

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

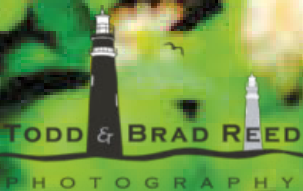
May 2022
Volume 11
Issue 5

Active for Life

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

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www.ludingtonseniorcenter.org

www.scottvilleareaseniorcenter.com



★ ★ ★
**HAPPY
MEMORIAL
DAY**

Honoring
all who served



Home of the free,
because of the brave



MASON COUNTY • MICHIGAN

Take Part in Senior Action Week

It is important to recognize older adults for their contributions, but also for their powerful voices. Michigan's older adults account for nearly one-quarter of Michigan's population. Not only do older adults have vast knowledge and experience, but they also vote! For over 20 years, seniors have traveled to Lansing from across the state to advocate and celebrate older adults in an annual event called "Older Michiganian's Day" (OMD). OMD is an opportunity for senior advocates and allies to share their positions with legislators and spur positive change for older adult legislation.



Historically, this rally happens in-person on the lawn of the Capitol Building in Lansing, however, of course, with safety precautions in place due to coronavirus, this event has adapted for 2022 as Senior Action Week! In the past, over 1000 seniors would gather at the capitol, supported by Michigan Area Agencies on Aging. Taking this key advocacy push to a virtual and more localized platform will hopefully allow more people to get involved than ever before!

Rather than a dedicated day, Older Michiganian's Day has transitioned to a week of advocacy to best inform legislators on senior issues. Older adults and their allies are invited to attend any of the virtual events throughout the week from May 9th to May 13th with a unified voice to the Michigan Legislature expressing concerns, challenges, and opportunities for older adults.

With this week-long event, older adults are the experts, embracing the growing senior population and advocating for policies and budget decisions that allow seniors to age with independence, dignity, and choice. Save the date! A special Older Michiganian's Day event will take place this year on Wednesday, May 11 at the Area Agency on Aging of Western Michigan (3215 Eaglecrest Drive NE, Grand Rapids, MI). Join the Area Agency on Aging for **Senior Rally Day** from 10:00 am to 12:00 pm to commemorate the original OMD and give our community a greater voice! Lunch will be provided as we live-stream the message from the capitol. There will also be a number of resource booths for attendees to visit on-site. We hope you join us for a unique opportunity to gather together. Further details to come, you can check www.aaawm.org soon for more event information.

This year, senior advocates will focus on a different topic each day of the week May 9th through May 13th as follows; *Support and Strengthen the Direct Care Workforce (Monday)*, *Rebalance Community-based Long-term Services and Supports (Tuesday)*, *Expand Access to MI Choice (Wednesday)*, *Increase Access to Home and Community-based Services (Thursday)*, and *Bridge the Digital Divide for Older Adults (Friday)*. How can you get involved? Join us in Grand Rapids for Senior Rally Day! You can also visit the state Area Agencies on Aging Association of Michigan website: www.4ami.org or join the Special Livestream event on Wednesday, May 11 at 11:00 am. We would appreciate your support and your voice to encourage lawmakers to consider this year's advocacy areas.

If you'd like to learn more about Senior Advocacy efforts in your region you can contact Sheri Harris, Advocacy Coordinator at SheriH@aaawm.org or call (616) 222-7015.



MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

may



**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

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. *Note: Menu is subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes Hash browns Sausage Melon wedge 1% milk	3 Roast Pork Corn Fancy Nancy's Mashed Potato/ Gravy Apricots Dinner roll	4 Breaded Homestyle Chicken Patty Bun Baked Beans Coleslaw Applesauce 1 % milk	5 Cinco De Mayo Taco Meat Taco Shell Beans & Rice Lettuce & Tomato Peaches/ 1% milk	6 Fiesta Lasagna Refried Beans in entree Lettuce & Tomato Apple Slices 1% milk
9 Salisbury Steak Green Beans Red Skins Pineapple Dinner roll 1 % milk	10 Spaghetti w/ Meat Sauce Tossed Salad Asparagus Diced Peaches Garlic Bread 1 % milk	11 Swiss Steak Augratin Potato Brussel Sprouts Fruit Mix Dinner roll 1 % milk	12 *Thursday Pizza Day Green Beans Veggies on Pizza Tropical Fruit 1 % milk	13 Lasagna Cauliflower Au gratin Romaine Salad Warm Spiced Peaches Garlic Bread 1 % milk
16 BBQ Chicken Scalloped Potatoes Lima Beans Fruit Mix Dinner roll 1 % milk	17 Jumbo Hotdog Baked Beans Coleslaw Peaches Bun 1% milk	18 Chicken, Rice, Broccoli Bake Tossed Salad Carrots Melon 1 % milk	19 Lois's Famous Meatloaf Butter Beans Mashed Potatoes/gravy Pears Dinner roll 1% milk	20 Goulash Spinach Mixed Veggies Cantaloupe Breadsticks 1% milk
23 Pork Cutlet California Blend Red Skin Potatoes Oranges Sliced Bread 1 % milk	24 Chicken Pot Pie Veg in entrée Fresh Pears Dinner roll 1 % milk	25 Nancy's Famous Cheeseburger Potato Salad Hashbrown Casserole Applesauce 1 % milk	26 Baked Crumb Pollock Baked Potato Corn Fresh Grapes Dinner roll 1% milk	27 Turkey Deli Bun Tossed Salad Potato Salad Melon 1 % milk
30 Memorial Day Observed!!!! No meals Served	31 Chicken Breast Carrots Tossed Salad Red Grapes Wild Rice 1 % milk			

MASON COUNTY • MICHIGAN

National Senior Health and Fitness Day at the Ludington Senior Center May 25th from 9 AM - 1 PM

Yoga, Tai Chi, Stretch and Balance, Zumba/Drumming, and Corn Hole.



Complete All Exercises And enter a drawing for this Fitbit.



Bring someone new in to join you and enter a drawing for this water bottle.



Enjoy a morning of trying new exercises or just a really good workout. Either way you can have a chance to win one of the items above a Fitbit or water bottle with carrying case.



Enjoy flavored water and snacks between workouts.

After your hard workout you can join us for a healthy lunch a tasty salad bar.



The Scottville Area Senior Center will be closed on Monday May 30th for Memorial Day



COVID-19
**Vaccination
Clinic**



vaccine clinic at SASC

Tuesday, May 17, starting at 10:00 to noon.

Call 757-4705 for an appointment



CHARITY SEW

**Will meet Tue., May 17
9:00am**

**Clothing protectors for
meals at adult day care**

For more details, call
Norma Andersen 757-2315
OR
The Scottville Senior Center 757-4705

Free Event!!

RETURNING

The Ludington Senior Center
Celebrating

Save the Date



Thursday June 23rd

11am-2pm

SENIOR EXP

Lunch for \$1
Sandwich
Potato Salad or fruit
Chips
Cookies
Pop or water

Platinum Sponsor



Gold Sponsor

SPECTRUM HEALTH
Ludington Hospital



Sponsored by the Ludington Senior Center
Over 40 vendors sharing exceptional resource information, networking opportunities and entertainment!
Come for an unforgettable experience!

Fun Activities & Demos

Free giveaways from vendors

Location: OJ DeJonge Middle School
706 E Tinkham Ave, Ludington MI
49431



Content Submitted by the Ludington Senior Center

Coupon Distribution and Workshop

May 23rd at 11:00am

at

The Ludington Senior Center

The Senior

Center will be hosting a

Project Fresh Coupon

distribution day and

Nutritional workshop provided

by MSU Extension. By

attending the workshop you

will have the first opportunity

of getting the

Project Fresh coupon booklet.

Please call the Ludington Senior to sign up at

231-845-6841

Project Fresh Fruits, Vegetable & Honey!!



**Coupons available at the
Ludington Senior Center
231-845-6841**

Must be 60 years of age or older.

This years

Coupons are valued at \$25.00.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Tue May 24 10-11 a.m.
with Shelby State Bank at
Ludington Senior Center
308 S Rowe St
Light refreshments provided**

**RSVP to Susan at (231) 267-6119 or
email slevans@alz.org or at our
24/7 Helpline 800-272-3900**

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 - May 9th
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 - May 26th
Location: Ludington Senior Center
308 S Rowe Street, Ludington
Call: 231.845.6841 to register!

