

A PUBLICATION FOR
MASON COUNTY
R E S I D E N T S
On the Upside of 50

September 2022
Volume 11
Issue 9



Active for Life

Your life, Your Way, Your time over 50

What's Inside:

- **Page 2 Volunteers needed for Bingo Tent**
- **Page 3 Area Agency on Aging of Western Michigan**
- **Page 6 Medicare Educational Event**
- **Page 14 Speak out Speak up learning series at SASC**
- **Page 18 Tallman and Freesoil Activities**
- **Page 19 Ask Sharon**
- **Page 20 Resources and Important Numbers**

www.ludingtonseniorcenter.org

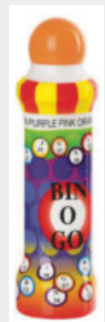
www.scottvilleareaseniorcenter.com

Volunteers Needed



The Scottville Area Senior Center is looking for volunteers to help with our bingo tent on Saturday, September 17th During Scottville's Fall Celebration

If you are interested in helping with the bingo tent, give us a call at the Scottville Senior Center and sign up for a time slot between 11am and 6pm.



The Scottville Area Senior Center
231-757-4705



Tackling Tech: Tips for Using Technology for Seniors

These past few years of pandemic life have forced many to turn to technology as a means of connection. Doctor's appointments turned to video visits, typical in-person social engagements became phone calls or text chains, and classes and activities moved to Zoom and other virtual platforms. This large shift, happening almost simultaneously, can be confusing to navigate. How do you set up your new tablet? How can you use an app to order groceries or download library books? How can you give an Alexa device commands to check the weather? There are endless possibilities of what technology can help you to do, especially as a senior, to enhance your life, but navigating just how to do so can be a challenge. Here are a few tips.

1. First and foremost, identify what you'd like to accomplish. Just jumping in and trying to learn everything at once is overwhelming. Set a goal to focus on just learning how to do that one thing and give yourself the grace to do so over multiple sessions.
2. Start small with activities such as turning on a device or setting up an email address. If there are barriers to getting started, such as internet access or affording a device, identify these barriers and reach out to your local Area Agency on Aging, or one of the senior centers listed below, where you can be connected to resources.
3. Ask for help if you need it. It is okay to not know everything and if you hit a wall, it can be helpful to turn to a friend or family member for guidance and input.
4. Seek out resources. If you don't have a person to turn to for questions, you can use one of the many resources below.
 - a. GetSetUp: Michigan Department of Health and Human Services partnered with GetSetUp, a digital education platform for older adults, to offer 150+ technology and enrichment classes, all taught by retired educators. www.getsetup.io/partner/michigan
 - b. Making IT Easier Series: The Area Agency on Aging of Western Michigan has a video series designed to teach seniors how to use technology to enhance their lives. You can check out these videos on our website, including lessons on how to use Facetime, order grocery delivery via Shipt, get a ride with Lyft, and more www.aaawm.org/tech
 - c. Senior Neighbors Technology Support Program: Through workshops and one-on-one support, local seniors in Kent County will receive person-centered services to provide access to affordable internet and devices, develop technical skills, and find confidence in utilizing technology. You can learn more about this program at www.seniornighbors.org/tech
 - d. Older Adults Technology Services (OATS): A national program, with Senior Planet as its flagship, OATS provides courses, programs, and activities to help seniors learn new skills, save money, get in shape, and make new friends. You sign up for their newsletter and participate in online offerings at <https://seniorplanet.org/> You can also call the Senior Planet Tech Hotline: (888) 713-3495.
 - e. AGING Connected: Partners with telecommunications companies, nonprofits, and public entities to bring low-cost internet options to older adults nationwide. Call for support: 877-745-1930
5. Practice online safety. Write down your account information and passwords to online accounts and keep them in a safe place. Check your links and attachments to ensure they are from trusted sources, oftentimes an "https" before a website link is a good indicator that a link is secure.
6. Use Accessibility Features. It can be hard to see a screen, type on a keypad, and click through screens. You can utilize accessibility features to make devices more user-friendly, these include options such as voice commands, magnifier and zoom options, color filters, dictation features, assistive touch, and more.

