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RESIDENTS
On the Upside of 50

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Active for Life

Your Life, Your Way, Your Time over 50

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Why do we kiss under the mistletoe?

By Evan Andrews, HTTPS://WWW.HISTORY.COM/NEWS/WHY-DO-WE-KISS-UNDER-THE-MISTLETOE

Kissing under sprigs of mistletoe is a well-known holiday tradition, but this little plant's history as a symbolic herb dates back thousands of years. Many ancient cultures prized mistletoe for its healing properties. The Greeks were known to use it as a cure for everything from menstrual cramps to spleen disorders, and the Roman naturalist Pliny the Elder noted it could be used as a balm against epilepsy, ulcers and poisons. The plant's romantic overtones most likely started with the Celtic Druids of the 1st century A.D. Because mistletoe could blossom even during the frozen winter, the Druids came to view it as a sacred symbol of vivacity, and they administered it to humans and animals alike in the hope of restoring fertility.

Another famous chapter in mistletoe folklore comes from Norse mythology. As the story goes, when the god Odin's son Baldur was prophesied to die, his mother Frigg, the goddess of love, went to all the animals and plants of the natural world to secure an oath that they would not harm him. But Frigg neglected to consult with the unassuming mistletoe, so the scheming god Loki made an arrow from the plant and saw that it was used to kill the otherwise invincible Baldur. According to one sunnier version of the myth, the gods were able to resurrect Baldur from the dead. Delighted, Frigg then declared mistletoe a symbol of love and vowed to plant a kiss on all those who passed beneath it.

Mistletoe's associations with fertility and vitality continued through the Middle Ages, and by the 18th century it had become widely incorporated into Christmas celebrations. Just how it made the jump from sacred herb to holiday decoration remains up for debate, but the kissing tradition appears to have first caught on among servants in England before spreading to the middle classes. As part of the early custom, men were allowed to steal a kiss from any woman caught standing under the mistletoe, and refusing was viewed as bad luck. Yet another tradition instructed the merrymakers to pluck a single berry from the mistletoe with each kiss, and to stop smooching once they were all gone.

National Handwashing Awareness Week December 6th –12th

WASHING YOUR HANDS IS THE BEST WAY TO PREVENT THE SPREAD OF COVID AND OTHER COMMUNICABLE DISEASES

Follow these five steps every time

1. **Wet** your hands with clean, running water (warm or cold) and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Taking Care of Yourself During the Holidays

We likely all feel it. The underlying stress that comes when entering the holiday season. Typically, this stress comes from overextending ourselves and the hectic pace of holiday commitments. This year has an added anxiety as we work to safely navigate the coronavirus crisis. You are preoccupied with keeping yourself, your family, and your community safe and healthy. This is still, of course, vitally important. But let this be a reminder to take care of yourself too. As a caregiver, you likely could be feeling burnt out and stressed about how to make the holiday season special for your loved one while being unable to take part in the usual traditions. But just because the circumstances surrounding the holidays are changed, doesn't mean we can't still find joy in the season. Our self-care might look a little different, but is still possible. Here are some things you can do as a caregiver to take care of yourself, and in turn, your loved one.

Get connected to resources.

A number of resources exist to provide support to older adults and caregivers during this time. Here are just a few.

- 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**.

- Virtual offerings: Most of our programming at AAAWM has transitioned to virtual platforms so you can continue to receive support. This includes our Family Caregiver University, Healthy Aging Program, Dementia Friends, Caregiver Support Group, and Advocates for Senior Issues. You can learn more about each of these programs at https://www.aaawm.org/senior-resources.

- Michigan StayWell Counseling. 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.

Ask for Help.

When we are caring for a loved one, we often feel like it is a task we must take on our own, not wanting to bother anyone. But more than likely, people are willing to jump in to help, they simply don't know you've been struggling. Reach out to a friend or family member, they might be able to drop off a meal, run an errand, or stay with your loved one for a few hours.

Adapt Traditions.

Some things are certainly off the table, but others can still be done safely. Send out holiday cards via the mail. Bake your favorite holiday-themed dessert and drop it off on your neighbor's doorstep. Watch a beloved holiday movie. There are plenty of ways to still create that special holiday magic and make it an enjoyable season for you and your loved one.

Practice Mindfulness

Recognize and take stock of the good around you. This seems cliché, but the mindset makes all the difference. Try to stay grounded and mindful in the present moment you are in and the things you do have. Recognize that this holiday season is unique and undoubtedly presents its own challenges, but that it won't likely be the norm forever. Therefore, this upcoming holiday season is truly unprecedented, and using this time to try new things could be the perfect change in mindset.

