

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

January 2022
Volume 11
Issue 1

Active for Life

Your life, Your Way,
Your time over 50



TODD & BRAD REED
PHOTOGRAPHY

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Don Lundquist will hate this article



Storage facility he and activities coordinator Mellissa Kissell built

This page is a place to recognize and honor volunteers at the four local senior centers in Mason County. One of those dedicated volunteers is Don Lundquist. However, you won't find a photo of Don, volunteer par excellence at the Scottville Area Senior Center (SASC), with this article. Nor will you find a quote from him.

Don not only avoids the spotlight...he refuses the spotlight. He turns his back whenever a camera is pointed his way. And if you want to interview him for recognition of all he does for the senior center...forget about it. He won't cooperate!

So this is a totally unauthorized tribute to Don. We'll have to ask for forgiveness, because permission was not given. Which is not to say Don isn't friendly...his ready smile and humorous comments are testament to that. He's just not comfortable with attention for doing things he considers no big deal.

Medical Transportation

Don wears many hats. His official role is as one of the center's medical transportation drivers. All of them are volunteers and use their own vehicles to take eligible seniors to doctor appointments up to 100 miles away. People who have ridden with Don to such destinations as Grand Rapids, Muskegon, and Traverse City, as well as and here in Mason County, often ask for him when they call for another ride. That tells you plenty about him and his relationship with the people we serve.

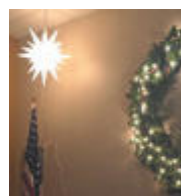
A Handy Man to Have Around

Around the center, you'll frequently see Don with a tool in his hand. He was instrumental in building the outside shed to help add much-needed storage space for the center. He is also responsible for many of the wall hangings and repairs that have been done at SASC.

Most recently, he took the lead in creating a festive holiday atmosphere with decorations throughout the center. He even got the animatronic Santa to sing to visitors. But when we asked him to pose for a photo with Santa. Well, you know his answer...

When Don unpacked a couple cartons of holiday decorations, he reminded us that there were several more boxes in storage elsewhere. "Oh, no," we all told him, "this is plenty...don't get out the rest." Undeterred, he went and got the rest of the decorations and started putting them up.

That's Don. And we'll keep on appreciating him, whether he likes it or not.



A few of Don's holiday decorations (wreath/star, Christmas village)



Santa (without Don)

MASON COUNTY • MICHIGAN

The Caregiver Journey: Resources Along the Way



For many caregivers, this is a role they were thrust into. Mom experienced a fall and needs some extra help. Your partner has surgery and recovery doesn't go as planned. Regardless of the reason, you are now responsible for someone else's well-being on top of your own. Research conducted by AARP and the National Alliance for Caregiving in 2020 showed that over 53 million American adults served in an unpaid caregiving role for someone aged 50 or older (relative, parent, parent-in-law)*. Caring for a loved one in your life can take on a variety of forms from quick trips to doctor's appointments to helping with daily household tasks and meal preparation. Whether you are new to your caregiving journey or established, you are likely to have moments that can be overwhelming. Here are a few things that can help:

Feel your feelings.

Caregiving is likely to bring out a variety of emotions. Many aspects of caregiving are rewarding and filled with joy. Lean into these. Additionally, some aspects are frustrating, allow yourself to feel this way as well. Harboring these feelings can lead to further resentment and anger, giving yourself time to work through them can help.

Accept help.

The caregiver role is likely only one of your many roles; you're likely also an employee, spouse, or parent, and juggling these many tasks can be overwhelming. Recognize that you may not be able to do all tasks on your own and ask for help where you can. Learning to accept this help is also important, little things on a regular basis can make a big difference. More than likely people are willing to jump in to assist, they simply don't know you've been struggling.

Take care of yourself.

Burnout is common in caregiving. It is important that you carve out time for yourself, from going away for a weekend to having someone come by for a few hours, a little time "off" makes a big difference. Self-care can also mean smaller things too like taking a walk, eating healthy foods, reading a book, or calling a friend.

Connect with resources.