Tech Help Options: **AAAWM drop-in event Sept. 27 in Scottville**

Want one-time one-on-one support? **The Area Agency on Aging of Western Michigan will be hosting a drop-in technology event at Scottville Senior Center (140 S. Main Street, Scottville) on Tuesday, September 27 from 10:00 am-2:00 pm.** Open to individuals over 60 and in our nine-county AAAMW region (Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, or Osceola). You can bring in your device and receive assistance from AAAMW experts and SASC's tech advisor. Don't have a device? **A limited number of tablets will be available to participants who do not currently have a device. Participants may take home their new tablet following the event.** Questions? Call Brandon Beck at (616) 222-7024.

Individual tech help is also available at these senior centers:

Scottville Area Senior Center: Thursdays at 12:15, with Kristyn Norton from the Scottville Library.
Ludington Area Senior Center: Call for an appointment—231-845-6841


MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

SEPTEMBER

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 Cabbage Rolls Peas Applesauce Dinner roll 1 % milk	2 Lasagna / meat sauce Carrots Tossed Salad Fruit Garlic breadstick 1% milk
5 Labor Day Observed No Meal served	6 BBQ Chicken Red Skin Potato Corn Fruit Mix Dinner roll 1 % milk	7 Jumbo frank Potato Salad Baked Beans Melon Bun 1% milk	8 Connecticut Beef Bake /w Potatoes Baby Carrots Orange Wedge Dinner roll 1% milk	9 Chicken Burger Baked Beans Creamy Cukes Pineapple Bun 1 % milk
12 Cheese Burger Crispy Potatoes Three Bean Salad Bun Pears 1% milk	13 Tator Tot Casserole Carrots Fruit Mix Bun 1% milk	14 Roast Turkey Sweet potatoes Green Beans Sliced apples Dinner roll 1% milk	15 Thursday Pizza Day Tossed Salad Peas Fruit Salad 1% milk	16 Spaghetti/meat sauce Broccoli Diced Canta- loupe Breadstick 1% milk
19 Biscuits and Gravy Hashbrowns Orange Juice Grapes 1% milk	20 Taco Tuesday Taco Meat,Shell Beans & Rice Tomato,Lettuce Oranges 1% milk	21 Liver & Onions Mashed Pota- toes/ Gravy Green Beans Applesauce Ro ll 1% milk	22 Chicken Alfredo Tossed Salad Broccoli Fruit mix Garlic Bread 1% milk	23 Fiesta Lasagna Beans in Entree Corn Lettuce & Tomatoes Pears 1% milk
26 Beef Fritter/ Gravy Augratin Potatoes Corn/ Roll Fresh Fruit 1% milk	27 Chicken Penne Tomatoes in Entree Carrot Grapes Tossed Salad 1% milk	28 Baked Chicken Mashed Pota- toes/ Gravy Fruit Green Beans Bread 1% milk	29 Turkey Deli Potato Salad Coleslaw Grapes Bun 1% milk	30 Baked Fish Potato Puffs Brussels sprouts Diced peaches Wheat bread 1% milk

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
month

Ludington Center
Serves Lunch on
Tue. & Thur.;
Scottville and
Tallman, M-F

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.

Future Events 2022

Medicare Educational Event September 19th

**50TH YEAR CELEBRATION
OCTOBER 15**

Fish Fry October 21st

Funcheon Spooktacular October 26

Art and Craft Show November 5

THANKSGIVING FUNCHEON NOV 30



Bingo at Scottville Fall Celebration

The Fall Celebration in Scottville on September 16 and 17 will feature great music and a myriad of activities on Friday evening and all day Saturday.

The Scottville Senior Center has joined in the spirit of the city's celebration of fall by hosting a bingo tent. The tent will be on the patio behind the center, from 11 a.m. to 6 p.m. on Saturday, the 17th.

Bingo is a popular Friday morning activity inside the center (10 a.m.), so it's a natural extension to take one of our favorite games outdoors during the Fall Celebration.

If you're enjoying the music and other festivities on Main St., you can walk through the center to reach the tent, or park in the large city lot behind the center and join us for bingo.



SASC CRAFT

Wednesday, September 28th
Gnome Wreaths.
Please call Jeannette to sign up.
757-4705



MEDICARE EDUCATIONAL EVENT

Do you have questions about Medicare, Medicaid, Supplementals, Advantage Plans, Med D?

