

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

June 2022
Volume 11
Issue 6



Vitality at its Best

Active for Life

Your life, Your Way,

Your time over 50

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www.ludingtonseniorcenter.org

www.scottvilleareaseniorcenter.com

Free Event!!

SENIOR EXP

Thursday, June 23rd 11am-2pm

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



\$1 Lunch to the first 200 visitors
Purchase ticket at the welcome table sponsored by:



Health Clinic offered by:



Spectrum Health
Ludington Hospital



Ludington Woods
A Leisure Living Community



Mason County's
Oakview
MEDICAL CARE FACILITY

Coffee & Cookies
Sponsored by:



Fun Activities,
Entertainment
&
Demos

MASON COUNTY • MICHIGAN



Area Agency on Aging of Western Michigan: Commitment to Quality Programs

The Area Agency on Aging of Western Michigan (AAAWM) is an essential senior resource for a nine-county region that includes Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, and Osceola counties. We work to connect seniors, family caregivers, and adults with disabilities to resources that help them to live independently. This includes programs for long term care services and supports to help make this independence possible.

MI Choice Medicaid Waiver is one of these programs. It provides person-centered care that empowers individuals to age-in-place in their own home rather than in a facility. Ongoing services through the program include personal care, housekeeping, meals, respite, and transportation. In an initial assessment, a Supports Coordinator is able to truly get to know an individual, coordinate their services, and connect them to partner agencies and community resources. Supports Coordinators do more than oversee an individual's care, they become their advocate, making sure their needs are met. Sometimes, just having someone in their corner cheering them on can be a driving force for a person's confidence in maintaining their independence at home.

Recently, the Area Agency on Aging of Western Michigan received a NCQA Accreditation of Case Management for Long-Term Services and Supports (LTSS) for our MI Choice Medicaid Waiver program. This three-year accreditation is from the National Committee for Quality Assurance (NCQA), a nonprofit organization that issues Accreditation, Certifications, and Recognition programs based upon measurement, transparency, and accountability to highlight top performers and drive improvement. Earning NCQA's Accreditation of Case Management for LTSS demonstrates that an organization is dedicated to coordinating the delivery of care in a person-centered and integrated manner to help individuals function optimally in their preferred setting.

When asked about this accreditation for the Area Agency on Aging of Western Michigan, Suzanne Filby-Clark, AAWM Care Management Services Director explained, "We're proud of our agency and staff as the preparation for this accreditation lasted approximately 12 months. The agency performed gap analysis to determine tasks, work groups were formed to seek clinical input, policies and procedures were written to align with the requirements, and all of the necessary documentation was notated and organized for submission. This NCQA accreditation shows our partners, participants, and community members prioritize and provide high quality care and services."

The NCQA accreditation reinforces the Area Agency on Aging of Western Michigan's commitment to improve the health outcomes of our patient population and ensure delivery of person-centered care. To learn more about the MI Choice Medicaid Waiver program and other resources for aging in place, reach out to the Area Agency on Aging of Western Michigan's Information and Assistance team at (616) 456-5664.

About the Area Agency on Aging of Western Michigan

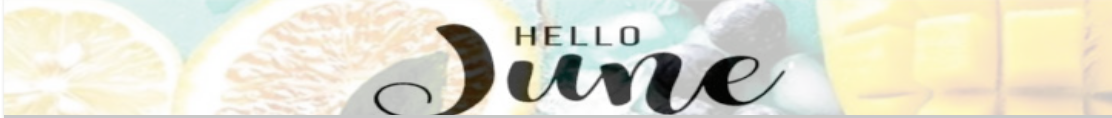
Area Agency on Aging of Western Michigan helps older adults and individuals with disabilities remain independent and provides support and education to caregivers in Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, and Osceola counties. You can visit www.aaawm.org to learn about our programs and services and follow us on Facebook at www.facebook.com/AreaAgencyonAging

