

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS

February 2022  
Volume 11  
Issue 2

# Active for Life

Your life, Your Way,  
Your time over 50

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



## Healthy Aging in the New Year

Are you looking for ways to become or stay active in the new year? Don't know where to start? Eaglecrest Healthy Aging may be the right fit for you! Their motto is **"Start where you are! Use what you have! Do what you can!"** There is no pressure to jump into the highest level, instructors have modifications throughout the programming and can meet you where you are. They like to say, *"You do You"*.

In the new year, they have expanded their suite of programming to include more specialized classes. The SISU Seated class will give folks just beginning to exercise, or those recovering from illness or injury, a place to start. Yoga, EnhanceFitness, Tai Chi, Boom Muscle, and Silver Sneakers Circuit are other classes that will help you build endurance, strength, balance, and flexibility.

Being part of the Area Agency on Aging of Western Michigan, Eaglecrest Healthy Aging programs are designed specifically for older adults. They are dedicated to helping older adults stay active and independent, offering evidence-based classes that are safe and effective. As we get older the chance of suffering a fall increases, in fact, according to the National Council on Aging (NCOA) 1 in 4 Americans aged 65+ falls each year\*. Incorporating a balance and exercise program can help build up your body's flexibility and strength. No need to worry about leaving the comfort of your home to exercise, the Eaglecrest Healthy Aging classes come to you via Zoom. Want to try it without making a commitment? You can try all the live classes virtually for a week for free. You can meet the team of certified instructors and see the class format before you commit to buying a package. If you have a SilverSneakers or Silver & Fit insurance benefit there is no cost to you.

As an Eaglecrest Healthy Aging member, you'll also gain access to their wide library of videos, so you can fit your workouts into your schedule. The revamped virtual class schedule just launched on January 3, so kick off 2022 with Eaglecrest Healthy Aging! To sign up for your free week or to learn about membership and view the latest class calendar, visit [www.aaawm.org/HA](http://www.aaawm.org/HA).

You may also email [healthyaging@aaawm.org](mailto:healthyaging@aaawm.org), or call (616) 588-2580 with any questions!



# MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

# February

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.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Stroganoff Carrots Sliced Cucumbers Orange Wedges Noodles 1% milk	2 Salisbury Steak Scalloped Potatoes Peas Applesauce Dinner Roll 1% milk	3 <b>Thursday Pizza Day</b> Tossed Salad Green Beans Fresh Fruit 1% milk	4 Lemon Pepper Fish Hashbrown Casserole California Blend Sliced Peaches Dinner Roll 1% milk
7 Cabbage Rolls Baby Carrots Applesauce Peanut Butter Cookie White Milk	8 Jumbo Franks Chili Coleslaw Fruit Mix Bun 1% milk	9 Breaded Chicken Patty Crispy Cubes Corn Sliced Pears Bun 1% milk	10 Creamy Chicken, Broccoli, Rice Carrots Grapes 1% milk	11 BBQ Meatballs Red Skin Potatoes Brussels Sprouts Apricots Bread 1% milk
14 Lover's Lasagna Cupid's Carrots Angel's Applesauce Tossed Salad Valentines Cookie *1% milk	15 Roast Turkey Mashed Potatoes/gravy Peas Dinner roll Fruit Mix 1% milk	16 Macaroni & Cheese Tossed Salad Mixed Veggies Tropical Fruit Dinner Roll 1% milk	17 Spaghetti with meat sauce Broccoli Cantaloupe 1% milk	18 Ham Deli Bun Tossed Salad Cucumbers Pears 1% milk
21 Chicken Breast and Wild Rice Peas Carrots Sliced Pears 1% milk	22 <b>Taco "2's" Day 2-22-22 Seasoned Taco Meat Taco Shell Refried Beans Fruit Mix 1 % Milk</b>	23 Sloppy Joes Bun Baked Beans Coleslaw Banana 1% milk	24 Stuffed Green Peppers Green Beans Peaches Dinner roll 1% milk	25 Chicken Stir Fry Vegetable Stir Fry Snap Peas Rice Mandarin Oranges 1% milk
28 Shepard's Pie Mashed Potatoes/Gravy Green Beans Oranges Dinner Roll 1 % milk				

# MASON COUNTY • MICHIGAN

## FUNCHEON CELEBRATION

*A fun lunch and birthday celebration!*

Ludington Senior Center will be hosting a lunch and birthday celebration **on the last Wednesday of the month**. There will be cake, entertainment, and a discount for those who have a birthday that month.