On **September, 19th at 1:00pm**, Smith & Eddy along with the Ludington Senior Center will sponsor a Medicare Educational Event. Jim Hart, Senior Sales Representative from Priority Health and Ed Forfinski, Medicare Specialist from Smith and Eddy Insurance Company will share their knowledge on Medicare and Medicare Advantages, Part D Prescription coverage and Medicare Supplements. We will have time for questions and answers.

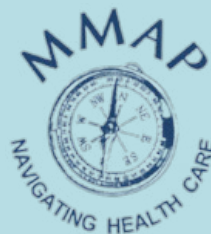
The 2022 enrollment does not begin until October 15, 2022, therefore we will **NOT** be doing any enrollment at this time. This is strictly an educational seminar to broaden your awareness of all the available plans. Jim Hart will explain many of the extra benefits Priority Health's Medicare Advantage Plans offer such as Dental, Vision, Hearing Coverage, Silver Sneaker, Over the counter Benefits and many other options.

Bob Callery, from the Area Agency on aging will explain how Medicaid works with Medicare and take questions.

DHHS will discuss Medicaid benefits.

Light refreshments will be provided.

Event is open to anyone wanting to learn more about Medical Insurance Coverage.



OPEN ENROLLMENT BEGINS OCTOBER 15, 2022

—
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: 2pm-3pm
Date: Thursday, September 22nd
Location: Ludington Senior Center 308 S Rowe St. Ludington, MI 49437

Light refreshments will be provided.

To RSVP, call Andrea at
231-845-6841

Elara  Caring

Ludington Woods
A Leisure Living Community




Elara Caring will be educating on their services.

LUDINGTON AREA SENIOR CENTER

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



Open Ended Grief Support & Education

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

2nd Monday & last Thursday of the month

Time/Date: 1:30 - September 12th

Time/Date: 6:30 pm - September 29th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

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



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

alzheimer's association®

FOOT CARE

Keep your feet happy!

Call Tricia @ 231.239.1951
for an appointment



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

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



30 minutes "FREE" consultation.
Monday, September 19th
from 9am - Noon.



Ludington Senior Center Holiday Arts & Craft Show

Ludington Senior center will be hosting its seventh holiday Arts and Crafts Show on November 5th from 10am to 3pm. A tablespace is available for interested vendors. Please call the center for more information or check out our Facebook page Ludington Area Senior Center events.

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
				<p>1 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft & Giggles 10 Ladies Billiards 11:30 Lunch</p>	<p>2 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Open Billiards</p>	6
7	<p>5 CLOSED </p>	<p>6 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</p>	<p>7 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting</p>	<p>8 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 1 Alz. Support group </p>	<p>9 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Billiards</p>	10
11	<p>12 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games 130 Grief Support</p>	<p>13 9 Golf League 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing</p>	<p>14 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Quilting 10 Stretch & Bal 3 TED TALKS 7:30 Coin Club</p>	<p>15 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 3 PM COA Brd Mtg</p>	<p>16 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games Footcare 2 Jukebox Bingo </p>	17
18	<p>19 9 Walking Club 9 Men's Billiards 9-12 Parmenter Law 9:30 Yoga 10 Mahjong 1 Cards & Games 1 Medicare Educational Event </p>	<p>20 9 Walking Club 9 Golf League 9:30 Zumba Toning 10:30 Cardio Drum 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing</p>	<p>21 9 Men's Billiards 9:30 Zumba (Rotary Park) 9:10 Stretch & Bal 10 Quilting 1 Cups of Cheer</p>	<p>22 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Dementia Educational event</p>	<p>23 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Painting Class </p>	24
25	<p>26 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games</p>	<p>27 9 Walking Club/Golf 9:30 Zumba Gold 10:30 C. Drumming 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 2 Line Dancing</p>	<p>28 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 11:30 FUNCHION \$5 3 TED TALKS </p>	<p>29 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Crafts & Giggles 10 Ladies Billiards 11:30 Lunch 1 Dup. Bridge 6:30 Grief Support</p>	<p>30 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare 1 Cards & Games 1 Billiards</p>	



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

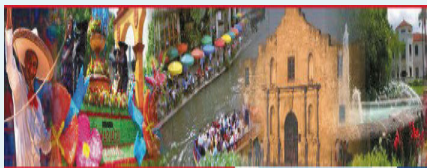
Guided tour of San Antonio

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



September Funcheon

For the month of September join us at the Ludington Senior Center for a Taco Bar.