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 May 4, 2022 1:15 pm - 2:15 pm

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

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)



30 minutes "FREE" consultation.
Monday, May 16th from 9am - Noon.
By appointments only. Call 231.845.6841



"Healthy Me" Diabetes Support Group

Articles and recipe ideas are shared on our Facebook page

2nd & 4th Weds of the month

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



[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	Sa
1	2 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 Cardio Drumming	3 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	4 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 2 Tai Chi 5:15 Zumba Gold 6:15 Cardio Drumming	5 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 2 Educational Event	6 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1 Open Billiards 2 Jukebox Bingo	7
8	9 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1:30 Grief Support 5:15 Zumba Gold 6:15 Cardio Drumming	10 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Duplicate Bridge 1-3 Open Billiards	11 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 2 Tai Chi 3 TED TALKS 5:15 Zumba Gold 6:15 Cardio Drumming 7:30 Coin Club	12 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1 Alzheimer's Support Group	13 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1 Open Billiards	14
15	16 9-12 Parmenter law 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 Cardio Drumming	17 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	18 9 Men's Billiards 10 Quilting 10 Stretch & Bal 1 TECH HELP 1 Cups of Cheer 2 Tai Chi 5:15 Zumba Gold 6:15 Cardio	19 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	20 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1 Open Billiards 2 Jukebox Bingo	21
22	23 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold 6:15 Cardio Drumming	24 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 10 Managing Money 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards	25 9 Men's Billiards 9-1 Fitness Day 10 Quilting 1 TECH HELP 2 Tai Chi 3 TED TALKS 5:15 Zumba Gold 6:15 Cardio	26 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 6:30 What's the Cost of	27 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards 1 Foot Care 1 Painting Class 1 Open Billiards	28
<p>CLOSED ★ ★ ★ ★ ★ MEMORIAL DAY REMEMBER AND HONOR</p>		31 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge	<p>Welcome MAY</p>			



Paint with Julie



Time: 1:00 - 4:00 pm
Friday, May 27th

Instructor - Julie Tews
Cost: \$20.00

2-4x4 Mini Holiday/Seasonal Canvases

*Call Ludington Senior Center to sign up
231-845-6841*

\$10.00 Deposit due at signing



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

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...

\$75 Due Upon Signing Call the Ludington Senior to Sign up



Organizing Important Documents

Getting your important documents organized. This will provide you with peace of mind and will make the administration of your estate much easier for your loved ones. Elder Law Attorney, Ann Urick Duggins, from the law firm of Parmenter Law, and her team will be holding a session at the Ludington Senior Center.

Friday, June 3rd at 11:30am

308 S Rowe Street, Ludington, MI

Anna will review which documents and information you need to compile and why it is important including, estate plan documents, beneficiary designations, life insurance policies, financial statements, deeds to real estate, and wishes regarding your funeral.

Please RSVP to the Ludington Senior Center by phone 231-845-6841.

**This session is open to the public.
Space is limited, and reservation is required.**

STEPPING OUT

Join the walking club

Mondays, Tuesdays, and Thursdays at 9:00 AM

Start at various spots in the area and walk at a pace that suits you.

Call Ludington Senior Center at 231-845-6841

for more information and to join.

Looking for Golfers

The Ludington Senior center is starting a golf League on Tuesday morning, 9:00am at Lakeside Links. Anyone in the community is invited to join.

Blind draws for teams, scrambles, weekly goals/contests, 9 holes and cart \$24, handicap established, fresh air and fun, \$5 Kick-in for contests, open invitation, clinics, come-when-you-can

If you're interested, call the senior center at 231-845-6841 to get more information and to reserve a spot!

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

YOGA

Monday & Fridays at 9:30 AM



Wednesdays in May
Beginners at 2pm



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)
Tuesday and Thursday at 10:30 AM

BILLIARDS

Men– Monday, Wed., Friday at 9 AM
Women– Tuesday and Thursdays at 10 AM
Open Play– Monday thru Friday 1-3 PM

TED Talks

Join Gene Kyle
at 3 PM

Second and fourth Wednesdays of the month

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

Mahjong

Every Monday and Friday at 10 AM

Quilting/Sewing

Every Wednesday at 10 AM

Crafts and Giggles

Every Thursday at 10 AM

JUKEBOX BINGO

Join us for JUKEBOX BINGO at the Ludington Senior Center. This is a new and fun way to play bingo. Jukebox bingo is a combination of "Name that Tune" and traditional bingo.

