fish Boil**

July 25  
2025



**SS Badger Trip**

Sept 10-Sept 11  
2025



**Rhine and Moselle**

Sept 11-Sept 21  
2025



**New York City**

October 9-15  
2025

**If you would like more information or to book now please  
call Barb at 231-845-6841**



**Applefest/Wine  
Tour**

October 10  
2025



**Finland's Northern  
Lights**

February 21-28  
2026



**New Orleans**

April 11-19  
2026



**Greece Island  
Hopper**

April 12-22  
2026



**America's  
Cowboy Country**

May 19-26  
2026



**Mackinac Island**

June 1-5  
2026



**South Africa**

Sept 21- Oct 5  
2026



**Colors of  
Morocco**

March 4-18  
2027

**If you are interested in more information on these trips visit  
[www.ludingtonseniorcenter.org/trips](http://www.ludingtonseniorcenter.org/trips)**





## WEEKLY SCHEDULE OF EVENTS

Staying mentally and physically active is one of the best ways to keep your body healthy. It can also improve your overall well-being and quality of life by relieving stress, anxiety, depression, and anger.

*Ludington Senior Center*

### Weekly Exercises

- Stretch, Fit & Balance
- Yoga
- Zumba Gold (\$6)
- Zumba Toning (\$6)
- Cardio Drumming (\$5)
- Walking Club
- Enhance Fitness
- Feldenkrais (\$6)
- Ping Pong
- Line Dancing
- Matter of Balance (Hold)
- Golf
- Chair Yoga
- Chair Volleyball



### Social Activities

- Cards and Games
- Duplicate Bridge
- Mahjong
- Quilting/Sewing
- Crafts and Giggles
- Men's Breakfast
- Billiards
- Book Club (Hold)
- Solo Adventures
- Trips
- Congregate Meals



### Activities Offered Throughout The Month

- Painting with Julie (Hold)
- Card Making with Sharon (Hold)
- Watercolors with Mary
- Cooking with Cathy
- Let's Talk Mason County History (Hold)
- String A Long Community Jam
- TED Talks
- Karaoke
- Grief Support
- Educational Presentations
- Alzheimer's Support Group
- Chair Massage
- Blood Pressure Clinic
- Crafts with Carole



A healthy brain is just as important as a healthy body.

### Stay Active

We are open Monday  
through Friday 9am to  
4:30pm.

Help support our center  
by making a donation  
for our activities.

LET'S WORK TOGETHER TO STAY ACTIVE!

[www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)



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An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meetings every third Monday of the month, from 9am to 12pm at Ludington Senior Center. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance. Please call the Senior Center at (231) 845-6841 for an appointment.

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Hours: Tue.- Fri. 10 am - 5 pm; Sat. 10 am - 2 pm



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**231-843-3039**

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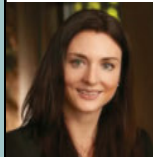


**ESTATE PLANNING**  
• Wills, Trusts, Powers of Attorney  
Trust Administration/Settlement

#### PROBATE MATTERS

- Estates, Guardians and Conservators

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and Northern  
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Attorney  
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# SASC July Activities

Loving Life  
at Every Age

**PAGE 12**

**ACTIVE FOR LIFE JULY 2025**



# MASON COUNTY • MICHIGAN



## ***July is a time of Celebrations, Cookouts, and Laughter...***

***Canada Day: July 1***

***Independence Day: July 4***

***World Chocolate Day: July 7***

***France: Bastille Day: July 14***

***National Picnic Month  
National Parks Month***

***July is a time to reflect and to celebrate our freedom and our servicemen and servicewomen.***

### **Updates and Changes:**

***July 2nd (Wednesday): Blood Pressure Clinic 12 – 1***  
*Kelly Barnhardt, RN*

***July 4<sup>th</sup>: HAPPY INDEPENDENCE DAY: Senior Centers are closed.***

***July 12th (Saturday): 11:30 – 3***  
***Grandparents Raising Grandchildren head to Baldwin for the Family Air Show At the Baldwin airport:*** remote control cars to “drive,” a simulator to show take off and landings of remote-control airplanes, airplanes for the kiddos to fly. ***All Grandparents get gas cards and everyone gets a \$5 gift certificate for a Jones’ Ice Cream cone in downtown Baldwin as well as a food truck “foodie” dollars.***



### **Future GRG Meetings:**

***August 20<sup>th</sup>: 5:00 at Mary Case’s Pottery Studio***  
***August 27<sup>th</sup>: Bowling at Spartan West Bowling***

***July 10<sup>th</sup>: Alzheimer’s Support Group: 11:00 Thursday***  
*Caregivers as well as those with Alzheimer’s are welcome.*