September 28th at 11:30am

Cost:\$5.00

Please call 231-845-6841 to R.S.V.P

Fish Fry Dinner

Friday, October 21st

At 4pm

Cost:\$10.00

Join us for fish, coleslaw, rolls, & dessert.

We will also be having a 50/50!

Please call 845-6841 to R.S.V.P



Paint with

Julie

Fall Wine

Bottle

September 23rd At

1pm

Ludington Senior Center

Cost:\$20.00

\$10 non-refundable deposit due at registration.

Call Ludington Senior Center to sign up

231-845-6841



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 has a golf League on Tuesday morning, 9:00am at Lakeside Links. Anyone in the community is invited to join.



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. September 16th @ 2 PM

Feldenkrais

Is cancelled until further notice. We apologize for any inconvenience.

Cornhole

Cornhole boards always available

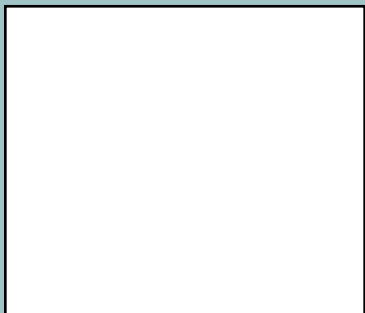


The Leila and Cyrus Poppen Hospice Residence
A home for our hospice families

HARBOR HOSPICE
231.728.3442
 HarborHospiceMI.org

Wyman
 Funeral & Cremation Services, Inc.
STEPHENS FUNERAL HOME
Serving Lake & Mason counties since 1917
 305 East State Street, Scottville, MI 49454
 231-757-3333
Randall S. Wyman, Director
 www.wymanfuneralservice.com

THIS SPACE IS AVAILABLE



County Owned and Serving the Community Since 1966...
"Like Family"
 Mason County's
Oakview
 MEDICAL CARE FACILITY
 1001 Diana Street • Ludington, MI
231.845.5185 • www.oakviewmcf.com

Oak Grove
 FUNERAL HOME OF LUDINGTON
 3060 W. US 10 • Ludington, MI 49431
 (231) 845-9898
 Stephanie Kehrer
 Funeral Director/Owner
 Stephanie@OakGroveLudington.com

We're hiring!
 Part Time/On Call Staff
 \$15.00-\$30.00/hour
 Retirees are encouraged to apply.
 Please email Stephanie for more information.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

Authorized Provider | SafeStreets | **833-287-3502**

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

Our State. Our Town.
Our Hospice.

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
CALL 800.477.4574



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



VILLAGE MANOR
 Full Service Senior Living
OF LUDINGTON


Meals • Laundry • Recreation
 Transportation • Ranch Style Apartments

(231)-845-7066
 www.village-manor.com
 110 East Tinkham Ave, Ludington



BEACON
 Cremation & Funeral Service
 Pere Marquette Chapel
 Kirk & Courtney Barz
 Owners/Licensed Funeral Directors
 309 South Washington Avenue
 Ludington
 www.beaconfh.com
 231.843.2531

SUPPORT OUR ADVERTISERS!



GROW YOUR BUSINESS
 BY PLACING AN AD HERE!



CONTACT US!

Contact Terry Sweeney to place an ad today!
 tsweeney@lpicommunities.com
 or (800) 477-4574 x6407



Beltone™
 Helping the world hear better

- * **FREE** hearing screenings
- * **FREE** In-office trials
- * **FREE** In-home appointments available

LUDINGTON
 239 North Jebavy Dr.
 231-843-3039
 1-800-522-9588



SWOGGER & BRUCE
 LAW FIRM, P.C.

ESTATE PLANNING
 • Wills, Trusts, Powers of Attorney
 Trust Administration/Settlement

PROBATE MATTERS
 • Estates, Guardians and Conservators

Serving Traverse City and Northern Michigan

We can help you protect your hard earned assets and leave a lasting legacy for your children.

