

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

March 2022
Volume 11
Issue 3

Active for Life

**Your life, Your Way,
Your time over 50**

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www.scottvilleareaseniorcenter.com
www.ludingtonseniorcenter.org



Larry Adams: Calling the Numbers

It's 10:00 on Friday morning at Scottville Area Senior Center (SASC), and time for one of the favorite activities for many seniors—Bingo.

Everyone is in place, with their cards ready. The wheel spins and colored balls tumble into the track. Larry Adams, selects one and in his clear, distinctive voice, intones: “B-thirteen. (pause) B...1...3.”



Larry calling Bingo

This month we recognize Larry for his volunteer contribution that brings pleasure to many of his fellow seniors.

Larry has been the bingo caller at SASC for more than two years, starting before we knew the word “Covid.” With him at the helm, there’s never any confusion about which number has been called. He also knows all the variations on the traditional bingo game, and when the group is willing, can keep it interesting by inserting different variations, including an occasional “full card” game.

Larry’s career was in business management in Grand Haven. Since he retired, he has enjoyed playing a variety of card games at the senior center, in addition to his volunteer activities. For relaxation, he enjoys reading western novels. Larry also enjoys dining out and visiting the casino with fellow long-time volunteer, Jeannette Harris

Bingo has a devoted following at SASC—folks who enjoy the friendly competition, and each-other’s company. But what they like most is being first to call out “Bingo!” and chalk up another win. And Larry adds a professional touch with his expert calling.

Bingo precautions

Bingo has continued as a weekly activity at SASC, despite the pandemic. The bingo players have been willing to observe physical distancing and other precautions designed to keep everyone safe and healthy. For example, as a COVID precaution, regular bingo players use the same cards, kept for them in plastic bags from week to week. This avoids multiple hands shuffling through cards to find the ones that “feel lucky.”



Larry and Jeannette

Thanks, Larry, for making Friday morning bingo fun for everyone.



A Phone Call Away

It can be overwhelming to navigate the number of resources that exist for older adults and caregivers. At the Area Agency on Aging of Western Michigan (AAAWM), we work to streamline this process and lead you through your journey. It starts with a phone call to (616) 456-5664, where our Information and Assistance team can help you learn about and understand the resources that are personalized to your needs. We do this because there is no “one-size-fits-all” for aging, and we know that many older adults want to stay living independently for as long as possible. Additionally, caregivers could take on some of this planning, and having one single source to contact and ask questions can be helpful as well.

So, what are some common themes to the questions our Information and Assistance team receives? They tend to fall into the three groups below, but of course, that doesn’t mean that any question is too big or small for our team to help with.

Personalized Options

Most older adults want to stay living at home and engaged in their communities. When looking for resources to support this goal, our team is able to help. AAAWM’s in-house programs vary based on need and care level. Our Care Management program is for those who want to stay living at home, but are having a little trouble managing a few things around the house on their own. Support through this program could include light housework and personal care. A step further in support is the MI Choice Medicaid Waiver program. The MI Choice program is designed for those who are at a nursing home level of care but wish to continue to live at home. It provides these supports in the individual’s own home for a sustained amount of time, such as personal care, home-delivered meals, transportation, and other services. And finally, if your loved one is in a facility and wishes to return to the community, our Community Transitions Services team may be able to help with this transition, aiding in housing, acquiring necessary equipment, furniture, and more. If you or your loved one is interested in one of these programs, the process begins with a phone call to our Information and Assistance team who can help with an assessment to determine qualifications and which of these programs would be the best fit.

Connections to Community Resources

A one-time question is also common for our Information and Assistance team. Perhaps you are looking for food resources. Our specialists would be able to direct you to a local food pantry, congregate meal site, or home-delivered meal program in your area depending on what you are looking for. Or maybe your mom has a doctor’s appointment, but you are unable to take her, our team would be able to provide the contact information for a transportation service in the nine counties that we serve. We strive to be the source for seniors and connect seniors to a wide variety of community resources.

