

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

August 2022
Volume 11
Issue 8

Active for Life

Your life, Your Way, Your time over 50

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www.ludingtonseniorcenter.org

www.scottvilleareaseniorcenter.com

MASON COUNTY • MICHIGAN

A Big Thank you to our Expo Volunteers!

A special thank you to our volunteers who helped at the Active for Life Senior Expo.



Their commitment, dedication and hard work had a crucial impact on this event.

We couldn't have pulled it off without them!



MASON COUNTY • MICHIGAN



Dementia Friends Michigan



More than 6 million Americans are living with Alzheimer's – members of our family, our friends, and our neighbors. We may not even recognize that these individuals have Dementia, as symptoms present differently from person to person. They may be experiencing challenges in problem solving, communicating, or making decisions. Some may have withdrawn from their social obligations due to embarrassment or shame. Educating ourselves on the disease can help us better support those living with the dementia *and* their caregivers. Become a Dementia Friend and take a step towards making your community more Dementia Friendly.

Dementia Friends is a global social movement that focuses on five simple key messages. The goal is to change the way people think, act, and talk about dementia. By incorporating Dementia Friends into open, accessible communities, we enable those living with dementia and those who care for them to be active participants in their well-being. Brandon Beck, Dementia Friends Michigan Program Coordinator explains, “The default reaction to a diagnosis of dementia tends to be one of despair. Dementia Friends works to change the narrative to one of hope. While it’s perfectly normal to grieve what has been lost, a focus on preserved abilities and interests will boost the self-esteem of the individual and create opportunities for meaningful engagement. This person-centered approach is essential for working with those with Dementia.”

The best thing about Dementia Friends – anyone can become one! The content is presented as a one-hour informational session where you will learn how to recognize signs of dementia, how to effectively communicate with people living with dementia, and simple actions you can take to make our community more supportive for those with dementia. [The information is meant to be helpful no matter how you interact with people with dementia – whether you are a caregiver, a professional](#), a business owner, or a family member simply looking for support.

COVID-19 has also had a significant impact on those living with dementia. Changes in daily routines, barriers to social engagement, and new fears associated with the pandemic have exacerbated many of the challenges already present. In addition to Dementia Friends, the Area Agency on Aging of Western Michigan (AAAWM) offers support groups, educational presentations presented by the Family Caregiver University, and many other resources for caregivers.

More information on Dementia Friends can be found at www.aaawm.org/dfmi - including upcoming sessions, how to request a session for your organization, and other ways to get involved. Sessions are currently being offered virtually via Zoom, so it’s never been easier for you or your organization to attend a session. Sessions can also be hosted in-person for your agency by request. You can also call the AAWM at (616) 456-5664. There is no cost to attend a session.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



Meals on Wheels 231-757-4831
Kitchen 231-757-5721

PLEASE CALL
 MEALSITES FOR LUNCH
 RESERVATION
 BY 9:00 AM

Mon	Tue	Wed	Thu	Fri
1 Sloppy Joes Hash Brown Casserole Winter Blend Mandarin Oranges	2 Stuffed Baked Potato Ham, cheese Broccoli Sliced Apples Dinner Roll	3 Spaghetti w/ Meat sauce Garden Salad Cauliflower Banana Garlic Toast	4 Lasagna Carrots Tossed Salad Peaches Garlic Breadsticks	5 Baked Fish Potatoes Green Beans Oranges Roll 1 %Milk
8 Jumbo Hotdog Baked Beans Coleslaw Warm Peaches Bun 1% milk	9 Taco Tuesday Seasoned Taco Meat Tortilla Shell Lettuce & Tomato Refried Beans	10 1/4 Pounder w/ cheese Seasoned Crispy Cubes Peas Apricots Hamburger Bun	11 Goulash Corn Tossed Salad Watermelon 1% milk	12 Stuffed Green Peppers California Blend Warm Apple-sauce Breadsticks 1% Milk
15 Chicken Noodle Casserole Peas Sliced Cucumbers Sliced Peaches	16 Sweet & Sour Pork Over Bed of Rice Stir Fry Vegetables	17 Roast Pork Sweet Potatoes Tossed Salad Diced Pears Dinner roll	18 Chicken Penne With Tomatoes Broccoli Pineapple Tidbit 1% Milk	19 Turkey Deli On a Bun Coleslaw Potato Salad Fruit Mix 1 % Milk
22 Swiss Steak Mushroom Gravy Mashed Potato Squash Banana	23 Ground Beef w/ Spanish Rice Green Beans Cherry Tomatoes Orange Wedges	24 Meatloaf Corn Mashed Potatoes/gravy Banana Rye Bread	25 Thursday Pizza Day Carrots Green Beans Strawberry Shortcake	26 Polish Sausage Sauerkraut Red Potatoes Applesauce Bun 1 % Milk
29 Macaroni & Cheese Carrots Peas Pears 1% milk	30 Swedish Meatballs Egg Noodles Winter Blend Tossed Salad Fruit Mix	31 Chicken Patty On a Bun Crispy Cubes Potatoes Corn Banana		