May 6th and 20th at 2pm

Cornhole

Cornhole boards always available

National Senior Health and Fitness Day at the Ludington Senior Center May 25th from 9 AM - 1 PM

Yoga, Tai Chi, Stretch and Balance, Zumba/Drumming, and Corn Hole.

Complete All Exercises
And enter a drawing for this Fitbit.



Bring someone new in to join you and enter a drawing for this water bottle.



Enjoy a morning of trying new exercises or just a really good workout.

Either way you can have a chance to win one of the items above a Fitbit or water bottle with carrying case.



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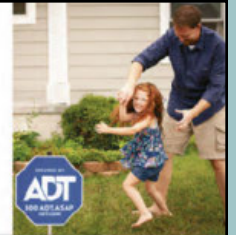


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**PARMENTER
LAW**

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,
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www.4lpi.com/careers

Technology got you frustrated?!?



Is this how you feel sometimes?

Help is here!
Technology Assistance
Thursday afternoons
12:30 at SASC
(or as soon as lunch is finished.)

Special offer: through May this will be a **Lunch and Learn—seniors attending Tech Help will receive free lunch!**
Sign up at the center, or by phone: 757-4705

We are fortunate that Hannah Jaworski, from the Scottville Branch of Mason County District Library, has agreed to serve as our technology advisor.

She'll be helping us better understand and get more out of our phones, tablets and computers. There will be group instruction, as well as opportunities for one-on-one consultation with Hannah.

Hannah will be here Thursday afternoons after lunch, until she leaves for graduate school in August.



Hannah Can Help

Cards: Thursday Evening Setback is Back!

Come to Scottville Area Senior Center each Thursday evening, starting at 6:00 for fun, fellowship and friendly competition. If Setback is your game—join us!

For information, call Bob Haupt (757-9687) or the center (757-4705)

Other fun card playing opportunities:

Euchre. The Euchre group gathers for a good time at SASC each Tuesday afternoon at 1:00

Pinochle. Spirited games of Pinochle take place each Wednesday afternoon at 1:00.



All card groups include both women and men—everyone is welcome. There is always a lot of good-natured conversation that accompanies each deal.

SCOTTVILLE AREA SENIOR CENTER

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

Updates on selected May activities at SASC

Quilt Guild's monthly meeting

Join the Quilt Guild for informative discussions, exhibits of members' creations, and projects.

First Monday evening of the month

6:00 p.m. on May 2nd



Weekly Quilting Group

Bring your sewing machine and work on your current project while enjoying this friendly and talented group.

Every Monday at 10:00 a.m.
(Except Memorial Day, May 30,

Charity Sew May Meeting: May 17

The Charity Sew group will meet Tuesday, May 17, starting at 9:00 am at Scottville Area Senior Center.

The beneficiaries of the group's creativity this month will be people at local adult day care facilities, who will receive clothing protectors to use at meals.

The public-spirited group has created a wide variety of sewn items for local non-profit organizations, and is happy to have new members

Participants are welcome to come for any length of time they can, and are asked to bring their sewing machines. If you would like to participate, please call Norma at 757-2315 or the senior center, 757-4705.

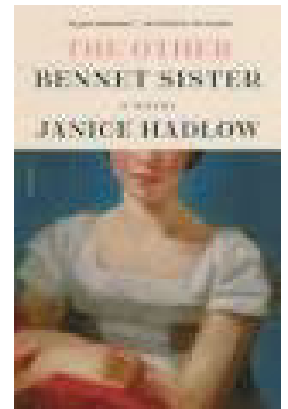
Book Club

(Monthly on the second Thursday: May 19 at 1:15)

Book Club meetings are led by Julie Van Sickle.

The book to read for May is: *The Other Bennet Sister*, by Janice Hadlow

Please read the book prior to the meeting, and know you are welcome to join us for a lively discussion. The Mason County District Library has kindly agreed to have copies of the monthly selection available.



Art Group

(every Wednesday at 9:00 a.m.)