***July 10<sup>th</sup>: 1:15 p.m. Book Club Choice for July: “North of the Tension Line” -***

*By J.F. Riordan (set in Door County, WI)*

*Come join us, but please read the book before you come, so you can participate in our conversation. Then, the group votes on the book they chose for the next month.*



***July 10<sup>th</sup>: Toenail Clinic by Rose (10–12; Blood Pressure Check, 12 -1***

***July 12<sup>th</sup>: Tigers’ Game (leave at 7:00 a.m.)***

***July 15<sup>th</sup>: Charity Sew Group: Tuesday 9 – 12***

***July 16<sup>th</sup>: Parkinson’s Group: 1:30 Wednesday***

***July 19<sup>th</sup>: Happy Scrapper’s Group 9 a.m. – 10 pm***

***July 21<sup>st</sup>: Five (5) Wishes by Marie Stycos at 1:15***

***July 24<sup>th</sup>: Thursday: Organic Gardening Club: 12:30 – 2***  
*Members Garden Tours! Great fun!*

*Visit some of the organic gardens in Mason County!*

***July 29<sup>th</sup>: Ladies’ Coffee Klatch: 9:00 Tuesday***

# SCOTTVILLE AREA SENIOR CENTER

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

## **CRAFTS - July 2025**



**The Sunset Side Wood Carvers** meet every Tuesday in the afternoon from 1:00pm to 3:00pm. If you are a master carver or a beginner. All are welcome. There may be a small fee for supplies from time to time. Come join in!

**The Painting Group** meets at the Scottville Area Senior Center on Wednesdays, from 9:00am to 11:00am. Bring your paint supplies and canvases and join in for a couple hours visiting and painting.



### **Jewelry Making**

Wednesday, July 9<sup>th</sup>, at 2:00pm – We will be making a Seed Bead and Button Stretchy Bracelet. A sample is shown here. Various Colors will be available to choose from. The fee for this class will be \$10.00. All supplies will be provided. Call the Senior Center (231-757-4705) to reserve your spot at the table.

### **Diamond Art Class**

Tuesday, July 15<sup>th</sup> from 1:00pm – 3:00pm . Are you a Diamond Art Artist or do you want to learn how to be a Diamond Art Artist? Join us on the third Tuesday of each month at 1:00pm until 3:00pm and let's make some Art! Donna Genia will be available to show you how it's done. If you are a newbie, there will be kits available for purchase (\$3.00) to get you started. If you are already a Diamond Artist, bring your project along and hang out with fellow artists and work on your project. Please call the Scottville Area Senior Center to reserve your spot at the table.



### **Scrapbooking**

Come Crop with us on Saturday, July 19<sup>th</sup> from 9:00am to 10:00pm. Bring your scrappin' stuff (or any other papercraft you are working on) and let's get some photos preserved or a craft completed! Bring a dish to share for either brunch or dinner. Call or stop by for more details and to sign up. Pre-registration is required. \$5.00 fee will be donated to the Scottville Area Senior Center. Hope you can join us!



### **Card Making**

Monday, July 21<sup>st</sup> at 2:00pm – We will be creating two Birthday Themed Cards. A sample of one of the cards is shown here. Class fee is \$5.00 for both cards. All supplies will be provided. Please call the Senior Center to reserve your spot.



### **Get Hooked – Crochet with Missy**

– Wednesday, July 23rd at 1:00pm. Come join Missy in her Crochet Class. This month, she will be teaching you how to create a Mug Rug, great for your coffee cup. The fee for the class is \$5.00 and all supplies will be provided. Please call the Senior Center to reserve your spot in the class.

### **Crafting with Chris**

Thursday, July 24<sup>th</sup> at 3:00pm - During Chris' class, you will be creating Dried Flower Candle Holders. The cost for the class is \$15.00 for a set of 2 candle holders. All materials will be provided. **Deadline to register is July 18th.** Please call or stop by the Senior Center to register!



## **Grandparents Raising Grandchildren Summer Update**

The Grandparents Raising Grandchildren group (including all Mason County kinship caregivers raising young relatives) typically meets the 3rd Wednesday of each month at the Scottville Area Senior Center (**SASC**)—EXCEPT in the summer. Summer is field trip time! We go where & when the action is, and even have an extra meeting to make up for one that had to be canceled due to weather.

**It's vital to let us know you plan to attend so we can have enough materials for all!**

**July 12--Saturday:** Baldwin Airport (11-3). Kiddos get to operate large remote-controlled planes and cars (11 – 3). After practicing in a simulator, the kids fly an actual plane belonging to a member of the Baldwin Flyers! They can also “drive” remote-control cars on a special course.