Meal Sites

Scottville 757-4705
Ludington 845-6841
Tallman 757-3306

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, August 18th

1:00 PM - 3:00 PM

Suggested Donation \$2.00

Ice Cream from



Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431



FIND US ON
FACEBOOK



Scottville Senior Center's
Craft Wednesday,
August 31st 1:00
3 for \$1
Call Jeannette for
details



Scottville Area Senior Center



CHARITY SEW

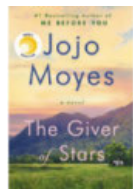
Will meet Tue, August 16th
10:00am

Fleece Arm Warmers, Mitts, and
Blankets for Fresenius Dialysis
Center

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

Scottville Area Senior Center

Book club meets the 2nd Thursday of
every month at Scottville Senior Center



The Book for
August 11th



The Book for
September 8th

MASON COUNTY • MICHIGAN



The Community Foundation for Mason County is proud to partner with LMTA and Michigan Transportation Connection to establish the Rides to Wellness program. This program provides transportation through LMTA for residents of Mason County 60 years of age and older and residents with disabilities to non-emergency medical appointments within Mason County. Participating program partners will coordinate transportation for those that qualify.

Current Program Partners:



Transportation is available Monday - Friday, 8:00 a.m. - 5:00 p.m.

To learn more about patient qualifications for this service please contact the MTC (Michigan Transportation Connection):



1-844-532-7433 (press 1)



mtctransit@gmail.com

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 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 market's 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 year's
coupons are valued at \$25.00.

Future Events 2022

Ice Cream Social August 18

Funcheon Cookout September 28

50TH YEAR CELEBRATION OCTOBER 15

Funcheon Spooktacular October 26

Art and Craft Show November 5

THANKSGIVING FUNCHEON NOV 30



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 & last Thursday of the month

Time/Date: 1:30 - 3:00 PM - August 8th

Time/Date: 6:30 pm - August 25th

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...*

alzheimer's association®

Mason County Caregiver Support Group
2nd Thursday of the month 1pm-2:30pm
Call the Helpline at 800-272-3900

FOOT CARE

Keep your feet happy!
Call Tricia @ 231.239.1951
for an appointment



TECH HELP

Are you having difficulty using your phone,
tablet,

or computer?

Help is here!

Ludington Senior Center
308 S. Rowe Street



Call 231-845-6841 for an
Appointment & more information.

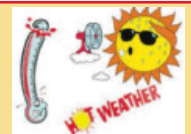


**THE COMMUNITY IS INVITED TO
OUR 50TH ANNIVERSARY
CELEBRATION ON SATURDAY
OCTOBER 15TH AT THE HARBOR
VIEW MARINA 3PM-6PM**



30 minutes "FREE" consultation.
Monday, August 15th
from 9am - Noon.