The art group welcomes all levels of painters to join them.

Please bring materials to work on your latest project, or to start a new one in the company of others who share your passion for painting.



Good Will Ambassadors



Scottville Senior Center team delivers Easter Baskets to Mason County Seniors. We are so grateful to the local Eagles, Danish Brotherhood and others, who made possible the baskets of paper products and other essentials for seniors with limited incomes.

These good folks asked the senior center staff to deliver them, because of our role in providing county-wide in-home services (see page 18).

Setting out with baskets are Kellie Argue (left) and Jeannette Harris. With them is Activities Coordinator Mellissa Kissell.

Things to Think About

What if the dog only brings back the stick because he thinks I like throwing it?

Which letter is silent in the word “Scent?” Is it the “S?” or the “C?”

Why is the letter “W,” in English, called “double-U?” Shouldn’t it be “double-V?”

The word “swims,” upside-down, is still “swims.”

Every time you clean something, you just make something else dirty.

If poison is past its “expired” date, is it more poisonous, or no longer poisonous?

Which is harder: to win a game of “Rock, Paper, Scissors,” or to lose it?

Maybe oxygen is actually killing us—it just takes 75-100 years to work.

Why are these words spelled the same:

I’m not “content” with this “content.”

I “object” to that “object.”

That “minute” thing is so tiny, it’ll just take a “minute” to get rid of it.

“Excuse” me, there’s no “excuse” for this.

Maybe someone should “wind” up and toss this column in the “wind.”



Scottville Area Senior Center is continuing our mask-optional policy, as long as the risk of COVID remains relatively low. The choice to wear a mask or to not wear a mask is not always easy. But the choice to support each other in our decisions is not hard. **Thank you** for supporting each other.



SCOTTVILLE AREA SENIOR CENTER

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



Job Opportunities Available

- Homemaker Program
- Respite Care

Volunteer driver opportunities (mileage reimbursed)

- Medical Transportation Program

Serving all of Mason County

Mon	Tue	Wed	Thu	Fri
2 Exercise 10:30 Quilting 10:00 Lunch 11:45 Quilters Guild 6:00	3 Lunch 11:45 Euchre 1:00	4 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	5 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Technology Help 12:30 Set Back 6:00	6 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
9 Exercise 10:30 Quilting 10:00 Lunch 11:45	10 Lunch 11:45 Euchre 1:00	11 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Beltone Hearing Tests 1-2	12 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Open Pool 12-4 Set Back 6:00	13 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 Life Story Writing 1:00
16 Exercise 10:30 Quilting 10:00 Lunch 11:45	17 Charity Sew 9:00 Vaccine Clinic 10-12 Lunch 11:45 Euchre 1:00	18 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Parkinson's Grp 1:00 Pinochle 1:00 Grandparents Raising Grandchildren 5:30	19 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Book Club 1:15 Technology Help 12:30 Paint Party (\$25) 1:30 Set Back 6:00	20 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
23 Exercise 10:30 Quilting 10:00 Lunch 11:45	24 Lunch 11:45 Euchre 1:00	25 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	26 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Open Pool 12-4 Set Back 6:00	27 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
SASC Closed for Memorial Day 		31 Lunch 11:45 Euchre 1:00		KEY - Exercise - Weekly - Once each Month - Series - Special
			Council on Aging Mtg. Thursday, May 19 Safe Harbor Credit Union 3:00	