February 23, 2022, at 11:30am, at the Ludington Senior Center

Cost: \$5.00 Birthday month: \$3.00

Reservation required.

Please call the Ludington Senior Center at 231-845-6841



All brands of hearing aids cleaned and checked for **FREE!**

Get a hearing screening for **FREE!**

### Belton Hearing Centers

will be available to provide these **FREE**

services for your convenience at the

Scottville Area Senior Center

February 9, 2022

1:00 p.m. – 2:00 p.m.

(A sign-up sheet will be available at the Scottville Area Senior Center.)

SEE  
PAGE  
13



## Tax Assistance Through SASC

Once again this year, Scottville Area Senior Center, is partnering with Jackson-Hewitt Tax Service to provide basic tax preparation help to seniors with lower incomes.

The assistance covers basic state returns, along with homestead and property tax credits. A limited number of people will also be able to receive assistance with basic federal tax returns.

Because their schedule is typically full in the early weeks of tax season, these special senior appointments will be available during the month of March.

There are income guidelines to qualify for assistance. Please call the senior center at 231-757-4705 for details and to receive an appointment certificate.

## SASC FEBRUARY CRAFT

February 23rd at 1:00pm

Come join us for some crafting and conversation

Please call the Scottville Area Senior Center for more information

757-4705



### CHARITY SEW

Will meet February 15th

9:00am

Pillow Cases for COVE, Hospice

For more details, call

Norma Andersen: 757-2315, OR

The Scottville Senior Center 757-4705

# MASON COUNTY • MICHIGAN

## The Surprising **Extra Benefits** of Exercise for Seniors

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors. “Many characteristics we associate with older age — like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity,” explains Dr. John Montgomery, a family physician. However, according to AARP, 40 percent of people between 45 and 64 are considered sedentary. For people over 64, that number jumps to 60 percent.

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent. Even moderate physical activity can help seniors to:

- **Increase mental capacity** Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there. Exercise — particularly if it starts early and is maintained over time — is beneficial in preventing dementia and Alzheimer's disease. (Source: Senior Journal.com)
- **Prevent disease** Exercise may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, and others, and may reduce overall death and hospitalization rates, according to the National Institute of Aging.
- **Improve healing Injuries** Regular exercise by older adults may speed up the wound-healing process by as much as 25 percent. (Source: Senior Journal.com)
- **Improve quality of life** A new study has found that previously sedentary senior citizens who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well. (Source: SeniorJournal.com)
- **Increase balance** This helps prevent falls, a major cause of broken hips and other injuries that often lead to disability and loss of independence. (Source: Senior Journal.com)
- **Increase life expectancy** Benefits are greater among the most active persons, but are also evident among those who reported moderate activity, according to the CDC.
- **A little goes a long way** “When it comes to exercise for seniors, consistency is more important than intensity,” explains Montgomery. Researchers have found that you don't have to engage in strenuous exercises to gain health benefits. “Moderate exercise, such as walking five or more days a week, can lead to substantial health benefits. Even brief amounts of physical activity, say 10 minutes at a time, can be beneficial.”
- **Never too late** According to the National Institute of Aging, exercise isn't just for seniors in the younger age range. People who are 80, 90 or older can also benefit greatly from physical activity. Exercising regularly can help prevent or delay some diseases and disabilities as people age. In some cases, it can improve health and independence for older people who already have diseases and disabilities, if it's done on a long-term, regular basis  
(Source: AARP)

*Note: Your local senior centers offer different ways to promote exercise and balance. Check them out!*



Content Submitted by the Ludington Senior Center

# MASON COUNTY • MICHIGAN



## Who do I contact – Social Security or Medicare?

Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The chart below can help you quickly figure out where to go. Please share this chart with family and friends.

