

**A PUBLICATION FOR
MASON COUNTY
RESIDENTS**

**July 2022
Volume 11
Issue 7**

Active for Life

Your life, Your Way, Your time over 50

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BRAD REED

www.ludingtonseniorcenter.org

www.scottvilleareaseniorcenter.com

MASON COUNTY • MICHIGAN

Don Ferez does a cool thing

There are all kinds of ways for volunteers to help around a senior center. Don Ferez, an outgoing regular guest at the Scottville Area Senior Center, noticed a need and filled it—much to the surprise of the SASC team.

On one of his regular visits to play cards, Don learned that the counter-top refrigerator in the room that's used for cards, quilting and pool, had broken down with a refrigeration leak. The fridge, used to hold water and soft drinks for visitors, had to be taken out of service.

A few days later, Don showed up at the center with a brand-new fridge. Nobody had asked him. He just knew it was needed and decided to do something about it. The new fridge is now keeping folks cool with chilled drinks. Now Don's going to try to repair the broken one and donate it to someone else.

Don spent most of his life in Muskegon, although he has traveled extensively. He earned his Associates Degree in Accounting from Muskegon Business College (now Baker College). That led to a 27-year career in the accounting departments of two manufacturing companies. In 1988 he decided to go independent, and bought a 300-client tax preparation business. Over the years he built up his clientele to more than 1,400 people, and also had a painting business.

While he still does taxes for about 150 clients, he decided two years ago to embark on a new life adventure. He sold his house in Muskegon and moved to our area to be with Barb Ruba. They have plans to add new travels to their experiences.

Meanwhile, Don says, "I enjoy coming to the Scottville Senior Center—there are lots of things to do. I have played cards most of my life. I play in the Tuesday euchre and Wednesday pinochle groups there."

He's also a top-flight Cribbage player. "I've also been to eight different states to play in cribbage tournaments. My biggest tournament was this past March in Reno, Nevada. There were 482 players. I finished just short of the playoffs there, but I've won one tournament and finished second twice—winning \$900 in one of those second-place finishes, out of 134 players."



"I have two great kids," Don added. "Daughter Lisa, a retired Holland police officer, lives in Las Vegas. Son Kurt lives in Beaverton, Michigan; the long summer days will give us a chance to get in nine holes of golf once in a while, after he gets out of work."

Lisa was playing golf with him when he had the shot of his life. "I had a friend who was in the hospital. I told his wife I'd hit a good shot in his honor," he remembered. "When we got to the par-three 17th hole, I said to myself: 'this one's for you.' I don't know what was guiding my swing and the ball, but everything worked. Lisa got excited, saying 'it's going toward the hole! It went in, dad!' She witnessed my only hole-in-one...so far."

At the Scottville center, we hope Don gets another. We know he's an ace.

Don Ferez (left) is thanked by Bill Kerans, SASC director, after he helped install the refrigerator he donated to the center.

MASON COUNTY • MICHIGAN

June 2022- Elder Abuse Awareness Month



June is World Elder Abuse Awareness month! This month works to not only to educate people on the topic of elder abuse, but to also increase reporting numbers as elder abuse is under-reported and start discussions on how to recognize and prevent this abuse. The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse.

Elder abuse is widespread. Every year an estimated 5 million, or 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. This is where you can help by knowing the warning signs and reporting abuse when you suspect it. When we come together, we can prevent elder abuse from happening.

Some Warning Signs of Abuse

Elder abuse includes financial abuse/scams, neglect, physical abuse, sexual abuse, and emotional abuse. Cassie Caple, Contract Administrator with the Area Agency on Aging of Western Michigan and Kent County Elder Abuse Coalition Coordinator explains a few of these warning signs. "Whether you are a professional with an older adult client, or a family member checking in on a loved one, a few physical things you can look out for include unexplained bruises, reports of recent falls, and sudden weight loss. Or if you are having a conversation and they mention something along the lines of unpaid bills, feeling lonely, or perhaps not taking their medication, these can be signs of abuse as well. So, it is really good to check in, ask what they might need, and have that heightened awareness," Cassie shares. Taking the time to intentionally check in with the older adults in your life is a great first step. It is recommended that you have this conversation with the older adult alone so they can feel safe in sharing any concerns.

