

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS  
On the Upside of 50

December 2021  
Volume 10  
Issue 12

# Active for Life

Your life,  
Your Way,  
Your time  
over 50

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# MASON COUNTY • MICHIGAN

## Experience Yoga and Its Many Dimensions!

Mondays 9:30 to 10:30 am

Yoga is known for its many health benefits such as agility, balance, breath and strength building, but did you know that it's also a stress reliever? It can lower blood pressure, lift your spirits, help you sleep better, promote calm and even sharpen your concentration. Do you think you'd like to try a class but you're concerned you're not "in shape"?

Beginning on December 6, Monday yoga class will introduce "*Gentle Yoga*" for newcomers who'd like to give it a try and perhaps overcome some of those niggling doubts. The emphasis will be on alignment, breathing, balance and gentle postures that, over time and with commitment, will build strength, confidence, patience and a deep sense of well-being.

While Joan Clare (Monday's teacher) is taking some personal time, Monday yoga will continue offering a variety of yoga styles featuring different teachers. Timing is perfect to begin this program series as we move into the holidays which can be fraught with too many schedules, disappointments, expectations and sleepless nights. December's focus will be on deep relaxation, stretching and balance. Over those Mondays, you'll be introduced to the rejuvenating effects of *Yoga Nidra* and *Restorative Yoga*, optional aspects to a *Gentle Yoga* class. There is a good possibility as well, that by next summer, the program will expand even more to include a *Chair Yoga* class. Please let Vicki know if you're interested.

Lynne Schwartz and Elane Vandenberg will be the class teachers during December and January. Lynne has been practicing yoga for a dozen years and brings a deep love and personal understanding to her classes. Elane and Lynne met at the *Peace Lab* in Grandville some years ago. Elane is a retired nurse and a certified yoga instructor who has used various yoga techniques during her career. *Namaste!*

## *Programs provided by the Ludington Senior Center* *231-845-6841*

### Discover the Fun of Duplicate Bridge at the Ludington Senior Center

One of the many activities the Ludington Senior Center hosts is duplicate bridge. We'd like to share to more information about duplicate bridge for those who may not know what the game is all about and encourage you to come try it.

Like any game, bridge is more fun if you play it well. Over 160,000 North American bridge players have found that duplicate bridge is one of the best ways to improve their skills *and* enjoy playing their favorite game. These people compete in daily and weekly duplicate games -- some just for novices and newcomers -- held in virtually every city (and many small towns) in the U.S., Canada and other countries. Almost all of these club games are open to anyone who knows how to play beginning bridge.

Duplicate bridge is not really a different form of the game than you've already learned. You still play "regular" bridge, but the final score on each hand is determined by a comparison method (called match points) instead of just total points. It's called duplicate because each hand you play will be played at several other tables during the session, under the same conditions. If you know the basics of bridge bidding and can play at a reasonable pace, you can play duplicate. The most common misconception about duplicate is that you have to be an experienced player or even an "expert" to enter the games. In fact, playing duplicate bridge is one of the best ways to *become* a better player.

Volunteer John Fellows who is the assistance bridge director for the duplicate bridge card game, would like you to know it's a friendly, welcoming small group and the group is always looking for new players to join. Duplicate Bridge takes place Tuesdays and Thursdays at 1pm at the Ludington Senior Center.

# MASON COUNTY • MICHIGAN



## Developing an Aging Plan

Planning for any future endeavor can be overwhelming; a big trip, a long-distance move, making a large purchase or upgrade. Developing an aging plan isn't any different, it can be difficult to navigate. As with anything, starting to research an aging plan is often the first step. **So why do you need an aging plan?** It is important to recognize that you may not age exactly how you wish, but having this plan in place before barriers arise, allows you to have a peace of mind that your wishes are carried out how you want.

**Where to Start:** The Area Agency on Aging of Western Michigan (AAAWM) is a great place to get started on your aging plan. Area Agencies on Aging are a nationwide network of nonprofit agencies created by Congress in 1974 to be one-stop shops with information about programs and services to maximize the independence and dignity of older adults. At AAWM, we serve a nine-county region that includes Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, and Osceola counties, and we partner with local agencies, organizations, and Commissions on Aging to provide vital support to seniors and their caregivers.

Everyone ages differently, and no two situations are identical. The resources that could work to support one family may not be the best choice for another. When you call our Information and Assistance team at (616) 456-5664, they listen to your unique situation and can help you get started. Whether you have current care needs or are planning ahead, we can help connect you to resources that focus on the goal of maintaining independence. The Eldercare Locator tool ([www.eldercare.acl.gov](http://www.eldercare.acl.gov)) from the U.S. Administration on Aging can also be a helpful online resource for those not in our region or if you are caring for a loved one out of state.

**What to Consider:** In thinking ahead to your aging plan and having these proactive conversations, you should first consider what you may need help with as you get older. As you share your hopes for aging at home with your family, there could be some support they can provide for you and other things they may not. The good news is that there are many services available in the nine-county region to help fill these gaps.