Education

In addition to the programs and resources mentioned above, the Information and Assistance team is able to connect caregivers and older adults to educational opportunities. For example, Medicare and Medicaid are confusing to navigate, the Medicare Medicaid Assistance Program has counselors who will help answer those questions. If you are a caregiver, our Family Caregiver University classes could be a good fit. Classes designed specifically for caregivers are offered monthly on a variety of topics to support the caregiver on their journey. If you’re looking to stay active from home, Healthy Aging offers evidence-based classes designed for older adults to help with strength, balance, and fall prevention. The Information & Assistance team can help identify and connect you to these classes and services.

Ultimately the Area Agency on Aging of Western Michigan is here to help and this assistance is available in many different forms. We encourage you to call (616) 456-5664 to get started.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Biscuit Sausage Gravy Crispy Cube Potatoes Apple Juice Melon Wedge 1% milk	Fish Patty Potato Salad Corn Grapes Bun 1% Milk Ash Wednesday	Homemade Meatloaf Mashed Potato Green Beans Apricots Dinner roll 1 % milk	Macaroni & Cheese Carrots Peas Sliced Peaches 1% milk
7	8	9	10	11
Stuffed Baked Ham, Cheese, Broccoli Pears Sliced Bread 1% milk	Taco Tuesday Tacos Mexican Rice Lettuce/ Tomato Sliced Oranges 1 % milk	Liver & Onions German Potato Salad Applesauce Rye Bread 1 % milk	Pork Chops Mixed Veggies Red Skins Melon Wedges 1 % milk	Lemon Pepper Fish Scalloped Potatoes California Blend Peaches Sliced bread 1% milk
14	15	16	17	18
Stuffed Green Peppers Sliced Apples Wax Beans Dinner Roll 1% milk	Chicken, Rice & Broccoli Casserole Carrots Peaches 1% milk	"Pizza Day" Carrots Pineapple 1% milk	Irish Stew Green Peas Green Apple Potato Roll 1% Milk Cookie	Meatless Lasagna Brussels Sprouts Grapes Bread 1% Milk
21	22	23	24	25
Spaghetti w/meat sauce Green Beans Tossed Salad Pineapple Garlic Toast 1% milk	Pulled Pork Coleslaw Baked Beans Melon Wedges Bun 1% milk	Chicken Pot Pie Carrots/ Peas Fruit Mix Pie Crust 1% milk	Breaded Chicken Red Skin Potatoes Squash Diced Pears Dinner Roll 1% milk	Breaded Fish Hash Brown Casserole Peaches Muffin 1% milk
28	29	30	31	
Goulash Corn California Blend Apples 1% milk	Beef Stroganoff Noodles Sliced Cucumbers Peas Diced Pears 1 % milk	Hot Ham & Cheese Broccoli Carrots Applesauce Bun 1 % milk	Kielbasa Sauerkraut Carrots Applesauce Bun 1% milk	

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

PRICES

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

\$1 Lunch Days

**Scottville & Tallman
Centers
Last Thursday each
month**

**Ludington Center
Serves Lunch on
Tuesdays &
Thursdays**

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

**Kitchen
231-757-5721**

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

Note: Menus are
subject to change.

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9 Days - 8 Nights May 14-22,2022

\$859* *per person Double Occupancy

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in Maine
- ◆ 14 meals:8 breakfasts and 6 dinners
- ◆ Guided tour of Portland, Maine's largest city-by-the-sea
- ◆ Guided tour of quaint Kennebunk and Kennebunkport
- ◆ Tour of historic Victoria Mansion
- ◆ Guided tour of Pineland Farms, a picturesque working farm
- ◆ Visit to Boothbay Railway village, including a vintage train ride
- ◆ Visit to the Seashore Trolley Museum and countryside trolley ride

Reserve your spot by March 14th.