Topic	Social Security	Medicare	Resources
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligibility?	X		<a href="http://www.ssa.gov/benefits/medicare">www.ssa.gov/benefits/medicare</a>
What does Medicare cover?		X	<a href="http://www.medicare.gov/what-medicare-covers">www.medicare.gov/what-medicare-covers</a>
How do I sign up for Hospital Insurance? (Part A)	X		<a href="http://www.ssa.gov/benefits/medicare">www.ssa.gov/benefits/medicare</a>
How do I sign up for Medical Insurance? (Part B)	X		<a href="http://www.ssa.gov/benefits/medicare">www.ssa.gov/benefits/medicare</a>
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		<a href="http://www.ssa.gov/benefits/medicare/prescriptionhelp">www.ssa.gov/benefits/medicare/prescriptionhelp</a>
How can I check the status of Medicare Part A or B claims?		X	<a href="http://www.medicare.gov/account/login">www.medicare.gov/account/login</a>
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	<a href="http://www.medicare.gov/claims-appeals/how-do-i-file-an-appeal">www.medicare.gov/claims-appeals/how-do-i-file-an-appeal</a>
How do I appeal an income-related monthly adjustment amount decision? <i>(for people who pay a higher Part B or D premium because their income is over a certain amount)</i>	X		<a href="http://www.ssa.gov/benefits/medicare/medicare-premiums.html">www.ssa.gov/benefits/medicare/medicare-premiums.html</a>
How can I request a replacement Medicare card? <i>(with a my Social Security account)</i>	X		<a href="http://www.ssa.gov/myaccount">www.ssa.gov/myaccount</a>
If I already get benefits or have Medicare, how do I report a change of address or phone number?	X		<a href="http://www.ssa.gov/myaccount">www.ssa.gov/myaccount</a>
What do Medicare health and prescription drug plans in my area cost, and what services do they offer?		X	<a href="http://www.medicare.gov/plan-compare">www.medicare.gov/plan-compare</a>
Which doctors, health care providers, and suppliers participate in Medicare?		X	<a href="http://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers">www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers</a>
Where do I find publications about Medicare?	X	X	<a href="http://www.ssa.gov/pubs/?topic=Medicare">www.ssa.gov/pubs/?topic=Medicare</a> <a href="http://www.medicare.gov/publications">www.medicare.gov/publications</a>
Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?		X	<a href="http://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage">www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage</a>
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	<a href="http://www.medicare.gov/medigap-supplemental-insurance-plans">www.medicare.gov/medigap-supplemental-insurance-plans</a>



Securing today  
and tomorrow

SSA.gov |

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Who do I contact – Social Security or Medicare?  
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Content submitted by the Ludington Senior Center



FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

PAGE 7

# 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 - February 14th

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 - February 24th

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, February 21st 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
	<p>“ The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. HELEN KELLER</p>	<p>1 9:30 Zumba Gold 10:30 C. Drumming 10 Women’s Billiards 11:30 Lunch 1 Duplicate Bridge</p>	<p>2 Men’s Billiards 10 Stretch &amp; Bal 10 Quilting 1 Tai Chi 1 TECH HELP 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>3 9:30 Zumba Toning 10:30 C. Drumming 10 Craft &amp; Giggles 10 Women’s Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>4 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1-3 Open Billiards</p>	5
6	<p>7 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>8 9:30 Zumba Gold 10:30 C. Drumming 10 Women’s Billiards 11:30 Lunch 1 Duplicate Bridge 1-3 Open Billiards</p>	<p>9 8:30 LET’S TALK 9 Men’s Billiards 10 Stretch &amp; Bal 10 Quilting 1 TECH HELP 1 Tai Chi 3 TED TALKS Via Zoom 5:15 Zumba Gold 6:15 Cardio Drumming 7:30 Coin Club</p>	<p>10 9:30 Zumba Toning 10:30 C. Drumming 10 Craft &amp; Giggles 10 Women’s Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>11 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1-3 Open Billiards 2 Jukebox Bingo</p>	12
13	<p>14 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 1:30 Grief Support 2 Matinee Afternoon 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>15 9:30 Zumba Gold 10:30 C. Drumming 10 Women’s Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>16 9 Men’s Billiards 10 Quilting 10 Strength &amp; Bal 1 Tai Chi 1 TECH HELP 1 Cups of Cheer 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>17 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts &amp; Giggles 10 Women’s Billiard 11:30 Lunch 1 Dup. Bridge 1 Alzheimer’s Support Group</p>	<p>18 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1 Card Making 1-3 Open Billiards</p>	19
20	<p>21 9-12 Parmenter law 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 2 Matinee Afternoon 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>22 9:30 Zumba Gold 10:30 C. Drumming 10 Women’s Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>23 9 Men’s Billiards 10 Stretch &amp; Bal 10 Quilting 11:30 Funcheon 1 Tai Chi 1 TECH HELP 3 TED TALKS Via Zoom 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>24 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts &amp; Giggles 10 Women’s Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>25 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1-3 Open Billiards</p>	26
27	<p>28 9 Men’s Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 2 Matinee Afternoon 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>Don’t forget to check out our website &amp; Facebook page for updated events and activities: <a href="http://www.ludingtonseniorcenter.org">www.ludingtonseniorcenter.org</a> <a href="https://www.facebook.com/ludingtonseniorcenter">www.facebook.com/ludingtonseniorcenter</a></p>  				