Reporting Abuse

Once you are educated on what to look out for, and feel that abuse may be occurring, it is time to take action. If you have concern that an older adult in your life is not in a safe and healthy living situation, you can report this to reputable agencies. Below are a few reliable places to start:

Adult Protective Services investigators protect vulnerable adults and staff will investigate allegations within 24 hours after the report is received. APS has a 24/7 Hotline: 855-444-3911 where anyone is able to make a report.

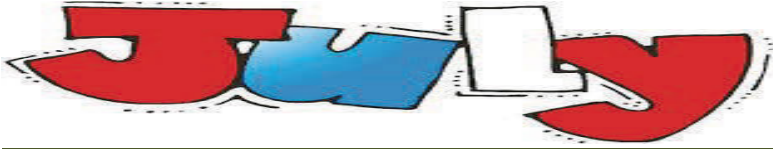
Long Term Care Ombudsman advocate for residents in long term care facilities: 1-866-485-9393 or visit www.mltcop.org

Licensing and Regulatory Affairs Complaint Hotline takes complaints against various state licensed and federally certified health facilities, agencies, and programs: 800-882-6006 or visits www.Michigan.gov/lara

If you'd like further resources on elder abuse, the Kent County Elder Abuse Coalition at www.protectkentseniors.org specializes in compiling up-to-date information on scams, advocating for seniors, and remaining dedicated to the elimination of elder abuse in Kent County and the surrounding areas. The Michigan Elder Abuse Task Force through the state of Michigan at www.michigan.gov also shares a number of resources. And lastly, the Area Agency on Aging of Western Michigan can connect you with community resources at (616) 456-5664.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



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

Mon	Tue	Wed	Thu	Fri
<p><u>Meal Sites</u> Scottville 757-4705 Ludington 845-6841 Tallman 757-3306</p>		<p>Meals on Wheels 231-757-4831 Kitchen 231-757-5721</p>		<p>1 Baked Fish Brussels Sprouts Crispy Cubes Diced Peaches Wheat bread 1% milk</p>
<p>4 No meals served July 4th observed Frozen meals available</p>	<p>5 Swedish meatballs & Noodles California blend Peas Fruit Mix 1% milk</p>	<p>6 Stuffed Peppers Carrots Applesauce Sliced bread 1% milk</p>	<p>7 Thursday Pizza Day Green Beans Creamy Cukes Banana 1 %milk</p>	<p>8 Cheeseburger Cheesy Broccoli Casserole Steamed Carrots Watermelon Bun 1% milk</p>
<p>11 Salisbury Steak Scalloped Potatoes Peas Diced Peaches Rye bread 1% milk</p>	<p>12 Biscuit & Gravy Cheesy Hashbrown casserole Orange Juice Fresh Fruit 1% milk</p>	<p>13 BBQ Chicken Baked Beans Three Bean Salad Oranges Biscuit 1% milk</p>	<p>14 Tator Tot Casserole Green Beans in entrée Mixed Veg Peaches Dinner Roll</p>	<p>15 Chicken Stew Stewing vegetables Carrots Pineapple 1% milk Biscuit</p>
<p>18 Chicken Breast Sandwich Au gratin Potatoes Cherry Tomatoes Applesauce Bun/1% milk</p>	<p>19 Fiesta Lasagna Mexican Rice Tomato & Lettuce Peaches Taco Shell 1 % milk</p>	<p>20 Marinated Chicken Wild Rice Green Bean Casserole Carrots Cantaloupe 1 % milk</p>	<p>21 Quarter Pounder Peas Spudsters Pineapple Bun 1 % milk</p>	<p>22 Turkey Deli/Bun Potato Salad Sliced Cucumbers Pears 1% milk</p>
<p>25 Baked Chicken Scalloped Potatoes Green Beans Peaches Dinner roll 1 % milk</p>	<p>26 Connecticut Beef Bake Baby Carrots Orange Wedges Dinner roll 1 % milk</p>	<p>27 French Toast Sausage Hash browns Orange Juice Muffin 1% milk</p>	<p>28 Beef Stroganoff/w Noodles Peas Squash Lunch Bunch Grapes 1 % milk</p>	<p>29 Pork Steaks Roll Mashed Potato/gravy Spinach Fruit 1% milk</p>

