

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

February 2021
Volume 10
Issue 2

Active for Life

Your Life, Your Way,
Your Time over 50

What's Inside:

- **Page 2 Volunteer Profile**
- **Page 3 Area Agency on Aging**
- **Page 6 The Importance of Password Management**
- **Page 7 Healing Through Art**
- **Page 16 Cook Book**
- **Page 23 Senior Resources**

Photographer *Ivy Kiser*

LUDINGTON VOLUNTEER SPOTLIGHT



MICHIGAN HOUSE OF REPRESENTATIVES

STATE REPRESENTATIVE
JACK O'MALLEY
101ST DISTRICT

Recently, Nancy and Kerry who volunteer at the Ludington Senior Center was recognized by Jack O'Malley, 101st District the State Representative.

We at the Ludington Senior Center are continuously grateful for the hard work and selfless dedication by the volunteers who serve our community.

Excellent job ladies!

Nancy,

I was reading the newspaper and noticed you helped volunteer at the Ludington Area Senior Center. I wanted to say thank you for helping wrap presents for Christmas, and all the other work you did/do for the community. This is a difficult time especially for the elderly, but to see people like you step up and help is amazing. Keep up the good work.

Best,

Jack O'Malley
"Fighting 101"

MASON COUNTY • MICHIGAN

All About MI Choice Medicaid Waiver

By: Carly Whetstone



Aging is obviously something that everyone will experience. We all eventually will age and everyone ages a little differently, meaning the supports and resources someone might require while getting older could take on a variety of different forms. One of the common resources has been relying on nursing homes for care. However, the cost of nursing homes has always been high, and though many provide a wonderful community and personalized care, it is many people's wish to remain living in their own homes. This is becoming more and more doable with programs like the MI Choice Medicaid Waiver, which offers in-home care that an individual would otherwise be receiving at a nursing facility.

Some of the services one could receive help with in the MI Choice can include things like help with bathing, toileting, feeding, and other personal care tasks, meal preparation, housekeeping, respite care, and personal emergency response systems. MI Choice can also help individuals with things like purchasing durable medical equipment, making small home modifications to create a safer environment, and the guidance of a Care Management team from both a nurse and a social worker. These supports can enable the individual to remain living in their own home without relying on full-time support from a family member.

According to the www.Michigan.gov website, The MI Choice Waiver program started out as the Home and Community Based Services for the Elderly and Disabled (HCBS/ED) Waiver program and became available in all of Michigan in 1988.

Back in the 1980's, this program began to develop as a response to a disproportionate amount of Medicaid dollars being allocated for long term care facilities when studies had shown that at least one-third of those Medicaid funded residents would have been capable of living at home (Fox and Clauser, 1980). Although paying someone to come into your house for personalized care can be expensive, nursing homes tend to be much more expensive overall. Affordability was just one reason why the Waiver program was created, though another major focus for the program is to minimize unnecessary institutionalization. The Medicare & Medicaid Research Review nicely points out in a 2002 NCBI article that,

"...the HCBS waiver program gives States the flexibility to develop and implement creative alternatives to institutional care for individuals who are Medicaid eligible. This flexibility is advantageous to the States as it allows States to tailor their programs to the specific needs of the populations they wish to serve."

So how does the program work or how would someone get started? The MI Choice Waiver program is provided by multiple agencies, each conducting an assessment after an individual is referred. This assessment ensures that the individual is appropriate for the program, not just that they qualify for it, but that they are safe with these measures in place, as the Waiver program