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Crochet 10:00	Lunch 12:00	Coffee 9:00	Bingo 10:00	Auxiliary Mtg 10	Lunch 12:00	Bingo 10:00	Lunch 12:00	Open Pool 10-12	Lunch 12:00
Sit n be Fit 2:30		Lunch 12:00		Sit n be Fit 2:30		Grief Support 1:30		Out Reach 1-3	
9		10		11		12		13	
Crochet 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Board of Directors Meeting 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Open Pool 10-12	Lunch 12:00
Sit n be Fit 2:30				Sit n be Fit 2:30		Alzheimer's Association 12:30		Out Reach 1-3	
16		17		18		19		20	
Crochet 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Craft 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Lunch 12:00	Out Reach 1-3
Sit n be Fit 2:30				Sit n be Fit 2:30		Council on Aging Mtg. 3:00		Dinner & Movie 3:30	
23		24		25		26		27	
Crochet 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Put-N-Take 10:00	Lunch 12:00	Bingo 10:00	Lunch 12:00	Lunch 12:00	Out Reach 1-3
Sit n be Fit 2:30						Pot Luck			
30		31		<p>SPECIAL EVENT. Join us Thursday, May 12, at 12:30 for "The 10 Warning Signs of Alzheimer's," with Susan Evans of the Alzheimer's Association Michigan Chapter. Learn to recognize common signs of this disease in yourself and others, and next steps to take. Valuable and highly recommended.</p> <p>SPECIAL EVENTS: SATURDAY, MAY 21 Bachelor Church Sale 9-2 Tallman Sale 9-2</p>					
<p>CLOSED: MEMORIAL DAY</p>		<p>Bingo 10:00 Lunch 12:00 Book Club 1:30</p>							

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**



<p><u>Tuesday, May 3</u> Mac & Cheese Smoked Sausage Stewed Tomatoes Diced Pears Cookie</p>	<p><u>Thursday, May 5</u> Cinco De Mayo Delicioso Menú</p>
<p><u>Tuesday, May 10</u> Pork Chops in Mushroom Gravy Mashed Potatoes Asparagus Roll & Butter Applesauce</p>	<p><u>Thursday, May 12</u> Meatloaf Boiled Butter Herb Potatoes Green Beans Roll & Butter Grape Salad Cupcake</p>
<p><u>Tuesday, May 17</u> Baked Chicken Baked Potatoes Corn Roll & Butter Diced Peaches Pistachio Cake</p>	<p><u>Thursday, May 19</u> Cabbage Roll Casserole Boiled Red Potatoes Corn Bread Mandarin Oranges Jello</p>
<p><u>Tuesday, May 24</u> Garlic Herb Butter Baked Pork Loin Roasted Potatoes & Carrots Roll & Butter Diced Pears Brownie</p>	<p><u>Thursday, May 26</u> Cheese Burgers Oven Fries Cole Slaw Fresh Fruit Pudding</p>
<p><u>Tuesday, May 31</u> Goulash Tossed Salad Garlic Toast Raspberry Fluff</p>	<p>Council on Aging meeting—3:00 Thursday, May 19 Safe Harbor Credit Union Ludington</p>

County-wide Senior Services

Do you know a senior in Mason County who has trouble being able to do household chores? Is there a devoted caregiver to a senior who would benefit by having a few hours for personal time or even just to get some much-needed rest? Perhaps you know of a senior who has no way to get to an important medical appointment. Perhaps you are a senior in need of one or more of these services.

Whether it's for you, a loved one, or a friend—these services are available throughout Mason County through the Scottville Area Senior Center, with the support of the Area Agency on Aging of Western Michigan. Call 231-757-4705 to arrange an assessment. See below for more information.

The following services are provided county-wide and are available to all eligible/qualifying Mason County Residents. In-Home services require an intake assessment by the center's caseworker.

These services are person-centered, which means we focus on the individual's personal needs, wants, desires and goals, as they fit into the prescribed parameters of the service.

HOMEMAKER

- ◆ Clients are 60 years of age or over, and not eligible for services through another agency.
- ◆ Clients have a functional, physical or mental characteristic that prevents them from providing the service themselves.
- ◆ The service provides 2 hours light housekeeping every other week.
- ◆ Usually the aide handles the more strenuous cleaning projects: vacuuming, changing bed linens, washing windows, cleaning bathtubs, etc.

RESPIRE

- ◆ Clients are either a dependent family member or primary caregiver who is 60 years of age or over.
- ◆ Clients require continual supervision in order to live in their own home or the home of a primary caregiver; or require a substitute care giver while their primary care giver is in need of relief or unavailable.
- ◆ Clients have difficulty, or are unable to perform, activities of daily living without assistance.
- ◆ The service provides 4 hours per week of respite relief.
- ◆ May require a cost-share based on income.

RESPIRE / HOMEMAKER

- ◆ This is a combination, offering respite with homemaking services. Above Respite criteria apply.
- ◆ Total of 16 hours every 4 weeks.
- ◆ May require a cost-share based on income.