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

\$1 Lunch Days

Scottville & Tallman Centers
Last Thursday each



Ludington Center
Serves Lunch on
Tuesday's & Thursday's

Note: Menus are subject to change.

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

MASON COUNTY • MICHIGAN

Ice Cream Social

All community members invited

Thursday, July 21st and August 18th

1:00 PM - 3:00 PM

Suggestion Donation \$2.00

Ice Cream from



Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431



FIND US ON
FACEBOOK



Vitality at its Best



Free Summer Meals for Kids !!

Please keep in mind, meals are "dine in only", there will be no pick up or take-home meals.

Let's Meet Up and Eat Up !!!
Come and join the fun !!!!!

This is a non-income based program

This summer, when school lets out, Mason County Central Food Service, through the Summer Food Service Program will offer free and nutritious meals to all children ages 18 years and younger at the following sites:

Serving Days:

June 13th through July 29th, 2022.

All Centers closed July 4th, 2022.

Serving days are Monday through Friday.

Upper Elementary - 505 W. Maple St. Scottville
8:15 am until 8:45 am - Breakfast until July 1st, 2022

11:00 am until 12:00 pm - Lunch

Emanuel Lutheran Church - 501 E. Danaher St.
11:00 am until 12:30 pm - Lunch

Mason County Library - Ludington - 217 E. Ludington Ave.
11:00 am until 12:00 pm - Lunch

Waterfront Park - Ludington - 300 S. William St.
11:15 am until 12:15 pm - Lunch

Feel free to call with any questions

Mary Ann Nielsen

Mason County Central Food Service Director 231-757-5721

Casino and Cruise Combo Thursday, August 4



See page 13

CHARITY SEW

Will meet Tue., July 19th
10:00am
Neck Pillows and Fidget Quilts
for Hospice and Fresenius
Dialysis Center

For more details, call
Norma Andersen 757-2315

OR
The Scottville Senior Center 757-4705



Lets Craft

At the **Scottville Senior Center**

Wednesday July 27th at 1:00pm

Tie - Dye

We supply the Tie and the Dye you
bring the item to be dyed.

\$3.00

Survivor Benefits: Four Tips Widows Need to Know

Months before the first Social Security check was issued in 1940, lawmakers made changes to the planned benefits. Instead of the retired worker's benefit ending when he died, his widow could collect a survivor benefit for her lifetime. Since then, the eligibility rules for survivors have improved. The age requirements are lower, surviving ex-spouses are eligible, including surviving spouses and partners of same-sex relationships.

One thing that hasn't changed is that the surviving spouse is often unsure how to start claiming their survivor's benefits. We have some information to assist you in applying for benefits as a surviving spouse.

If you are a widow (or your ex-spouse died), you may be eligible to receive benefits on your late spouse's, or ex-spouse's, Social Security record. How much you receive will depend on your age, the amount of benefits you may receive on your own record, and whether you have dependent children.

You may be entitled to receive a survivor's benefit under the following circumstances:

- At age 50 if you have a disability.
- At age 60 (the benefit amount will be reduced).
- At any age if you have a child under your care who is under age 16 or who became disabled before age 22.
- If you were widowed and remarried after age 60.