For more information & Reservations contact:

Barb Iteen@ 231-845-6841

**For more pictures, video, and information visit:
www.GroupTrips.com/LudingtonSeniorCenter**



March Lunch and Learn Specials at The Scottville Area Senior Center

March 1—Idlewild/Green Book: Bruce Macinski, President, Lake County Historical Society

March 8—Acres Co-Op: Jean Long, Grain Marketing & Manager

March 12—Alzheimer's Association: Susan Evans, Program Coordinator, Michigan Chapter

March 23—Scottville Clown Band: Herb Early, President

March 30—Gourmet Mushroom, Inc: Joseph Senna, Research Assistant

Lunch Served: 11:45 (free to those attending the presentation); Speaker: 12:15 (Details, pg. 12)



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.



More Than a Snore? Recognize the Signs of Sleep

Does your bed partner claim that you snore? If so, don't just tune him or her out. It may mean you have obstructive sleep apnea (OSA).

Untreated sleep apnea -- which causes repeated breathing interruptions during sleep -- can lead to serious health problems, so the American Academy of Sleep Medicine (AASM) wants you to consider: Is it more than a snore?

"While not everyone who snores has sleep apnea, snoring is a warning sign that should be taken seriously," said AASM President Dr. Kannan Ramar. "If your bed partner snores, or if you've been told that you snore, then it is important to talk to a medical provider about screening or testing for sleep apnea."

Treating obstructive sleep apnea can improve overall health and quality of life, he added.

Nearly 70% of Americans who sleep with a partner say their bed mate snores, according to a 2021 AASM survey. The same survey found that 26% of Americans are unfamiliar with OSA, and 48% don't know its symptoms.

Nearly 30 million U.S. adults have OSA, but AASM estimates that 23.5 million of those cases are undiagnosed.

These are the five warning signs to be aware of: snoring, choking or gasping during sleep; fatigue or daytime sleepiness; obesity; and high blood pressure.

Other indications of apnea include: unrefreshing sleep, insomnia, morning headaches, waking during the night to go to the bathroom, difficulty concentrating, memory loss, decreased sexual desire, irritability, or difficulty staying awake while watching TV or driving.

"Delaying treatment for sleep apnea can lead to more serious health problems," Ramar said. "Fortunately, many of the damaging effects of sleep apnea can be stopped, and even reversed, through diagnosis and treatment by the sleep team at an accredited sleep center, where patients receive care in safe and comfortable accommodations."

The typical treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. CPAP keeps the airway open by providing a steady stream of air through a mask that's worn while sleeping.

Using CPAP can improve quality of sleep, boost daytime alertness, concentration and mood and even improve brain and heart health, according to AASM.

Other treatments include positional therapy, oral appliance therapy and surgery.

SOURCE: American Academy of Sleep Medicine, news release, June 8, 2021

Content Submitted by the Ludington Senior Center





Normal Brain Changes Vs Dementia

—This educational presentation we will discuss the different types of Dementia and how it affects our brains. There will be a slide show with discussion on this topic and an opportunity to talk about resources within our Ludington Community.