*Celebrating 50 years of service to our Community*



### Valentines Day Movie

Join us on Valentines day for a  
Valentines day special movie.

February 14th at 2pm.

Join us for Matinee movies  
Monday, February 21st, & 28th at  
2pm.

### Senior Meal Lunches

Tuesdays and Thursdays, at the Ludington Senior Center, Call 231-845-6841 for a lunch reservation by 9am or call the previous day. Cost for age 60 and up: \$3.00

### **Introducing a Funcheon!**

**(A fun lunch & Birthday Celebration)**

Join us for a lunch and birthday celebration on the last Wednesday of the month. We will have cake and offer a discount if your birthday falls in the current month.

There will be lunch and entertainment for your enjoyment.



February 23, 2022, at  
11:30am

Cost: \$5.00 Birthday month: \$3.00

### **Card Making Craft**

**February 18th at 1:00pm**

**4 cards/envelopes \$6.00**

**Please call to sign up at  
231-845-6841**

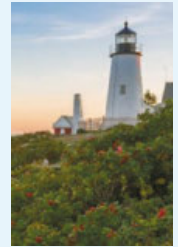


## **Trips in 2022**

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...



All brands of hearing aids cleaned  
and checked for **FREE!**

Get a hearing screening for **FREE!**

### **Beltone Hearing Center**

will be available to provide these  
**FREE**

services for your convenience  
at the

Ludington Area Senior Center

February 2, 2022

1:15 p.m. - 2:15 p.m.

(A sign-up sheet will be available at  
the Ludington Area Senior Center.)

# 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

## Tai Chi

Wednesdays at 1 PM

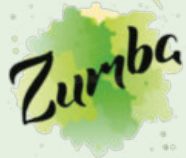
## TED Talks

Join Gene Kyle  
February 9th  
& 23rd at 3 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 February 11th 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.  
Wednesday, February 9th 8:30am-10:00am



## Crafts and Giggles

Every Thursday at 10 AM



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comfort, and  
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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.



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*Our Hospice.*

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888-247-5701  
or hom.org

A member of the northstar Care Community

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15-0696



**Snug Harbor**  
**Adult Day Care Center**  
 301 N. Washington  
 Ludington, MI 49431  
**(231) 425-9292**  
[snugharboradultdaycare.com](http://snugharboradultdaycare.com)  
*We're a life ring for caregivers' with dependent adults*

**Lutz Hearing Aid Center**  
A Hearing Health USA Company

**Call today to schedule your FREE baseline hearing test!**

325 N. Jebavy Dr. • Ludington, MI 49431  
**231-480-4808**  
[www.hearinghealthusa.com](http://www.hearinghealthusa.com)  
Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379



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## February is a Special Month at SASC

February may be the shortest month, but Scottville Area Senior Center (SASC) is packing it with special events. Come to the center for all our usual activities (exercise, quilting, cards, bingo, billiards and more); plus, this month, we have not one...but three Lunch and Learn specials.