### **Here are just a few of the many resources and some questions to consider:**

**Safety:** Is your home safe for you to navigate? What if you were to lose mobility? Some home modifications can be simple, such as adding a handrail, others can be more involved like building an entrance ramp. Programs in the region exist to help older adults make these updates or required repairs and oftentimes will conduct a home assessment to help determine if the home is safe for independence and what steps to take. In some cases, agencies are able to provide adaptive equipment such as walkers and other mobility aids.

**Home Support:** Can you take care of yourself? Are there some tasks you require support with? Services are available to provide help with routine daily tasks like laundry, shopping, and light housekeeping. If your needs are greater, specific programs like the AAWM's Care Management or MI Choice Medicaid Waiver are in place for those who require a higher level of care.

**Transportation:** If you lose your ability to drive yourself, what are some of your options? Assisted transportation is available to provide older adults with pre-scheduled rides to doctor's appointments, senior centers, meal programs, and more. Discounted public transportation vouchers are also available.

**Meals:** Are you able to prepare your own meals? Are you eating nutritious foods? For seniors who are able to still shop for their own food, a wide variety of nutrition services exist from food pantries to the Community Food Club. For the social older adult, congregate meals are a great option to have regular meals with others. Homebound seniors can still have the freedom to choose their own meal options and prepare their own meals through home delivered meals programs.

**Health:** Are you staying connected socially to peers and your community? Are you prioritizing your physical and social health as you age? Senior centers offer a wide variety of activities to help you stay engaged in your community including specialized programs and activities from woodworking to crafting and bingo. Evidence-based healthy aging classes are designed specifically for older adults to improve their balance and strength to avoid future falls.

**Caregiver Support:** If you care for an aging loved one, you likely require support from time to time. Services such as adult day, respite, and caregiver education programs are in place to walk with you on the caregiver journey and relieve some of this burden.

In many cases, you can choose the best options for you and what your needs are. It is important to note that in the case of some of these programs, based on age, financial, and medical criteria, some co-pays, or cost-sharing could be required. Call the Area Agency on Aging of Western Michigan at (616) 456-5664 to begin the conversation on how to get connected to the resource options in your community and develop your aging plan!

**MASON COUNTY SENIOR MEALS**  
 300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
		Popcorn <sup>1</sup> Chicken Dinner Roll Baby Carrots Lite Ranch Dressing Grapes Choice of Milk	Tacos <sup>2</sup> Refried Beans Tortilla Shell Banana Choice of Milk	Spaghetti & Meat Sauce <sup>3</sup> Green Beans Fruit Choice of Milk
6 Goulash Peas Fruit Milk	7 Turkey & Gravy Mashed Potatoes Corn Applesauce Dinner Roll Milk	8 Terrific Walking Tacos Chili Beans Pears Choice of Milk	9 Hungry Howie Day Peas Fresh Orange Choice of Milk	10 Chicken Drumsticks Potato Wedges Fruit Roll Choice of Milk
13 BBQ Pork Sandwich Corn Grapes Bun Choice of Milk	14 Corndog Peas Pears Variety of Milk	15 Mr. Tuka Burger Steak Fries Mandarin Oranges Bun Milk	16 Beef & Bean Burrito Lettuce – Tomato Salad Apple Choice of Milk	17 Christmas Ham Green Beans Lite Ranch Dressing Mashed Potatoes Oranges Choice of Milk Christmas Cookie
20 Christmas Break Begins Have a Great Holiday	21	22	23 Merry Christmas To all See you on January 3 <sup>rd</sup> , 2022	24
27	28	29	30	31

PLEASE CALL MESITES FOR LUNCH RESERVATION BY 9:00 AM

**PRICES**

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

**\$1 Lunch Days**

Third Friday each month  
Ludington Center  
When Resumed

Scottville & Tallman Centers  
 Last Thursday each month

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 to everyone for making this years Angel Tree a success. We were able to provide numerous gifts and food baskets to seniors throughout Mason County.*



## December Craft

Wednesday December 29th at 1:00  
Making Holliday decorations out of picture frames and ornaments.  
Please call Jeannette at The Scottville Senior

Center for details.  
757-4705



## INSPIRED PARTIES

Paint Parties continue at the Scottville Senior Center  
Join us Thursday, December 16th at 1:30pm, to create a beautiful winter scene. No artistic abilities needed.

60 and over \$25 Regular price is \$35. Bring a friend or your "favorite" Grandchild. Class size is limited to 15 so call today. 757-4705 (Payment Due December 13th)



## Charity Sew

Will meet 9:00am Tuesday,  
December 21st at The  
Scottville Senior Center  
This month will be Hats  
and Scarfs for the Mitten  
Tree.

For more details, see pg. 13,  
or call: Norma Andersen 757-  
2315, or The Scottville Area  
Senior Center, 757-4705

## Banish Holiday Blues

The holidays can be the best time of year for some, like enjoying the family get-togethers, the cooking and baking, the shopping, and the traditions. For others, the season could bring depression and isolation. Some seniors long for loved ones departed, have family living hundreds of miles away, or feel sad that they can no longer physically do the things they once could do. During a time of year that you should be celebrating, don't let the holiday blues get you down. There are some practical steps you can take to keep your spirits up and help you enjoy the holidays better.