*Each “kinship family” attending will receive a gas gift card and a food truck lunch on site, plus a cone from Jones’ Ice Cream in Baldwin.*

**August 20—Wednesday:** 5:00 at Mary Case’s pottery studio on Dowland in Ludington. We enjoy pizza and everyone makes a clay project. Past projects included mugs, lighthouses, and boxes with lids, fired in Mary’s kiln and glazed the color each person chooses.

**August 27—Wednesday:** we go bowling at Spartan West at 5:00 (pizza and pop) from 5:30 – 6:30.

Then, beginning in September, we return to our usual schedule at SASC—with useful meetings for the kinship caregivers and fun projects for the kids in a separate room.



**Have a great summer!!!**

**We welcome new members  
and summer is a great time to join.  
Call us at SASC (757-4705)**

*Photo:  
At our June meeting we learned Yoga, led by  
instructor Michele Belson, assisted by Missy Kissell.*

## **Upcoming Day Trips**

**Tigers Game - July 12, 2025**

**Tigers Game - September 3, 2025**



# TALLMAN LAKE SENIOR CENTER

6765 E MARSHALL RD • FOUNTAIN, MI 49410 • 231-757-3306 • Find Us on Facebook!

## NOON LUNCH MON-FRI

Please call the day  
before to order lunch!

# JULY

HOURS  
9 AM TO 3 PM  
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9:00</b> Hand-making Greeting Cards  <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>2</b> <b>10:00 Auxiliary Mtg. All Welcome!</b> <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards <b>1:00</b> "Five Wishes" End of Life Planning	<b>3</b> <b>Closed</b> <b>Happy 4th!</b>	<b>4</b> <b>Closed</b> <b>Happy 4th!</b>
<b>7</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology	<b>8</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art  <b>1:00</b> Yahtzee	<b>9</b> <b>10:00 Board of 11 Directors Mtg. All Welcome!</b> <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards	<b>10</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>11</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy <b>1-2:30</b> Genealogy <b>1-3</b> Outreach (center open)
<b>14</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise	<b>15</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>16</b> <b>9:00</b> Alzheimer's Support Group  <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards	<b>17</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>18</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy <b>1-3</b> Outreach (center open)
<b>21</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology <b>12:30-2:30 Tech Help</b>	<b>22</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>23</b> <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards	<b>24</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>25</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy <b>1-2:30</b> Genealogy <b>1-3</b> Outreach
<b>28</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>10:30</b> Blood Pressure Clinic	<b>29</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art  <b>1:00</b> Yahtzee	<b>30</b> <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards	<b>31</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	

## Free Soil Area Senior Center

Open from  
**9AM until 2:30PM**  
**Tuesdays & Thursdays**  
**each week.**

**Delicious**  
**made-from-scratch**  
**meals cooked on site.**  
**Served at NOON.**

**Please sign in**  
**or call 464-6789**  
**by noon the**  
**DAY BEFORE**  
**to reserve a meal.**  
**Thank you!**

**JOIN US FOR A MEAL**

**WALK LAPS IN THE**  
**GYM**

**PLAY A GAME OF**  
**POOL**

**ENJOY**  
**ENTERTAINMENT**

**VISIT WITH NEW**  
**& OLD FRIENDS**

# JULY MENU

<b><u>Tuesday, July 1</u></b> Beef Stew w/Veggies Salad Roll & Butter Pears Cake & Ice Cream	<b><u>Thursday, July 3</u></b> <b>Picnic!</b>
<b><u>July 8</u></b> Sweet & Sour Pork Rice & Veggies Mandarin Oranges Roll & Butter Cookie	<b><u>July 10</u></b> Chicken Alfredo Broccoli Garlic Bread Pineapple Tidbits Pudding
<b>CENTER WILL BE CLOSED</b> <b>July 14 and July 17</b>	
<b><u>July 22</u></b> Soup & Sandwiches Relish Tray Mixed Fruit Ice Cream Bars	<b><u>July 24</u></b> Pork Tenderloin Stuffing Sweet Potato Souffle Cranberry Sauce Roll & Butter Cherry Pie
<b><u>July 29</u></b> Shepards Pie w/Veggies Corn Roll & Butter Taffy Apple Salad	<b><u>July 31</u></b> Lasagna Salad Garlic Toast Peaches Sherbet



## FREE SOIL AREA SENIOR CENTER

8480 N. DEMOCRAT • FREE SOIL, MI 49411 • 231.464.6789



### July Events

#### Tuesday, July 1:

Monthly Birthday Celebration

#### Thursday, July 3

Blood Pressure Clinic 11-Noon

#### Tuesday July 8:

Regular Meeting at 1:00 pm (Date Change)  
Jewelry & Glasses Cleaning

#### Wednesday, July 9:

Amber Elk Ranch  
11:00 am leave the center  
@ 10:15am

#### Thursday, July 24:

Blood Pressure Clinic 11-Noon

#### Wednesday, July 30:

Mac Dune Rides Leave the  
center @ 9am

## TALLMAN LAKE SENIOR CENTER

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### Genealogy Group!