If you're entitled to retirement benefits – but haven't applied yet – you have an option. You can decide to apply for either the retirement or survivors benefits first. You can switch to the other (higher) benefit later.

To help make this decision, it's important to know your Full Retirement Age (FRA). Your FRA is when you can start receiving your full retirement benefit amount. For instance, if you were born between January 2, 1943 through January 1, 1955, your FRA is 66. If you start receiving benefits before your FRA, your benefits will be reduced, generally for as long as you continue to receive benefits.

There are many variables involved. [Contact Social Security](#) to discuss which benefit to take first – before applying for either benefit. You want to be sure you're choosing the option that best fits your financial circumstances.

All the information you need is on the [Social Security website](#). You must apply for [survivors benefits](#) over the phone or make an appointment to apply in person. You will also need to provide certain original documents.

Local Social Security offices are helping people in person with or without an appointment. This means staff will take applications in person and they will be available to help and answer any question you may have. I encourage you to call and schedule an appointment in advance to save time and so you have all the documents we need to help you in one visit. Please share this information with your friends and family – and post it on social media.

By [Cindy Hounsell, President, Women's Institute for a Secure Retirement](#)



Project Fresh Fruits, Vegetable & Honey!!

To get the coupons, you must:

- Be at least 60 years old
- Live in Michigan, in the county giving out the coupons

Have a total household income of at or less than 185% of poverty.

For 1 person: Annual \$25,142
Monthly: \$2,095

For 2 people: Annual \$33,874
Monthly: \$2,823

You use the coupons like money at the farmers markets or roadside stands that have a sign saying **“SENIOR PROJECT FRESH/Market FRESH WELCOME HERE”**.

You can use your coupons at the Downtown Ludington Farmers Market and Orchard Market.

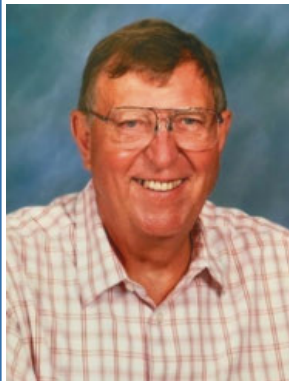


**Coupons available at the
Ludington Senior Center
231-845-6841**

**Must be 60 years of age or older.
This years
Coupons are valued at \$25.00.**

Robert Arnold Sundholm, Jr.

On June 10, 2022, the Ludington Senior Center lost a dear friend and supporter of area seniors. He was born in Ludington in 1934, and graduated from Ludington High School before attending the U.S. Air Force Academy. Bob served his country in Vietnam, Alaska, Texas, Greenland, Germany and England, before retiring in 1982 and returning to Ludington. In this city, he took on the job of administrator of the Village House, an assisted living facility, and he volunteered to serve on the advisory board for the Area Agency on Aging for more than thirty years.



Bob will be sorely missed by his wife Stephanie, five children and their families. He loved his family, his many friends, the community, and his country, and all will feel loss at his passing.

A memorial service was held at Emanuel Lutheran Church on Saturday, June 18. In lieu of flowers, the family asked those, who wished, to make contributions to the Area Agency on Aging of Western Michigan (<https://aaawm.org/donate>).

The seniors in our community have benefitted immensely over the years that Bob was involved in the agency.

The local centers' condolences go out to the family and community in grateful acknowledgement of the efforts he made to enhance the lives of seniors.

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 - July 11th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

*If I have loved, I will feel
and I will grieve...*



What's the Cost of COVID?

Confidential support group,

Time/Date: 6:30 pm - July 28

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

FOOT CARE

Keep Your Feet Happy!

Call Tricia @ 231.239.1951

for an appointment



alzheimer's association®

Mason County Caregiver Support Group

2nd Thursday of the month 1pm-2:30pm

Call the Helpline at 800-272-3900

"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](#)



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 & more information.