-Continued on page 21

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



**PLEASE CALL MEAL
SITES FOR LUNCH
RESERVATION BY
9:00 AM.**

PRICES

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

**Note: Menus are
subject to change.**

\$1 Lunch Days

Third Friday each month
Ludington Center
February 19

Scottville & Tallman
Centers
February 25

Kitchen 757-4831

Meal Sites

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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese Tossed Salad Mixed Veggies Tropical Fruit Dinner Roll 1% milk	2 Quarter Pound Burger Au gratin Potatoes Diced Beets Orange Wedges Dinner Roll 1% milk	3 Salisbury Steak Scalloped Potatoes Tossed Salad Oranges Dinner Roll 1% milk	4 Thursday Pizza Day Tossed Salad Green Beans Fresh Fruit 1% milk	5 Sloppy Joes Bun Baked Beans Coleslaw Fruit Mix 1% milk
8 Beef Stroganoff Butter Beans Lettuce Salad Apple Peanut Butter Cookie White Milk	9 Taco Tuesday Seasoned Taco Meat Taco Shell Refried Beans Fruit Mix One% Milk	10 Spaghetti/meat sauce Broccoli Cantaloupe 1% milk	11 Jumbo Franks Baked Beans Coleslaw Fruit Mix Bun 1% milk	12 Lover's Lasagna Cupid's Carrots Angel's Applesauce Tossed Salad Valentines Cookie *1% milk
15 Chicken Penne Green Beans Sliced Pears 1% milk	16 Roast Turkey Dinner roll Wax Beans Scalloped Potatoes Sliced Pears 1% milk	17 Stuffed Cabbage Rolls Carrots/Dinner roll Fruit Mix 1 % milk	18 Pork Steak Mashed Potato Corn Pears Roll 1% milk	19 Lemon Pepper Fish Hashbrown Casserole California Blend Sliced Peaches Dinner Roll 1% milk
22 Roast Beef Mashed Potatoes/Gravy Green Beans Oranges Dinner Roll 1 % milk	23 Breaded Chicken Patty Crispy Cubes Corn Sliced Pears Bun 1% milk	24 Creamy Chicken, Broccoli, Rice Carrots Grapes 1% milk	25 Stuffed Green Peppers Green Beans Peaches Dinner roll 1% milk	26 BBQ Meatballs Red Skin Potatoes Brussel Sprouts Apricots Bread 1% milk

Is Mask Still Required After Getting the Vaccine?

The news of the COVID - 19 vaccine release brings much relief to most of us. These current COVID - 19 shots, (Pfizer & Moderna) are administered in two doses. Some may ask, am I safe from contracting the virus/passing it to a love one after getting the first vaccine dose and, no longer need to wear a mask?

Experts advise, it is still imperative to wear a mask and social distance after the getting the first dose, as vaccine protection isn't usually immediate. Additionally, there is an expectation to get some level of protection from the virus after the first dose. However, full protection may not be possible until sometime after the last dose. We understand the impact of this virus. We miss families, social lives and the mask can appear as an inconvenience. However, we must remain vigilant to help stop the spread of COVID - 19, by protecting each other.

We encourage you to Wear a Mask, Wash your Hands, and Social Distance, it could Save lives.

- Rayma Burgett Ludington Senior Center

How seniors 65+ can sign up for the COVID-19 vaccine

We consider it important for seniors to make an appointment to receive the Covid-19 vaccine.

For Mason County, vaccination is primarily managed by District Health Department #10. All seniors age 65 and above were eligible at the time we prepared this newsletter, but it's important to check the latest information in this fast-changing situation. News about vaccine availability changes frequently, depending on local vaccine supply.

There are two ways to get on the health department waiting list—web site and telephone.

To register online, go to www.dhd10.org and click on the web page's survey link to sign up for the waiting list.

For those without an Internet connection, there is also a special phone line you can call: 231-715-5557. Please do not call other health department numbers to ask about vaccines, so their staff can concentrate on obtaining and distributing vaccine as quickly as possible.

The health department requests that you use one registration method or the other—but not both. Your wait time will be the same either way. Once you are on the wait list, you'll be contacted when vaccine is available and you can be scheduled.

Excellent information on the virus and the vaccines can also be found at the Michigan Department of Health and Human Services web site: www.michigan.gov/mdhhs/

When the phone option opened in January, the hotline was flooded with calls and people had difficulty getting through. Hopefully that will improve by the time you read this, but the HEALTH Department advised that the online appointment system was clearly the best method to reserve a spot in a vaccine clinic.

The Importance of Password Management

January 11, 2021 - LPi Blog

These days, keeping your financial information and that of your members safe is as important as ever. Phishing scams, embezzlement opportunities, and simple office mismanagement are all common themes when it comes to common financial issues.