Our new genealogy group is growing and we have room for you! Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month, from 1:00 to 2:30.

Tallman Lake Senior Center and group leader, Maggie Momenee, invite you to join in and begin to open the pages of the past and build your own family history. Fascinating and fun.





## Ask Sharon By Sharon Bailey, Medicare Counselor at SASC



This month I am going to write about a few things that I think will help most of you. I usually stick to one topic, so this is a change for me and for you.

Q. What programs does the Scottville Senior Center provide?

A. The Scottville Senior center provides transportation to medical appointments within a hundred miles, respite care to provide relief for care givers, grandparents raising grandchildren with monthly meetings, home making services and hot lunches. Call the center for information on these services. They are free or low cost.

Q. Tell me about the lunch program.

A. Meals include a salad bar that includes Salad fixin's, fruit and often yogurt, coffee and milk. Tasty meals made by MCC's senior meals cook are served. You'll find the menu at the beginning of the newsletter.

Q. Does the Scottville center offer help for people raising young relatives?

A. I know a lot of people are raising grandkids or other young family members who would benefit from a support group to exchange ideas and problem solve. This group meets the third Wednesday of the month at 5:30. Dinner is provided and there are activities for children. The meeting in July is a trip to Baldwin to see and interact with remote control airplanes and cars. In August a trip to Mary Case's studio is planned, where the kids will do an art project. They will also go to a bowling alley in August. If you are raising a grandchild or another young relative, this would be a great time to visit our Grandparents group and get acquainted. Call Ellen Kerans at 757-4705 for more information about this great group.

Q. Are there any new scams we should be aware of?

A. I know this won't apply to many of you, but if you have family or friends with babies who rely on formula please pass this along. Online scams are popping up and tricking desperate parents and caregivers into paying high prices for formula that never arrives. Please check into any site before you order anything online. Please don't answer any personal questions for ANY REASON if you get a call from someone that you did not call first.

Remember the Senior Centers are open daily to help seniors maintain their independence. Someone will be able to help you if you call or come in. Or if you are tired of being alone stop in (wearing a mask or not) have a conversation and a cup of coffee or join us in our activities. YOU ARE ALWAYS WELCOME!

# MASON COUNTY • MICHIGAN

## LOCAL SUPPORT GROUPS

**Support groups help people realize that they are not alone** – that others share similar challenges.

Talking through your situation with other participants can be a huge relief and help point you in the right direction toward addressing your issue.

Yes, you may be uncomfortable at first discussing personal issues and your feelings, but you will quickly learn that talking with others in a supportive and confidential setting is often helpful. Being in a support group can also help you develop new skills in relating to others.

**Please consider giving it a try - call today for assistance!**

**Mason County Caregiver  
Support Group—  
Alzheimer's Association**

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



**Parkinson's Support Group**  
***April thru December***

Scottville Senior Center  
140 S. Main Street,  
Scottville, 49454  
Third Wednesdays, 1:30 pm  
**231-757-4705**



**Kinship Care  
Support Group**

(Grandparents & others  
raising young relatives)  
Scottville Senior Center  
3rd Wednesdays, 5:30  
140 S. Main, Scottville  
**231-757-4705**

**Alzheimer's Support Group**

Scottville Senior Center  
140 S. Main Street,  
Scottville, 49454  
Second Thursdays, 11:00 am  
**231-757-4705**



**Grief Support Group**

Ludington Senior Center  
308 S Rowe Street  
Ludington, MI 49431  
2nd Monday of the month at  
1:30 pm  
**231-845-6841**

**Grief Support Group**

Hospice of Michigan  
5177 W. US 10, Suite #2  
Ludington, MI 49431  
4th Mondays 12:00pm  
**231.845.3423**

**Grief Support Group**

Tallman Senior Center  
6765 East Marshall Road  
Fountain, MI 49410  
2nd and 4th Thursday of each  
month 1:00pm - 3:00pm  
**231-757-3306**

### 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, including all senior centers
- 2. Online** - for free - using one of these links: [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>, [www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)
- 3. By mail** - contact Scottville Area Senior Center, 757-4705. \$21.00 per year, paid by check or cash.