**Acknowledge your feelings or change of mood and reach out.** Do you notice changes in your stress or energy level? Are you feeling sad and lonely? Realize that it is normal for some people to feel sadness and grief during this time of year. Reach out to family members and friends, and tell them how you feel. Write a letter or phone someone, just to chat or say "hello". Video chats can also help to lift your spirits. Find out about activities and programs in your local senior center, community, and religious organizations. Invite a friend or family member over for coffee/tea and cookies. Stay connected socially, even if it may seem difficult to do. Volunteer your time to help others or drop off a meal or dessert to a friend's home during this time.

**Stay active with exercise.** When you feel tired and blue, combat these feelings with exercise and some form of physical activity. Exercise has proven to give off endorphins which can boost memory and cognitive ability as well as produce antidepressants. Try something at home like chair yoga, join a group class, or take a stroll each day around your neighborhood and take in the holiday lights and decorations.

**Continue your favorite hobbies or start new ones.** Even if you don't feel very motivated, continue regular activities in which you normally participate such as reading, listening to music, crosswords, painting, baking, or anything else that interests you. These activities can help you keep your mind off difficult feelings or thoughts and are important for those experiencing memory loss. Also, you are never too old to learn! Try something new, that you have always wanted to learn how to do and never took the time to attempt. Today might be that day!

**Keep alcohol use to a minimum.** Alcohol is a known depressant. Drinking festive drinks like eggnog or flavored hot chocolate can help you toast the season with gusto and keep your spirits up at the same time.

**You don't need to buy lots of gifts.** Even though buying and giving gifts to others can make you feel good at times, it can also bring stress and financial burdens. Sending personalized postcards, Christmas cards, and notes can show how much you care. Don't try to buy someone's happiness with a profusion of gifts. Other gift options can include donating to a charity in someone's name, starting a family gift exchange, giving items away that have sentimental value to you, or giving homemade gifts.

**Interact with pets.** Visiting and/or taking care of pets has been known to reduce stress, anxiety, and depression. Connecting with animals or pets can bring on fond memories of pets from the past and reduce anxieties and depression, especially in those with dementia-related illnesses.

**If the depression and anxiety continue, get help.** If you continue to display symptoms of depression, seek professional help. Worried about being a burden, some senior adults refrain from telling loved ones and friends their true feelings and anxieties. Trained professionals can understand and can work past these problems before they become disabling.

*Holidays should not be a time to dread. Look for triggers that may cause you anxiety, and find ways to prevent stress, depression, or a meltdown. Fill your days with activities that lead to peace and joy.*

Content submitted by the Ludington Senior Center



## The Holidays Are but Weeks Away...

When Vickie asked me to compose a poem for the December newsletter, I obliged, as I have always written poetry since I was ten years old. My first poem was actually submitted and published in a local newspaper. It was titled "Blue".

*Blue is winter with powderpuff snow,  
Cold regret and full of woe.  
Melancholy is my baby,  
When you're blue,  
"Yes" means maybe.*

I know, pretty precocious for a ten-year-old, but I had learned the enjoyment of poetry from my mom, who would write little ditties for all of our birthdays and the family Christmas newsletter for as long as I could remember. I wrote poems for my parents' birthdays and for every single one of their anniversaries since I could hold a pencil, and they were married for almost 65 years! I wrote poetry for the glee of new-found-love and the heartbreak of when that love faltered. I wrote my Christmas newsletter in the form of poetry and even wrote about how COVID-19 affected my usually newsy letter, in poetry form!!

I was often complimented and told I should write for the greeting card companies, but I could never quite adapt to a generic format, for my poems were all deeply personal.

Writing poetry came naturally to me, effortless and easy. But here I was with a deadline approaching and other than four lines, I had nothing. I thought I could write something about the joy of volunteering at the Ludington Senior Center.

You try figuring out some rhymes with those words! I struggled with writing something fun about the flurry of activity that precedes the holiday hustle and bustle. After countless pages of scribbled out lines and balled up pieces of paper, I figured out- IT WAS GONE! What had happened? I panicked! I had the classic case of writer's block.

I went to bed in utter despair. I awoke around 1 o'clock as nature called, and then tossed and turned, fretting about this poem. It then dawned on me that I had truly lost my muse.

After years of writing poems for my mom, for all the life occasions and for the joy I experienced in being able to care for her in the last years of her life, that had ended when I said my final goodbye to her this August. She passed in her sleep, but very peacefully and full of gratitude into the loving arms of my dad, who was awaiting her arrival in heaven. I have reconciled that my love of composing verse may be gone. It may come back. It may just need time to reflect, to heal, and to ponder my new stage of life, one without my mom. This will be my first Christmas without her presence. It will be difficult and a little sad, but I will make the most of it. She took such delight in the holidays and all the decorations and preparation. It was so special sharing it with her.

My mother never let a day go by without expressing her sincere gratitude and telling me how much she loved us all, even though dementia had robbed her of many of her memories. I miss her incredibly but I am eternally grateful for the time we shared.