About NCQA

NCQA is a private, nonprofit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in health care. NCQA's website (ncqa.org) contains information to help consumers, employers and others make more-informed health care choices. NCQA can be found online at ncqa.org, on Twitter @ncqa, on Facebook at www.facebook.com/NCQA.org and on LinkedIn at www.linkedin.com/company/ncqa.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Sliced Roast Beef Mashed potatoes Corn Fruited Jell-O Wheat bread 1% milk	Chicken Alfredo/ Noodles Local Fresh Asparagus Cherry Tomatoes Peaches 1% milk	Connecticut Beef Bake Potatoes in entree Mixed Veg Mixed Fruit Sliced Bread 1 % milk
6	7	8	9	10
Steak bites Mashed potatoes/gravy Fresh Asparagus Fresh Fruit 1% milk	Taco Tuesday Taco Meat Taco Shell Refried Beans Lettuce & Tomato Peaches/ 1% milk	Roast Turkey Sweet potatoes Green Beans Diced Pears Dinner roll 1% milk	Stuffed Cabbage Rolls Tossed Salad Tropical Fruit 1% milk	Breaded Chicken Patty Bun Coleslaw Carrots Apricots 1% milk
13	14	15	16	17
Jumbo Hot dog Bun Baked Beans Tossed Salad Fruit Mix 1 % milk	Lasagna Carrots Pineapple Bread 1 % milk	Chicken Noodle Casserole Peas in entree Fresh Asparagus Oranges 1% milk	Thursday Pizza Day Corn Peaches 1% milk	Spaghetti w/ meat sauce Garden Salad Winter Blend Warm Applesauce Garlic toast 1% milk
20	21	22	23	24
Sloppy Joes Hash brown casserole Tropical Fruit mix Green Beans Hamburger bun 1% milk	Tator Tot Casserole Potatoes in entree Green Beans Sliced Apples Dinner roll 1% milk	Liver & Onions Carrots German Potato Salad Pineapple Rye Bread 1 % milk	Cheeseburger Baked Beans Potato Salad Grapes Bun 1% milk	Chicken Breast over Rice Green Beans Peas Banana 1 % milk
27	28	29	30	
Ground beef Mac & Cheese Mixed veggies Tossed Salad Apple Slices 1% milk	Salisbury steak Augratin Potatoes Brussel sprouts Oranges Biscuit w/honey 1% milk	Breaded Chicken Mashed potato Beets Pineapple tidbit Rye bread 1% milk	Pancakes Hashbrown Casserole Sausage Grapes Pears 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
Tuesday's & Thursday's

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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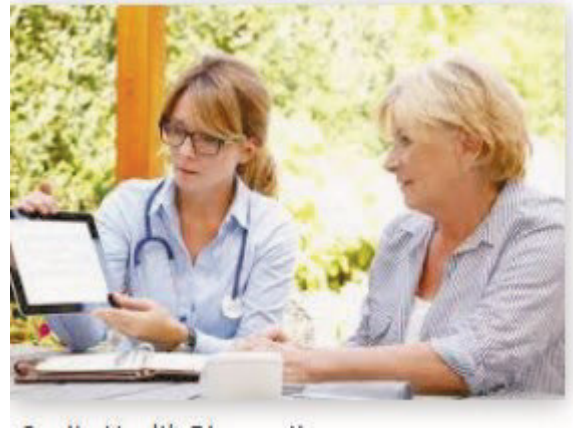
Gold Sponsor



Spectrum Health Ludington Hospital

Spectrum Health Ludington hospital will have a classroom at the Active for Life Senior Expo and will be offering a opportunity for a full biometric screening that includes, height, weight, BMI, cholesterol, etc.

Spectrum will also be offering stroke education that will offer valuable information about strokes that can save lives.



www.spectrumhealth.org

Project Fresh Coupons Available now!

At Scottville and Ludington Area Senior Centers

\$25 worth of coupons for fresh, locally grown vegetables and fruits. Eligible seniors are Mason County residents, at least 60 years of age, with incomes no more than:

For 1 person: \$25,142
For 2 people: \$33, 874

Redeem at Orchard Market



Information: 757-4705 or 845-6841

Let's Craft
at the Scottville Senior Center
Wednesday June 29th at 1:00pm
Decorations for our Garden (FREE)



CHARITY SEW
Will meet Tue., June 21
9-2:00
Placemats for residents
who receive Meals on
Wheels

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



Platinum Sponsor



Anna Urick Duggins

We understand that making decisions regarding your estate plan can be difficult. We will help you make these decisions and prepare an individualized estate plan for you, including powers of attorney, a will, and oftentimes a trust. We will also review your assets and make sure their ownership and beneficiary designations coordinate with your estate plan documents.

If you or a loved one is facing nursing home care, we can help maximize the assets that the family can retain and still become Medicaid eligible. Filing a Medicaid application is complicated, and we can help you through the process.