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
	1 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games	2 9 Golf League 9 Walking Club 9:30 Zumba Gold 10:30 C. Drumming 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge	3 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting	4 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Ladies Billiards 11:30 Lunch	5 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Open Billiards	6
7	8 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games 130 Grief Support	9 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	10 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 3 TED TALKS 7:30 Coin Club	11 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 1 Alz. Support group	12 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Billiards	13
14	15 9 Walking Club 9-12 Parmenter Law 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games	16 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	17 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Quilting 10 Stretch & Bal 1 Cups of Cheer	18 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 1 Ice Cream Social	19 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Card Making 2 Jukebox Bingo	20
21	22 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games	23 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	24 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 3 TED TALKS	25 9 Walking Club 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 6:30 Grief Support	26 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards 1 FaireHeart Wood cutout craft	27
28	29 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games	30 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	31 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 11:30 Funcheon			



TRIPS

February 18-26

San Antonio

\$845 (double occupancy)

Motorcoach transportation
 8 night lodging including 4 consecutive nights in the San Antonio area
 14 meals provided
 Guided tour of San Antonio
 Cruise at San Antonio's famous River Walk District
 Visit to the famous ALAMO and IMAX Theater presentation "ALAMO...The Price of Freedom"
 Visit the Institute of Texan Cultures and San Antonio Missions
 Tour of the LBJ Ranch



\$75 due upon signing. Call the Ludington Senior Center to sign up.

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



Ice Cream Social

All community members invited

Ice Cream from



Thursday, August 18th
 1:00 PM - 3:00 PM
 Suggested Donation \$2.00

Ludington Senior Center
 308 S Rowe Street
 Ludington, MI 49431

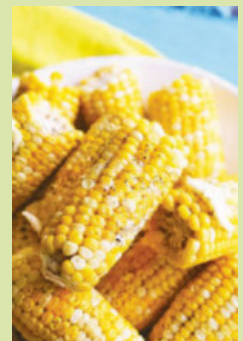


FIND US ON FACEBOOK



Corn Roast Funcheon

August 31st 11:30am
 Join us for chicken & corn. (Full menu posted at later date).



Call the Ludington Senior Center to RSVP
231-845-6841



Wood Cutout class offered by Faire Heart At the Ludington Senior Center August 26 at 1pm. All materials & step-by-step instruction provided by Faire Heart.
 Call the Ludington Senior Center to register and for more information!



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)

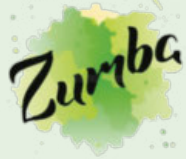
Mondays at 9:30am at Rotary Park

Tuesdays at 9:30 AM at the center

Zumba Toning (cost \$6.00)

Wednesdays at 9:30 Rotary Park

Thursday at 9:30 AM at the center



Cardio Drumming (cost \$5.00)

Tuesday and Thursday at 10:30 at the center

Mondays and Wednesdays 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.

August 19th @ 2 PM

Feldenkrais

Tuesdays from 6-7pm

Call the Ludington Senior Center for more information.

231-845-6841

Cornhole

Cornhole boards always available

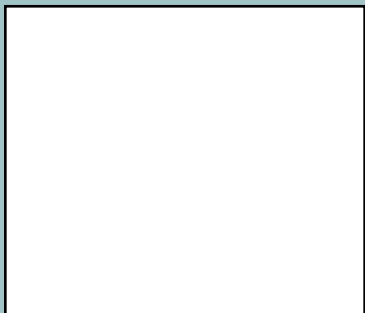


The Leila and Cyrus Poppen Hospice Residence
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231.728.3442
 HarborHospiceMI.org

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 231-757-3333
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 www.wymanfuneralservice.com

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 Stephanie L. Kehrer, Owner/Licensed Funeral Director
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PARMENTER LAW

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

The sooner you call, the more we can help.

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

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Our Hospice.

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AD CREATOR STUDIO



lpicomunities.com/adcreator

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 WITH PURCHASE OF THIS SPACE
CALL 800.477.4574



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 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

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231-480-4808
www.hearinghealthusa.com
Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379



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www.4lpi.com/careers

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

AUGUST

Job Applications Welcome

- Homemaker Program
- Respite Care

Volunteer driver opportunities (mileage reimbursed)