### Special Valentine Lunch: Friday, February 11—11:45

We will preview Valentine's Day with a special treat for guests at the Scottville Area Senior Center. We plan a special early Valentine lunch, with sweet treats for all who attend, including a Valentine cake. Even better, for those who attend the Lunch and Learn session that follows (see below), your Valentine lunch is free! Sign up at the center or by calling 757-4705.

We can't get enough of Valentine's Day! Our Friends at the Senior Meals Program at Mason County Central Schools Food Services also have a Valentine-themed lunch scheduled for the actual day—Monday, February 14. Please see the menu on page 4.

### Lunch and Learn series

#### Health Care in Mason County: Friday, February 11--12:15

Health care is a great concern for everyone, but especially for seniors. So, we are happy to welcome Drew Dostal, the market leader (top administrator) for Spectrum Health in the region that includes Mason County and Spectrum Health Ludington Hospital. He not only leads the local hospital, but also the Spectrum Health facilities in Newaygo and North Muskegon.

Our Lunch and Learn speaker, as we prepare for Valentine's Day, is someone who can truly "speak from the heart" about health care, and the programs and new initiatives at the local hospital—including new treatment services for cancer patients. His focus will be "Keeping Health Care Local."

Drew Dostal is well known to many in the community, as this is his second term of service to patients in this area. He worked at the Ludington Hospital earlier in his career, managed health care facilities in other parts of the country, then returned to Mason County when Spectrum Health offered him the top role in the region.



*Drew Dostal*

#### Meet Your Neighbors: Scottville Library Wednesday, February 16—12:15

This month, Scottville Area Senior Center adds another monthly series of special events to its existing Lunch and Learn series. But these L&Ls will have a distinctively local flavor. The new series invites seniors to "Meet the Neighbors," with presentations and Q&A sessions with nearby businesses and community programs worth knowing about.



*Patti Skinner*

In February, meet Patti Skinner, Scottville branch manager for Mason County District Library, who will discuss and answer questions about the library's programs and services. The library is a community treasure for people of all ages. One of the special features of interest to seniors is a monthly craft kit the library assembles for adults. In fact, **Patti will be bringing a craft package for each person who signs up in advance for this presentation.**

Future "Meet the Neighbors" programs will feature the Gourmet Mushroom Factory on the east side of Scottville, the Acres Co-Op on the west side, and new businesses in the center of town. We also plan to showcase the amazing Career Technical Education (CTE) program at the West Shore Educational Service District (ESD), The Scottville Clown Band and other interesting neighbors.

# SCOTTVILLE AREA SENIOR CENTER

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

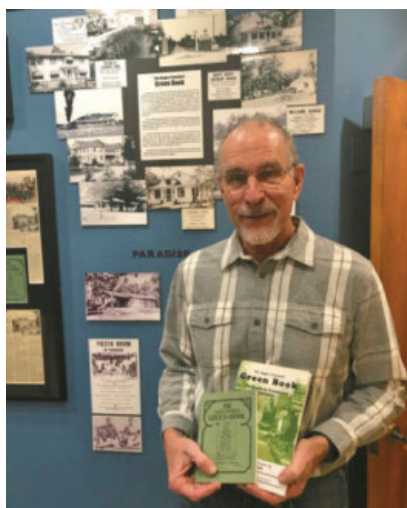
## Lunch and Learn series (continued): Idlewild and the Green Book Tuesday, February 22--12:15

Join us in observing Black History Month with a special presentation on Idlewild, the Lake County resort once known as “The Black Eden,” and the famous Green Book, the travel guide for African Americans during an era when black travelers had difficulty finding welcoming accommodations.

Bruce Micinski, president of the Lake County Historical Society, will tell about the history of this nationally-famous landmark. Learn how Idlewild was established, flourished as a vacation and entertainment mecca, and some of the great entertainers who vacationed and performed in its popular nightclubs during its heyday. You’ll also learn about the decline of Idlewild once the civil rights movement and federal legislation opened up opportunities long denied Black Americans, as well as the efforts to revitalize Idlewild in recent years.

Bruce will also show copies of the Green Book, which inspired a recent movie of the same name.

In March (17th), look forward to a Lunch and Learn featuring the Alzheimer’s Association of Michigan.