Anna specializes in Estate Planning, Probate and Trust Administration, and Elder Law — including, Long-Term Care Planning, Medicaid Planning, and Veteran's Aid & Attendance Benefits.

Estate Planning, Elder Law, Medicaid Planning and Veteran's Aid & Attendance

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Caritas Food Pantry

Caritas Food Pantry, located behind the post office in Custer, is open every Monday and Wednesday from noon - 2 pm.

Clients can visit the pantry once per calendar month throughout the year. Our pantry serves all who enter our doors. Clients receive non-perishable items as well as meat, milk, produce, eggs and other dairy products when available.



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.**

Knowledge of Dementia Challenges

- Tips and ideas of how to communicate and direct someone with dementia.
- Ways of approaching someone with dementia, verbal and body language.
- Awareness of our expectations when interacting or socializing with someone with dementia.

Elara Caring Home Health and Hospice Services will be here as well.

**Time: 1:30pm
Date: Thursday, June 30th**

**Location: Ludington Senior Center
308 S Rowe St.
Ludington, MI 49437**

To RSVP, call 231-955-8389 or email jamie.medema@leisure-living.com by Thursday, June 2nd



Elara Caring
We care where you are.

**Elara Caring will be
educating on their services.**

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 - June 13th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

If I have loved, I will feel



What's the Cost of COVID?

Confidential support group,

Time/Date: 6:30 pm - June 30th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

"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



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**PARMENTER
LAW**

30 minutes "FREE" consultation.

Monday, June 20th from 9am - Noon.

By Appointments only. Call 231.845.6841

All the care our residents need. Even if it's just a smile.



At Ludington Woods, from a simple smile to assistance with getting ready for the day, our flexible care services are designed to meet our residents where they're at — wherever that may be. **Call today to get started!**

Ludington Woods
231-241-6536

Leisure-Living.com
502 N. Sherman St., Ludington, MI 49431



TECH HELP

Are you having difficulty using your phone, tablet, or computer?

Help is here!

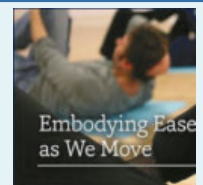
Wednesdays 1:00-3:00PM

June 8th and the 22nd

Ludington Senior Center
Call for appointment

New at the Center—The Feldenkrais Method

The Feldenkrais Method is not a treatment, adjustment, or exercise program. Instead, it is based on decades of research in physics, neuroscience, biomechanics, learning theory, and human development to give you the means to help yourself. Your own body awareness and attention stimulates the brain to create new neural pathways that enable optimal movement patterns and function. This brain activity is called "neuroplasticity." Neuroplasticity is what allows all learning to take place. As you learn better ways to move, you experience improvements in bal-



Embodying Ease as We Move

LUDINGTON AREA SENIOR CENTER



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			<p>1 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 5:15 Zumba Gold</p>	<p>2 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge</p>	<p>3 9 Men's Billiards 9:30 Yoga 10 Mahjong 11:30 Parmenter Law Presentation 1 Cards & Games</p>	4
5	<p>6 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold</p>	<p>7 9 Golf League 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies Billiards 11:30 Lunch 1 Duplicate Bridge 2 Line Dancing 6:00 Feldenkrais</p>	<p>8 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 3 TED TALKS 5:15 Zumba Gold 7:30 Coin Club</p>	<p>9 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 1 Alzheimer's Support Group</p>	<p>10 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards & Games 1 Billiards 2 Jukebox</p>	11
12	<p>13 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1:30 Grief Support 5:15 Zumba Gold</p>	<p>14 9 Golf League 9 Walking Club 9:30 Zumba Gold 10:30 C. Drumming 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing 6:00 Feldenkrais</p>	<p>15 9 Men's Billiards 10 Quilting 10 Stretch & Bal 1 Cups of Cheer 5:15 Zumba Gold</p>	<p>16 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>17 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Billiards 1 Card Making</p>	18
19	<p>20 9 Walking Club 9-12 Parmenter law 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold</p>	<p>21 First day of Summer 9 Walking Club 9 Golf League 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing 6:00 Feldenkrais</p>	<p>22 9 Men's Billiards 10 Stretch & Bal 10 Quilting 1 TECH HELP 3 TED TALKS 5:15 Zumba Gold</p>	<p>23 Center Closed VISIT US AT THE EXPO!!</p>	<p>24 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards 1 Foot Care 1 Painting Class 1 Billiards</p>	25
26	<p>27 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 5:15 Zumba Gold</p>	<p>28 9 Walking Club 9:30 Zumba Gold 10:30 C. Drumming 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing 6:00 Feldenkrais</p>	<p>29 9 Men's Billiards 10 Stretch & Bal 10 Quilting 10:30 Summer Cookout 5:15 Zumba Gold</p>	<p>30 9 Walking Club 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Ladies Billiard 11:30 Lunch 1 Dup. Bridge 1:30 Dementia Edu. 6:30 Cost of COVID</p>		