Take Care of Yourself

This could be a more stressful time for you than usual, especially with the many changes, so it is important to remember to take care of yourself. Self-care can take a variety of forms, from moving your body to reading a book. Take time to do something that you love and that is just for you to enjoy. If you have questions on further support

By Emily Armstrong,
Area Agency on Aging
of Western Michigan

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Liver and Onions Mashed Potatoes Gravy Diced Peaches Dinner Roll 1 % milk	2 Chop Suey Veg Snap Peas Applesauce Cinnamon Roll 1% milk	3 Pancakes Sausage Hashbrowns Banana & Juice Milk	4 Baked Chicken Breast Wild Rice Mixed Veg Steam Brocco-li*Applesauce 1% milk
7 Stuffed Cabbage Rolls California Blend Tropical Fruit Dinner roll 1 % milk	8 Polish Sausage Sauerkraut Carrots Applesauce Bun 1% milk	9 *Lasagna *Broccoli *Carrots Diced Peaches *Garlic Bread 1% milk	10 Lois Homemade Meatloaf MashedPotatoes Gravy Corn Sliced Pears Dinner roll 1% milk	11 Stuffed Green Pepper Carrots Fresh grapes Sliced Bread 1 % milk
14 Stuffed Baked Potato Broccoli, Ham, Cheese Peaches Dinner roll 1% Milk	15 Taco Tuesday Lettuce Tomato Cheese Refried Beans Warm Peaches 1% Milk	16 Sloppy Joes Carrots Red Skin Pota-toes Pears Bun 1% milk	17 Chicken Penne Tomatos French Cut Green Beans Fresh Fruit 1% Milk	18 Roast Pork *Au gratin Pota-toes Wax Beans Fresh Fruit *Bread *1% milk
21 Chicken Tenders Baked Potato Baby Carrots Tropical fruit Whole wheat bread 1% milk	22 Spaghetti w/meat sauce Caesar salad Winter Blend Veg Chilled apricots Garlic toast 1% milk	23 Christmas Ham Whipped Potatoes Creamy Green Beans Cookie 1% Milk	24 *Merry Christmas No Meals Served*	25 *Merry Christmas No Meals Served*
28 Goulash Green Beans Tossed Salad Fresh Fruit Dinner roll 1% milk	29 Tator Tot Casse-role Green Beans Fresh Fruit Sliced Bread 1 % milk	30 Pancakes Sausage Hashbrowns Banana & Juice Milk	31 Happy New Year No Meals Served	

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

PRICES

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

$1 Lunch Days

Last Thursday each month
Scottville & Tallman Centers

Note: Menus are subject to change.

Kitchen/Meals on Wheels program 757-4831

Meal Sites

Scottville 757-4705
Tallman 757-3306

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

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

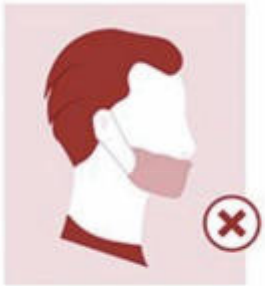
Name tags with gift ideas are still available at the Ludington Senior Center.

Please call us at 231.845.6841 to get a name tag or two!
Ludington Senior Center 308 South Rowe Street, Ludington.

HOW TO WEAR A FACE MASK

Retrieved from: https://www.ochsner.org/coronavirus

YOUR MASK SHOULD BE WORN SO IT GOES FROM THE BRIDGE OF YOUR NOSE ALL THE WAY TO UNDER YOUR CHIN, AND IT SHOULD FIT SECURELY ON YOUR FACE, WHILE STILL GIVING YOU THE ABILITY TO BREATHE.



DON'T WEAR THE MASK BELOW YOUR NOSE.

DON'T WEAR ABOVE YOUR CHIN.

DON'T WEAR A LOOSE MASK.

ANSWER KEY 1. fruit cake 2.decorate 3. candy cane 4. stocking 5. reindeer 6. ornament 7. north pole 8. mistletoe 9. ribbon 10. pine cone 11. Santa Claus 12. naughty or nice

True stories about Christmas kindness

Retrieved from: https://www.rd.com/article/christmas-kindness-stories/

The Postman Lifted Us From Depression

My parents, at the height of the Depression, were forced to go on home relief, which is known as welfare today. It was 1935, when I was 10 years old, and we lived on the first floor of a walk-up apartment on 43rd Street, in Brooklyn, New York.

A few days before Christmas, I looked out a kitchen window to see my father sitting on the stoop, dejected and depressed, with tears in his eyes. The mailman was approaching our building and asked my father what was wrong.

I heard my father say that he had used up his food vouchers and that the rent was past due. He had tried to work as a laborer through the Works Progress Administration, but he wasn't a very strong man, and the work had been too hard for him. I was scared, having seen newspaper pictures of people being put out on the street with all their belongings.