30 minutes "FREE" consultation.
Monday, July 18th from 9am - Noon.
By Appointments only. Call 231.845.6841

Reminder when the weather gets hot, we're a designated cooling
facility. You may come in the center and cool off.



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	
 <h1 style="color: red; font-size: 48px; margin: 0;">July</h1>						<p>1 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Open Billiards Footcare</p>	2
3	<p>4 CENTER</p> 	<p>5 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>6 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting</p>	<p>7 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>8 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Billiards</p>	9	
10	<p>11 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games 1:30 Grief Support</p>	<p>12 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>13 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Quilting 10 Stretch & Bal 3 TED TALKS 7:30 Coin Club</p>	<p>14 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies Billiard 11:30 Lunch 1 Dup. Bridge</p>	<p>15 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Card Making 2 Jukebox Bingo</p>	16	
17	<p>18 9 Walking Club 9-12 Parmenter Law 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games</p>	<p>19 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>20 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 1 Cups of Cheer</p>	<p>21 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiard 11:30 Lunch 1 Dup. Bridge 1 Ice Cream Social</p>	<p>22 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards 1 Foot Care 1 Painting Class</p>	23	
24/ 31	<p>25 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games</p>	<p>26 9 Walking Club/Golf 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>27 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 3 TED TALKS</p>	<p>28 9 Walking Club 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Ladies Billiard 11:30 Lunch 1 Dup. Bridge 6:30 Cost of COVID</p>	<p>29 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 2 Jukebox Bingo</p>	30	

LUDINGTON AREA SENIOR CENTER

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



The Ludington Senior Center is going to Manitowoc on the *SS Badger!*

\$275 Double Occupancy
\$355 Single Occupancy

Wednesday, August 10–Thursday, August 11

Round trip ride on the Badger Wisconsin Maritime Museum
Rahr West Art Museum
Dinner on-your-own downtown
Overnight Baymont Inn and Suites
Farm Wisconsin Discovery Center
Transportation to venues
1 breakfast, 2 lunches included

\$25 Deposit. Call 231-845-6841 and ask for Barb.

New at the Center—The Feldenkrais Method Tuesdays at 6pm.

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 balance, breathing, coordi-

Ice Cream Social

All community members invited

Thursday, July 21st and August 18th
1:00 PM - 3:00 PM
Suggestion Donation \$2.00

Ice Cream from



Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431



FIND US ON FACEBOOK



Vitality at its Best



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

Paint with Julie

July 22nd at 1pm

2 4x4 Mini Canvases



\$20.00 Call the Ludington Senior Center to Sign up

\$10.00 non-refundable deposit due at registration.

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

YOGA

Monday & Fridays at 9:30 AM

Zumba Gold (cost \$6.00)

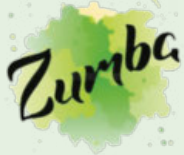
Mondays at 9:30am at Rotary Park

Tuesdays at 9:30 AM

Zumba Toning (cost \$6.00)

Wednesdays at 9:30 Rotary Park

Thursday at 9:30 AM



Cardio Drumming

(cost \$5.00)

Tuesday and Thursday at 10:30 AM

Mondays and Wednesday Rotary Park

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

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.

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.

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. July 15 and 29 at 2pm.

Feldenkrais

Tuesdays from 6-7pm

Call the Ludington Senior Center for more information.

231-845-6841

Cornhole

Cornhole boards always available



Enhancing care,
comfort, and
quality of life

HARBOR

PALLIATIVE CARE

231.722.0382

EmbraceTheTime.org



STEPHENS FUNERAL HOME

Serving Lake & Mason counties since 1917
305 East State Street, Scottville, MI 49454
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Randall S. Wyman, Director
www.wymanfuneralservice.com

County Owned and Serving the Community Since 1966...