SUMMER KICKOFF COOKOUT

The Ludington Senior Center will be hosting a summer kickoff with a cookout and entertainment.

June 29th.

We will start festivities with entertainment by the String-a-Longs at 10:30am.



Following will be our cook out and afterwards will be a variety of yard games to play.

During lunch and games, you will enjoy music by entertainer John Marek & friends.

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



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, Anna Urlick 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.



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John Beckett, Hearing Care Practitioner

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Paint with Julie June 24th at 1pm

\$20.00

Michigan Lighthouse

Call the
Ludington
Senior
Center to
register



845-6841

**\$10.00 due at
Registration.**

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

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

◀ 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.

Mahjong

Every Monday and Friday at 10 AM

Quilting/Sewing

Every Wednesday at 10 AM

Golfers

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

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

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.

June 10th at 2pm

Feldenkrais

Tuesdays from 6-7pm

Starting June 7th

Call the Ludington Senior Center for more information.

231-845-6841

Cornhole

Cornhole boards always available



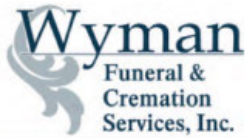
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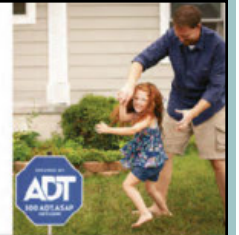


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**PARMENTER
LAW**

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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Planters filled by students, seniors

After a two-year COVID delay, the new planters outside the senior center in Scottville are filled with flowers, herbs and other plants.

The planters were created by The Alliance Project, which brings together students from the Spartan Academy at Mason County Central Schools and seniors from the Scottville Area Senior Center for cooperative projects.

Just before the pandemic disrupted life, the four raised planters were built by teams of seniors and students. The COVID outbreak caused us to postpone planting. Now, two years later, a new group of Spartan Academy students finished the planter project in May.



Planting team: Missy Kissell, Joan Dobias, Kellie Argue, Jeannette Harris, teacher Jim Bowen, MCC students Chayze Cory and Kandin Meinders



From two years ago—Spartan Academy students and SASC seniors posed with the planters built by intergenerational teams participating in The Alliance Project (some who helped were not available for the photo)

Quilting Extravaganza June 6, featuring Sally Manke

Quilting is one of the biggest activities at Scottville Area Senior Center. But we've rarely had a quilting day at SASC as busy as Monday, June 6. Quilters will be busy from morning to evening, and the highlight will be a visit from renowned quilting artist Sally Manke.

Regulars and newcomers are welcome at the weekly morning group and the evening trunk show, however the afternoon class has limited space and is already sold out.

Trunk show. Capping the day will be Sally Manke's trunk show, from 6:30-7:30 pm, featuring a large collection of art and traditional quilts. Not to be missed is Sally's commentary on their inspiration and creation, plus other fun facts that enliven her presentations. Questions will be welcome.

The trunk show is the focal point of the monthly meeting for Quilters Guild, which starts at 6:00 on the first Monday of the month.

Sandy's Quilting Friends. The big quilting day will start with our regularly-scheduled Monday quilting group, getting underway at 10:00.

Class. In the afternoon, Sally Manke will conduct a class—which sold out long ago—on creating landscape quilts with confetti-cut fabrics. Participants in the 1-4:00 event will create a woodland scene using this technique.



One of Sally's creations

SCOTTVILLE AREA SENIOR CENTER

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

Badger Adventure Filling Fast

The Scottville Senior Center is taking an overnight trip on the Badger, out of Ludington, to Manitowoc, on Tuesday, August 2nd. We board the Badger in the morning...cross gorgeous Lake Michigan while enjoying the amenities of the “Big Ship, More Fun!”

Upon arrival, we are greeted by a Manitowoc representative, taken to our hotel, and given a “welcome” bag.