(231) 947-6800 • www.swoggerandbruce.com
 13872 S. Compass Rose Dr, Traverse City, MI 49684



Dynamic
PHYSICAL THERAPY
Your choice for compassionate care

231-480-6591
 Fax 231-425-4131

www.dynamicptofmichigan.com

Arthritis • Chronic Pain
Post Joint Replacement • Back Pain
Vertigo • Balance/Fall Prevention
 250 Nelson Rd • Ludington, MI 49431

WE'RE HIRING
 AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
 www.4lpi.com/careers



SCOTTVILLE AREA SENIOR CENTER

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

September

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
	Speak Out; Speak Up! * Health care update: Thur., Sept. 8—12:15 Drew Dostal, Spectrum Health Regional Market Leader and President. <i>Details: Page 14</i>	Annual Kinship Care Recognition Dinner for grandparents and others raising young relatives Wed., Sept 21—5:30 Speakers for adults; Magician for kids (Pg.15)	1 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Set Back 6:00	2 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45
5 Closed In recognition of Labor Day	6 Lunch 11:45 Euchre 1:00	7 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	8 *Speaker 12:15 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Book Club 1:15 Set Back 6:00	9 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4
12 Exercise 10:30 Quilting 10:00 Lunch 11:45 Quilters Guild 6:00	13 Lunch 11:45 Euchre 1:00	14 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00	15 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 COA bd. Mtg. 3:00 Set Back 6:00	16 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Sat., Sept. 17: Bingo Tent for Scottville Fall Celebration 11-6
19 Exercise 10:30 Quilting 10:00 Lunch 11:45	20 Charity Sew 9:00 Making wheelchair and walker totes Lunch 11:45 Euchre 1:00	21 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Parkinson's Grp 1:00 Pinochle 1:00 2022 Kinship Care Recognition Dinner 5:30	22 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Set Back 6:00	23 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45
26 Exercise 10:30 Quilting 10:00 Lunch 11:45	27 SPECIAL! Tech help 10:00-noon With Area Agency on Aging (details, page 3) Lunch 12:00 Euchre 1:00	28 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Pinochle 1:00 Craft 1:00	29 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Set Back 6:00	30 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45

SCOTTVILLE AREA SENIOR CENTER

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

Life Story Writing Group at SASC Access to Ancestry.com included

Each of us has a life story worth preserving, for ourselves and our loved ones.

One of the greatest gifts we can give our families is to share the experiences that have shaped our lives, the beneficial lessons they illustrate, and the family connections down through the years.

Karen Rogers will be leading monthly “My Story, My Life” meetings at the Scottville Area Senior Center, starting Friday, October 14th at 1:00, and continuing on the second Friday of each month. Those taking part will create autobiographical views of their memories and incidents from their lives.

Ancestry.com access at Scottville Library

Karen has established a connection with the Scottville Branch of the Mason County District Library so that participants can use their access to Ancestry.com. This is an invaluable resource to research details about their family histories. On the initial visit, a library staff member will help set up their entry to the Ancestry.com site. After that, they will be free to use the computer program as much as they wish.

The monthly meetings can yield some fascinating results as participants capture and record important life chapters that might otherwise be lost.



SASC

Your Story Begins Here



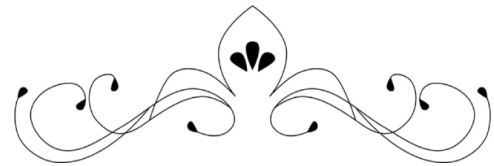
ancestry.com
library edition

Charity Sew Meets September 20

They sew because they love sewing; they meet one day per month to turn that into a lovely benefit for an area non-profit organization.

They're the Charity Sew group at Scottville Senior Center, led by volunteer Norma Andersen. They invite you to join them on the third Tuesday of each month.

On September 20 the group will sew Wheelchair and Walker Totes for Nursing Home residents. Thank you, Charity Sew Group!