I am so thankful for my health, for the beauty I enjoy every morning when I take my exuberant dog, Buddy, out for our daily power walk around the golf course. I'm grateful for the new friends I've made at the Senior Center and for the absolute sense of fulfillment I've discovered from volunteering. I'm grateful for the love in my life from my family, especially for my husband of thirty years who is the love of my life and my best friend. I'm blessed to have many dear old friends with whom I share a history that spans decades. I have countless blessings.

So, returning to the silly little lines of poetry that I struggled with...

*The holidays are but weeks away,  
And special times are drawing near.  
Time to reflect and take a moment,  
What are YOU grateful for this year?*

Submitted by Kerry Scrivens  
Volunteer at Ludington Senior Center

# LUDINGTON AREA SENIOR CENTER

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

**Support Groups** - *Laura J. Ruhle, CT & Dennis B. Bromley, FLE.* (Husband & Wife team)

## Open Ended Grief Support & Education

2nd Monday of the month  
Time/Date: 1:30 - 3:00 PM - December 13th  
Location: Ludington Senior Center  
308 S Rowe Street, Ludington  
Call: 231.845.6841 to register!  
*If I have loved, I will feel*



## What's the Cost of COVID?

Confidential support group,  
Time/Date: 6:30 pm - December 16th  
Location: Ludington Senior Center  
308 S Rowe Street, Ludington  
Call: 231.845.6841 to register!



## TECH HELP

Are you having difficulty using your phone, tablet, or computer?  
Help is here!

Wednesdays 1:00-3:00PM  
Ludington Senior Center  
308 S. Rowe

Call 231-845-6841 for an appointment

*Facilitator: Kellon Petzak  
(IT Instructor WSCC)*



*30 minutes "FREE" consultation.  
Monday, December 20th From 9am - Noon.  
By appointments only. Call 231.845.6841*

## "Healthy Me" Diabetes Support Group



This group is designed around you and offer support with those battling similar medical issues.

Articles and recipe ideas are shared on our Facebook page

2nd & 4th Weds of the month, at 2pm.

The article and recipe contents are submitted by Jaclyn, RN meeting facilitator

Follow our Facebook Page

Ludington Area Senior Center | Facebook



**Alzheimer's Support Group**  
Second Thursday of the month at 1 PM

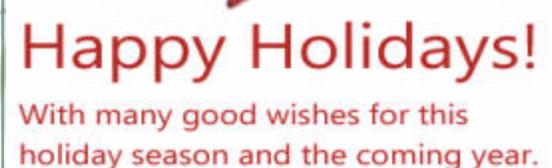


FOOT CARE  
Keep Your Feet Happy!  
Call Tricia @  
231.239.1951

## Medical Equipment Loan Closet Available at the Ludington Senior Center

Walkers, wheelchairs, crutches, shower benches, transfer benches, grabbers, commodes, toilet seat riser, bed rails, canes, incontinent supplies.

# LUDINGTON AREA SENIOR CENTER

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 1 Tai Chi 5:15 Zumba 6:15 Cardio Drumming	<b>2</b> 9:30 Zumba Toning 10:30 C. Drumming 10 Craft & Giggles 10 Billiards 12:30 Dup. Bridge 1-3 Open Billiards	<b>3</b> 9 Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 2 Jukebox Bingo	<b>4</b> <i>CRISTMAS DINNER</i>
<b>5</b>	<b>6</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Card Making 5:15 Zumba Gold 6:15 Cardio Drumming	<b>7</b> 9:30 Zumba Gold 10 Women's Billiards 10:30 C. Drumming 1 Duplicate Bridge 2 Line Dancing 1-3 Open Billiards	<b>8</b> 8:30 LET'S TALK 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 1 Tai Chi 3 TED TALKS Via Zoom 5:15 Zumba 6:15 Cardio Drumming 7:30 Coin Club	<b>9</b> 9:30 Zumba Toning 10:30 C. Drumming 10 Craft & Giggles 10 Billiards 12:30 Dup. Bridge 1 Alzheimer's Support Group 1-3 Open Billiards	<b>10</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Painting 2 Jukebox Bingo 1-3 Open Billiards	<b>11</b>
<b>12</b>	<b>13</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Holiday Craft 1:30 Grief Support 5:15 Zumba Gold 6:15 Cardio Drumming	<b>14</b> 9:30 Zumba Gold 10:30 C. Drumming 10 Billiards 12:30 Dup. Bridge 2 Line Dancing 1-3 Open Billiards	<b>15</b> 9 Men's Billiards 10 Quilting 10 Strength & Bal 1 TECH HELP 1 Cups of Cheer 5:15 Zumba 6:15 Cardio Drumming	<b>16</b> 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiards 12:30 Dup. Bridge 1-3 Open Billiards 6:30pm What's the Cost of Covid	<b>17</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1-3 Open Billiards	<b>18</b>
<b>19</b>	<b>20</b> 9-12 Parmenter Law 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 Cardio Drumming	<b>21</b> 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 12:30 Dup. Bridge 2 Line Dancing 1-3 Open Billiards	<b>22</b> 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 3 TED TALKS Via Zoom 5:15 Zumba 6:15 Cardio			
<b>26</b>	<b>27</b> <i>CENTER CLOSED</i> 	<b>28</b> 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 12:30 Dup. Bridge 2 Line Dancing 1-3 Open Billiards	<b>29</b> 9 Men's Billiards 10 Quilting 10 Strength & Bal 1 TECH HELP 5:15 Zumba 6:15 Cardio Drumming			