A number of resources exist to provide support to older adults and caregivers:

- **Family Caregiver University:** monthly classes for anyone in a caregiving role. These topics range from community resources, self-care activities, and more.
- **Dementia Friends Program:** these one-hour informational sessions help organizations and individuals fully understand dementia and how to communicate effectively.
- **Caregiver Resource Network:** brings together caregiving resources within a nine-county region.
- **Counseling and Caregiver Support Group:** Michigan StayWell Counseling is available for individuals experiencing emotional distress due to the COVID-19 pandemic. This free and confidential support is available 24/7 at 1-888-535-6136, press "8" to talk to a Michigan StayWell counselor. A Caregiver Support Group made possible through Spectrum Health is available to caregivers virtually and takes place on Tuesdays at 10:00 am.
- **Respite:** This service provides companionship or assistance with activities of daily living for older adults when their primary caregiver is unavailable or looking for support.
- **Adult Day:** Adult Day Centers care for older adults for extended hours of a day. At an adult day center individuals can take part in activities, exercise, socialize with others, and receive personal care while their caregivers have respite.
- **Transportation:** transportation options for older adults exist to get them safely to medical appointments, grocery stores, and more, helping relieve some of the caregiver burden.
- **Home Delivered Meals:** for older adults who may not be able to get out to shop for their own groceries, home delivered meals can be a great option. They'll receive regular meal drop-offs of well-rounded meals.

If you have questions on further support that is available in your county, or would like to be set up with the resources mentioned above, you can call the Area Agency on Aging at (616) 456-5664 or (888) 456-5664.

Source: <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Patty Bun Potato Salad Baked Beans Pineapple 1% milk	4 Sliced Roast Beef Mashed Potatoes Green Beans Fruited Jell-O Bread 1% milk	5 Jumbo Hot Dog Bun Crispy Cubes Fruit Salad Creamy Cucumbers 1% milk	6 Macaroni & Cheese Pasta in entree Peas Carrots Peaches 1% milk	7 Turkey Deli Bun Coleslaw Cherry Tomatoes Grapes 1% milk
10 Swiss Steak with gravy Scalloped Potatoes Green Beans Applesauce Biscuit w/honey 1% milk	11 Chicken Noodle Casserole Baby Peas Carrots Grapes 1% milk	12 1/4 pounder with Cheese Bun Seasoned Crispy Cubes Cucumber slices Apricots 1% milk	13 Pizza Thursday Banana Tossed Salad 1% milk	14 Baked Fish Red Skin Potatoes Mixed Veggies Peaches Dinner Roll 1% milk
17 Stuffed Green Peppers Rice in entree Peas Apple Slices 1% milk	18 Steak Bites Au gratin Potatoes Winter Blend Sliced Apples Dinner Roll 1% milk	19 Roast Pork Sweet Potatoes Green Beans Diced Peaches Dinner Roll 1% milk	20 Meatloaf Mashed Potatoes/ Gravy Wax Beans Melon Wedges Wheat Bread 1% milk	21 Creamy Chick- en, Broccoli & Rice Bake Pears Carrots Sliced Bread 1% milk
24 Chili Corn Applesauce Cornbread 1% milk	25 Taco Tuesday Ground Beef w/ Beans & Rice Lettuce & Tomato Taco Shell Orange Wedges 1% milk	26 Sliced Roast Tur- key Mashed Potatoes Green Beans Fresh Pear Dinner Roll 1% milk	27 Cabbage Rolls Tossed Salad Carrots Fruit Mix 1% milk	28 Lemon Baked Fish Coleslaw Mixed Veggies Fruit Salad Whole Wheat Bread 1% milk
31 Connecticut Beef Bake Potatoes in en- tree Peas Mixed Fruit Sliced Bread 1% milk				

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

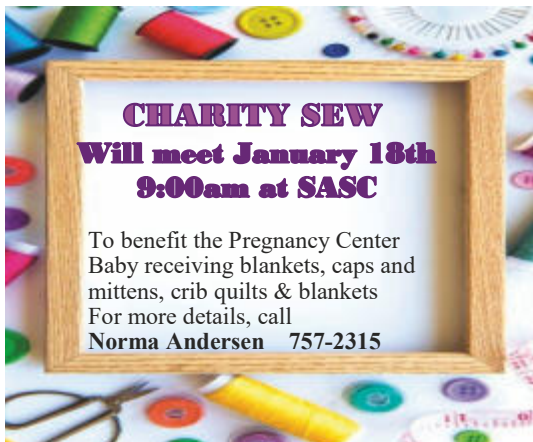
Meal Sites
Scottville 757-4705
Ludington 845-6841

Note: Menus are
subject to change.

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Thank you to our grant donors!

A big "thank you" goes out to our very generous grant donors that donated to the center through the Community Foundation. Thank you to Smith & Eddy and to David K. Stites Fund of the Community Foundation for Mason County. The generosity from these donors provided the Ludington Senior Center with \$1,200 to provide for our seniors here at the center. We cannot be more thankful for your donations.