"Ike, how much do you need?" the mailman asked. My dad said he needed $33 for the rent, and without hesitation, the mailman took $50 from his wallet and handed it to my father.

My dad said, "I don't know when I'll be able to pay you back." The mailman put an arm around my father and said it would be okay if he paid him back or he didn't pay him back.

The mailman noticed me looking through the window and said, "Isaac, things will not be this way forever. There will be times in the future when someone needs your help. Help them within your means and tell them what happened this day. This will be my payback. Merry Christmas and Happy Chanukah."

As long as he lived, my father helped others when he could, and I've done my best to do my part in paying his generosity back.
—Martin Klapper, Longmont, Colorado

He Fixed My Car, and My Christmas

In 1958, I was a first-year high school teacher in Beatty, Nevada. On Dec. 22, I headed home to Idaho in my 1951 Hudson to spend Christmas with my parents.

Just south of Fillmore, Utah, a radiator hose broke and the car started to overheat. I hitchhiked into Fillmore and got a ride to a Chevron station. I explained my plight to the owner, Dan Brinkerhoff, who sent a tow truck to bring in my car.

Dan discovered that the engine had become so hot it had warped the head, so he called a nearby wrecking yard and found the needed part. I boarded a Greyhound bus, bought the part and then caught a return bus to Fillmore.

By that time it was dark, and Dan had closed the station. He immediately went to work on my car, laboring for several hours while I slept curled up in the backseat. Finally, he woke me and announced I was ready to go. When I went to settle up, he would not take a dime for anything he had done.

I got to spend the holidays with my parents, and I shall forever remember Dan for the wonderful thing he did for me.
—Glen Gillette, Las Vegas, Nevada

Our Community Came Through

In December 1963, my father gathered my two younger sisters and me together and told us he couldn't afford to give us any presents that year, not even our traditional treats of nuts, apples, oranges, tangerines, and chocolates. My mother had had a stroke the year before and was constantly going to the hospital, so there was no money for Christmas.

On Christmas Eve, we heard a knock on the door. Two ladies came in and gave us new coats, along with some holiday treats. Our neighbor across the street had told her church about our situation, and the people of the congregation wanted to help. I will never forget our kind neighbor.
—Sheila Deane, Chattanooga, Tennessee.

Christmas Traditions From Around the World

https://www.holidayextras.co.uk/travel-blog/wanderlust/unusual-christmas-traditions.html
Last year, we featured Christmas traditions from Ukraine, Iceland, Italy, Austria, and Japan. Here are 5 more Christmas traditions from other countries you may want to incorporate into your holiday celebration.

CZECH REPUBLIC

Christmas Eve in Czech Republic is filled with superstitions. The legs of the dining table are tied with ropes to protect the house from burglary in the next year. Folklore dictates that the first person to leave the table will die before the next Christmas, so all guests try to leave the table at the same time after the celebratory meal. Finally, unmarried Czech women stand with their back to the door and toss one of their shoes over their shoulder. If it lands with the toe facing the door, it means that they'll be married within the year.

GREENLAND

Next time you find yourself complaining about fruitcake, spare a thought for the poor tykes in Greenland. Each Christmas, they traditionally eat m*attak* – raw whale skin with a little blubber – and *kiviak*, which is made by wrapping an auk (a small arctic bird) in seal skin, burying it for several months and eating its decomposed flesh.

VENEZUELA

In the week leading up to Christmas, Venezuelans attend a daily church service called Misa de Aguinaldo (Early Morning Mass). In the capital city, Caracas, it is customary to travel to the church service on roller skates. Indeed, so widespread is the practice, many roads in the capital are closed until 8 AM to provide Christmas worshippers with a safe passage.

PORTUGAL

A dinner set for the dead may sound more like something from Halloween, but this is Christmas in Portugal. During *consoda*, their traditional Christmas feast, families sometimes set extra places at the dining table for deceased relatives. It's thought that the practice will ensure good fortunes for the household. In some areas, crumbs are left on the hearth as well. And you thought feeding all your living relatives was hard enough.

SPAIN

Welcome to the bizarre Catalan tradition of caga tió or 'defecating log'. Locals in Catalonia, Spain, create a character out of a hollow log by drawing a face on it and giving it a hat. They then spend 2 weeks 'feeding' it fruit, nuts, and sweets while keeping it under a blanket. The nurtured piece of lumber should produce presents if cared for properly.

On Christmas Eve, the entire family beats the log with sticks and sings a traditional song that translates to 'if you don't defecate well, I'll beat you with a stick' until the log 'excretes' all its treats and presents. It's hard to comprehend why this tradition hasn't caught on elsewhere.