Lunch and Learn speaker Bruce Micinski, with copies of the Green Book, in front of the Idlewild display at the Lake County Historical Mu-



## Charity Sew to help COVE, Hospice

The Charity Sew group at Scottville Area Senior Center meets the third Tuesday of each month to use their sewing and quilting skills to help local non-profit organizations.

This month’s meeting is on Tuesday, February 15, at 9:00. The project this month is to sew pillowcases for COVE (Communities Overcoming Violent Encounters) survivors and Hospice patients. Anyone is welcome to help. Please bring your own sewing machine.

For more information, please call Norma (757-2315), or the center (757-4705).

Photo at right: Charity Sew members made blankets, bibs and other items for the Pregnancy Center in January.



# SCOTTVILLE AREA SENIOR CENTER

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## Painting, Puzzles and Poetry

### Painting Group Meetings now on Tuesday

The activities at the Scottville Area Senior Center are as varied and interesting as the people. For example, a group of painters meets every week at SASC. For the rest of this winter, the art group will work on their latest paintings on Tuesdays, at 9:00 a.m., instead of the traditional Wednesdays.

If you'd like to enhance your painting skills in the company of others who share your passion, you're welcome to come to the center on Tuesday mornings: 140 S. Main St. in Scottville, a half block south of the light on US 10. Please park and enter at the back of the building, where there's a large city parking lot.

### The Art of the Puzzle

There's always a puzzle underway at the SASC puzzle table, watched over by our resident goldfish—Beth and Jerry. The table is cleverly constructed with a raised border to keep those elusive pieces from escaping. Everyone is welcome to pitch in and help with the puzzles, some of which are quite challenging. In this picture, Jack Quillan and Mary Nash are working on a puzzle donated by Todd Reed when he was our Lunch and Learn speaker. The puzzle features the fine art photography of the Todd and Brad Reed Gallery in Ludington, and is available there. After Jack put the final piece in place in January, plans were discussed to frame and display the beautiful puzzle.



In addition, Scottville Area Senior Center has both book and puzzle libraries.

### Latest Book by Local Poet Available to Read

One of the many talented and interesting seniors in our area is Arlene Kelsey. Arlene is a poet who has published six books of verse—the latest of which she recently donated to the library at SASC. It's titled "Simple Faith," and you're in for a treat if you stop by to read it in one of our comfy chairs.

We've invited Arlene to visit the center in the near future, to discuss poetry with our Life Story Writing Group and others at the center. We'll announce the date in a future newsletter.



### BRANCHING OUT

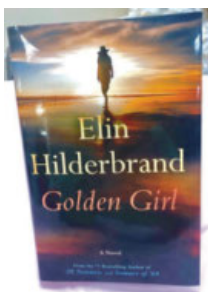
The roots of the tree go very deep,  
As they're nourished by the earth.  
The roots of a family grow deeper still,  
When they're nourished with love from birth.

As trees are nourished day by day,  
They continue to grow tall and strong.  
Each branch reaching out to touch others~  
For in touching we know we belong.

Trees are beautiful and much needed,  
As are our families,  
But God gave people something special,  
The ability to hold on to our memories.

By Arlene Kelsey, From her book, *Simple Faith*

### Book Club February Meeting



The SASC Book Club meets the 2nd Thursday of each month at 1:15. For the February 10 meeting, the book they have chosen for discussion is *Golden Girl* by Elin Hilderbrand.

Group leader Julie VanSickle said anyone is welcome to attend the meeting—the only stipulation is that you have read the book before the meeting. The book is available at the Scottville branch of the Mason County District Library, which ordered copies in cooperation with the SASC Book Club (Thank you, library friends!). Please call 757-2588 to see if one of their copies is available.

And if you'd like to learn more about the library's many programs and services, join us for the February 15 Lunch and Learn (details on page 12).