**THE SCOTTVILLE SENIOR
CENTER CRAFT**
Wednesday, Jan. 26th at 1:00pm
Please call Jeannette at 757-4705



Scottville Travels

The Scottville Senior Center is planning TRIPS!!!
After such a long adjustment period due to the pandemic, we feel that taking a few trips may be just what the doctor ordered. To find out where and when, visit The Scottville Senior Center for all of the details. Or call us, 757-4507

MASON COUNTY • MICHIGAN

50th

Fifty Years and Still Going Strong!

50th

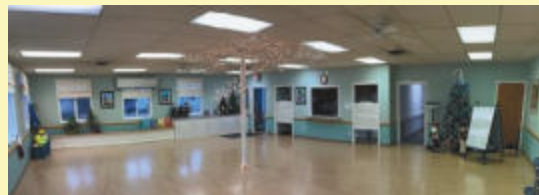
This year, 2022, the Ludington Area Senior Center will be celebrating its 50th anniversary. Exciting things have happened in these past fifty years, and plans are in the making for the years to come.

Looking into the history of the piece of land at 308 S. Rowe has been an interesting excursion back in time. The original Third Ward School was built in 1872 at this location (the northwest corner of Foster and Rowe Streets). It is likely that this was a wooden building, as a new building was built on that location in 1882 and opened on November 16 of that year. The building was built to seat 135 pupils and, by April of 1883, it had 144 students. By 1894, the property was deeded to Union School District No. 1, which was also known as Ludington. In 1904, that building was converted to a manual art building and later served as the school's music building. On November 22, 1971, the Ludington School District sold the building to the City of Ludington, and the following year it opened its doors to senior citizens as a place to meet.

In 1988, after purchasing a half lot to the north, a 30' x 40' addition to the existing building was added. A door was also added to the parking lot side. In 2004, a 50' x 40' addition was added to complete its footprint today. From the first school building to the building today, learning and a place to gather have been paramount activities for the community.

In 1965, Congress passed the Older Americans Act, which recognized the needs of older Americans and authorized federal funds to address those needs. In September of 1986, the Mason County Board of Commissioners approved the Council on Aging and twelve volunteers were elected to the first council. The council's main function has been to study the financial needs of requesting agencies and to make recommendations to the Board of Commissioners regarding allocation of senior millage funds.

The Fiftieth Year Celebration will include new and exciting activities for the seniors and the community as a whole. Some of the activities planned will be an Active for Life Expo, an open house, luncheons, participation in the 4th of July parade, ice cream socials, trips to Maine and New Orleans, etc. Keep in touch with all the happenings at the center or in the community to celebrate by picking up a monthly newsletter, checking out the website at ludingtonseniorcenter.org, or going to the Ludington Area Senior Center Facebook page.



Information provided by the Mason County Court House and the City of Ludington

There Is No Shame In Hearing Loss - Get Help!

Is your loved one constantly asking people to repeat themselves? Does he or she have a difficult time following a conversation that involves more than one person? Is your loved one withdrawing from social situations? Chances are, your loved one may be experiencing loss of hearing.

He or she is not alone. One third of people over age 60--and more than half the people over age 85--have hearing loss. According to the National Institutes of Health, hearing loss is the third-most-common physical condition in the US behind arthritis and heart disease.

An individual suffering from hearing loss can feel stressed from straining to hear what others are saying and become annoyed at other people, which can cause his or her loved ones to become annoyed too. Older adults may also feel embarrassed by their hearing loss and may find themselves in embarrassing situations due to misunderstanding what others are saying. This embarrassment can lead to withdrawal, loneliness, and depression.

They may also find themselves in dangerous driving situations due to not hearing other vehicles. The culmination of these stressors can cause an older adult to lose his or her independence.

Older adults should realize there is no shame in hearing loss. Truly, getting one's hearing checked is no different than getting fitted for glasses! Encourage your loved one to seek treatment. Hearing aid technology is getting better and better. Hearing aids today are smaller and more comfortable. Audiologists custom tailor the devices for the person's needs.

Technology can now wirelessly connect people with hearing loss to their televisions, personal computers, phones and MP3 players. There are "booming" alarm clocks, watches and telephone ringers, too, that make life easier for people with hearing challenges.

Your own actions can help your loved one be more comfortable in a difficult situation. When you are talking with your loved one who has hearing loss, be sure that you are facing him or her, so he or she can see you. Your loved one may need to read your lips and see your facial expressions. Speak louder, but don't shout. Try to speak clearly. Eliminate background noise. If you go out to eat, try not to sit by the kitchen or a noisy section of the restaurant. Turn off the TV or radio while conversing.

Successful aging involves maintaining a high quality of life. Communication plays a major role in maintaining friendships, ensuring independence, and participating in activities of daily life. Don't let hearing loss interfere with your loved one's well-being and happiness.