Time: 2pm

Date: March 3rd

Location: Ludington Senior Center

308 S. Rowe St.

Ludington, MI 49431

To RSVP, call 231-955-8389 or email jamie.medema@leisure-living.com
by DATE.2/28



Ludington Woods
A Leisure Living Community



Content submitted by the Ludington Senior Center

LUDINGTON AREA SENIOR CENTER

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



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

Open Ended Grief Support & Education

2nd Monday of the month

Time/Date: 1:30 - 3:00 PM - March 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 - March 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, March 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
		1 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 11:30 Lunch 1 Duplicate Bridge	2 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 5:15 Zumba Gold 6:15 C. Drumming 6:15 Cardio	3 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 2 Educational Pres. 1-3 Open Billiards	4 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1-3 Open Billiards	5
6	7 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 Cardio Drumming	8 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 11:30 Lunch 1 Duplicate Bridge 1-3 Open Billiards	9 8:30 LET'S TALK 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 3 TED TALKS Via Zoom 5:15 Zumba Gold 6:15 Cardio Drumming 7:30 Coin Club	10 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	11 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1-3 Open Billiards 2 Jukebox Bingo	12
13	14 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1:30 Grief Support 5:15 Zumba Gold 6:15 Cardio Drumming	15 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	16 9 Men's Billiards 10 Quilting 10 Stretch & Bal 1 TECH HELP 1 Cups of Cheer 5:15 Zumba Gold 6:15 Cardio Drumming	17 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1 Alzheimer's Support Group	18 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 2 Jukebox Bingo 1-3 Open Billiards	19
20	21 9-12 Parmenter law 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 C. Drumming	22 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	23 9 Men's Billiards 10 Stretch & Bal 10 Quilting 11:30 Funcheon 1 TECH HELP 3 TED TALKS Via Zoom 5:15 Zumba Gold 6:15 C. Drumming	24 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards 6:30 What's the Cost of COVID	25 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Painting Class 1 Cards & Games 1-3 Open Billiards	26
27	28 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 C. Drumming	29 9:30 Zumba Gold 10:30 C. Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	30 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 5:15 Zumba Gold 6:15 C. Drumming	31 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	Don't forget to check out our website & Facebook page for updated events and activities: www.ludingtonseniorcenter.org www.facebook.com/ludingtonseniorcenter  	

Celebrating 50 years of service to our Community



Trips in 2022

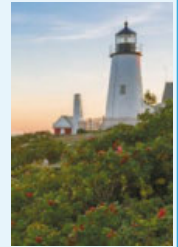
Ludington Senior Center is looking for people ready for **adventure!**

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...



Paint with Julie 2-4x4 Mini Seasonal Canvases

Time: 1:00 - 4:00 pm

Friday, March 25th

Instructor - Julie Tews

Cost \$20.00

Call the senior center to sign up
231-845-6841

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.

March 30th, 2022, at 11:30am

Cost: \$5.00 Birthday month: \$3.00

Join us for Jukebox Bingo on Friday, March 11th and 18th at 2pm.

We will have 2 fun
music playlists
Prizes, Popcorn, & Fun
\$ 1 Per Card

LUDINGTON AREA SENIOR CENTER

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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
March 9th & 23rd
at 3 PM

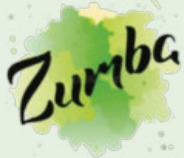


Call for class information.

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.
March 11th and 18th at 2pm



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, March 9th 8:30am-10:00am



Crafts and Giggles

Every Thursday at 10 AM



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quality of life

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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.

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SCOTTVILLE AREA SENIOR CENTER

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SASC's Lunch and Learn series

Send in the Clowns and other special presentations

Our speaker series ranges from getting to know our “neighbors” to learning about amazing folk and fascinating history. These “Lunch and Learn” programs have a variety of interesting topics.

Lunch and Learn presentations begin at 12:15; lunch is served at 11:45 and is free if you attend the presentation {need to call the day before and reserve a lunch at 757-4705}.

MARCH 1: Idlewild and the Green Book:

Bruce Macinski, President, Lake County Historical Society

Postponed from February 22 due to ice storm (featured in February newsletter).

MARCH 8: Acres Co-Op. Jean Long, Grain Marketing & Manager

Jean will share what those huge storage bins are holding, and how the co-op works. And maybe you're wondering, how does a grain marketer market grain? Come and learn how this business fits into the community and, possibly, your life.



MARCH 17: Alzheimer's Information:

Susan Evans, M.A., Alzheimer's Association

Have you ever forgotten what day it is, what you meant to get at the store, or lost your car in the parking lot? Is this isolated forgetfulness or could these be warning signs of something more serious? Susan is the Program Coordinator for the Michigan Chapter of Alzheimer's Association. She will discuss “Brain food,” share the 10 Early Warning Signs of the disease in yourself and others, and next steps to take. Bring questions!!!