# LUDINGTON AREA SENIOR CENTER

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

## Holiday Crafts at the Ludington Senior Center

Enjoy making a craft, listening to Christmas music and enjoying a holiday treat! We have 2 different crafts planned on these dates:

**December 6, 2021**

**At 1pm**  
*Holiday Card Making*

4 cards &  
envelopes for  
\$25.00



**December 13, 2021**

**At 2pm**  
*Christmas Pillows  
And  
Ornament Making*

\$15.00

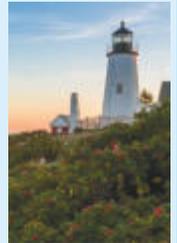


## Trips in 2022

Ludington Senior Center is looking for people ready for **adventure!**

### Spring (May 14-22) in Beautiful Maine

\$859 (double occupancy)



Motorcoach with Diamond Tours  
8 nights lodging  
14 meals provided  
Guided tour of Portland (city-by-the-sea)  
Quaint Kennebunk and Kennebunkport  
Victoria Mansion  
Pineland Farms  
Boothbay Railway Village and vintage train ride  
Seashore Trolley Museum and countryside trolley ride  
Much more...

### Autumn (November 5-13) in New Orleans

\$879 (double occupancy)

Motorcoach with Diamond Tours

8 nights lodging  
14 meals provided  
Guided tour of New Orleans  
Admission to the National World War II Museum  
Guided tour of a Louisiana plantation  
Admission to Mardi Gras World  
Relaxing riverboat cruise on the Mississippi River  
Enjoy historic New Orleans French Quarter  
Much more...



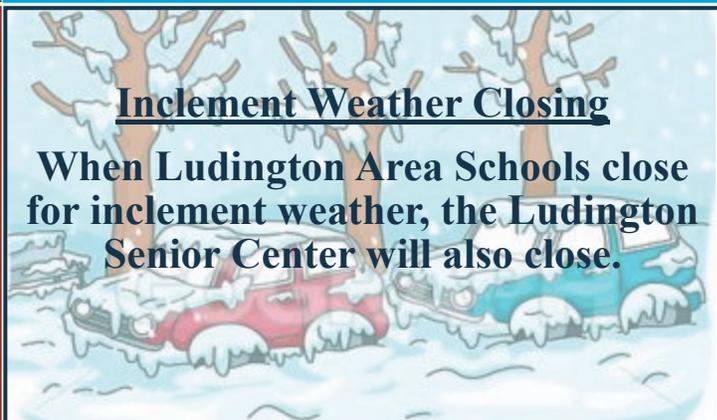
## Holiday Closings

The Ludington Senior Center will be closed the following days:  
December 23rd-27th  
December 30th-Jan 3rd



## Inclement Weather Closing

When Ludington Area Schools close for inclement weather, the Ludington Senior Center will also close.



# LUDINGTON AREA SENIOR CENTER

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

Help Support the Ludington Senior Center by making a donation for our activities.



## STRETCH, FIT & BALANCE

This class is designed for all ages and exercise levels.  
Every Wednesday at 10 AM

## LET'S TALK MASON COUNTY

Ludington Senior Center and the Mason County Historical Society are joining forces to share history  
**Wednesday, December 8th 8:30am-10:00am**



## YOGA

Monday & Fridays at 9:30 AM

## TED Talks

Join Gene Kyle  
December 8th &  
22nd at 3 PM



## Line Dancing

All experience levels welcomed  
Tuesdays at 2 PM



## Billiards

Men- Monday, Wednesday and  
Friday at 9 AM  
Women- Tuesday and Thursdays at 10 AM

## Tai Chi

December 1st and 8th at 1 PM



## Cards and Games

Every Monday and Friday  
at 1 PM



## Zumba Gold

Mondays at 5:15 PM  
Tuesdays at 9:30 AM

## Zumba Toning

Wednesdays at 5:15 PM  
Thursday at 9:30 AM

## Cardio Drumming

Monday and Wednesday at 6:15 PM  
Tuesday and Thursday at 10:30 AM

## Duplicate Bridge

Every Tuesday and Thursday  
at 12:30 PM



## Mahjong

Every Monday and Friday at 10 AM

## JUKEBOX BINGO

Join us for JUKEBOX BINGO at the Ludington Senior Center. This is a new and fun way to play bingo.

Jukebox bingo is a combination of "Name that Tune" and traditional bingo.

Join us December 10th at 2 PM.



## Quilting/Sewing

Every Wednesday at 10 AM



## Crafts and Giggles

Every Thursday at 10 AM



Nursing Assistant  
16 years

Meet Compassion.  
Meet Mattie.

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HarborHospiceMI.org



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Stephanie L. Kehrer, Owner/Licensed Funeral Director  
Jennifer E. Sheehan, Licensed Funeral Director  
www.OakGroveLudington.com

**FREE AD DESIGN**

WITH PURCHASE OF THIS SPACE

**CALL 800.477.4574**



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.