Resource: National Institute on Deafness and Other Communication Disorders, National Institutes of Health

Content submitted by the Ludington Senior Center

Ludingtonseniorcenter.org



LUDINGTON AREA SENIOR CENTER

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



Support Groups - Laura J. Ruhle, CT & Dennis B. Bromley, FLE.

Open Ended Grief Support & Education

2nd Monday of the month

Time/Date: 1:30 - 3:00 PM - January 10th

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 - January 27th

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 Street

Call 231-845-6841 for an appointment

*Facilitator: Kellon Petzak
(IT Instructor WSCC)*

1st and 3rd Wednesdays—Group classes

2nd & 4th Wednesdays— Individual help

For more information please call
The Ludington Senior Center.



*30 minutes "FREE" consultation.
Monday, January 24th 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

for an appointment

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
						1
2	<p>Center Closed</p> <p>Happy New Year!</p>	<p>9:30 Zumba Gold</p> <p>10:30 C. Drumming</p> <p>10 Women's Billiards</p> <p>1 Duplicate Bridge</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>10 Stretch & Bal</p> <p>10 Quilting</p> <p>1 TECH HELP</p> <p>1 Tai Chi</p> <p>5:15 Zumba Toning</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Toning</p> <p>10:30 C. Drumming</p> <p>10 Craft & Giggles</p> <p>10 Women's Billiards</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Cards & Games</p> <p>1-3 Open Billiards</p>	8
9	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Cards & Games</p> <p>1:30 Grief Support</p> <p>5:15 Zumba Gold</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Gold</p> <p>10:30 C. Drumming</p> <p>10 Women's Billiards</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p>	<p>8:30 LET'S TALK</p> <p>9 Men's Billiards</p> <p>10 Quilting</p> <p>10 Strength & Bal</p> <p>1 Tai Chi</p> <p>1 TECH HELP</p> <p>3 TED TALKS Via Zoom</p> <p>5:15 Zumba Toning</p> <p>6:15 Cardio Drumming</p> <p>7:30 Coin Club</p>	<p>9:30 Zumba Toning</p> <p>10:30 C. Drumming</p> <p>10 Crafts & Giggles</p> <p>10 Women's Billiard</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1 Alzheimer's Support Group</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Footcare</p> <p>1 Cards & Games</p> <p>1-3 Open Billiards</p> <p>2 Juke Box Bingo</p>	15
16	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Cards & Games</p> <p>2 Matinee Afternoon</p> <p>5:15 Zumba Gold</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Gold</p> <p>10:30 C. Drumming</p> <p>10 Women's Billiards</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>10 Stretch & Bal</p> <p>10 Quilting</p> <p>1 Tai Chi</p> <p>1 TECH HELP</p> <p>1 Cups of Cheer</p> <p>5:15 Zumba Toning</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Toning</p> <p>10:30 C. Drumming</p> <p>10 Crafts & Giggles</p> <p>10 Women's Billiard</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Footcare</p> <p>1 Cards & Games</p> <p>1-3 Open Billiards</p>	22
23/30	<p>9-12 Pamenter Law</p> <p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Cards & Games</p> <p>2 Matinee Afternoon</p> <p>5:15 Zumba Gold</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Gold</p> <p>10:30 C. Drumming</p> <p>10 Women's Billiards</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p>	<p>9 Men's Billiards</p> <p>10 Stretch & Bal</p> <p>10 Quilting</p> <p>11:30 Funcheon</p> <p>1 Tai Chi</p> <p>1 TECH HELP</p> <p>3 TED TALKS Via Zoom</p> <p>5:15 Zumba Toning</p> <p>6:15 Cardio Drumming</p>	<p>9:30 Zumba Toning</p> <p>10:30 C. Drumming</p> <p>10 Crafts & Giggles</p> <p>10 Women's Billiard</p> <p>11:30 Lunch</p> <p>1 Dup. Bridge</p> <p>1-3 Open Billiards</p> <p>6:30 What's the Cost of COVID</p>	<p>9 Men's Billiards</p> <p>9:30 Yoga</p> <p>10 Mahjong</p> <p>1 Footcare</p> <p>1 Cards & Games</p> <p>1-3 Open Billiards</p>	29

Celebrating 50 years of service to our Community



Senior Meal Lunches

Starting January 11th, Tuesdays and Thursdays, at the Ludington Senior Center, we will be having senior meal lunches.



Call 231-845-6841 for a lunch reservation by 9am or the previous day.
Cost for Age 60 and up: \$3.00

Cards and Games

Bring your friends; we have the space!
Monday and Fridays, at 1pm., we have many options for cards and games. Come play euchre, pinochle, and hand & foot. We also have available fun games to play, such as Cribbage, Yahtzee, Mexican train, to just name a few.