MARCH 23: The Scottville Clown Band: President Herb Early

Herb will share the background and history of this storied band, “The Big Noise from Scottville,” and tell about their scholarship program!. The band's colorful attire (to say the least!) and crazy antics make them a perennial favorite in parades and wherever they perform.

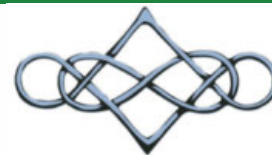
MARCH 30: Gourmet Mushrooms, Inc.:

Joseph Sanna, Research Assistant

Ever wonder what's being grown (and how) in Scottville's gourmet mushroom factory? Joseph will describe the growing process and types grown at Gourmet Mushrooms, and tell about their booming business and how mushrooms grown in Scottville are being successfully marketed throughout the United States!



Who Was St. Patrick?



Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.



Chocolate Guinness Cake

Ingredients

- 1 cup Guinness (dark beer)
- 1/2 cup butter, cubed
- 2 cups sugar
- 3/4 cup baking cocoa
- 2 large eggs, room temperature, beaten
- 2/3 cup sour cream
- 3 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1-1/2 teaspoons baking soda
- **topping:**
- 1 package (8 ounces) cream cheese, softened
- 1-1/2 cups confectioners' sugar
- 1/2 cup heavy whipping cream



Directions

1. Preheat oven to 350°. Grease a 9-in. springform pan and line the bottom with parchment; set aside.
2. In a small saucepan, heat beer and butter until butter is melted. Remove from the heat; whisk in sugar and cocoa until blended. Combine the eggs, sour cream and vanilla; whisk into beer mixture. Combine flour and baking soda; whisk into beer mixture until smooth. Pour batter into prepared pan.
3. Bake until a toothpick inserted in the center comes out clean, 45-50 minutes. Cool completely in pan on a wire rack. Remove cake from the pan and place on a platter or cake stand.
4. In a large bowl, beat cream cheese until fluffy. Add confectioners' sugar and cream; beat until smooth (do not overbeat). Frost top of cake. Refrigerate leftovers.



New Classes at the Scottville Area Senior Center

My Life, My Voice

A favorite returns to SASC: the Life Story Writing group will resume March 11 and continue monthly. Led by volunteer **Karen Rogers**, this writing class will encourage each participant to tell his/her life story.

As Karen explains: *“Each of us has a story to tell. Our stories are made up of memories, experiences, feelings and thoughts. Each story is created from many parts, and the purpose of this group is to choose ways to present our stories. Not only is this meant to be details of our personal history, but also about how we thought and felt about each step we took.*

“We’ll select areas we want to explore and, using our own words, put them down on paper. How each person chooses to write is also a personal choice...paper, pen, typing, recording...whatever makes you comfortable. The object is to express yourself by reviewing your life. If, then, you want to read aloud what you have written, this group is here to support, not correct or judge, and we should all feel free to share.

“Many of us know someone who is no longer living, and from whom we wish we would have gotten more information while we had the chance. Our children, grandchildren, or others who wish they knew more about US would be happy to see these memories. Why not leave this gift of yourself to others?”

The group meets once a month, on the second Friday of the month, at 1:00 p.m.

First meeting is March 11th

Spiral notebooks will be provided, if a participant wishes to use one.

A Matter of Balance, Tai Chi Classes, Sleep Series

After months of icy sidewalks and snowy, slippery parking lots, more to look forward to...

Naomi Hyso, MA, MSU Extension Educator for Disease Prevention, has volunteered to teach or organize the following new activities to enhance a healthy lifestyle:

A Matter of Balance: Beginning on Thursday, March 10, from 10 – noon, Naomi will teach the free weekly class via ZOOM, to help participants lessen the chance of injury from falling.

Tai Chi for Arthritis relief and Falling Prevention: Class will be held outside, weather permitting, and combines slow movement, deep breathing and focused intention to help people improve strength, balance and posture while helping prevent falls. There will be a demonstration at 12:15 on Wednesday, April 6th at SASC.