Scottville Senior Center closes in-center activities again due to COVID

To protect the health of everyone affiliated with the Scottville Area Senior Center, we reluctantly decided to close our in-center activities again in November, after only being open for a few weeks.

We expect this temporary closure to last at least until the end of the year.

We're very sorry but the latest COVID news became progressively more threatening during the two weeks we were open.

We will re-evaluate at the end of the year to see if we can re-open once again. This will be determined by the trend in positive cases and hospitalizations, as well as progress toward availability of a vaccine.

Soon after we closed in-center activities in November, as COVID cases continued to rise sharply, the Governor announced new statewide restrictions to limit the spread of the virus. So we took the further protective step of temporarily suspending our county-wide in-home and transportation services. These will be re-started as soon as possible. Please call the center (757-4705) for the current status of programs.

We have reverted to our previous methods of serving our senior population—food box distribution, plus help and information via phone, email and social media. Since the weather is now too cold for outdoor classes, we also plan to institute online programs for exercise and group meetings, replacing the programs we previously did at Riverside Park.

We were very sorry to have to take these steps, but the surge in COVID cases in West Michigan during November heightened the risk to unacceptable levels.

LUNCH

Take-out meal option. We have arranged to have take-out meals for those who make reservations. The meals will be same as the home-delivered meals listed on page 4.

Take-out lunches will be available Tuesday, Wednesday and Thursday, with pick-up between 11:30 and noon. The reservation deadline is 9:00 am on those days—but calling a day in advance is appreciated.

Meals-On-Wheels also available: Those who normally have lunch at the center are still invited to sign up for home delivered meals, by calling Mason County Central School at 231-757-4831.

For Good. For Ever.
Bequests Support Senior Programs in Perpetuity

The Community Foundation for Mason County has such a lovely phrase for bequest gifts, which are so deeply appreciated by non-profit organizations: "For Good. For Ever."

The Scottville Area Senior Center was recently informed that an endowment fund had been established at the Community Foundation through a bequest gift from Geri Rohrmoser, Scottville native, active community member, and friend of the senior center.

Proceeds earned by this generous gift will enhance the SASC Senior Services Improvement Fund. This fund is a source of support for the center's many programs and activities, like the Grandparents Raising Grandchildren/Kinship Caregivers program.

According to the Community Foundation, Geri let it be known that she found the Scottville Senior Center very welcoming in her later years and wanted to give back to support that same opportunity for others.

Another exceptional feature of Geri's kind gift is that the fund it created is an open invitation to others who may want to help it grow with their own donations. It offers a means of supporting the center's many programs, which include county-wide in-home services, medical transportation for seniors, and providing an inviting social gathering venue.

For more information, please contact Andrea Large, Executive Director, at the Community Foundation for Mason County: 231-845-0326, or online at mason-foundation.org; or the Scottville Area Senior Center: 231-757-4705, or online at scottvilleseniorcenter.com.

Telephone Support Group for Alzheimer's & Dementia Caregivers in Mason County

1st Monday of each month, 10am-11am

Whether you take care of someone with dementia, help make decisions about their care, or just worry about someone with dementia, please know that help and support is here for you. The Alzheimer's Association is providing this call-in support group for caregivers and others dealing with the disease. All support groups are led by someone trained by the Alzheimer's Association.

During support group telephone meetings you can share your thoughts and feelings with others who can relate to your situation.

To sign up and get the dial-in details, call Susan at 231-267-6119 or email slevans@alz.org.

Attention: Those with Diabetes

Free Online class on Diabetes Management- Diabetes Path

Tuesdays at 2:00 p.m. at home

Free for Michigan Residents

Registration Required

Contact: Christi Demitzch at demitzch@msu.edu

Farewell…and Welcome

This is a bittersweet holiday season for us at SASC. We said fond farewell to our activities coordinator, Rhonda Remer, but had the good fortune to welcome our new coordinator, Mellissa (Missy) Kissell.

Rhonda recently earned her license as a licensed practical nurse (LPN), for which she had studied diligently while working here. Once she had her license her skills made her a very attractive candidate and she soon joined the nursing staff at MediLodge of Ludington. When COVID caused us to suspend in-center activities this summer, Rhonda creatively organized programs at the Riverside Park pavilion.

Missy has helped the center in many volunteer ways, especially her superb work as one of the organizers of our Grandparents Raising Grandchildren/Kinship Caregivers program. Now she will also lead the other senior center activities, plus be the lead for SASC on this newsletter—a collaborative project of the four senior centers in Mason County.

Like Rhonda, Missy has the team spirit to pitch in on anything that needs to be done help serve Mason County seniors. Many will also recognize Missy as the staff leader at Kilwin's in downtown Ludington.

Our regret at losing Rhonda to her excellent new career opportunity is softened by our excitement in welcoming Missy as a great addition to the team!