Introducing a Funcheon!

(A fun time and lunch = Funcheon)

We will be hosting a special lunch on the last Wednesday of the month. We will be offering lunch and a variety of entertainment for your enjoyment.

January 26th, 2022 at 11:30am

Cost: \$5.00

Reservation required.

Matinee Afternoon!

Come relax & enjoy popcorn and watch a movie at the senior center

Monday Jan. 17th & 24th at 2pm.

Call ahead to find out what movie will be playing

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...



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

Don't forget to check out our website and Facebook page for updated events and activities:

www.ludingtonseniorcenter.org

www.facebook.com/ludingtonseniorcenter



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



Billiards

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



YOGA

Monday & Fridays at 9:30

TED Talks Join Gene Kyle
January 12th & 26th at 3 PM

Tai Chi

Wednesdays at 1 PM

VIA ZOOM

Please call the center at 231-845-6841 for the link to TED Talks.

You stay cozy warm at home and still enjoy this engaging conversation.



Zumba Gold (cost \$6.00)

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

Zumba Toning (cost \$6.00)

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

Cardio Drumming (cost \$5.00)

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



Cards and Games

Every Monday and Friday at 1 PM Euchre, Pinochle, Hand and Foot and more!

Duplicate Bridge

Every Tuesday and Thursday at 1 PM

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 January 14 at 2:00pm



Mahjong

Every Monday and Friday at 10 AM



Quilting/Sewing

Every Wednesday at 10 AM

LET'S TALK MASON COUNTY

Join us for breakfast!

Ludington Senior Center and the Mason County Historical Society are joining forces to share history.
January 12th 8:30am-10:00am



Crafts and Giggles

Every Thursday at 10 AM



Nursing Assistant
16 years

Meet Compassion.
Meet Mattie.

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Jennifer E. Sheehan, Licensed Funeral Director
www.OakGroveLudington.com

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**PARMENTER
LAW**

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.

The sooner you call,
the more we can help.

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

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SCOTTVILLE AREA SENIOR CENTER

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

SASC will stay in current location

The Scottville Area Senior Center will stay in its location in downtown Scottville for the foreseeable future.



SASC today

As many of our readers know, the senior center is part of Mason County Central Schools. After initial consideration of constructing a new senior center building on the MCCS campus, the final decision is to keep the center at 140 S. Main St., in Scottville.

The idea of a new building came up as the school district was considering a bond issue for a variety of improvements and additions. MCCS leaders examined needs for all of the district's facilities, including the building that houses the senior center. Ultimately the decision was made to keep the center, which opened in 1973, where it has been since 1980.

Bill Kerans, SASC director, said, "We are very grateful that the school district created our senior center and has provided a facility for the nearly 50 years we have existed. The fact that MCCS leaders were willing to look seriously at a new center indicates that our seniors and the programs that serve them are still an important priority for the district.

"We were happy to examine the feasibility of a new building, and the location at MCCS intrigued us because of our emphasis on intergenerational programs. That said, we understand and support the final result. We're very happy with our facility and glad it will continue to serve the county's seniors for many years to come."

This consideration of a possible new building caused us to think back on the history of SASC and how it was created as part of MCC Schools.

Our Story: History and Services of the Scottville Area Senior Center

In 1965 Congress passed the Older Americans Act (OAA), which recognized the needs of older Americans and authorized federal funds to address those needs. One way to address some of those needs was through Senior Centers.

Scottville Area Senior Center (SASC) will soon celebrate its 50th anniversary. SASC opened its doors on October 2, 1973 at 108 North Main Street, in part of the building that houses the current North Country Café. Mary Jo Holmes was the original director.

Carolyn Beeker, then-director of the Ludington Area Senior Center (which had opened the previous year and will celebrate its 50th anniversary in 2022) was very helpful to the fledgling Scottville Center. A collaborative relationship was born that continues today—and now includes the additional senior centers in the Tallman Lakes area and Free Soil.

The 1970s-era OAA federal funding could not be used to acquire a building. James Nastold, then Mason County Central Schools (MCCS) Assistant Superintendent, recognized the need for a senior center and, through his leadership, MCCS decided to provide the building that made creating the center possible. This is one of the unusual features of the Scottville center. It is very rare for a school district to include a senior center, but MCCS sees its mission as serving the entire community, from its early childhood center, through traditional K-12 education, adult education programs, and the senior center.

Not only was MCCS instrumental in launching the center, the center has remained part of the school district throughout its nearly 50-year history. Subsequent school leaders have continued to play a huge role and the district has served as the fiscal agent for the center since its inception.