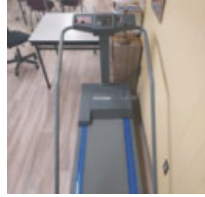
- Medical Transportation Program

Serving all of Mason County

Mon	Tue	Wed	Thu	Fri
1 Exercise 10:30 Quilting 10:00 Lunch 11:45 Quilters Guild 6:00 (Riverside Park, Scottville)	2 Lunch 11:45 Euchre 1:00	3 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	4 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Casino Trip 2:30 Set Back 6:00	5 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45
8 Exercise 10:30 Quilting 10:00 Lunch 11:45	9 Lunch 11:45 Euchre 1:00	10 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	11 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Book Club 1:15 Set Back 6:00	12 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
15 Exercise 10:30 Quilting 10:00 Lunch 11:45	16 Lunch 11:45 Euchre 1:00 Charity Sew 9:00	17 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Parkinson's Grp 1:00	18 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00	19 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45
22 Exercise 10:30 Quilting 10:00 Lunch 11:45	23 Lunch 11:45 Euchre 1:00	24 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	25 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00	26 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45
28 Exercise 10:30 Quilting 10:00 Lunch 11:45	29 Lunch 11:45 Euchre 1:00	30 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	31 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:30 Set Back 6:00	

SCOTTVILLE AREA SENIOR CENTER

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



Light weight treadmill \$30



6 Giant Martini Glasses with mirror
\$20 each or
\$100 for all

We are selling the Shuffleboard Table for the best offer over \$500.



If you are interested in any of these items for sale, please contact the Scottville Area Senior Center.

Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.



HELP Indeed!

Rarely will you find an organization as aptly named as HELP Ministry. While they are an important resource for Mason County seniors, they help people of all ages. In fact, you can pretty much define the people they assist as...people in need of help and hope.



HELP team members outside the headquarters on Tinkham Ave. in Ludington. From left, Larry Lange, Sue Lange, Lee Ferdon, Shawna Nordine and Pam North)

H.E.L.P. stands for “Hands Extended Loving People.” It was founded in 1998 by Gene McClelland, as a faith-based non-profit, primarily to provide household items to people in need. Current Executive Director Larry Lange joined the organization seven years ago. He and his team have carried on and expanded the original mission. They lead and coordinate the work of many, many volunteers, and look forward to celebrating their 25th year in 2023.

While the organization is not affiliated with any particular church, its wide-ranging compassionate services have a strong religious underpinning. In fact, many of the area churches and their members form the backbone of the work they do, the donations that make it all possible, and the willing hands of their volunteers. Prayer remains a big component of their work.

Services. There is no short way to summarize HELP’s services. The organization’s original mission—providing furniture, appliances, and other household goods for those in need, is still the mainstay of their work. But through the years the organization’s sterling reputation has attracted requests for a wide array of help. True to their name and spirit, HELP has extended its hands, and hearts, to helping in as many ways as its resources allow.

Among the current services, you’ll find them building access ramps on homes, completing minor home repairs, building bunk beds, providing rides to medical appointments, occasional car repairs, even gifting cars that have been donated. In addition to all that, their donors have made it possible for them to help with varied financial needs—including such emergency assistance as utilities, rent, heating, medical needs, insurance and a wide range of other assistance.

As Larry Lange puts it, “When I became involved, I had no idea of the depth of what’s done here. You just never know what kind of request might come in next. Our goal in assisting people is to help them get to an ‘end game,’ where their need is met while maintaining their dignity, and we help them move forward on their own.”

How to access services. If you have a need for assistance, call HELP at 231/843-6811 to explain your circumstances and work with them to identify appropriate resources.

HELP uses a case-by-case approach to determining who qualifies for help. Decisions are made on individual circumstances, rather than a defined income limit. They also have a particular focus on assistance to elderly and disabled persons.



MASON COUNTY • MICHIGAN

***The guiding principle of HELP Ministry is this biblical lesson:
“Whatever you do for the least of these, you do for me.”***

They have had as many as 3,400 requests for assistance in a single year, and have had approximately 1,400 so far in 2022.



Warehouse manager Lee Ferdon storing furniture

HELPIng Hands. In addition to direct assistance, HELP coordinates with other service agencies to meet community needs. They help people connect first with such organizations as the Dept. of Human Services, FiveCAP, Salvation Army, Red Cross, their church, and others. When outside help cannot meet the need, HELP will try to do it, within available resources.

Pictures cannot adequately convey the staggering variety of items, packed wall to wall, donated to the HELP warehouse. Furniture of all kinds, appliances large and small, linens, pillows, clothing and innumerable kitchen and other household goods. Answered prayers.



Warehouse overview

Remarkably, 20% of the contents turn over weekly, keeping the truck and volunteers very, very busy.