Later in the afternoon, the group heads to the Maritime Museum, where tours abound and a Fish Boil dinner awaits while we see what Lake Michigan looks like from the opposite shore. We tour a submarine and learn more about the Wisconsin side of the Big Lake. Yes, over there it’s still called “Lake Michigan.”

On Wednesday, after a hotel breakfast, we board a trolley and head to the Rahr Art Museum. Then we visit the West of the Lake Gardens... followed by an ice cream cone at Cedar Crest Ice Cream (with their huge cow!). Then it’s back to the Badger for a memorable trip home.

This trip is brief, but oh, so filled with information and discovery. Did you know Manitowoc is about four times the size of Ludington? Or that it is known as “Wisconsin’s Maritime Capital?”

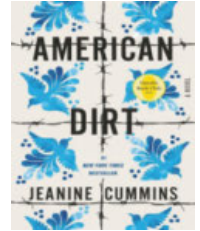
The Badger is 410 feet long and carries up to 650 passengers and 180 vehicles. Her history of service on Lake Michigan was recognized in 2016 when she received the nation’s highest historic honor—designation as a National Historic Landmark.

Call Missy at SASC if interested (757-4705). Seats are limited and going fast. Join the fun on August 2 and 3!



SASC Activities Update

Book Club Meets June 9. Book Club meets the 2nd Thursday of the month at 1:15. For the meeting on June 9, club members will discuss *American Dirt*, by Jeanine Cummins. The Scottville branch of the Mason County District Library is one source to check if you’re looking for a copy.



Charity Sew, June 20. The SASC Charity Sew group meets the 3rd Tuesday each month, at 10:00. This month these charitable ladies will create placemats for residents who receive Meals on Wheels.

Life Story Writing, June 10. The Life Story Writing group meets the 2nd Friday at 1:00. Capture important stories from your life, for family or your own enjoyment.

Tech Help, each Thursday at 12:30. Hannah Jaworski, from the Scottville Branch of Mason County District Library, helps us understand and get more from our phones and other electronic devices.

Call the center (757-4705) for information on these and other group activities.

ATTENTION ALL MUSICIANS

Starting June 10th, it’ll be “Music Fridays” from 1:00pm-4:00pm. We welcome you to bring your instruments and entertain! All ages and all instruments are welcome. If you’d like to play, or for more information, please call Scottville Area Senior Center (757-4705)



SASC Changing, but staying the same

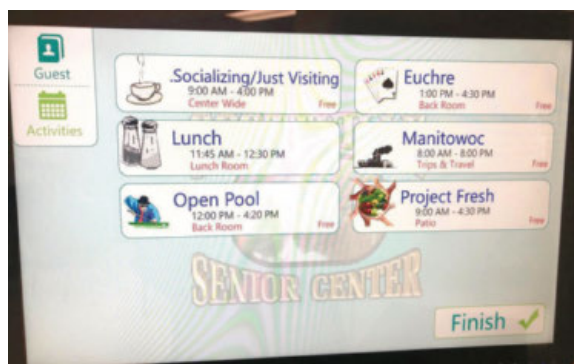
The saying goes: the only thing constant is...change. Programs and processes evolve at the senior center from time to time. Several things have evolved over the winter.

Check-in Kiosk. In a process that began last year, and is now fully operational, we have a new, check-in procedure. Activities coordinator Missy Kissell has led the project to implement our electronic kiosk to replace paper guest check-in sheets. Guests enter basic information once, such name/phone/birthday, and receive a kiosk card for their key ring. Then, each time they enter, they simply scan their card and select activities they want to do on a touch screen.

Another saying, coined in France, is “the more things change, the more they remain the same.” So, while we adapt in ways big and small, the core of the senior center remains the same—a friendly, welcoming place to gather with friends for activities, meals, companionship, camaraderie and help.

Exercise Monday. Our exercise program has moved from Tuesday to Monday morning, at 10:30. Led by Missy Kissell, the popular program combines both stretch and balance activities with Yoga moves. We currently have room for more participants—so come on in! While she was out of the state this past winter, Missy continued to lead the exercise program via a Zoom internet connection. She demonstrated exercises from as far away as Alabama, while the exercise group followed her movements on our big screen TV in the exercise room. Now Missy is “live and local” again.

Treadmill location. Another exercise change is the location of our treadmill. We moved it from the busy meeting/exercise room, to a more private location. If you’d like to take a nice walk (inside), check out the new arrangement.