Our State. Our Town.  
*Our Hospice.*

The sooner you call,  
the more we can help.



24/7 Support  
888-247-5701  
or hom.org

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to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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Home Security**

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From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



3-D-5-5

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# SCOTTVILLE AREA SENIOR CENTER

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

## Thanksgiving for Seniors Shows Spirit of the Season

Scottville Area Senior Center (SASC) restored a long-standing tradition—the Scottville Community Thanksgiving Dinner for Seniors. It was held, as usual, at the Scottville Community Hall (informal new name for the Optimist Hall) on the Sunday before the holiday.

After a one-year suspension, the traditional turkey dinner resumed, but with a decidedly non-traditional twist: instead of a sit-down indoor dinner, it was a drive-up, take-out meal. Seniors responded enthusiastically. A long line of cars was already in place when the event, planned for two hours, started at noon. In about an hour, all the food—more than 200 meals—was gone!



Cars lined up down the street and around the corner as meal service starts. More than 200 turkey dinners were delivered to cars.



The Mason County Central food service staff works to prepare meals for the hundreds of people who attended Thanksgiving dinner for seniors. [Daily News photo]

Also critical to success were the volunteers from our co-sponsors—Scottville DDA and Optimist Club: Nancy Sanford; Joe, Andrea, Karson and Gracelynn Knowles; Mark Raven; Ryan and Tara Graham all helped organize and run meals to the cars and greet the guests. From SASC, Al Deering, Jeannette Harris, and Ellen Kerans helped with the traffic flow and handing out meals.

Our guests showed their appreciation for these efforts by offering voluntary donations. Nine-year-old Gracelynn collected them, and the guests generous contributed enough to cover the cost of the food--reciprocating the spirit of the season.

*Ludington Daily News photos by Riley Kelley; reprinted with permission*

As usual, the dinner (including stuffing, potatoes, gravy, corn and squash), was prepared by Mason County Central Food Services. Director Mary Ann Nielsen and her entire team worked to prepare the meals.

Jeannette Floan and Mandy Ziemkowski joined Mary Ann (left) in the final cooking on the day of the event, then transported all the food to the site and prepared the take-out meals for the guests.



Joe Knowles and Jeanette Harris pass Thanksgiving meals to seniors at the drive-thru Thanksgiving dinner Sunday at Scottville Optimist Hall. [Daily

# SCOTTVILLE AREA SENIOR CENTER

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The spirit of the season is being expressed in many other ways at SASC...

## Charity Sewing group helps non-profits, invites new members

Our Charity Sewing group meets monthly to make items for local non-profit organizations. These photos show them at their November session, creating a wide variety of table runners, stockings, place mats and other items for Help Ministries.



On December 21, from 9 am to 2 pm, the Charity Sewing group will meet again and folks from other centers and throughout the area are most welcome to join in. They will be making caps and scarves for the “Mitten Tree,” a Church Women United project to gather mittens, scarves and hats for area children in need of warmth during the winter season. Items completed will be donated to the Salvation Army for distribution.

Knitters and crocheters are also invited to join the group. Participants can drop in for any length of time. They ask that sewing volunteers bring their own sewing machine, if possible. There is one extra machine at the center. If interested, please call Norma Anderson, 757-2315, or just come on the 21st!

## Quilters help veterans

That SASC quilters recently received a heart-felt “thank you” letter from a Vietnam veteran. He and his wife visited Wilwin Lodge, the area resort for veterans. Like all vets who stay at Wilwin, they left with a beautiful quilt created by Sandy’s Quilting Friends.

In addition, quilters from throughout the area are invited to take part in the monthly meetings of the Country Quilters Guild. This large, friendly group meets the first Monday of the month. Call Connie Rasmussen, 757-3045, if interested.

## Lap quilts donated

Janice Young approached SASC with another expression of holiday kindness. She donated 20 smaller “lap quilts” and asked our help in placing them with small group facilities for seniors. Caseworker Kellie Argue took that assignment and found grateful recipients.

Yet another example of holiday spirit comes from our “Textile” group, which focuses on knitting and crochet. With the help of team members Jeannette Harris and Kellie Argue, they created pillows intended to comfort kids being sheltered with their parent at the COVE shelter. Those pillows were delivered in November.



## Christmas Angel tree

Similarly, we’re very pleased to participate in the Angel Tree project organized by our colleagues at the Ludington Senior Center. Our visitors have responded enthusiastically and we have found “angels” for all requests.

# SCOTTVILLE AREA SENIOR CENTER

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## SASC Program Highlights

### Exercise class goes “on the road”

Activities Coordinator Mellissa Kissell leads a popular weekly exercise class at SASC. She is on a long-planned trip out of state, but that hasn't stopped the class. In fact, she has turned it into a modern version of the CBS News feature from the Walter Cronkite era, “On the Road,” in which reporters roamed the country, filing reports on interesting places and events around the USA.



Missy leads exercise class via Zoom from Nashville

Missy set up a Zoom connection between her laptop and the center. She and the exercise participants can see one another and interact just as they do when she is physically present. In the accompanying photo, Missy is leading exercises from Nashville, Tennessee.