-Bill Kerans, SASC director

SCOTTVILLE AREA SENIOR CENTER

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Sit & Be Fit 10:30 Lunch 11:45 Shuffleboard 2:00 Diabetes Path 2:00	2 Center Closed	3 Charity Sew 9:00 Shuffleboard 10:30 Lunch 11:45 Bingo 12:30 Open Pool 2-4:30	4 Center Closed	5
6	7 Painting 9:00	8 Sit & Be Fit 10:30	9 Center Closedy	10 Wii Bowling 9:00	11 Center Closed	12
	Lunch 11:45	Diabetes Path 2:00		Healthy/wise 12:30		
20	21 Painting 9:00 Quilting 10:00 Wii Bowling 10:00 Lunch 11:45	22 Sit & Be Fit 10:30 Lunch 11:45 Crafts 12:30 Shuffleboard 2:00 Diabetes Path 2:00	23 Center Closed	24 Center Closed	25 Center Closed	26
27	28	29 Sit & Be Fit 10:30 Lunch 11:45 Shuffleboard 2:00 Diabetes Path 2:00	30 Center Closed	31	KEY Exercise -Weekly -Once each Month - Series - Special	

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Anna Urick Duggins is an Elder Law Attorney and partner at Parmenter Law who specializes in helping seniors find long-term care solutions. Services include: long term care planning, asset preservation, Medicaid applications, obtaining Veteran's Aid & Attendance benefits and estate planning.
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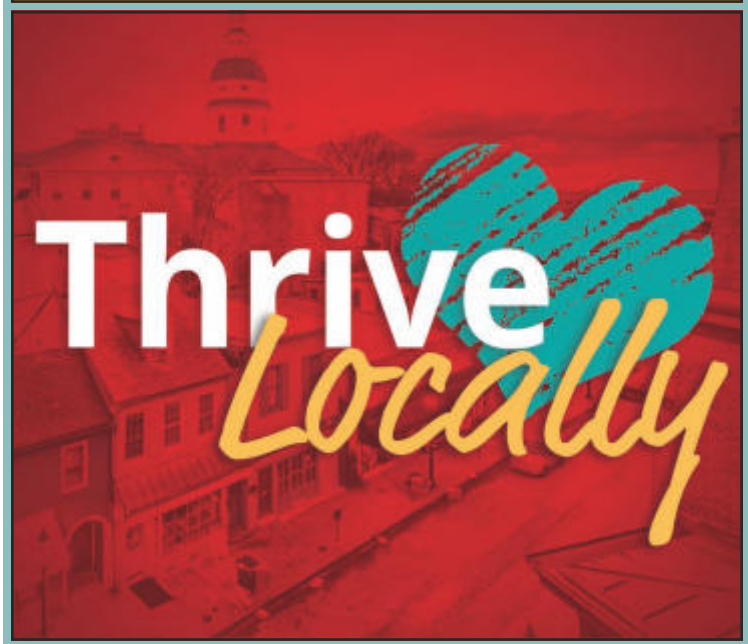

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SENIOR SAFETY: 5 TIPS TO GET YOUR CAR READY FOR WINTER

As we head into winter, it's time to make sure our homes and cars are ready. Even if you don't drive your vehicle very often, it's still important to make sure it's in shape for the cold and snowy months ahead. Failing to do so might leave you stranded by the side of the road or with a car in the garage that has a dead battery and won't start.

While most people know they need a good quality ice scraper and a pair of heavy gloves to keep in the car, there's more to getting ready for winter. Here are 5 tips to help your winter preparedness efforts.

1. Schedule an oil change and checkup

While this might seem pretty basic, it's easy to overlook having an oil change when you don't log many miles on your car each year. Schedule an appointment at your local dealership or service center.
Let them know you'd like the mechanic to change the oil and conduct a few other maintenance items, such as:

- Check and top off fluids, including anti-freeze, power steering fluid, and windshield washer fluid.
- Look at the wiper blades and replace, if needed.
- Check the air filter and change, if needed.

2. Inspect the tread and condition of tires

The snowy, slippery roads of winter make tires an important part of your vehicle's safe operation. When you take your car in for its checkup, ask the mechanic to check the treads on the tires.
They may recommend rotating or even replacing the tires.

You can also keep an eye on the treads throughout the winter with this simple test: Place a penny into several tire treads, making sure Lincoln's head is upside down.

If you can see most of Lincoln's head, it's a good bet the treads are worn and you probably need new tires.

3. Monitor tire Pressure

Winter can cause tire pressure to fluctuate, so you'll need to monitor it often. If your vehicle doesn't automatically do this for you, invest in a good quality tire gauge. Store it in your glove box for easy access. It's more convenient than trying to use one at the gas station when the weather is bad.