The [2019 State of Password and Authentication Security Behaviors Report](#) is a compilation of results from a survey of 1,761 IT and IT security practitioners. In it, they discovered that we're not alone when it comes to "risky" password behaviors. For example, 51% reuse passwords across their business and personal accounts, and 69% share passwords with colleagues to access common accounts.

In order to keep the door to our financial information secure, we need to make sure our passwords are safe. Here are four common issues and how to solve them.

1. We Have a "Usual" Password

With everything community center offices need to juggle, remembering a password to log into an account shouldn't be too hard. Unfortunately, with the amount of accounts we have these days, it's not unusual to have at least 8-10 to remember. So, one common office short-cut is to use the same password over multiple accounts. Unfortunately, it's one of the most common ways to get hacked not only professionally, but personally. When a website is compromised, it's common for hackers to use the information they gain access to across multiple other channels. For example, if someone gets access to your login and password for an online clothing store, they will then use the same info to log into other accounts you might have, such as [Facebook or Amazon](#). If you're reusing the same password, it's only a matter of time before they get access. Solve this issue before it becomes one by creating a unique password for every account you use. Websites like [www.lastpass.com](#) and [www.my.norton.com](#) have password generators that will help come up with some hard to nearly impossible passwords to crack.

2. Our Passwords Aren't Stored Safely

Trying to remember your latest password to log in to your computer? Look under the keyboard. Or check the bulletin board above the desk. Have you added the password to your Microsoft Word document you keep saved on your desktop? If you do any of these things, you're vulnerable to a cyberattack that could cost thousands of dollars and hundreds of personnel hours. There is a way to keep your passwords unique and safe while still being accessible with a password management platform.

[LastPass](#), [Keeper](#), [1Password](#) and [StickyPassword](#) are just a few programs out there that will keep your passwords safe at no or low-cost.

3. Our Passwords are Saved on an Insecure Computer

It's so handy, isn't it, when you create an account, and the browser asks you, "Would you like to save your password?" While it's incredibly convenient to click yes, it's one of the biggest ways to make yourself (and your sensitive information) vulnerable. It's like locking the door to your home but leaving the key in the lock whenever you leave the house.

If you share a computer with other staff members, you need to sacrifice convenience with safety by typing in your unique password each time you need to. In addition, be sure to log out at the end of each day to ensure that only you have access.

4. We're Sharing Passwords

It's not uncommon for workplaces to have one account that multiple people use. If that's where your team is, it's probably normal to send an email or have a slip of paper circulating with the login and password information. While it's convenient, it's a risky habit to have.

If your team needs to share an account due for any reason, make sure that the password again is unique and not easily accessible. Using a password management platform (see above for a list of suggestions) will allow each person to access the account by logging into the platform each time in order to get the credentials. Again, it's not ideal, but it's better than the alternative of unsecure information that could easily be compromised.



Healing Through Art

December 28, 2020 - LPi Blog

For seniors dealing with memory loss, stress or pain, coloring, drawing, painting or sculpting may be a beneficial activity. It may be a surprise to many that artistic activities can help keep the mind sharp and promote dexterity, especially in a backdrop that is fun, casual and social. No matter the age of the participant, artistic interests can become a treasured hobby, and each gathering is an opportunity to reap the rewards of this fun form of therapy.

What is Art Therapy?

According to the [American Art Therapy Association](#), art therapy is a mental health profession which provides a unique approach to improving psychological health, cognitive abilities, and sensory-motor functions. Practitioners have an understanding of human development and psychological theories and techniques that use the visual arts and the creative process as tools. The process of creating artwork can help people express their feelings while reducing anxiety and stress.

There are many different types of art therapy. In fact, all forms of art offer therapeutic benefits. Painting and drawing, writing, knitting, crocheting, and sewing are common creative outlets. Even music can be a part of art therapy. The creative process in itself is extremely beneficial, but for many people, the finished product is what instills a sense of self-worth and accomplishment.

Most often, patients are guided by a professional art therapist who assists them in utilizing various art forms while addressing their mental, physical, and emotional health concerns at the same time.