Activities touch screen on a recent day (left), and, at right, Jeannette and Missy demonstrate checking in at the kiosk.

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
		1 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	2 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Technology Help 12:30 Set Back 6:00	3 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 CLOSED AT 1:00 TODAY
		6 Exercise 10:30 Quilting 10:00 Lunch 11:45	7 Lunch 11:45 Euchre 1:00	8 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00
13 Exercise 10:30 Quilting 10:00 Lunch 11:45	14 Lunch 11:45 Euchre 1:00	15 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Parkinson's Grp 1:00 Pinochle 1:00 Grandparents Raising Grandchildren 5:30	16 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00	17 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
20 Exercise 10:30 Quilting 10:00 Lunch 11:45	21 Charity Sew 9:00 Lunch 11:45 Euchre 1:00	22 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	23 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Open Pool 12-4 Set Back 6:00	24 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 
27 Exercise 10:30 Quilting 10:00 Lunch 11:45	28 Lunch 11:45 Euchre 1:00	29 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	30 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Open Pool 12-4 Technology Help 12:30 Set Back 6:00	Council on Aging meets June 16, 3 pm, at Safe Harbor Credit Union in Ludington

TALLMAN SENIOR CENTER

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		Auxiliary Mtg 10 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Grief Support 1:30	Open Pool 10-12 Lunch 12:00 Out Reach 1-3
6	7	8	9	10
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00	Board of Directors Meeting 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00	Open Pool 10-12 Lunch 12:00 Out Reach 1-3
13	14	15	16	17
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00	Craft 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Council on Aging Mtg. 3:00	Lunch 12:00 Out Reach 1-3 Dinner & Movie 3:30
20	21	22	23	24
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00	Put-N-Take 10:00 Lunch 12:00	Closed after 10:00. Senior Expo 11-2 at O.J. DeJonge Middle School, Ludington	Lunch 12:00 Out Reach 1-3
27	28	29	30	
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Book Club 1:30	Craft 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00	

Dinner and a movie Friday June 17th. Meet at AMC Theater at 3:30 Dinner this month will be at El Rancho

FREE SOIL AREA SENIOR CENTER

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

The Free Soil Area Senior Center

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

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

Please call **464-6789** by noon the **DAY BEFORE** to reserve a meal. Thank you!

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



<p>Please call (231) 464-6789 By NOON the day before to re-serve a meal. Thank you!</p>	<p>Thursday, June 2 TURKEY IN GRAVY WITH PEAS & CARROTS OVER BUTTERMILK BISCUIT CRANBERRY SAUCE APPLE SLICES COOKIE</p>
<p>Tuesday, June 7 BRATS SAUERKRAUT BUTTER/PARSLEY POTATOES COTTAGE CHEESE DICED PEACHES JELL-O</p>	<p>Thursday, June 9 BREAKFAST BAKE BOILED EGG APPLE JUICE CHEESE DANISH BANANA</p>
<p>Tuesday, June 14 BBQ CHICKEN MACARONI SALAD RELISH TRAY ROLL & BUTTER CUPCAKES</p>	<p>Thursday, June 16 PANCIT CREAM CHEESE RANGOONS CUCUMBER SALAD SAUTEED ASIAN VEGETABLES PINEAPPLE FORTUNE COOKIE</p> <p>Council on Aging Mtg.-Ludington, 3:00</p>
<p>Tuesday, June 21 CHICKEN TETRAZZINI GARDEN SALAD ROLL & BUTTER FRESH FRUIT COOKIE</p>	<p>Thursday, June 23 ZUCCHINI CASSEROLE GARDEN SALAD ROLL & BUTTER STRAWBERRY SHORTCAKE</p>
<p>Tuesday, June 28 BAKED BURRITO CASSEROLE CORN PUDDING FRESH FRUIT CHURROS</p>	<p>Thursday, June 30 SPAGHETTI WITH GRILLED ITALIAN SAUSAGE GARLIC BREAD GARDEN SALAD BROWNIES</p>

MASON COUNTY • MICHIGAN

Possible help for seniors on home safety and access upgrades

New federal legislation; local programs

(by Nickolas Telep, from Seniors Matter newsletter, found by Randy Belair)

A bill introduced in Congress in May could help seniors pay for improvements to make their homes more accessible and livable so they can stay at home as they age.