# USEFUL NUMBERS FOR SENIORS

## General Senior Services

Meals on Wheels.....	231-757-4831
Free Soil Area Senior Center.....	231-464-6789
Ludington Area Senior Center.....	231-845-6841
Scottville Area Senior Center.....	231-757-4705
Tallman Lake Area Senior Center.....	231-757-3306
Area Agency on Aging of Western Michigan.....	888-456-5664
Call 211 (24/7): General information, local services	
Elders' Helpers .....	616-454-8305
(Personal Emergency Response Systems)	

## Emergency Assistance

Ambulance, Police, Fire.....	911
Mental Health Crisis Line.....	988
Suicide Prevention Lifeline.....	800-273-8255
Community Mental Health—Emergency.....	231-845-6294
Domestic violence (C.O.V.E.).....	231-845-5808

## Public Safety

Mason County Sheriff.....	231-843-3475
Ludington Police.....	231-843-3425
Scottville Police.....	231-757-4729

## Health

Health Dept.-District #10.....	231-845-7381
Corewell Health Ludington Hospital.....	231-843-2591
Mercy Health Ludington Urgent Care.....	231-843-2543
Community Mental Health .....	231-845-6294
Alzheimer's Helpline.....	800-272-3900

## Mich. Dept. of Health & Human Services

Adult Protective Services (24/7).....	855-444-3911
Child Protective Services.....	855-444-3911
Mason County MDHHS office.....	231-845-7391

## Food resources

Lakeshore Food Club.....	231-480-4334
Caritas Food Pantry (Custer).....	231-690-9642
FiveCap, Inc, Scottville.....	231-757-3785
Senior Meals-on-Wheels.....	231-757-4831
Congregate meals: all Mason County senior centers	

## Legal Assistance

Lakeshore Legal Aid .....	888.783-8190
Estate Planning	
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705

## Heating/Utilities Assistance

Mich. Dept. Health/Human Services.....	231-845-7391
Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
THAW-The Heat & Warmth Fund.....	800-866-8429
HELP Ministry.....	231-843-6811

## Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....	231-843-6811
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## Grandparents Raising Grandchildren/Kinship Caregivers

Scottville Area Senior Center.....	231-757-4705
Kinship Care Resource Center, MSU... ..	800-535-1218

## Medical Transportation

Scottville Area Senior Center.....	231-757-4705
(Doctor appointments-up to 100 miles away)	
Rides to Wellness (within Mason County).....	1-844-532-7433

## Other Transportation

Ludington Area Mass Transit.....	231-845-6218
Ludington Taxi.....	231-845-9693
DJ's Taxi.....	231-843-3912

## Mason County Veterans Affairs.....

John Cotten, Director (jcotten@masoncounty.net)	
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## Education

West Shore Community College.....	231-845-6211
Tuition free classes for those 60+	
Recreation, wellness center: \$5 per day.....	231-843-5543
Michigan State U. Extension.....	231-845-3361

## Housing and Shelter Assistance

Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
Home Team Housing.....	231-843-7888
Red Cross.....	800-733-2767
Senior living options—Oasis Senior Advisors.....	616-675-0006

## In-home services- Scottville Senior Center.....

Homemaker, Respite services;	
Home injury control device installation	

## Employment and Training

AARP Foundation-Senior Employment Pgm.....	231-252-4544
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## Medical Equipment Loans (free)

American Legion Post 76, Ludington.....	231-845-7094
Custer VFW Gold Bar Post, Custer.....	231-757-9665
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705
Tallman Senior Center .....	231-757-3306

## Volunteer opportunities

All Mason County senior centers	
Corewell Health Ludington Hospital.....	231-843-2591
Hospice of Michigan.....	888-247-5701

## Other useful numbers/services

AARP—NW Michigan office.....	231-252-4544
Alzheimer's Association.....	800-272-3900
Disability Connection/W. Mich.....	231-722-0088; 866-322-4501
Mason County District Library.	
Ludington.....	231-843-8465
Scottville.....	231-757-2588
Mason County Prosecuting Attorney.....	231-845-7377
Medicare/Medicaid Assistance	
Scottville Senior Center.....	231-757-4705
Ludington Senior Center.....	231-845-6841
Red Cross.....	800-733-2767
ReStore (Habitat for Humanity).....	231-843-7888
Salvation Army.....	231-843-3711
Social Security Administration.....	800-772-1213
United Way.....	231-843-8593





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**Terry Sweeney**

[tsweeney@lpicommunities.com](mailto:tsweeney@lpicommunities.com)

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