(This is an addition to our exercise lineup; Tuesday Sit and Be Fit Class, led by Mellissa Kissell, will also continue)

SLEEP Education for Everyone Program: sufficient sleep is essential for optimal health and well-being. The quality and quantity of your sleep affect the mental and physical health of people of all ages. The SLEEP program was developed by sleep researchers, a certified sleep medicine specialist, MSU, and older adults living in the community. A demonstration of this program will also be included in Naomi’s presentation on April 6th at 12:15.

SCOTTVILLE AREA SENIOR CENTER

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



Sun	Mon	Tue	Wed	Thu	<i>Repeat</i> Fri	Sat
		1 Painting 9:00 Exercise 10:30 Lunch 11:45 Lunch & Learn 12:15 Idlewild Euchre 1:00	2 Ladies Billiards 10:00 Lunch 11:45 Pinochle 1:00	3 Wii Bowling 10:00 Matter of Balance (Introduction) 10-12 Textile Arts 10:30 Lunch 11:45 Open Billiards 12-4	4 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 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 Lunch & Learn 12:15 Acres Co-Op Euchre 1:00	9 Ladies Billiards 10:00 Lunch 11:45 Pinochle 1:00	10 Wii Bowling 10:00 Matter of Balance 10 Textile Arts 10:30 Lunch 11:45 Book Club 1:15	11 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Life Story Writing 1:00	12
13	14 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 Billiards 10:00 Lunch 11:45 Parkinson's Grp 1:00 Pinochle 1:00	17 St. Patrick's Day Wii Bowling 10:00 Matter of Balance 10 Textile Arts 10:30 Lunch 11:45 Lunch & Learn 12:15 Alzheimer's Paint Party (\$25) 1:30	18 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4	19
20	21 Quilting 10:00 Lunch 11:45 Attorney Courtney Marshall 10-3 Call for appt	22 Painting 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	23 Ladies Billiards 10:00 Lunch 11:45 Lunch & Learn 12:15 Clown Band Pinochle 1:00	24 Wii Bowling 10:00 Matter of Balance 10 Textile Arts 10:30 Lunch 11:45 Open Billiards 12-4	25 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4	26
27	28 Quilting 10:00 Lunch 11:45	29 Painting 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00	30 Ladies Billiards 10:00 Lunch 11:45 Lunch & Learn 12:15 Gourmet Mushrooms, Inc Pinochle 1:00 Craft 1:00	31 Wii Bowling 10:00 Matter of Balance 10 Textile Arts 10:30 Lunch 11:45 Open Billiards 12-4	KEY Exercise -Weekly -Once each Month -Series -Special Event	






TALLMAN SENIOR CENTER

6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306

HOURS
MON thru FRI
9:00 TO 3:00



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

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		Coffee Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30		Coffee Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30	
7		8		9		10		11	
Crochet 10:00 Sit n be Fit 2:30 Lunch 12:30		Coffee Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30		Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30	
14		15		16		17		18	
Crochet 10:00 Sit n be Fit 2:30 Lunch 12:30		Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30		Happy St. Patrick's Day! Bingo 10:00 Lunch 12:30 		Sit n be Fit 2:30 Lunch 12:30	
21		22		23		24		25	
Crochet 10:00 Sit n be Fit 2:30 Lunch 12:30		Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30		Bingo 10:00 Lunch 12:30		Sit n be Fit 2:30 Lunch 12:30	
28									
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

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
 9:00 am until 2:00 pm
 on Tuesday and
 Thursday each week.

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

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

<u>Tuesday.</u>	<u>Thursday.</u>
<u>Tuesday.</u>	<u>Thursday.</u> 
<u>Tuesday.</u>	<u>Thursday.</u>

**Free Soil Senior Center
 is open in March.**

Please call the center for details and menu.