The bill is called the *Home Modification for Accessibility Act* and is currently in the House Ways and Means Committee. If passed, it would allow seniors who want to make changes, necessary for aging in their homes, to deduct the costs of those renovations on income taxes, or pay for the improvements out of retirement savings without penalty.

The proposal is aimed at helping adults who want to age in place, as well as avoid injuries in the home, with the cost. Home renovations such as ramps and shower bars — and other upgrades related to accessibility and safety — could qualify under the bill. The bill, as introduced, includes a lifetime cap of \$30,000 on the benefits.

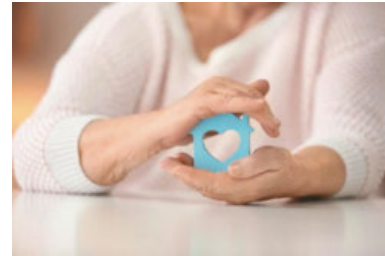
The exact scope and eligibility criteria will be determined if the bill is passed into law.

But here's the good news...

Mason County already has limited programs of this type.

Regardless of what happens with the federal legislation, the Scottville Area Senior Center and Help Ministries are able to help a limited number of low-income Mason County seniors with safety-related home improvements and accessibility ramps.

The Scottville Center (231-757-4705) has a program to install grab bars, railings and other safety items to help avoid falls and injuries. Help Ministries (231-843-6811) may be able to help with an accessibility ramp. If interested, call them to learn about availability and eligibility.



Home Safety Checklist

- Test Smoke / Carbon Monoxide Alarms
- No Overloaded Electrical Outlets
- All Windows Open Easily From Inside
- Unplug All Small Appliances
- Clean Dryer's Lint Screen
- Address is Visible From Curb
- Check for Frayed Wires
- No Cords Run Across Doorways
- No Outlets Are Warm
- Outside Vents are Clear of Obstruction
- Meds Have Childproof Lids & are Stored High
- Put a Flashlight Near Your Bed



ESD shows kids, grandparents that learning math is fun

The Grandparents Raising Grandchildren meetings at the Scottville Area Senior Center usually have separate activities for adults and kids. But the May meeting was much different—everyone was together and much laughter and learning was the outcome.

The May gathering featured Meg Brown, Math Specialist for the West Shore Educational Service District (which supports schools in Mason, Lake and Oceana counties) and her colleague, Pam Janowiak. They involved the grandparents and their kiddos in a new math learning program they are developing—based on a series of games that teach math while having fun. They also showed a video that illustrated the games and demonstrated the enjoyment people have while learning!

The new concept involves games keyed to different age and grade levels. Groups of children and adults received game boxes and immediately began to play together. A group of just kids can play and learn, of course, but an added benefit of intergenerational game play is to involve adults in their kids' education, in a way the kids enjoy.



Then, Meg surprised all the kiddos with her expertise in making various balloon animals and flowers.

A great evening that taught everyone that learning math can be fun, and ended with giggles over balloon monkeys, turtles and more. Thanks Meg and Pam! You + your new math teaching concept = a hit!

June Cookout

Next up for grandparents and others raising young relatives: another combined activity. On Wednesday, June 15, at 5:30, the group will enjoy a cook-out and some outdoor (weather permitting) crafts and games.



Ask Sharon

As I'm writing this the weather is fall-like, after a week or so of summery weather. It makes you wonder what is in store for Michigan when summer is here for real. I realize I haven't written a column with the amounts that a person can make and be able to get help with Medicare. They have changed quite a lot since the last time I wrote about them.

Q. I have a hard time paying for my prescriptions, is there help for me?

A. Ex-help through Social Security, helps pay for Prescriptions and premium for plan if you have the required income..

Single people can make a maximum of **\$20,625** annually and have resources of **\$15,510**.

Married couples can make a maximum of **\$27,705** and have savings of **\$27,950**.

The amounts of savings include burial savings.

Q. Is there a way of saving money on original Medicare?

A. The State has a program through MDHHS called Medicare Savings plan. The maximum amounts are much lower through this plan. Assets (savings) are \$2000/single, \$3000/married couple.

A single person can only make **\$16,548** a year and a married couple **\$22,212** to qualify for full benefits. If you make more than these amounts you should apply for help anyway.

I hope this article helps you. If you think you may qualify for either program please feel free to call me at **757-4054**.

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

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.....231-583-2028

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.....231-757-4705

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

15-0696