"Like Family"

Mason County's

Oakview
MEDICAL CARE FACILITY

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231.845.5185 • www.oakviewmcf.com

THIS SPACE IS
AVAILABLE



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Stephanie L. Kehrer, Owner/Licensed Funeral Director
Jennifer E. Sheehan, Licensed Funeral Director
www.OakGroveLudington.com

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From a Name You Can Trust

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- Flood Detection
- Fire Safety
- Carbon Monoxide



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Provider

SafeStreets

1-855-225-4251



**PARMENTER
LAW**

An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meetings every third Monday of the month, from 9am to 12pm at Ludington Senior Center. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance. Please call the Senior Center at (231) 845-6841 for an appointment.

The sooner you call,
the more we can help.

Our State. Our Town.
Our Hospice.



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

A member of the northstar Care Community

**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPi CALL 800.477.4574



3-D-5-5

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

15-0696



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

Lutz Hearing Aid Center
A Hearing Health USA Company

Call today to schedule your FREE baseline hearing test!

325 N. Jebavy Dr. • Ludington, MI 49431
231-480-4808
www.hearinghealthusa.com
Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379



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OF LUDINGTON


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 Cremation & Funeral Service
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 309 South Washington Avenue
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www.beaconfh.com
231.843.2531

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www.4lpi.com/careers

Gardening for Fun, Flowers and Foodstuffs!



How does your garden grow?

Ours is thriving! We don't have any "silver bells and cockleshell," but we've got some fine-looking lettuce, basil, chives, lavender and flowers. And our cherry tomato plants have ripened nicely.

Here's how our back patio looked as we neared the start of July. By now, we're enjoying the recipes below, as well as grilled Romaine and other summer dishes fresh from the four raised planters.

The planters were built and the crops sowed by teams of seniors and students from the Mason County Central Schools Spartan Academy. Now we're harvesting the fruits—and veggies—of our labors.

If you have some similar plants in your garden, perhaps you'd like to try these recipes.

Caprese Salad: I use cherry tomatoes, cut in half, mozzarella balls (cut in half...or mozzarella cut into bite size pieces.

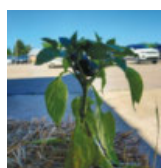
Dressing: 1/2 c lemon juice
 1T thyme
 2T chopped basil
 1 t Dijon mustard
 2 t oregano
 3/4 c olive oil

Mix. Leave at room temp. Add to caprese salad. Add torn basil leaves as well.

If in a hurry, use Newman's vinaigrette.



Ellen Kerans



Green peppers in a straw bail



Raised planters, as July approached



Lettuce and chives



Basil rocks!



Cherry tomatoes ripening



Basil Oregano Pesto

2 Cups Herbs
 2 TBS Pine Nuts and or Walnuts
 2 Lg Cloves Garlic
 1/2 Cup EV Olive Oil
 1/2 Cup Grated Parmesan



Blend it all together until desired consistency. Add salt and pepper to taste.

Missy Kissell

Use Pesto Sauce on Pasta, Pizza, or as a Dipping Oil for Bread



Casino and Cruise Combo

Thursday, August 4

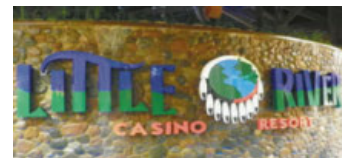


**Exciting Trip from Scottville to Manistee
Little River Casino package
with \$20 in credits for all!**

**Sunset Cruise from Manistee aboard the Princess
For details & to register, call
Scottville Area Senior Center, 231/757-4705**

\$70 per person, includes:

- ◆ Round-trip transportation from Scottville Area Senior Center, 140 S. Main St., Scottville (ample free parking behind the center)
- ◆ \$20 in free Little River credits
- ◆ Then watch the sunset on either of the two decks aboard the Princess



Enjoy... playing your favorite casino games, with dinner on your own at any Little River Casino Restaurant

VOLUNTEERS

MAKE A DIFFERENCE

SIGN UP TODAY!