Benefits of Art Therapy

- **Increased motor skills and coordination** — participants focus on a single task such as painting, drawing, sculpting or another project. These activities help to improve coordination and increase blood flow, which may increase dexterity in the hands, wrists and fingers — helping to alleviate [chronic pain](#) and inflammation.
- **Cognitive function and stimulation** — learning a new skill helps stimulate healthy brain activity, which may reduce the rate of developing memory issues such as [Alzheimer's disease](#).
- **Better mood and mental health** — participating in artistic endeavors, even adult coloring, can reduce feelings of anxiety, depression, and stress in seniors. In one [study](#), seniors who participated in artistic activities experienced less loneliness, depression, and had a better outlook on life.
- **Social Outreach** — Because art therapy most often occurs in a social environment, participants naturally socialize and communicate with one another. For some seniors, who may struggle with loneliness or isolation, art therapy provides them the opportunity to socialize and make friends in a relaxing and casual setting. Art therapy is a terrific way to communicate your thoughts, process your feelings, and find much-needed relief from the stresses of everyday life. By utilizing it to the fullest, you are making the choice to work on yourself in some of the best ways possible.

LUDINGTON AREA SENIOR CENTER
308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

STATE & FEDERAL TAX ASSISTANCE will not be offered this upcoming **TAX SEASON**

due to a mandate from the **STATE PROGRAM** that trains our tax preparation volunteers. We will however, assist with Home Heat & Property taxes. We sincerely apologize

MEDICAL EQUIPMENT LOAN CLOSET

Our Medical Equipment Loan Closet is still at the disposal for Mason County area seniors to take advantage of.

Loan closet items include but not limited to: **Wheelchairs, Commodes, Adult Diapers, Walkers etc.**

A \$5.00 donation is appreciated.

We need your information for our Zoom activities, if you would like to join us, via Zoom platform, please call @ 231.845.6841 to be added to our list!

Paralegal, **Denise Amidon** from Parmenter Law is currently taking appointments.



Call the Ludington Senior Center at, 231.845.6841 to schedule a "FREE" 30 minutes Elder Law consultation. www.parmenterlaw.com



TAKE THE SURVEY

We need additional and better quality, affordable internet across Mason County.

YOU CAN HELP!

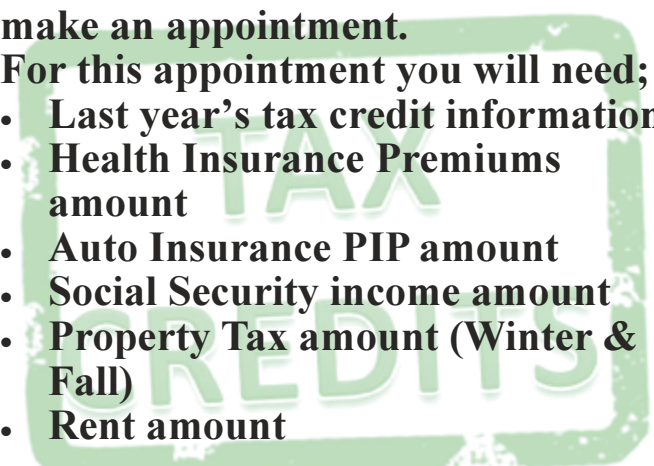
Take the survey by scanning the QR Code above and help us find solutions for Mason County!

The Ludington Senior Center will be offering assistance with Tax Credits **ONLY**. **Property & Heat Credits**, starting mid March.

Please call us at 231.845.6841 to make an appointment.

For this appointment you will need;

- Last year's tax credit information
- Health Insurance Premiums amount
- Auto Insurance PIP amount
- Social Security income amount
- Property Tax amount (Winter & Fall)
- Rent amount