The HELP truck is on the road two days a week, picking up donated items for the warehouse. Then the truck is re-loaded and off it goes, to deliver items for individuals and families in need who are gratefully awaiting deliveries.

How to Help. While physical donations are vital to HELP’s mission, so are monetary donations. Those donations come from a variety of individuals, businesses, and organizations. If you would like to help HELP with a donation, call them (843-6811) or visit their web site: www.help-ministry.org.

M.A.D. Ride Fundraiser—August 20. Operating funds come from HELP’s major fundraiser each year—the **M.A.D.** (Make A Difference) **Ride**. This popular bike event has rides of various lengths within Mason County—from 14 to 100 miles. Riders typically solicit donations based on the number of miles they’ll ride. There’s still time to support HELP by participating in the 2022 ride on Saturday, August 20. Call them at 843-6811 to sign up and get details.

The great thing about the ride is that by raising the funds needed for HELP’s operations, they can truly say that 100% of other donations go directly to the mission--helping people in need. That’s a pretty remarkable record.

For seniors and others in need, HELP Ministry is indeed a blessing to many. And as Larry Lange is quick to confirm, helping others is also a blessing to those who provide the assistance.



TALLMAN SENIOR CENTER

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



HELLO August



Mon	Tue	Wed	Thu	Fri
1 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30 Angel Muffin's Birthday	2 Bingo 10:00 Auxiliary mtg 12:30 Lunch 12:00 Table Games 1-2	3 Boggle 11-12 Lunch 12:00 Sit n be Fit 2:30	4 Bingo 10:00 Lunch 12:00 Grief Support 1-2 Budget 3:00	5 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
8 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	9 Bingo 10:00 Lunch 12:00 Table Games 1-2	10 Board of Directors Mtg 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	11 Bingo 10:00 Foot Care 10-12:30 Lunch 12:00	12 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
15 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	16 Bingo 10:00 Lunch 12:00 Table Games 1-2	17 Craft 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	18 Bingo 10:00 Lunch 12:00	19 Open Pool 10-12 Lunch 12:00 Out Reach 1-3 Dinner & Movie 3:30 Puzzle Day
22 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	23 Bingo 10:00 Lunch 12:00 Table Games 1-2	24 Lunch 12:00 Sit n be Fit 2:30	25 Bingo 10:00 Lunch 12:00 Facial 1:00	26 Open Pool 10-12 Pot Luck 12:00 Please see page 18 for details
29 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	30 Bingo 10:00 Lunch 12:00 Table Games 1-2 Book Club 1:30	31 Lunch 12:00 Sit n be Fit 2:30		

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



August

<p><u>Tuesday, August 2</u> Closed For Voting</p>	<p><u>Thursday, August 4</u> Chicken Alfredo Tossed Salad Mixed Fruit Garlic Bread Sherbet</p>
<p><u>Tuesday, August 9</u> It's a Picnic!!! Brats, Burgers, Sides & Desserts! Something for everyone!</p>	<p><u>Thursday, August 11</u> Lemon Pepper Chicken Roasted Red Potatoes Broccoli Peaches Roll & Butter Cookies</p>
<p><u>Tuesday, August 16</u> Chop Suey w/ Rice Spring Rolls Cream Cheese Rangoons Fortune Cookie Fried Bananas</p>	<p><u>Thursday, August 18</u> Keilbasa & Kraut Garlic Mashed Potatoes Carrots Apple Sauce Roll & Butter German Chocolate Cake</p>
<p><u>Tuesday, August 23</u> Chicken Noodle Casserole Vegetables in Entree' Roll & Butter Fresh Fruit Cherry Cheesecake Fluff</p>	<p><u>Thursday, August 25</u> Sloppy Joes Tater Tots Cole Slaw Pineapple Cake</p>
<p><u>Tuesday, August 30</u> Pork in Gravy Mashed Potatoes Sautee'd Green Beans AppleSauce Roll & Butter Fruited Jello</p>	<p>Please, call by Noon the day before to re-serve a meal. <i>Thank you!</i></p> 



Fun Activities happening in July

Call the Center for more information



Alzheimer's Follow up Meeting will be held this month. Please call the center for a Date and Time



Dinner & a movie

**Friday, August 19th
3:30**

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



We are currently in need of crafting supplies. If you would like to donate to our center, please give us a call or stop in.