(continued on page 13)

SCOTTVILLE AREA SENIOR CENTER

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SASC: Our Story, Continued

Soon, the popularity of the center meant more space was required. In 1980 MCC purchased the building at 140 South Main Street. An historic newspaper article from that time shows the first director, Mary Jo Holmes, welcoming guests to the new center (picture at left)

For 26 years Holmes nurtured and developed the center and its outreach. She was a diligent advocate for obtaining community support and helped establish Mason County millage funding for county's senior programs in 1988.

Donna Addington followed Holmes as the SASC director from 1999 through 2013, raising funds for an adjacent building to accommodate the expanding programs and center usage. The center expansion was completed in 2011.

Marcia Visscher served as the third director, through November, 2018, continuing to make improvements.

Bill Kerans is the fourth and current director, joining the staff in December, 2018.

Original SASC director Mary Jo Holmes welcomes first guests to the current center building in 1980

County-wide services

Vital to the mission and identity of SASC is to provide county-wide services to eligible Mason County seniors from our central location in Scottville.

These include homemaker services, in which light housekeeping and related services are provided by our aides to seniors in their homes, for those unable to do everything on their own. We offer respite care so that dedicated caregivers of seniors receive a break to devote to personal needs.

We also offer medical transportation to doctor appointments for those who have no other option to reach their doctor. Our volunteer drivers take seniors door-to-door up to 100 miles away, so we can help people reach appointments in such places as Grand Rapids, Muskegon and Traverse City, as well as here in Mason County.

These services are supported by funding through the Area Agency on Aging of Western Michigan, reflecting the continued support of OAA funding started all those years ago, as well as state funding for senior programs. Services director Dottie Reed and caseworker Kellie Argue have been assessing needs of the county's seniors and effectively managing these services for many years.

Our programs

A senior center is a community center where older adults can congregate to fulfill many of their social, physical, emotional, social and intellectual needs, and where they can get information and referral, plus a variety of services. As former director Visscher put it, "We make a difference every single day in the lives of Boomers and Seniors by connecting them to programs, opportunities and socialization that are all components of aging well. Being active, exercising, continuing to learn and maintaining a vibrant social life are important contributors to healthy aging."

(Continued on Page 14)

SCOTTVILLE AREA SENIOR CENTER

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SASC: Our Story, Continued

SASC offers exercise classes that combine elements of Sit and Be Fit, Stretch and Balance and Yoga. During late 2021 and into early 2022, activities coordinator and exercise leader Mellissa Kissell conducted her classes via computer over ZOOM, from different U.S.A. locations as she completed a long-planned trip in her travel trailer. Other active options include walking groups and line dancing. In 2022, the auxiliary gym at MCCA High School will be made available for these and more exercise programs, as well as pickleball.

SASC has an active artistic focus: quilting and charity sewing groups, chocheting and other textile arts, painting classes, creative crafts, life story writing, and a book club. Table games are also enjoyed by guests: bingo is a big favorite, and we also feature: Pinochle, Cribbage, Mahjong, Euchre, and Setback. Seniors also benefit from support groups, such as Parkinson's, meeting at SASC.

Following the philosophy of our school district, we also emphasize intergenerational groups. We have a very active support group for Grandparents Raising Grandchildren and other kinship caregivers who are raising young relatives. The group meets monthly for dinners, activities and guest speakers. We also have a partnership with students from the Spartan Academy at the MCCA High School. Each December we are "adopted" by all the MCCA third graders who bring us gifts of coffee, tea, and hot chocolate...and are thanked with gift bags of prewrapped treats.



We invite you to join us for a nutritious lunch, Monday through Friday, and to participate in our monthly Lunch 'N' Learn, which includes free lunch. We also schedule periodic health clinics (including COVID and flu shots), informational seminars, cooking and health classes, and more. Come visit us soon. The coffee is always on! And, by the way, people of all ages are welcome at the center!

We also invite you to travel with us. We have day excursions, plus domestic and international travel, open to adults 21 or older. In 2022 we have trips scheduled to Wisconsin, via the S.S. Badger, and bus trips to other destinations.

To get more information about what SASC offers, give us a call at 757-4705, visit our website www.scottvilleareaseniorcenter.com, check out our Facebook page, or pick up one of our monthly newsletters "Active for Life."



The Scottville Area Senior Center is one of the organizations that is funded by the Mason County Senior Millage, generously and repeatedly approved by county voters.

Funding is also received through Area Agency on Aging of Western Michigan, for the Housekeeping, Respite Care and Medical Transportation programs, available to all qualifying Mason County residents.