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



# FEBRUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Painting 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Movie: G'Hog Day 1	2 <b>Happy Groundhog Day</b> Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	3 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	4 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	5
6	7 Quilting 10:00 Lunch 11:45 Quilters Guild 2:00	8 Painting 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	9 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Hearing appts. 1-2:00 Call fcenter or appt. (Details: pg. 5)	10 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Book Club 1:15	11 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Lunch & Learn: Health Care 12:15 Open Pool 12-4	12
13	14 <b>Happy Valentine's Day!</b> Quilting 10:00 Lunch 11:45	15 Painting 9:00 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	16 Ladies Pool 10:00 Lunch + Learn 11:45 Scottville Library Pinochle 1:00 Parkinson's grp. 1:00 Grandparents Raising Grandchildren 5:30	17 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Paint Party (\$25 Fee) 1:30	18 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	19
20	21 Quilting 10:00 Lunch 11:45 Estate planning appts: w/Attorney Courtney Marshall 10-4; Call for appt.	22 Painting 9:00 Exercise 10:30 Lunch 11:45 Lunch & Learn: Idlewild 12:15 Euchre 1:00	23 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	24 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4	25 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4	26
27	28 Quilting 10:00 Lunch 11:45				<b>KEY</b> Exercise -Weekly -Once each Month -Series -Special Event	

# TALLMAN SENIOR CENTER

6765 E.

**HOURS**  
MON thru FRI  
9:00 TO 3:00



**LUNCH**  
Mon - Fri  
Please call the  
day before to  
sign up

Monday		Tuesday		Wednesday		Thursday		Friday	
			<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>
		Coffee Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30	Coffee Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30
	<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>
Crochet Sit n be Fit Lunch	10:00 2:30 12:30	Coffee Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30	Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30
	<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>
Crochet Sit n be Fit Lunch	10:00 2:30 12:30	Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30	Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30
	<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>
Crochet Sit n be Fit Lunch	10:00 2:30 12:30	Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30	Bingo Lunch	10:00 12:30	Sit n be Fit Lunch	2:30 12:30
	<b>28</b>								
Crochet Sit n be Fit Lunch	10:00 2:30 12:30								

Meals are served at **NOON**  
Please call **464-6789** by noon  
the **DAY BEFORE**  
to reserve a meal.  
Thank you!

**The Free Soil Area  
Senior Center**

The Center is open from  
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on Tuesday and  
Thursday each week.

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



Free Soil Area Senior Center  
will be **CLOSED** for the month  
of February.  
We look forward to seeing you  
in March

# MASON COUNTY • MICHIGAN

## Scottville Travels—2022

The Scottville Senior Center is traveling again! Join us for one of these exciting Motor coach trips.

Biltmore Estate and Ashville, NC

June 19 – 24

\$669\*

Diamond Tours Motor coach  
Five nights lodging (3 in Ashville)  
8 meals included (5 breakfasts, 3 dinners)  
Guided tour of Ashville  
Full Day at the amazing Biltmore Estate  
Guided drive on the Blue Ridge Parkway  
Homeward bound visit to Berea, KY Folk Art Center



Memphis, TN

Home of the Blues, Soul and Rock 'N' Roll

September 12-17

\$649\*

Diamond Tours Motor coach  
5 nights lodging, including 3 in Memphis area  
8 meals included (5 breakfasts, 3 dinners)  
Visit Graceland—Home of Elvis Presley  
Guided tour of Memphis  
Explore famous Beale Street  
Visit Sun Records, Rock 'N' Roll Museum  
Visit National Civil Rights Museum



\* Price per person, double occupancy



**We're planning other trips—  
both nearby and far away,  
including a trip across Lake  
Michigan via The Badger in  
August.**



**Call us at 757-4705 and let's  
talk travel in 2022!**

# ASK SHARON



Last month I wrote a partial list of definitions pertaining to Medicare. It is helpful to know what the words and phrases mean when you are trying to figure out the maze that is Medicare. I hope your holidays were happy and that the rest of 2022 finds you and yours well.

**Benefit Period:** A benefit period is the way Original Medicare measures your use of hospital and Skilled Nursing Facility (SNF) services. A benefit period begins the day you're admitted as an inpatient in a hospital or SNF. The benefit ends when you haven't received any inpatient hospital or SNF care for 60 days in a row. If you go into the hospital or SNF after one benefit period has ended, a new benefit period begins. You must pay the inpatient deductible each time for each new benefit period.

If you have a Medicare Advantage plan after you have spent your out-of-pocket amount, any other expenses will be paid by the insurance plan.