TRADITIONAL IRISH BLESSING

May the road rise up to meet you.
 May the wind be always at your back.
 May the sun shine warm upon your face;
 the rains fall soft upon your fields;
 and until we meet again...
 May God hold you in the palm of His hand



MASON COUNTY • MICHIGAN

Calling all Grandparents Raising Grandchildren/Kinship Caregivers

The Grandparents Raising Grandchildren/Kinship Caregiver Support Group at Scottville Area Senior Center (SASC) is for any of the heroes, of any age, raising and providing a home for one or more young relatives.

From census data we know there are many grandfamilies and kinship care families in our area. We have been in touch with many of them, but know there are many others we're still hoping to meet. So, we are reaching out to them, and to those who know them, to encourage them to contact us (231-757-4705) and give us a chance to help.

The group meets monthly on the third Wednesday of the month at the Scottville center, at 5:30 pm. The center is located at 140 S. Main St. in Scottville (1/2 block south of the traffic light).

We typically have a guest speaker involved with programs and topics useful to our participants, and discuss common concerns and future meetings. Grandparents/kinship caregivers are invited to bring their children. We provide supervised activities for their kids in a separate room while the adults are meeting. A meal is served for both adults and kids at our meetings.

March activity: Family Affair, March 19. Instead of a meeting in March, we traditionally participate in the Family Affair sponsored by Mason County Central Schools. This year, Family Affair is on Saturday, March 19 from 10 am to 2 pm. It's a drive-up event again this year, with bags of activities and small gifts related to the superhero theme.

Individual counseling. There are also opportunities for individual counseling for program participants. For example, behavior experts from West Shore Educational Service District (ESD) have been our featured speakers twice, each time offering individual consultations with participants on their specific issues.

April focus: Social Media. Social media is a growing concern to anyone responsible for young people. At our April meeting, we plan to have speakers and a discussion about social media—things that jeopardize kids, tips on positive use, and monitoring kids' use. Kids attending the April meeting will do science projects.

Other Special Events at Scottville Senior Center—open to all Mason County seniors

Book Club: *March 10 (Thursday) at 1:15: led by volunteer Julie VanSickle*
The Music of Bees by Irene Garvin will be discussed. Please read at least part of the book before attending.....newcomers are always welcome!

Courtney Marshall, Attorney at Law. On-site appointments on estate planning and related topics.
March 21 {Monday} from 10 – 3 at SASC}. Please call 757-4705 for a time slot.

Charity Sew: *This dedicated group of volunteers, led by Norma Andersen, meets the third Tuesday of each month at 9:00 a.m. On March 15, they will meet to help mastectomy patients. The sewed gifts will be heart shape pillows on which the patient may rest her arm.*

Scottville Library: Help plan the future of the library

*Focus Group for Seniors: March 16 at 10 a.m. in the Community Room at the Scottville Library. Suggestions will be welcome as the Mason County Library system updates its strategic plan! This particular focus group is specifically for seniors!
Contact Patti Skinner if you plan to attend: 757-2588.*



Grandfamilies enjoying dinner at a meeting.

ASK SHARON



As I write this column I think about the past two years of Covid-19. At the beginning of the Pandemic the American people were given information that was given to us in two week intervals. We were on lockdown for two weeks, businesses were closed for two weeks at a time, until it dawned on most people that Covid would be with us longer than these short spans.

Now two full years later it is still with us. I recently contracted Covid and I must say it was not a pleasant experience. Even though I was only sick for about five days I experienced every symptom. So even though some states are loosening up on the use of masks I recommend wearing one when in a public indoor area. And yes, I have been fully vaccinated and boosted.

Q. I don't have a computer and can't get an appointment to be tested. Do you have any information?

A. First ask your doctor if they do testing. If not there are other options.

There are drive-through testing clinics Sundays, Tuesdays, and Fridays from 9 am to 5 pm (as long as supplies last) at Harbor View Marina on Rath Avenue in Ludington. Call 231-305-8675 for info. Also, I have a number you can call to get a Covid test at Meijer Pharmacy: 1-800-635-8611. They will give you an appointment for the next day.