LUDINGTON AREA SENIOR CENTER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 9:30 Yoga Facebook	2 10 Craft & Giggles (Zoom)	3 9:30 Yoga Facebook 11 Let's Talk 11 Stretch Fit & Balance (Facebook Live)	4 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Meeting) (Facebook Live)	5 10 Yoga (Zoom Meeting) 1 Footcare (Senior Center)	6
7	8 9:30 Yoga Facebook	9 10 Craft & Giggles (Zoom) 1 Essential Oils (Zoom Meeting)	10 9:30 Yoga Facebook 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Meeting)	11 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Meeting) (Facebook Live)	12 10 Yoga (Zoom Meeting) 1 Footcare (Senior Center)	13
14	15 9:30 Yoga Facebook	16 10 Craft & Giggles (Zoom)	17 9:30 Yoga Facebook 11 Let's Talk (Zoom Meeting)	18 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Meeting) (Facebook Live)	19 10 Yoga (Zoom Platform) 1 Footcare (Senior Center)	20
21	22 9:30 Yoga Facebook	23 10 Craft & Giggles (Zoom)	24 9:30 Yoga Facebook 2 Diabetes Supt. (Facebook Article) 3 Ted Talks (Zoom Meeting)	25 10 Craft & Giggles (Zoom) 1 Tai Chi (Zoom Platform) (Facebook Live)	26 10 Yoga (Zoom Platform) 1 Footcare (Senior Center)	27
28						

Hello –February

Virtual Enrichment

“Healthy Me” Diabetes Support Group

This group is designed around you and offer support with those battling similar medical issues.

Articles is shared on our Facebook page
2nd & 4th Wednesdays of the month, at 2pm.
Share, learn, feel better.

Topics range from:

Medical Management

- Controlling Neuropathy
- Insulin Delivery Systems

Nutrition

- Splurging with Least Amount of Damage
- Incorporating Your Favorite Foods

Exercise

- Choosing the Right Shoes
- Exercise When You Have Complications

**Articles and recipe ideas submitted
by Jaclyn, meeting facilitator**



Tree of

Life



Join like minded oil enthusiasts, learn, share and explore the many possibilities of **essential oils**.

Discussion type class is held the
2nd Tuesday of the month.

Meeting facilitator: Karen Bieniek.

Meetings are held on Zoom

Learn about:

- Aromatherapy & Chakra,
- Scents of the Bible
- Essential Oils & Yoga

We need your information for our Zoom activities, if you would like to join us, via Zoom platform, please call @ 231.845.6841 to be added to our list!

Meditation videos from
YouTube will be
uploaded to our
Facebook page on
Tuesday & Thursday
mornings at 9:30 am
for your convenience.

Call us at 231.845.6841
should there be any
questions to accessing
these YouTube videos.

Namaste.

Yoga videos from YouTube will
be uploaded to our Facebook
page on Monday & Wednesday
mornings at 9:30 am for your
convenience.

Call us at 231.845.6841 should
there be questions about
accessing these YouTube videos.

A Zoom Class is offered on
Friday mornings at 10:00 am.
Class facilitator Joan Riise.
If you would like to join this
meeting, call us at 231.845.6841
with your email information.

Namaste.

Virtual Enrichment

Zoom Craft Classes

We will be offering some craft class on the Zoom platform. The classes will be offered at a nominal cost, including supplies. Call us to 231.845.6841 to sign up for classes.

Follow us on Facebook or visit our webpage to see our featured classes!



LUDINGTON
SENIOR CENTER



<https://www.ludingtonseniorcenter.org/>

LET'S TALK - Zoom Style

*Come hangout with us on Zoom!
1st & 3rd Wednesdays @ 11:00 am.
Please call at 231.845.6841 with your
contact information to be placed on list.
Join us on the other side of the screen.*

Let's Talk

We need your information for our Zoom activities, if you would like to join us, via Zoom platform, please call @ 231.845.6841 to be added to our list!

▲ *Stretch Fit & Balance*



*This class is designed
for all ages and
exercise levels.
Participate in the
class on Zoom,
while getting strong
in the safety of your
home!*

***Facilitator:
Cyndi Scott***

TED TALKS

Join us on Zoom for a
mind stimulating
discussion!
2nd & 4th Wednesdays.
Call us at 231.845.6841
with your email
information to added to
the class.

Facilitator: Gene Kyle

Tai Chi

to improve your
balance.

Class is on Zoom
& Facebook Live
Call 231.845.6841
with your email
Information.