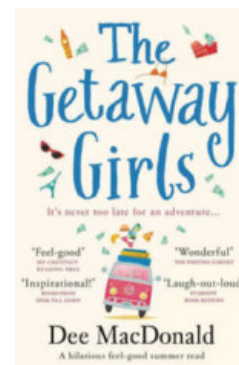


“Getaway” to the Book Club

The Book Club at the senior center hosts lively discussions on their book of the month. The September meeting will be on Thursday, Sept. 8, at 1:15. Group leader Julie VanSickle will lead a discussion of *The Getaway Girls*, by Dee MacDonald.

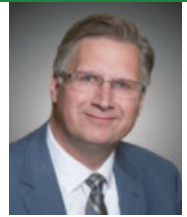
The Scottville Book Club meets the second Thursday of each month.

The Scottville Branch of the Mason County District Library has been a great help to the club, making sure to have copies of the monthly books available for loan.



Speak Out, Speak UP!

New lunchtime speaker series starts Sept. 8 with Drew Dostal of Spectrum Health



Drew Dostal

Scottville Area Senior Center is launching a new monthly speaker series. The first guest on Thursday, September 8th will be Drew Dostal, Northwest Regional Market Leader and President for Spectrum Health facilities in Mason, Newaygo and Muskegon counties. Mr. Dostal will speak about the latest developments and health care programs at Spectrum Health. One of the topics is sure to be what effect the recently-announced merger with Beaumont will have on local health care.

The new series is called, Speak Out, Speak Up. Our speakers will “speak out” on a variety of topics, and the audience will be invited “speak up” with questions and comments.

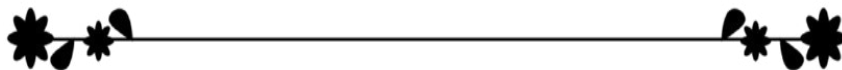
In future months, the series will typically take place on the 4th Thursday, of the month—coinciding with “\$1 Day” on the center’s lunch menu. It will take place immediately after lunch, which is served at 11:45. Most events will start at about 12:15.

SASC has previously hosted guest speakers on some fascinating topics, including Idlewild, the “Black Eden” of Lake County, the Scottville Clown Band, Todd and Brad Reed photography, Scottville Library, and Scottville businesses, such as Gourmet Mushrooms, North Branch Winery and Acres Co-Op.

The new series will be similarly interesting. Future invited speakers include:

- ♦ Intrepid adventurer **Joan Young** of Scottville on her epic foot trek over the entire 4,800-mile North Country Trail—for the second time! The longest National Scenic Trail stretches from Vermont to North Dakota. As August drew to a close, Joan had logged more than 3,000 miles on the trail. Joan is 74 and averages 15 miles per day. An inspiration to seniors everywhere!
- ♦ History experts **Bruce Micinski** and **Jill Engleman**, on West Michigan’s famous “ghost town,” Marlborough—once the booming home of the world’s largest cement plant, which died when new cement-making techniques were developed. Bruce also did the Idlewild talk—still our best-attended speaker event.
- ♦ Plus: Artist and art educator **Mary Case**, organic farming, area lighthouses, fly fishing and more.

People of all ages are welcome to attend. There will be lunch for a maximum of 24, so advance reservations are necessary. Call SASC at 231-757-4705. However, there will be space for many more to attend the speaker event without having lunch.

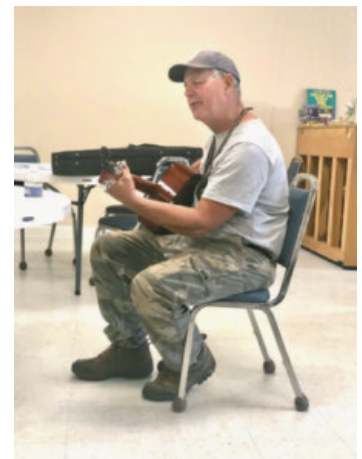


Music Fridays at SASC

On Friday afternoons, Scottville Area Senior Center is open mike time for area musicians. We invite musicians of any age and any instrument to drop by and play. We have a piano on site (you can leave yours at home!)

On one recent Friday, we were treated to classic country songs by Dale “Swanny” Swanson. Folsom Prison Blues hasn’t sounded this good since Johnny Cash himself. Thanks, Swanny. Come back any time.