United Way of Mason County also provides supplemental funding for our Medical Transportation services. Additional funding is received from grants and private donations.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Quilting 10:00 Quilters Guild 2:00 NO LUNCH TODAY Happy New Year	4 Exercise 10:30 Lunch 11:45 Euchre 1:00	5 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	6 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	7 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	8
9	10 Quilting 10:00 Lunch 11:45 Movie 1:00 (La La Land)	11 Exercise 10:30 Lunch 11:45 Euchre 1:00 Book Club 1:15	12 Painting 9:00 Ladies Pool 10:00 Lunch & Learn 11:45 (With Inspired Parties) Pinochle 1:00	13 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	14 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	15
16	17 Quilting 10:00 Lunch 11:45 Estate planning with Attorney Courtney Marshall, 10-4. Call for appt	18 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	19 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	20 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Paint Party 1:30 (\$25 Fee)	21 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	22
23	24 Quilting 10:00 Lunch 11:45	25 Exercise 10:30 Lunch 11:45 Euchre 1:00	26 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	27 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	28 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	29
30	31 Quilting 10:00 Lunch 11:45				KEY Exercise -Weekly -Once each Month -Series -Special Event	

TALLMAN SENIOR CENTER

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HOURS
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LUNCH
Mon - Fri
Please call the day
before to sign up
for lunch!

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Crochet	10:00	Coffee	10:00	Sit n be Fit	2:30	Coffee	10:00	Sit n be Fit	2:30
Sit n be Fit	2:30	Bingo	10:00	Lunch	12:30	Bingo	12:30	Lunch	12:30
Lunch	12:30	Lunch	12:30			Lunch	12:30		
10		11		12		13		14	
Crochet	10:00	Coffee	10:00	Sit n be Fit	2:30	Bingo	10:00	Sit n be Fit	2:30
Sit n be Fit	2:30	Bingo	12:30	Lunch	12:30	Lunch	12:30	Lunch	12:30
Lunch	12:30	Lunch				Lunch			
17		18		19		20		21	
Crochet	10:00	Bingo	10:00	Sit n be Fit	2:30	Bingo	10:00	Sit n be Fit	2:30
Sit n be Fit	2:30	Lunch	12:30	Lunch	12:30	Lunch	12:30	Lunch	12:30
Lunch	12:30								
24		25		26		27		28	
Crochet	10:00	Bingo	10:00	Sit n be Fit	2:30	Bingo	10:00	Sit n be Fit	2:30
Sit n be Fit	2:30	Lunch	12:30	Lunch	12:30	Lunch	12:30	Lunch	12:30
Lunch	12:30								
31									
Crochet	10:00								
Sit n be Fit	2:30								
Lunch	12:30								

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.

Please 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

JANUARY

Free Soil Area Senior Center

<p><u>Tuesday, January 4, 2022</u></p> <p>Cook's Choice</p>	<p><u>Thursday, January 6, 2022</u></p> <p>Ham & Noodle Casserole Tossed Salad Roll & Butter Pineapple Tidbits Brownie</p>
<p><u>Tuesday, January 11, 2022</u></p> <p>Pizza Casserole Garlic Bread Broccoli Apple Sauce Jello</p>	<p><u>Thursday, January 13, 2022</u></p> <p>Pot Pie Salad Fresh Fruit Roll & Butter Pudding</p>
<p><u>Tuesday, January 18, 2022</u></p> <p>Shepherd's Pie Veggies in Entree' Cottage Cheese Diced Peaches Roll & Butter Sugar Cookie</p>	<p><u>Thursday, January 20, 2022</u></p> <p>BBQ Chicken Cheesy Potatoes Green Beans Roll & Butter Cherry Cheesecake Fluff</p>
<p><u>Tuesday, January 25, 2022</u></p> <p>Chop Suey Spring Rolls Cream Cheese Rangoons Fortune Cookie Pineapple Tidbits</p>	<p><u>Thursday, January 27, 2022</u></p> <p>Beef Roast Mashed Potatoes & Gravy California Blend Roll & Butter Peach Cobbler</p>
	<p>Meals are served at NOON. PLEASE, call the day before to reserve a meal. Thank You!</p>

ASK SHARON

By Sharon Bailey, Medicare Counselor, Scottville Area Senior Center

I hope everyone had a wonderful Christmas and New year. As I was writing this column (before Christmas) I was looking out the window and it sure didn't look like it's supposed to. We were hearing "no snow for Christmas."

Actually, that's okay with me. Travelers will be safer because the roads should be better and once we're inside with friends and family it won't matter. Whatever the circumstances, be careful.

This month I am addressing the times of the year that it is possible to enroll in Supplemental plans that enhance Medicare.