MEDICAL TRANSPORTATION

- ◆ Clients and/or spouse 60 years of age or over, and not eligible for services through another agency.
- ◆ Clients utilize LMTA, if their home and destination are both within the LMTA footprint.
- ◆ Clients have a functional, physical or mental characteristic that prevents them from providing the service themselves.
- ◆ There is no informal support network (family, friends, etc.) capable of meeting their needs.
- ◆ This service utilizes volunteer drivers who have driving, vehicle, and criminal background checks.
- ◆ Transportation for doctor, dentist and medical testing appointments only.
- ◆ Transportation for eligible persons available to appointments within a 100-mile radius.

Ask Sharon

By the time you read this, it will be May. I'm sure birds are singing, flowers are blooming and spring is finally here. However, as I wrote this it was still April and we were anticipating some more wintry weather. A chilly reminder: scams "bloom" too. I've been hearing about some new suspicious calls claiming to be from "Medicare." Medicare will not call you. Ever! So, do not tell anyone who calls you any personal information. Just Hang Up!

Q. How do I know it would benefit me to have a Medicare supplement plan?

A. 1. Supplement plans cover all or most of your cost over and above what Medicare pays.

2. When you sign up for Medicare you cannot be turned down for coverage of any preexisting conditions by the Medicare supplement plans. This plan would be in affect until you no longer pay for it.

3. All doctors who take Medicare will take any supplement plan.

Q. Tell me cons about having a Medicare Supplement plan.

1. The cost may be more than you can afford. Plans start around \$150 and \$200 when you sign up and rises as you age.

2. Supplement plans do not include prescription drug coverage. This adds around \$30.00 a month. Your total cost would be about \$350 a month.

Q. How would Medicare Advantage be different?

A. 1. Medicare advantage (MA) is like an HMO, you pay copays for all services. On many plans you pay no premiums or deductibles.

2. A drug plan is usually included in cost of MA policy.

3. There is an out of pocket amount that is capped in these plans. Out of pocket amounts vary with different plans. If you have around \$6,000 in medical costs, you will not have any copay for the rest of the year. If you are relatively healthy and aren't hospitalized, you will not reach this amount.

When the time comes, I will help you make the best choice for your circumstances. So, if you are new to Medicare come in and talk to me about your best plan. I can also help you in the fall during open enrollment. My phone number is 757-4052

This is what the 13 folds mean:



1. The first fold of our flag is a symbol of life.
2. The second fold signifies our belief in eternal life.
3. The third fold is made in honor and tribute of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace.
4. The fourth fold exemplifies our weaker nature as citizens trusting in God; it is to Him we turn for His divine guidance.
5. The fifth fold is an acknowledgement to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
7. The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
9. The ninth fold is an honor to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of men and women who have made this country great have been molded.
10. The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first-born.
11. The 11th fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.
12. The 12th fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.
13. The last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

MASON COUNTY • MICHIGAN

General Senior Services

Meals on Wheels.....	231-757-4831
Free Soil Area Senior Center.....	231-464-6789
Ludington Area Senior Center.....	231-845-6841
Scottville Area Senior Center.....	231-757-4705
Tallman Lakes Area Senior Center.....	231-757-3306
Mason County Council on Aging	
Mary Bedker, chair: (email: marybedker@gmail.com)	
Area Agency on Aging of Western Michigan.....	888-456-5664
Call 211 (24/7): General information, local services	

Emergency Assistance

Ambulance, Police, Fire.....	911
Suicide Prevention Lifeline.....	800-273-8255
Community Mental Health—Emergency.....	231-845-6294
Domestic violence (C.O.V.E.).....	231-845-5808

Public Safety

Mason County Sheriff.....	231-843-3475
Ludington Police.....	231-843-3425
Scottville Police.....	231-757-4729

Health

Health Dept.-District #10.....	231-845-7381
Spectrum Health Ludington Hospital.....	231-843-2591
Mercy Health Ludington Urgent Care.....	231-843-2543
Community Mental Health.....	231-845-6294

Mich. Dept. of Health & Human Services

Adult Protective Services (24/7).....	855-444-3911
Senior abuse, neglect, exploitation help	
Child Protective Services.....	855-444-3911
Mason County MDHHS office.....	231-845-7391