If you aren't sure how much pressure your tires need **(it's different for every vehicle)**, look for a sticker on the driver-side doorjamb. You can usually find it listed there. If not, check your owner's manual or manufacturer's website. These tips on checking tire pressure from the automotive experts at Edmund's might be useful, too.

4. Invest in a Lock De icer

It's no fun trying to unlock your car door, only to find it frozen shut. Pick up a few cans of de icer to keep on hand.

Just remember not to store them in your car! If the locks are frozen, you won't be able to access them. Stash a can near the door to your garage, as well as another in your pocket or purse.

5. Put together an emergency bag

Winterizing your car should also include packing a winter weather bag in case you experience a roadside emergency. A few items to include in your emergency kit include:

- Blankets
- Boots
- Water or sports drink
- Non-perishable snacks
- Flashlight and batteries
- Battery-powered emergency radio
- Battery-powered cell phone charger

One last suggestion is to explore local transportation programs and ride sharing services. If you aren't comfortable driving on a cold winter's day but need to get out to an appointment or for groceries, knowing there are other options available is essential.

Article taken from the LPi online blog.

- **November 2, 2020 LPi**

LPi BECAUSE VIBRANT SENIORS MATTER

LUDINGTON AREA SENIOR CENTER

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

Dear Patrons,

This has been a very trying year to say the least. Due to the current spike in COVID-19 cases we will remain close to the public for in-house activities. We will remain offering the following services; Footcare, Paralegal Assistance, Beltone Appointments, Medical Loan Equipment and Information and Referral Services.

All Services require an appointment and no walk-ins will be allowed.

We will continue to offer Facebook and Zoom classes. Included in these classes are; Yoga, Stretch and Balance, Tai Chi, Crafts and Let's just Visit via Zoom platform. If at any time you are wondering about an activity or you would like to participate in a Zoom Class, please give us a call at 231.845.6841.

As many of you know Cyndi Scott has retired and moved back to the Rockford area to be near her children and grandchildren. It is with a heavy heart we say good-bye. Cyndi brought sunshine, compassion, positive thinking and a great need to make our community a better place. Cyndi was hired into the Ludington Senior Center eleven years ago where she was given the position of Receptionist. In my seven years of knowing her she grew to be much more than a receptionist. Her vision of what we could do and what we were able to accomplish was nothing but inspiring. She created a Stretch, Balance and Fit Exercise Class that she conducted on a weekly basis. Her attendance grew to over 40 participants per session. She taught the Matter of Balance Educational Class to provide seniors with knowledge on how to prevent falls. Cyndi also entertained many of us with her beautiful voice at all our special events. We are blessed, for Cyndi cannot walk away from her love of the center and our participants.

She will continue providing her exercise class via zoom. Just call the center and share your email address to participate in her zoom class.

You will receive an invitation and link to participate in her classes.

Vickie Collins

Winter is upon us!

When the Ludington Area Schools are closed due to inclement weather the Ludington Senior Center will also be closed

Area Agency on Aging of West Michigan have partnered with us to provide food boxes for our area seniors. We are grateful for the partnership!

Thank You AAAWM

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Virtual Enrichment - Via Zoom

Tai Chi

to improve your balance.

Class is on Zoom.

Call 231.845.6841 with your email Information.

Cass Facilitator: Joe Moloney

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

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

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!

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!

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

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!

LUDINGTON SENIOR CENTER

https://www.ludingtonseniorcenter.org/

NO STATE & FEDERAL TAX ASSISTANCE NEXT TAX SEASON

We will be unable to assist seniors next tax season in (2021) with filing their State & Feeral 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.

In Care of Donations

Due to your monetary "In Care of Donations"

Beltone™

John Beckett will be at the center on December 10, 2020 from 10:00 - 11:00AM. If you have concerns with your hearing lose or you hearing equipment, John can help. Please call to make an appointment. 231.845.6841

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.

PARMENTER LAW

FOOT CARE

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

LUDINGTON AREA SENIOR CENTER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
The Ludington Senior Center will gradually be reopening to some group activities. Call us at 231.845.6841 to find out about your group.			2 11 Let's Talk	3 10 Craft & Giggles (Zoom Platform) 1 Tai Chi (Zoom Platform) (Facebook Live)	4 10 Yoga (Zoom Platform) 1 Footcare	5
6	7 11 Stretch Fit & Balance (Zoom Platform)	8 10 Craft & Giggles (Zoom Platform) 1 Essential Oils (Zoom Platform)	9 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Meeting)	10 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Platform) (Facebook Live)	11 10 Yoga (Zoom Platform) 1 Footcare	12
13	14 11 Stretch Fit & Balance (Zoom Platform)	15 10 Craft & Giggles (Zoom Platform)	16 11 Let's Talk	17 10 Craft & Giggles 1 Tai Chi (Zoom Platform) (Facebook Live)	18 10 Yoga (Zoom Platform) 1 Footcare	19
20	21 11 Stretch Fit & Balance (Zoom Platform)	22 10 Craft & Giggles (Zoom Platform)	23 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Platform)	24 CENTER CLOSED FOR THE HOLIDAYS		26
27	28 11 Stretch Fit & Balance (Zoom Platform)	29	30 All calendar activities are subject-ed to change due to COVID 19 updates	31 CENTER CLOSED FOR THE HOLIDAYS		