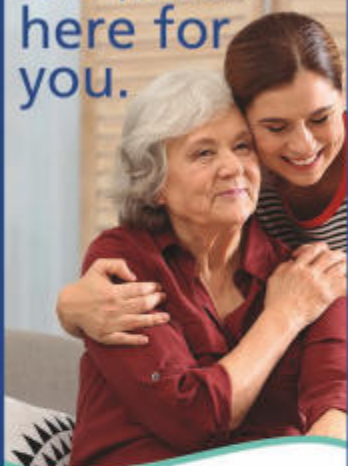
**Cass Facilitator:
Joe Moloney**



You can't come to us, therefore we
are coming to you! Join us on Zoom,
Friday mornings at 10:00 am for
Yoga classes!
Call us at 231.845.6841 with your
email information!

Class facilitator: Joan Riise

Our experts are
here for
you.



**HARBOR
HOSPICE**

231.845.5060
HarborHospiceMI.org



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

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



Celebration of Life
Memorial Services
Cremations
Funerals
Headstones
Prearrangements
Medicaid Spend Down

3060 W. US Hwy 10, Ludington, MI 49431
(231) 845-9898

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

www.OakGroveLudington.com



Anna Urick Duggins is an Elder Law Attorney and partner at Parmenter Law who specializes in helping seniors find long-term care solutions. Services include: long term care planning, asset preservation, Medicaid applications, obtaining Veteran's Aid & Attendance benefits and estate planning.

Phone: 231-722-5438
Email: Anna@parmenterlaw.com

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251



**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers



3-D-5-5

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

15-0696/a



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

Lutz Hearing Aid Center
Ludington's Best Value Hearing Center

Call today to schedule your FREE baseline hearing test!

325 N. Jebavy Dr. • Ludington, MI 49431
231-480-4808
www.hearinghealthusa.com
Michelle Giddings, B.C.H.S., Board Certified Hearing Instrument Specialist - SFE



VILLAGE MANOR
Full Service Senior Living
OF LUDINGTON

*Meals • Laundry • Recreation
 Transportation • Ranch Style Apartments*

231-843-7066
www.village-manor.com
 110 East Tinkler 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 THE ADVERTISERS
 THAT SUPPORT OUR COMMUNITY**



► Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Jen Zalinski
 to place an ad today!
jzalinski@4LPi.com
 or (800) 477-4574 x6633