If you would like to play solo, or bring friends for a jam session, give us a call: 757-4705.



Dale “Swanny” Swanson

Annual Kinship Caregivers Recognition Dinner at SASC

September 21 at 5:30—speakers for adults; magician for the kids

If you have opened your home and made the commitment to raise a grandchild or other young relative, you are exceptional. We think you're a hero. As a "Kinship Caregiver" you deserve to be honored.

On Wednesday, September 21, at 5:30, that's exactly what will happen at the Scottville Area Senior Center (SASC)—and you're invited. This Kinship Care Month event is in honor of all our heroes raising young relatives.

You're going to want to be sure to bring the kids in your kinship family. We will enjoy a nice dinner together, then...while the adults hear from our guest speakers, **the kids will be entertained by magician Gordon Russ**. He will perform and even teach the kids some magic tricks.

For the adults, guest speakers will provide an update on latest developments and resources for kinship caregivers. They will include:

- ◆ Beth Lindley, Director of the Kinship Care Resource Center at Michigan State University and the Michigan Kinship Care Coalition. She will also have much useful information to hand out.
- ◆ Barbara Nelson Jandernoa, Health Aging Contract Administrator with the Area Agency on Aging of Western Michigan—and contract administrator for AAAWM-supported county-wide programs managed by SASC. She will have an announcement of interest about new support for our kinship program from the AAAWM.

We've also invited county and state elected officials, and Deb Frisbie of the Adoptive Family Support Network. All will be available for questions and individual conversations.

Even if you're not able to attend our regular monthly meetings (3rd Wednesdays at 5:30), **we hope you can join us for this special evening for you and your kinship family**. Because we want to honor you!

The senior center is located at 140 S. Main St. in Scottville, one half block south of the US 10 stop-light. Parking and entrance in the rear.

Please call us at 231-757-4705, to let us know how many will attend with you—so we can be sure to have enough food for all!

August Meeting—pizza party

The Grandparents Raising Grandchildren group enjoyed a pizza party at the August meeting, highlighted by a juggling performance from Will Oltman. One of "Will Juggle's" best tricks (at right) is simultaneously holding a spinning plate in his mouth while juggling.

Some of our grand/kinship family meetings feature separate activities for the kids, while adults discuss topics related to care of their young relatives. Other months we plan activities that the kids and adults can enjoy together. Come join us!

Meetings are typically the 3rd Wednesday at 5:30.



TALLMAN SENIOR CENTER

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



September



Mon	Tue	Wed	Thu	Fri
	Craft Sale and Yard Sale Sat., Sept. 3 9-2:00		1 Bingo 10:00 Lunch 12:00 Grief Support 1-2 Budget 3:00	2 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
5 Closed: Labor Day Holiday	6 Bingo 10:00 Auxiliary mtg 12:30 Lunch 12:00 Table Games 1-2	7 Board of Directors Mtg 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	8 Bingo 10:00 Lunch 12:00	9 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
12 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	13 Bingo 10:00 Lunch 12:00 Table Games 1-2	14 Craft 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	15 Bingo 10:00 Lunch 12:00 COA Bd. Mtg. 3:00 <i>(Safe Harbor Credit Union, Ludington)</i>	16 Puzzle Day Open Pool 10-12 Lunch 12:00 Out Reach 1-3 Dinner & Movie 3:30
19 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	20 Bingo 10:00 Lunch 12:00 Table Games 1-2	21 Board voting 9-12 Board mtg. 12:30 Lunch 12:00 Sit n be Fit 2:30	22 Bingo 10:00 Lunch 12:00 Facial 1:00	23 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
26 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	27 Bingo 10:00 Lunch 12:00 Table Games 1-2 Book Club 1:30	28 Cards: Kings in the Corner 10:00 Lunch 12:00 Sit n be Fit 2:30	29 Bingo 10:00 Lunch 12:00	30 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