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 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	2 Coffee Talk 9 -2 Lunch 12:00	3 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	4 Coffee Talk 9 -2 Lunch 12:00	5
7 Coffee Talk 9 -2 Crochet class 10:00 Lunch 12:00	8 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	9 Coffee Talk 9 -2 Lunch 12:00	10 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	11 Coffee Talk 9 -2 Lunch 12:00	12
14 Coffee Talk 9 -2 Crochet class 10:00 Lunch 12:00	15 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	16 Coffee Talk 9 -2 Lunch 12:00	17 Coffee Talk 9 -2 Bingo 10:00 Lunch 12:00	18 Coffee Talk 9 -2 Lunch 12:00	19
21 Coffee Talk 9 -2 Crochet class 10:00 Lunch 12:00	22 Coffee Talk 9 -2 Bingo 10:00 Lunch	23 Coffee Talk 9 -2 Lunch 12:00	24 Center Closed	25 Center Closed	26
28 Coffee Talk 9 -2 Crochet class 10:00 Lunch 12:00					

In center activities are suspended until re-evaluation on Dec 7th.
Director Sandy Varnes will be available by phone (231-757-3306)
Mon-Fri 9:00am to 3:00pm.

December

Happy Holidays

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

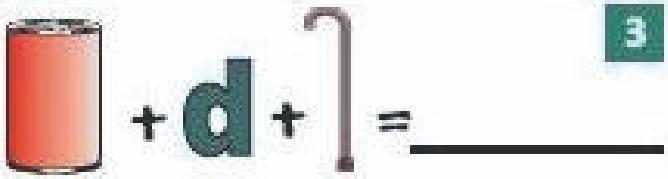
Christmas Rebus Puzzles

A rebus is a puzzle device which combines the use of illustrated pictures with individual letters to depict words and/or phrases. Can you figure out the words or phrases related to Christmas represented below? Answer key on page 4.

1

2

3



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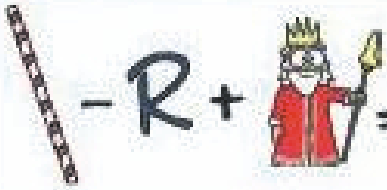

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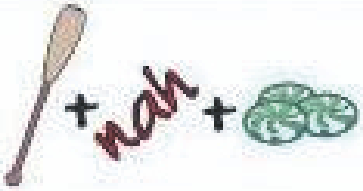

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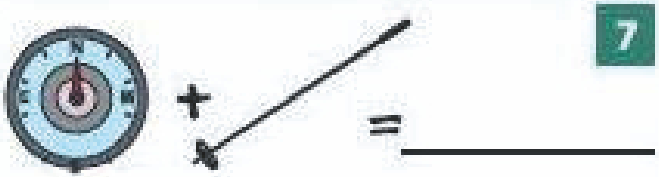

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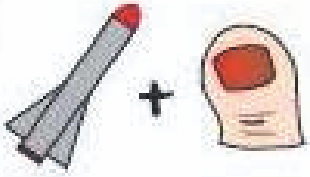

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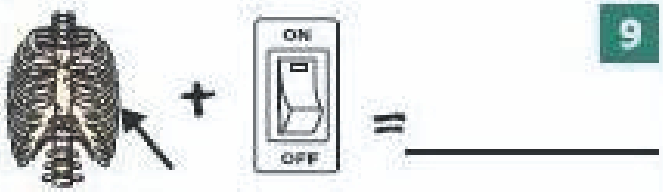

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ACTIVE for LIFE Newsletter

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

SUPPORT GROUPS LISTED BELOW MAY CURRENTLY CANCELED. PLEASE CALL AHEAD BEFORE PLANNING TO ATTEND.

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

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

USEFUL NUMBERS

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

FREE MEDICAL EQUIPMENT LOANS

American Legion Post 76 231.845.7094
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
Monday - Friday 9:00 a.m. - 4:30p.m.

Scottville Senior Center 231-757-4705
Monday - Friday 8:00 a.m. - 4:30p.m.