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



Thrive
Locally

SPREAD THE WORD:
**A Thriving, Vibrant
 Community Matters**



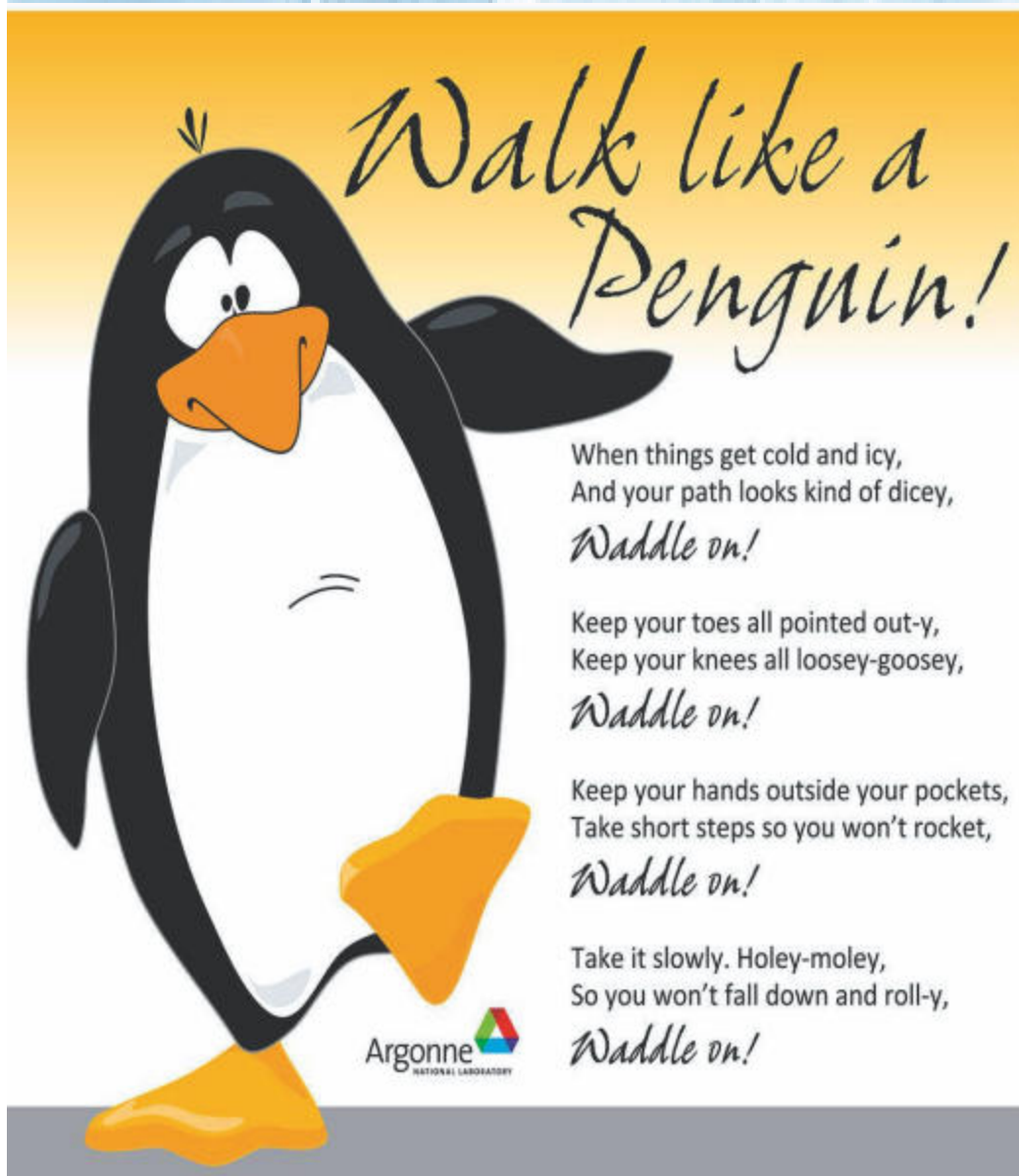
**Support Our
 Advertisers!**

SCOTTVILLE AREA SENIOR CENTER

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

SAFETY ON ICE...

Everyone dislikes driving or walking on ice. We don't want to find ourselves sliding in a car toward a ditch; neither do we want to walk on an icy sidewalk with the fear of slipping and falling.



Here are some tips:

WALKING:

Crazy as it sounds, penguins have the right idea!

Bend forward, walk with your hands out of your pockets, your feet pointed outward and move slowly! Before you know it, this will become a habit!

Of course, wear rubber soles and gloves/mittens on those hands that are NOT in your pockets!

DRIVING:

Of course, staying home is the best policy in icy weather!

But, if you must go out, PLEASE don't go faster than 45 mph, even on highways! You can slide off the road with "black ice" conditions, even at only 10 mph!

IF your front wheels start to slide, take your

foot off the accelerator and allow the vehicle to slow down. Then, press the brake, VERY GENTLY. Slamming on the brakes will typically lock the wheels and very possibly cause an out-of-control skid.

Most of all, be aware of the weather conditions and dangerous road conditions...and know that Spring is coming.

Keeping in Touch

Give us a call at 757-4705 and we will add you to our list of friends to contact.

It's a great way to keep everyone informed on important information and any updates we may have on the latest news that impacts you.

We miss seeing everyone in the center but until we can “get back to normal” this is a great way for all of us to stay in touch. Jeannette has been in contact with many of our seniors over the last few months and we feel it has been a great way to stay connected.



Beware the Rumors



Not all rumors are meant to be deceitful. Most of the time they come from someone with the good intentions of being helpful. Unfortunately, Some information can get ‘lost in translation’ and be misinterpreted, causing it to be repeated incorrectly.

Always ask where the information came from, even if you are talking to a family member or trusted friend. This is most important to remember when you are seeking information about things that affect you and your loved ones.