Foot Care



**Thursday, Aug 11th 10-12:30
\$25 Call for an Appointment**



Facials

Thursday, Aug 25th 1:00pm



Everyone is welcome! We will have outside activities and hotdogs. Bring a dish to pass

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 Tuesday, August 2nd for Voting**. Call 231-464-6789 to reserve a spot for lunch. See page 17 for their August menu.



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



Chicken Alfredo



Lemon Pepper Chicken



Brats & Burgers



Kielbasa & Kraut



Chop Suey



Mashed Potatoes



Sloppy Joes



Mental health 988 crisis line Michigan participating

Michigan residents now have 24/7 access to the new 988 emergency line for help with a mental, emotional or other behavioral crisis, including thoughts of suicide or a substance use crisis.

The three-digit number simplifies access to support and will operate much like the 911 number that has long been in use for rapid access to law enforcement or health care assistance. The 911 system will continue to operate for those types of assistance.

The 988 hotline was made possible by federal funding to expand telephone infrastructure and add call center staff to handle the expected volume of calls. Trained counselors at more than 200 nationwide centers will be available. People can use the new number to call for themselves or to seek different help options available for others.

The 988 code replaces a traditional 10-digit number to call the National Suicide Prevention Lifeline. There have been more than 20 million calls to the lifeline number since it was launched in 2005.

We are also fortunate to have a local office of West Michigan Community Mental Health in Ludington. They are located at 920 Diana Street, just west of Spectrum Health Ludington Hospital (additional offices in Lake and Oceana counties). You can learn about their services online, at www.wmcmhs.org. The main phone number in Mason County is 231-845-6294, or you can call 1-800-992-2061.

The Michigan Department of Health and Human Services also operates a Stay Well counseling line for those experiencing stress related to the COVID-19 pandemic: 888-535-6136 (then press 8).



Ask Sharon

By Sharon Bailey, SASC Medicare Counselor

This column is being directed to anyone turning 65 in the near future. I know Medicare seems difficult to understand, but just know that it is really quite easy. I will try to explain the different parts of Medicare and how to enroll.

Q. When should I enroll in Medicare?

A. If you are not working you will be automatically enrolled. You should receive your Medicare card well before your birthday month. Coverage will begin on the first of the month.

If you are still working when you turn 65 you will need to apply for Medicare. You can apply yourself on Medicare.Gov., the official site, or I will be glad to help you.

Q. What are the different parts?

A. Part A pays for your hospital care. Part B pays for doctors, tests, and medical supplies. Part A has no premium charge, but there is a \$1200 deductible and a 20 percent copay. These costs usually rise yearly. Part B has a \$170 premium and also a 20 percent copay. Part C is called Medicare Advantage and Part D helps pay for prescription drugs.

Q. How does Medicare Advantage work?

A. To help pay for the deductibles and copays, private insurance companies have plans that you can add to Original Medicare. Many of them have no premium and help cover medical costs not paid for by Medicare. I highly recommend one of these plans because they also have a cap as to how much you spend a year out of pocket. You apply for these plans after you get a Medicare card. I would be glad to help you enroll when you are ready.

Q. How does Part D work?

A. There are two ways to get insurance to help pay for drugs. It is included in the Medicare Advantage plan and you can also buy a stand-alone plan. The cost of a drug plan depends on the company and if it covers brand name drugs. Stand-alone plans usually have deductibles and copays. I will be glad to help you find a drug plan that covers your drugs for the least cost to you.

I hope this column helps you as you begin your journey into Senior living. Its not so bad once you jump in. My phone number is 231-757-4052. I would love to hear from you

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
HELP Ministry.....	231-843-6811

Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....	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)	
Rides to Wellness.....	1-844-532-7433

Other Transportation

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

Mason County Veterans Affairs.....

John Cotton, Director (jcotton@masoncounty.net)	231-583-2028
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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
United Way.....	231-843-8593

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
Last Thursday of the month
at 6:30 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



Mental Health Crisis Line

Kinship Care Support Group

(Grandparents & others
raising young relatives)
Scottville Senior Center
3rd Wednesdays, 5:30
140 S. Main, Scottville
231-757-4705



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

15-0696