Parkinson's Support Group

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

Alzheimer's Support Group

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

Grief Support Groups

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

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

Kindship Caregivers Support Group

Scottville Senior Center
3rd Wednesdays, 5:30 pm
(231-757-4705)

Low Vision Support Group

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

Healthy Me - Diabetes Support Group

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

VA Benefits Claim Support American Legion

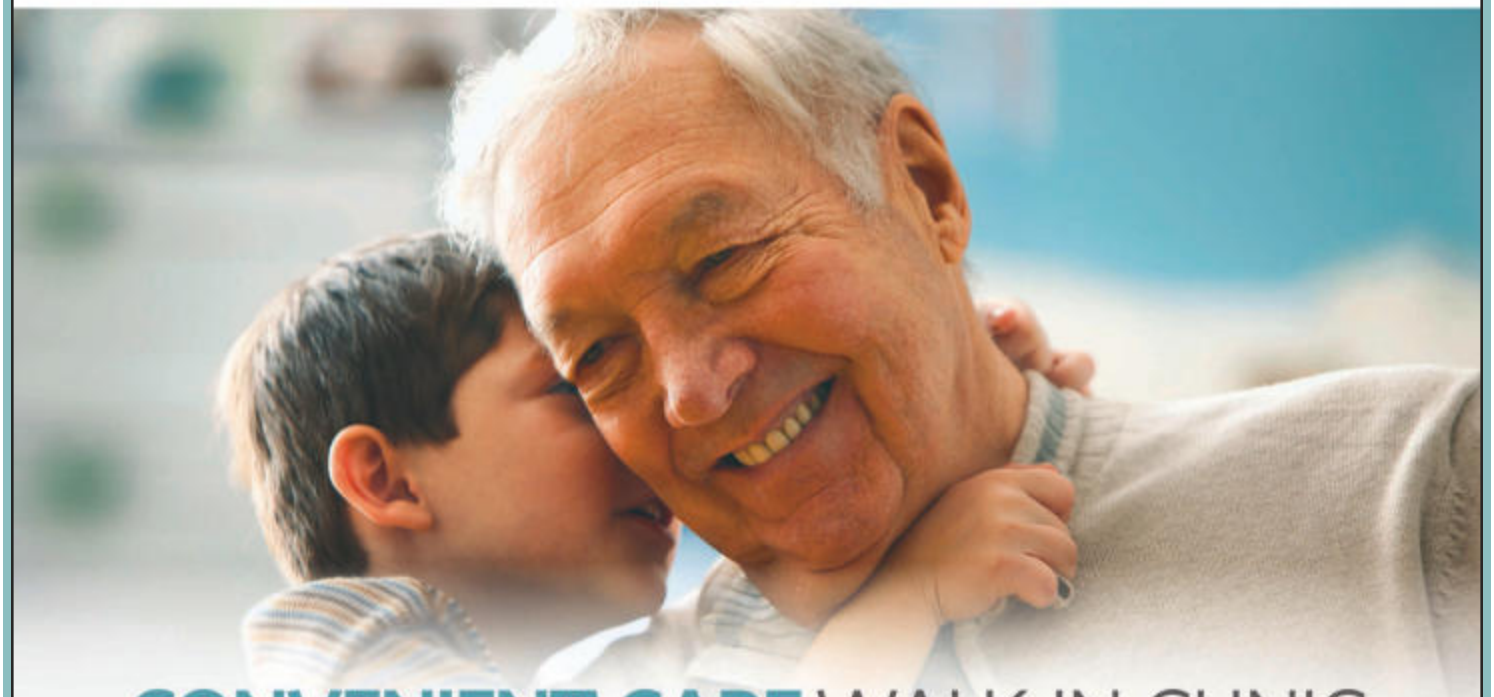
318 N James Street
Ludington, MI 49431
Contact: Phillip Babcock
231.590.6200
1st & 3rd Wednesdays
9:30 am - 4:30 pm

- Pensions
- Benefits
- Forms etc.

Veteran's Affairs Commissioner

James Wincek
231.843.2563 Ext. 2027

SPECTRUM HEALTH
Ludington Hospital



CONVENIENT CARE WALK-IN CLINIC
HERE WHEN YOU NEED US

When you need care.

Sometimes immediate health needs don't follow a doctor's schedule. That's when Spectrum Health Ludington Hospital has you covered. Whether you're a current patient or not, get the care you need at our **Convenient Care** Walk-In Clinic, and we'll coordinate with your provider. It's Convenient Care— close to home, and when you need it.

Now, expanded hours!

For the most up-to-date hours and information, please visit **spectrumhealth.org/convenientcare**.

Convenient Care Walk-In Clinic

Medical Office Building at
Spectrum Health Ludington Hospital
7 Atkinson Drive, Suite 113
Ludington, MI 49431
231.843.3700

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