The Scottville Area Senior Center is looking for Volunteer Drivers for Medical Transportation



Mason County Seniors are in need of Medical transportation.

The Scottville Area Senior Center provides transportation to Medical appointments for Seniors living anywhere in Mason County, up to 100 miles away, with the help of volunteer drivers.

You must have a valid Drivers License and be physically able to handle wheel chairs and other medical devices. All drivers get a safety inspection on their vehicle and receive a 62.5 cent per mile reimbursement when they are available to take a senior to an appointment.



For an application or for more information, please call us at 757-4705



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
<p>Summer. Hair gets lighter. SKIN gets darker. Water gets warmer. DRINKS get colder. Music gets louder. Nights get longer. Life gets better.</p>				<p>I Wii Bowling 10:00 Bingo 10:00 Lunch 11:45</p>
<p>4 Closed for Independence Day</p>	<p>5 Lunch 11:45 Euchre 1:00</p>	<p>6 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00</p>	<p>7 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00</p>	<p>8 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 Life Story Writing 1:00</p>
<p>11 Exercise 10:30 Quilting 10:00 Lunch 11:45 Quilters Guild 6:00</p>	<p>12 Lunch 11:45 Euchre 1:00</p>	<p>13 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00</p>	<p>14 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Book Club 1:15 Technology Help 12:30 Set Back 6:00</p>	<p>15 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4</p>
<p>18 Exercise 10:30 Quilting 10:00 Lunch 11:45</p>	<p>19 Charity Sew 9:00 Lunch 11:45 Euchre 1:00</p>	<p>20 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Parkinson's Grp 1:00 Pinochle 1:00</p>	<p>21 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00</p>	<p>22 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4</p>
<p>25 Exercise 10:30 Quilting 10:00 Lunch 11:45</p>	<p>26 Lunch 11:45 Euchre 1:00</p>	<p>27 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00</p>	<p>28 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00</p>	<p>29 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4</p>

TALLMAN SENIOR CENTER

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

July

Monday	Tuesday	Wednesday	Thursday	Friday
				1
	See page 18 for our center's highlights			
				1
4	5	6	7	8
	Bingo 10:00 Lunch 12:00 Table Games 1-2	Auxiliary Mtg 10 Boggle 11-12 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Grief Support 1-2	Cribbage 10-12 Lunch 12:00 Out Reach 1-3
11	12	13	14	15
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch Pot Luck 12:00 Table Games 1-2	Board of Directors Meeting 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	Coffee 9:00 Bingo 10:00 Lunch 12:00 Facial 1:00	Open Pool 10-12 Lunch 12:00 Out Reach 1-3 Dinner & Movie 3:30
18	19	20	21	22
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Table Games 1-2 Alzheimer's Follow up 12:30	Craft 10:00 Lunch 12:00 Sit n be Fit 2:30	Coffee 9:00 Bingo 10-12 Foot Care 10:00 Lunch 12:00	
25	26	27	28	29
Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	Bingo 10:00 Lunch 12:00 Table Games 1-2 Book Club 1:30	Put-N-Take 10:00 Lunch 12:00 Put N Take 10-12	Bingo 10:00 Lunch 12:00 Alzheimer's Support Group 1	Open Pool 10-12 Lunch 12:00 Out Reach 1-3

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.