September



<p><u>Tuesday, September 6, 2022</u> BBQ Chicken Cheesy Potatoes Green Beans Roll & Butter Fruit Cocktail</p>	<p><u>Thursday, September 8</u> Stew Buttermilk Biscuits Corn Apple Pie</p>
<p><u>Tuesday, September 13</u> Breakfast Casserole Boiled Egg Danish Banana ***Regular Meeting***</p>	<p><u>Thursday September 15</u> Chili Carrots Corn Bread Pineapple Cupcakes</p>
<p><u>Tuesday, September 20</u> Turkey in Gravy with Peas & Carrots Buttermilk Biscuit Cranberry Sauce Pumpkin Pie</p>	<p><u>Thursday, September 22</u> IT'S A SMORG! Cooks Choice</p>
<p><u>Tuesday, September 27</u> Taco Casserole Refried Beans Chips & Cheese Dip Mexican Wedding Cake</p>	<p><u>Thursday, September 29</u> Cabbage & Noodles w/ Ham Peas in Entree Roll & Butter Diced Peaches Cookie</p>
	<p>Please, call 231-464-6789 by Noon, the day before, to reserve a meal. <i>Thank you!</i></p>

TALLMAN SENIOR CENTER

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

Fun Activities happening in September

Call the Center for more information

Facials



Thursday 1:00pm



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.

Tallman Board Elections and Meeting Wed., Sept. 21

9:00-Noon:
Tallman Senior Center participants are invited to vote for board officers for a two year term.

12:30
Board Meeting



Friday, September 16th 3:30

For the Dinner & a Movie event: Everyone will meet in the parking lot at the AMC movie theater in Ludington and will decide on where to eat after the movie.

FREE SOIL AREA

SENIOR CEN-

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. Call 231-464-6789 to reserve a spot for lunch. See page 17 for their September menu.



There is a Cares Box in Free Soil. It is located by the playground, next to the Little Library on Democrat St. The box has been filled and is ready for service.



Manistee Casino and Cruise trip

A group of travelers recently enjoyed a very fun “casino and cruise” trip to Manistee. The trip was open to all interested seniors, and attracted travelers who signed up at both the Scottville and Free Soil senior centers.

The group’s first stop was at Little River Casino, where they enjoyed games and dinner. The casino chipped in with \$20 in free play for each person.

Then it was on to downtown Manistee to board the “Princess” for a sunset cruise. The plan was to venture out into Lake Michigan, but the wind and waves on the big lake were too rough for comfortable sailing. Undaunted, our captain wheeled the boat around and we went back down the channel to the inland lake and had a delightful cruise. Then it was back to other end of the channel where the timing was perfect to see the sun set on Lake Michigan.

The trip, planned by Scottville Area Senior Center Activities Coordinator Missy Kissell, was a great success, so watch for announcements of similar excursions in the future.



Mason County seniors wave from the deck of the “Princess” as they prepare for a sunset cruise.

Ask Sharon



By Sharon Bailey, Medicare Counselor
According to the news, people on Medicare are going to be getting relief from the high cost of drugs, thanks to President Biden’s Inflation Recovery Act. Drug costs will be capped at \$2,000 a year and Insulin will cost no more than \$35.00 a month. This is great news for all people on Medicare. Medicare will also be able to negotiate with drug companies over the cost of drugs.

With all the changes going on in Medicare I would advise you to make an appointment with me or a Maap counsellor at the Ludington Senior Center during open enrollment in October, November and December. It won’t be possible to check plans until around the first of October.

Q. I am happy with my plan so I don’t understand why it’s necessary to look for a new plan so often.

A. All the drug plans seem to take turns being the least costly every few years. After a couple of years you should make sure your plan hasn’t stopped paying for your drugs or raised premiums. You can check yourself if you are able to at Medicare. Gov the Official site or call your senior center for help.

Q. What if I have a Medicare Advantage Plan?

A. There have been changes to those plans too, so you should check them too. I will talk about open enrollment in the October Newsletter.

I hope to see a lot of you at the Scottville Senior Center this fall. I’ll be looking forward to your call: 231-757-4052



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
Mental Health Crisis Line.....	988
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
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
Salvation Army.....	231-843-3711

Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....	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)	
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
---	--------------

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
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	231-757-4705
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

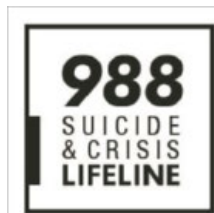
Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
Last Thursday of the month
at 6:30 pm
231.845.6841



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.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com