### Fish Boil a Big Hit

As Missy Kissell prepared for the extended trip mentioned above, she hosted a farewell fish boil at the center for lunch. She cooked fish, potatoes, corn and other treats in large pots on the back patio. It attracted one of the largest lunch crowds we've had in many months and the reviews for Chef Missy were outstanding.



Big crowd enjoys Chef Missy's fish boil

### Lunch and Learn Program

SASC has a monthly Lunch & Learn program. The November session featured Medicare counselor Sharon Bailey informing about Medicare open enrollment, which ends December 7.

On December 9, Todd Reed and his colleagues Brad Reed and Rachel Gaudette will join us. Todd will discuss his multiple careers in journalism, fine art photography, and Coast Guard service. Attendees will learn about the production of “50 Years Seeing,” the retrospective book of Todd's world-renowned photography and other career endeavors.



Todd, Brad and Rachel from Team Reed will be at SASC's Dec. 9 Lunch & Learn

### Round tables for activities, lunch

We are continuing our COVID precautions—masking, sanitizing and physical distancing—as we move forward with our activities and lunch programs. But we continue to look for safe ways to make visits to the center more enjoyable. Our guests have been willing to observe precautions, as we're all aware of the continued threat of the virus during its latest surge, but they miss the camaraderie of our “normal” gathering procedures.

To provide safe distancing during group events, such as cards and lunch, we were putting two rectangular tables together to make large tables of four for cards. And we were limiting lunch seating to two at either end of our lunch tables. These arrangements proved awkward for cards and inhibited socializing at lunch.



So, for the card players, we obtained some large, round tables that provided adequate separation, but allowed for easier participation and enhanced social interaction. The card players were very pleased with the change. So, we obtained more of the round tables and tried them in the lunch room—with very positive reactions from our lunch guests.

**Lunch is available at the center. Please call 757-4705 before 9 am Tuesday to reserve a meal.**

# SCOTTVILLE AREA SENIOR CENTER

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 COA meeting 1:30	2 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	3 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	4
5	Quilting 10:00 Lunch 11:45 Movie Monday 1:00 Quilt Guild monthly meeting/Christmas Party 2:00	7 Exercise 10:30 Lunch 11:45 Tai Chi Presentation 12:30 Euchre 1:00	8 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	9 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Lunch & Learn 12:30 Book Club 1:15	10 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	11
12	13 Quilting 10:00 Lunch 11:45 Movie Monday 1:00	14 Exercise 10:30 Lunch 11:45 Euchre 1:00	15 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Parkinson's Grp. 1:00 Pinochle 1:00	16 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Paint Party 1:30	17 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	18
19	20 Quilting 10:00 Lunch 11:45 Estate planning with Attorney Courtney Marshall, 10-4; Call SASC for appt. Movie Monday 1:00	21 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	22 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	23 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	24	25
26	27 Quilting 10:00 Lunch 11:45	28 Exercise 10:30 Lunch 11:45 Euchre 1:00	29 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	30 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4		



# FREE SOIL AREA SENIOR CENTER

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



## The Free Soil Area Senior Center

The Center is open from 9:00 am until 2:00 pm on Tuesday and Thursday each week.

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

**JOIN US FOR A MEAL**  
**WALK LAPS IN THE GYM**  
**PLAY A GAME OF POOL**  
**ENJOY ENTERTAINMENT**  
**VISIT WITH NEW & OLD FRIENDS**



<p><b>Meals are served at NOON</b></p> <p><b>Please call 464-6789 by noon the DAY BEFORE to reserve a meal.</b></p> <p><b>Thank you!</b></p>	<p><u>Thursday, Dec 2</u></p> <p>Pot Pie  Cottage Cheese  Diced Peaches  Pudding  Soup of the Day: Tomato</p>
<p><u>Tuesday, Dec 7</u></p> <p>Goulash  Tossed Salad  Roll &amp; Butter  Cookie  Soup of the Day: Asparagus</p>	<p><u>Thursday, Dec 9</u></p> <p>Italian Chicken Roll-Ups  Rice Pilaf  Green Beens  Roll &amp; Butter  Spice Cake  Soup of the Day: Vegetable</p>
<p><u>Tuesday, Dec 14</u></p> <p>Ham Sammies  Chips  Apple Slices  Jello  Soup of the Day: Stuffed Pepper</p>	<p><u>Thursday, Dec 16</u></p> <p>Christmas Dinner  With all the Fixings</p>
<p><b>The Center will be closed from December 16 through January 3.</b></p> <p><b>We will reopen on Tuesday, January 4, 2022</b></p> <p><b>Stay Safe and Stay Healthy</b></p>	

## Kinship Caregivers Recognition Dinner

On Wednesday, Nov. 17 Scottville Area Senior Center (SASC) hosted the 2<sup>nd</sup> Annual Recognition Dinner for grandparents and others raising young relatives. An outgrowth of our support group for kinship caregivers. Prominent leaders praising the “heroes among us,” were County Commissioners Steve Hull and Ron Bacon, Mason County Chief Judge Jeff Nellis, State Senator Curt VanderWall, and State Representative Jack O’Malley. Leading kinship care advocate Debbie Frisbie joined the legislators in talking about state efforts to assist kinship families, and shared information about other advocacy initiatives across the state.