Q. When should I make an appointment?

A. Wait about 3 to 5 days after exposure or when you have symptoms. If you go too soon you won't get a positive result even if you have Covid.

Q. Is testing still free?

A. Yes it is to you, but Medicare or your insurance company will be charged.

Q. What if I think I have Covid, but I don't get tested?

A. I believe the CDC is recommending you self-isolate for 5 days if asymptomatic, then wear a mask in public for 5 more days. If you are symptomatic you should isolate for 10 days and wear a mask in public for five.

I hope this information is helpful to some of you. I would like to encourage everyone to get their vaccinations. I'm sure they kept me from a lot of misery.

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



BRAIN GAMES

I'll Wear a Shamrock

St. Patrick's Day is with us,
The day when all that's seen
To right and left and everywhere
Is green, green, green!

And Irish tunes they whistle,
And Irish songs they sing,
To-day each Irish lad walks out
As proud as any king.

I'll wear a four-leaf shamrock
In my coat, the glad day through,
For my father and mother are Irish
And I am Irish too!

TOP
O'
THE
MORNIN'
TO
YA



MAY YOUR DAYS BE BRIGHT AND SUNNY.
MAY YOUR BEERS BE GREEN AND COLD.
MAY YE STILL BE gettin' lucky
WHEN YOU'RE WRINKLY AND OLD...
AND MAY SOME DAY A POT OF GOLD
IN YOUR OWN YARD, YE FIND.
AND WHEN YOU DO, REMEMBER TO
KEEP FOLKS LIKE ME IN MIND!
HAPPY ST. PATRICK'S DAY

Happy
St. Patrick's Day.



May you always have
Walls for the winds,
A roof for the rain,
Tea beside the fire,
Laughter to cheer you,
Those you love near you,
And all your heart
might desire!



You're like
a four-leaf clover.

Rare to find
but lucky to have...

Wishing you a rainbow
For sunlight after showers-
Miles and miles of Irish smiles
For golden happy hours-
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!

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:
2. Online—for free—using this link:
[ourseniorcenter.com/find/Scottville-area-senior-center](https://www.ourseniorcenter.com/find/Scottville-area-senior-center) or
<https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431>, www.ludingtonseniorcenter.org
3. Mailed to you - contact the Scottville Senior Center. 757-4705, \$18.00 per year, paid by check or cash.

LOCAL SUPPORT GROUPS

Probably the biggest advantage of support groups is helping an individual realize that he or she is not alone -- that there are other people who have the same problems. This is often a revelation and a huge relief to the person.

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

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

VA Benefits Claim Support

American Legion

318 N James Street
Ludington, MI 49431
Contact: Phillip Babcock
231.590.6200

1st & 3rd Wednesdays
9:30 am - 4:30 pm

**Pensions, Death Claims
Benefits, Forms etc.**

Walk - in encouraged.

Veteran's Affairs Commissioner

John Cotton
231.843.2563 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 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
Unwanted Phone Solicitation	888.382.1222

FREE MEDICAL EQUIPMENT LOANS

American Legion Post 76 318 N James St, Ludington, MI 49431 7Days/Week: Noon - 7:00 p.m.	231.845.7094
Custer VFW Gold Bar Post 2022 State St. (US 10), Custer, MI 49405 Monday - Friday 9:00a.m. - 5:00p.m.	231.757.9665
Ludington Senior Center 308 S. Rowe St., Ludington, MI 49431 Monday - Friday 9:00 a.m. - 4:30p.m.	231.845.6841
Scottville Area Senior Center 1 40 S. Main St., Scottville M-F, 9 am—4:30 pm	231.757.4705

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

March 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



CONVENIENT CARE WALK-IN CLINIC
HERE WHEN YOU NEED US

When you need care.

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

Now, expanded hours!

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

Convenient Care Walk-In Clinic

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

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For ad info. call 1-800-477-4574 • www.lpicommunities.com

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