Meals are 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

July

<p><u>July 5, 2022</u></p> <p>CLOSED Enjoy the Holiday</p> 	<p><u>July 7, 2022</u></p> <p>CLOSED Enjoy the Holiday</p>
<p><u>July 12, 2022</u> It's a Smorgasborg!!! Regular Meeting of the Senior Center Board @ 12:45</p>	<p><u>July 14, 2022</u> Chicken Club Pasta Salad Cheese & Crackers Veggie Tray Brownie</p>
<p><u>July 19, 2022</u> Beef Stew Veggies in Entree Buttermilk Biscuits Peaches Pudding</p>	<p><u>July 21, 2022</u> Pizza & Wings Tossed Salad Pineapple Cookie</p>
<p><u>July 26, 2022</u> BBQ Pork Potato Salad Baked Beans Roll & Butter Ambrosia</p>	<p><u>July 28, 2022</u> Oven Fried Chicken Mashed Potatoes & Gravy Corn Roll & Butter Fruit Cocktail</p>
<p>Thank you for supporting the Free Soil Area Senior Center</p>	



TALLMAN SENIOR CENTER

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

Fun Activities happening in July

Call the Center for more information



July 19-22 at 12:30 will be the Legal side of Alzheimer's and follow up on Wills



Facials

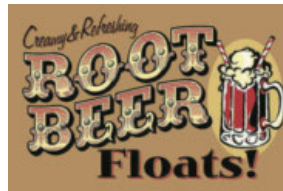
Thursday, July 14th 1:00pm



Tuesday, July 12th 12:00
Lunch with Pot Luck



Everyone will meet in the parking lot at the AMC movie theater and will decide on where to eat after the movie.



Friday, July 22nd 1:00pm



Foot Care

Thursday, July 21st 10am
Please call to sign up
Cost is \$25

FREE SOIL AREA SENIOR CENTER

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

The Free Soil Senior Center is open Tuesdays and Thursdays from 9:00 to 2:00. They have a large gym, good for indoor walking and other activities on rainy days. Their lunches are made on-site and served at noon. Free Soil center will be closed the week of July 4th. For the rest of July, call 231-464-6789 to reserve a spot for lunch. See page 17 for their July menu.



Here are some of the home made meals that will be served in the Month of July



Gardening for beginners.

Peas don't like too much water.

Potatoes do not like tomatoes.

Potatoes don't like cucumbers.

Potatoes and cabbage are friends.

Do not plant beans with onions or beets.

Beans love carrots.

Beets love onion, cabbage, potatoes.

Tomatoes love carrots, peas.

Cabbage does not like radishes.

Beans and cucumbers do not like each other.

Carrots and onions do well together.

Or you can just keep them separated.



Ask Sharon

This month I am going to write about a few things that I think will help most of you. I usually stick to one topic, so this is a change for me and for you.

Q. What programs does the Scottville Senior Center provide?

A. The Scottville Senior center provides transportation to medical appointments within a hundred miles, respite care to provide relief for care givers, grandparents raising grandchildren with monthly meetings, home making services and hot lunches. Call the center for information on these services. They are free or low cost

Q. Tell me about the lunch program.

A. Meals include a salad bar that includes Salad fixin's, fruit and often yogurt, coffee and milk. Tasty meals made by MCC's senior meals cook are served. You'll find the menu at the beginning of the newsletter. The cost is just three dollars (\$3.00). Which is a real bargain.

Q. I know a lot of people are raising grandkids or other young family members who would benefit from a support group to exchange ideas and problem solve. When does the group you mentioned meet?

A. This group meets the third Wednesday of the month at 5:30, at the senior center. Dinner is provided and there are activities for children. There is no meeting in July, but the group will continue as usual in August. Please call the Scottville Senior Center for more information.

Q. Are there any new scams we should be aware of?

A. I know this won't apply to many of you, but if you have family or friends with babies who rely on formula please pass this along. Online scams are popping up and tricking desperate parents and caregivers into paying high prices for formula that never arrives. Please check into any site before you order anything online.

Remember the Senior Centers are open daily to help seniors maintain their independence. Someone will be able to help you if you call or come in. Or if you are tired of being alone stop in (wearing a mask or not), have a conversation and a cup of coffee or join us in our activities. YOU ARE ALWAYS WELCOME!

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



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.

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Ludington Hospital



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HERE WHEN YOU NEED US

When you need care.

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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

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