Even with this impressive list of speakers, all agreed the highlight of the evening was a commentary by Debbie’s adopted daughter, Ryleigh, who spoke from the heart about her lifetime of experience growing up in a kinship family. Very touching and powerful.

The honorees had a chance to ask questions of the speakers, and talk with them privately after the dinner. This event, too, was suspended last year due to the pandemic, so even though this is the third year for the recognition dinner, it’s the “2<sup>nd</sup> Annual.”

We invite other heroes providing a loving home to young relatives to join our support group and participate in our monthly meetings. Please call us at 231-757-4705 to become involved.



## Scottville Area Senior Center will resume travel in 2022



### Travel with us to Wisconsin on the S.S. Badger in August

We are finalizing details of a three-night trip to Wisconsin, including a round trip on the S.S. Badger car ferry, scheduled for August 2-5. We’ll depart from Ludington for the four-hour crossing of Lake Michigan. Once we land in Manitowoc, we will board a bus to see Wisconsin highlights. Included will be a visit to scenic Door County (fish boil alert!) and some casino fun. If interested, please contact the senior center at 231-757-4705.

We also plan two bus trips with Diamond Tours in 2022. Our visitors have been taking a survey to indicate some of the places they would like to go in the next year. Watch for announcements soon.

## ASK SHARON

I've decided to write about identity theft this month, so as to help protect you from Medicare fraud. Fraud of any kind can happen if you give someone that you don't know personal information. Social Security, Medicare, credit card or bank account numbers all contain personal information that scammers can use to rob you of everything important to you.

Q Who can I safely give information to?

A. Only give private information to people who you are dealing with, who have a legitimate reason for having it. For example your doctor and pharmacist needs your Medicare and insurance info. If you have a financial advisor, that person will need your social security number.

Q. What if someone calls from Medicare or Social Security and says there is a problem with my account and I should call immediately.

A. Medicare and Social Security will not call you if there is a problem. They will write you or with your permission, they will email you. These callers are only trying to upset you, so that you cannot think at the moment. **You should hang up immediately without talking to them!**

Q. I heard of someone whose grandchild called from out of town saying he was in trouble and needed money sent immediately. What do you do in a case like that? I'd feel so bad for him, of course I'd want to help.

A. Tell him (because it is almost certainly not your grandson) to call his parents and hang up. Then I would call my actual grandson to make sure he's OK.

I hope these tips help you to say no or hang up. It could save you a lot of grief to do this. Remember these people are not your friends and are not to be trusted.

**Remember: Just Hang up!**



# BRAIN GAMES



## Make a paper Christmas Tree

Cut out the tree on the lines and put the two pieces together at the slits. Cut out decorations and glue them on your tree



# MASON COUNTY • MICHIGAN

## ACTIVE for LIFE Newsletter

### GET IT THREE WAYS!

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1. In print - for free - at MANY locations throughout Mason County:
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<https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431>, [www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)
3. Mailed to you - contact the Scottville Senior Center. 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.

### 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

John Cotton  
**231.583-2028**

### Low Vision Support Group

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

### Mason County Caregier Support Group

Alzheimer's Association  
 Ludington Senior Center  
 308 S. Rowe Street  
 Ludington, MI 49431  
 2nd Thursday 1:00pm

## USEFUL NUMBERS

<b>Attorney General</b>	<b>517.284.8800/877.999.6442</b>
<b>For Local Information / Resources</b>	<b>211</b>
<b>Area Agency on Aging of West MI</b>	<b>616.456.5664</b>
<b>Better Business Bureau of West MI</b>	<b>800.684.3222</b>
<b>MI Auto Insurance Coverage Issues</b>	<b>888.995.8441</b>
<b>Health Dept. District #10</b>	<b>231.845.7381</b>
<b>HELP Ministries</b> (Hands Extended Loving People)	<b>231.843.6811</b>
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## FREE MEDICAL EQUIPMENT LOANS

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<b>Custer VFW Gold Bar Post</b> 2022 State St. (US 10), Custer, MI 49405 Monday - Friday 9:00a.m. - 5:00p.m.	<b>231.757.9665</b>
<b>Ludington Senior Center</b> 308 S. Rowe St., Ludington, MI 49431 Monday - Friday 9:00 a.m. - 4:30p.m.	<b>231.845.6841</b>

### What's the Cost of Covid?

Ludington Senior Center  
 308 S Rowe Street  
 Ludington, MI 49431  
 Last Thursdays  
 6:30pm  
**231.845.6841**

### Parkinson's Support Group

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

### Grief Support Group

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

### Kinship Care Support Group

(Grandparents & others  
 raising young relatives)  
 Scottville Senior Center  
**231-757-4705**

### Grief Support Group

Ludington Senior Center  
 308 S Rowe Street  
 Ludington, MI 49431  
 2nd Mondays 1:30 - 3:00 pm  
**231.845.6841**

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