**Creditable Prescription Coverage;** If you have prescription coverage from an employer or union that pays on average as well as Medicare's standard Prescription coverage, you can keep that coverage without penalty if you decide to enroll in Medicare Part D later.

**Critical Access Hospital:** A small facility that provides outpatient services as well as inpatient services on a limited basis to people in rural areas.

**Premium:** The periodic payment to Medicare, an insurance company or a health care plan for health or prescription drug coverage.

**Fighting Fraud can pay:** You may get a reward if you can help us fight fraud and meet certain conditions. For more information, visit [Medicare.gov](http://Medicare.gov) or call 1-800-633-4227. If you do not agree with a charge on the Medicare Summary Notice that you receive every 90 days call the above number or call an MMAP counselor at the Scottville Senior Center, or the Ludington Senior Center.

**What is the Medicare Ombudsman?** An Ombudsman is a person who reviews complaints and helps resolve them. They review the concerns raised by people with Medicare, through 1-800-Medicare, and through your State Health Insurance Assistance Program (SHIP).

Visit [Medicare.gov](http://Medicare.gov) for information on how the Ombudsman can help you.~

*Sharon Bailey is a certified MMAP Counselor. Call Sharon at 757-4052 to make an appointment for help with your Medicare and insurance issues.*



# BRAIN GAMES



DIY Puzzle. Cut this picture into as many pieces as you like and use any shapes.  
For a more permanent puzzle, glue this picture to cardboard or construction paper before cutting.

# MASON COUNTY • MICHIGAN

## ACTIVE for LIFE Newsletter

### GET IT THREE WAYS!

The Active for Life newsletter is available

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

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, it's possible you may be uncomfortable at first when it comes time to discuss problems in front of others you haven't met. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. Often, in the confidential setting of the group, new people become new friends.

### 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

**231.843.2563 Ext. 2027**

### Low Vision Support Group

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

### Mason County Caregiver Support Group

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

## USEFUL NUMBERS

<u>Attorney General</u>	<b>517.284.8800/877.999.6442</b>
<u>For Local Information / Resources</u>	<b>211</b>
<u>Area Agency on Aging of West MI</u>	<b>616.456.5664</b>
<u>Better Business Bureau of West MI</u>	<b>800.684.3222</b>
<u>MI Auto Insurance Coverage Issues</u>	<b>888.995.8441</b>
<u>Health Dept. District #10</u>	<b>231.845.7381</b>
<u>HELP Ministries</u> (Hands Extended Loving People)	<b>231.843.6811</b>
<u>Legal Aid of Western Michigan</u> <a href="http://www.legalaidwestmich.org">www.legalaidwestmich.org</a>	<b>888.783.8190</b>
<u>Legal Hotline for Michigan Seniors</u> <a href="http://www.elderlawofmi.org/legal_hotline">www.elderlawofmi.org/legal_hotline</a>	<b>866.400.9164</b>
<u>Unwanted Phone Solicitation</u>	<b>888.382.1222</b>

## FREE MEDICAL EQUIPMENT LOANS

<u>American Legion Post 76</u> 318 N James St, Ludington, MI 49431 7Days/Week: Noon - 7:00 p.m.	<b>231.845.7094</b>
<u>Custer VFW Gold Bar Post</u> 2022 State St. (US 10), Custer, MI 49405 Monday - Friday 9:00a.m. - 5:00p.m.	<b>231.757.9665</b>
<u>Ludington Senior Center</u> 308 S. Rowe St., Ludington, MI 49431 Monday - Friday 9:00 a.m. - 4:30p.m.	<b>231.845.6841</b>
<u>Scottville Area Senior Center</u> 140 S. Main St., Scottville	<b>231.757.4705</b> M-F, 9 am—4:30 pm

### 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  
**231-757-4705**

### Grief Support Group

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

### Kinship Care Group

(Grandparents & others  
raising young relatives)  
Scottville Senior Center  
3rd Wednesdays at 5:30  
**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**

**SPECTRUM HEALTH**  
**Ludington Hospital**



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**When you need care.**

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

**Now, expanded hours!**

For the most up-to-date hours and information, please visit [spectrumhealth.org/convenientcare](http://spectrumhealth.org/convenientcare).

**Convenient Care Walk-In Clinic**

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

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