Q. When should I sign up for a Medicare Supplement for Medicare?

A. In order to enroll in a Medicare supplement plan without being underwritten by the company you **must enroll in a plan three months before your 65th birthday and three months after.**

Q. What does it mean to be underwritten?

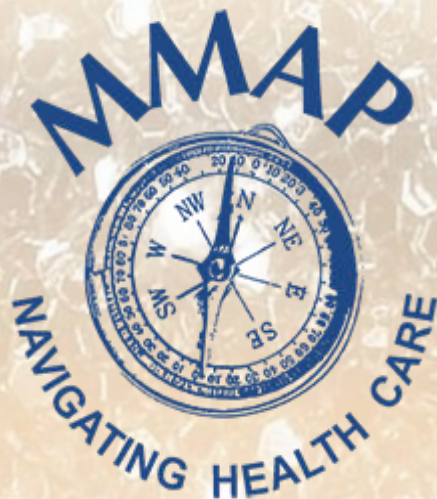
A. It means that the insurance will check on your prior health history. If you have any heart problems, diabetes or other problems that could cost the insurance company more for your care they can charge you a higher premium or even deny you coverage. So, if you want full coverage that pays all costs over what Medicare pays be sure to sign up during the above time period.

Q. What about Medicare D, or drug plan, and Medicare Advantage?

A. the Open Enrollment for these are from October 15 to December 7. When you first sign up or are enrolled in Medicare you have the same period of time that you can enroll in Medicare D or a Medicare Advantage plan without a penalty. The penalty for not enrolling in a drug plan when you are first eligible is 1% a month for every month you do not enroll in one.

Q. Anything else?

A. A fairly new open enrollment affects Medicare Advantage. From January 1 to March 31 you can switch Medicare Advantage plans. You can also drop your Medicare Advantage plan and switch back to regular Medicare. These are the only things you can do during this period.





Crockpot Cooking

The cold winter months are the perfect time to make all of those warm and comforting foods we love so much. Chili, Chicken and Dumplings, Meat Loaf, Lasagna, even Brownies and Cake. With a crockpot liner, and just about any recipe, you can have an easy to make and easier to clean up comforting meal any day of the week.

Here are a few Dump and Go recipes to try

Spaghetti and Meat Balls

1. Gather all of the ingredients
2. Line the crockpot
3. Place the meatballs in the bottom of the lined crockpot (raw or frozen)
4. Cover with sauce
5. Next are the noodles
6. Cover and cook on med heat for 1 hr and 30 min. Stir every 30 min or on low for 4-6 hrs.



Meat Loaf

1. Make your favorite meat loaf recipe
2. Line your crockpot
3. Place meat loaf in the bottom of the lined crockpot
4. Put potatoes and veggies all around the meat loaf, salt and pepper to taste
5. Cook on high for 3-4 hrs or on low for 6-8
6. 30 min before cook time is complete, spread Ketchup or sauce on top of meat loaf.



Chocolate Cake

- 1 ¾ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- ½ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water



1. Line the crockpot
2. Saving the water for last, mix dry ingredients in one bowl and wet in another
3. Combine them into one bowl
4. Now slowly add the boiling water
5. Pour batter into the lined crockpot
6. Set the crockpot to low for 3 hrs.
7. Turn the crockpot off and let sit for 30 min before serving.

BRAIN GAMES

Title: _____

Once upon a time, there lived two _____
named _____ and _____. They lived
in a _____ by the river. Across the
river lived the wicked _____. Her name
was _____ and she looked like _____.
Her skin was _____ and her teeth were
_____. One stormy night the wicked
_____ cast a spell on the two friends.
The spell turned them both into _____!
There was only one way to reverse the spell,
and that was by eating a _____. So,
their third friend named _____ went out
to find a _____ to reverse the spell! On
his journey, he ran into a wild _____. It was
big, mean, and _____! He had to run quickly
to find the _____ to feed his friends.
Luckily, he found one. He fed it to _____
and _____ and they turned back into
_____. They all lived happily ever after!

Author(s): _____

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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

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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

Attorney General	517.284.8800/877.999.6442
For Local Information / Resources	211
Area Agency on Aging of West MI	616.456.5664
Better Business Bureau of West MI	800.684.3222
MI Auto Insurance Coverage Issues	888.995.8441
Health Dept. District #10	231.845.7381
HELP Ministries (Hands Extended Loving People)	231.843.6811
Legal Aid of Western Michigan www.legalaidwestmich.org	888.783.8190
Legal Hotline for Michigan Seniors www.elderlawofmi.org/legal_hotline	866.400.9164
MI Public Service Commission (inquiries and complaints)	800.292.9555
Unwanted Phone Solicitation	888.382.1222

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

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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