Food resources

Lakeshore Food Club.....	231-480-4334
Caritas Food Pantry (Custer).....	231-301-0626
FiveCap, Inc, Scottville.....	231-757-3785
Senior Meals-on-Wheels.....	231-757-4831
Congregate meals: all Mason County senior centers	

Legal Assistance

Legal Aid of Western Michigan.....	888.783-8190
Legal Hotline for Seniors.....	866-400-9164
Estate Planning	
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705

Heating/Utilities Assistance

Mich. Dept. Health/Human Services.....	231-845-7391
Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
THAW-The Heat & Warmth Fund.....	800-866-8429

Furniture, Appliances, Wheelchair Ramps

HELP Ministries.....	231-843-6811
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Grandparents Raising Grandchildren/Kinship Caregivers

Scottville Area Senior Center.....	231-757-4705
Kinship Care Resource Center, MSU... ..	800-535-1218

Medical Transportation

Scottville Area Senior Center.....	231-757-4705
(Doctor appointments-Local and up to 100 miles away)	
HELP Ministries.....	231-843-6811

Other Transportation

Ludington Area Mass Transit.....	231-845-1231
Ludington Taxi.....	231-845-9693

Mason County Veterans Affairs.....

John Cotton, Director (jcotton@masoncounty.net)

Education

West Shore Community College.....	231-845-6211
Tuition free classes for those 60+	
Recreation, wellness center: \$4 per day.....	231-843-5543
Michigan State U. Extension.....	231-845-3361

Housing and Shelter Assistance

Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
Salvation Army.....	231-843-3711
Habitat for Humanity.....	231-843-7888
Red Cross.....	800-733-2767
Senior living options—Oasis Senior Advisors.....	616-675-0006

In-home services- Scottville Senior Center.....

Homemaker, Respite services; Medical alert devices
Home injury control device installation

Employment and Training

Second Act (skilled W. Mich. Seniors 50-80).....	231-750-4123
AARP Foundation-Senior Employment Pgm.....	231-252-4544

Medical Equipment Loans (free)

American Legion Post 76, Ludington.....	231-845-7094
Custer VFW Gold Bar Post, Custer.....	231-757-9665
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705

Volunteer opportunities

Retired Senior Volunteer Program (RSVP).....	231-796-4848
Hospice of Michigan.....	888-247-5701
All Mason County senior Centers	

Other useful numbers/services

AARP—NW Michigan office.....	231-252-4544
Alzheimer's Association.....	800-272-3900
Disability Connection/W. Mich.....	231-722-0088; 866-322-4501
Mason County District Library.	
Ludington.....	231-843-8465
Scottville.....	231-757-2588
Mason County Prosecuting Attorney.....	231-845-7377
Medicare/Medicaid Assistance	
Scottville Senior Center.....	231-757-4705
Ludington Senior Center.....	231-845-6841
Red Cross.....	800-733-2767
ReStore (Habitat for Humanity).....	231-843-7888
Salvation Army.....	231-843-3711
Social Security Administration.....	800-772-1213

MASON COUNTY • MICHIGAN

LOCAL SUPPORT GROUPS

Support groups help people realize that they are not alone – that others share similar challenges.

Talking through your situation with other participants can be a huge relief and help point you in the right direction toward addressing your issue.

Yes, you may be uncomfortable at first discussing personal issues and your feelings, but you will quickly learn that talking with others in a supportive and confidential setting is often helpful. Being in a support group can also help you develop new skills in relating to others.

Please consider giving it a try - call today for assistance!

Mason County Caregiver Support Group— Alzheimer's Association

Ludington Senior Center
308 S. Rowe Street,
Ludington, MI 49431
2nd Thursdays, 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

Grief Support Group

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



Parkinson's Support Group *April thru December*

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Third Wednesdays, 1:00 pm
231-757-4705



Kinship Care Support Group

(Grandparents & others raising young relatives)
Scottville Senior Center
3rd Wednesdays, 5:30
140 S. Main, Scottville
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



Low Vision Support Group

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



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, including all senior centers
- 2. Online** - for free - using one of these links: [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. By mail** - contact Scottville Area Senior Center, 757-4705. \$18.00 per year, paid by check or cash.

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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3-D-5-5

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

15-0696