Always try to talk to the source directly. You may find more helpful information than you sought out to find to begin with.

Can I have that recipe?

If you would like to have a recipe or two published in The Scottville Area Senior Center's Active for Life Cookbook, it's a piece of cake.

All we need is:

- Name
- Phone number
- Category (Drinks, Appetizer, Dinner, Potluck, Healthy, Snacks or Desserts.)
- Recipe with any Tip, Trick, and/or Comments on how you make it your own.
- Tell us about yourself and/or your connection to the Scottville Area Senior Center.

Then drop them off to us at the Scottville Senior Center or mail them to 'Recipes' at the address on top of this page.

Please be sure to have your entries in by March 1.

We look forward to seeing some familiar favorites and are excited to try some new ones too.

-Call Missy with any questions you may have. 757-4705. 9-4 Monday-Thursday.



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



FEBRUARY



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY Exercise Weekly Once each Month Series Special Event	1	2	3	4	5	6
7	8	<p>ALL ACTIVITIES ARE STILL ON HOLD. PLEASE LOOK FOR UPDATES ON OUR FACEBOOK PAGE OR OUR WEBSITE: SCOTTVILLESENIORCENTER.COM</p>				13
14	15					20
21	22					27
28	29	30			<p>You could help save up to three lives with just one donation.</p>	

TALLMAN SENIOR CENTER

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

LUNCH

Mon - Fri at Noon
Please call by 9 am
each day to sign up
for lunch!

February

HOURS
MON thru FRI
9:00 TO 3:00

Monday	Tuesday	Wednesday	Thursday	Friday
1 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	2 Bingo 10:00 Lunch 12:00	3 Coffee Talk 9-2 Lunch 12:00	4 Bingo 10:00 Lunch 12:00	5 Coffee Talk 9-2 Lunch 12:00
8 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	9 Bingo 10:00 Lunch 12:00	10 Coffee Talk 9-2 Lunch 12:00	11 Bingo 10:00 Lunch 12:00	12 Coffee Talk 9-2 Lunch 12:00
15 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	16 Bingo 10:00 Lunch 12:00	17 Coffee Talk 9-2 Lunch 12:00	18 Bingo 10:00 Lunch 12:00	19 Coffee Talk 9-2 Lunch 12:00
22 Coffee 9:30 Table Games 10:00 Crochet Class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	23 Bingo 10:00 Lunch 12:00	24 Coffee Talk 9-2 Lunch 12:00	25 Bingo 10:00 Lunch 12:00	26 Coffee Talk 9-2 Lunch 12:00
<p>ALL ACTIVITIES ARE CANCELED UNTIL THE CENTER REOPENS.</p> <p><i>We'll see you soon!</i></p>				

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.

FEBRUARY

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

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

Pickle Ball at Free Soil Senior Center



An active Pickle Ball group plays on three courts in the center's big gym, Monday, Wednesday, and Saturday from 10 am to 1 pm. They welcome new players. If interested, here's who to contact:

Pete Ramon
231-398-2821
pcramon2821@gmail.com

Peggy Acton
231-299-1572

Tuesday, February 5

SHEPHERDS PIE
W/MIXED VEGETABLES
MANDARIN ORANGES
ROLL & BUTTER
CHERRY FLUFF
GROUP EXERCISE 11:00
REGULAR MEETING @ 11:00 AM
NOTE: MEETING TIME CHANGE

Thursday, February 7

BBQ CHICKEN
BAKED POTATOES
BROCCOLI
PINEAPPLE TIDBITS
ROLL & BUTTER
CAKE & ICE CREAM
GROUP EXERCISE 11:00

Tuesday, February 12

FARMERS CASSEROLE
LINK SAUSAGE
PASTRY
PEACHES
GROUP EXERCISE 11:00

Thursday, February 14

PORK ROAST
BOILED RED POTATOES
MIXED VEGETABLES
ROLL & BUTTER
DICED PEARS
NO BAKE COOKIE
GROUP EXERCISE 11:00

Tuesday, February 19

BEEF STEW
W/POTATOES & CARROTS
BUTTERMILK BISCUITS
APPLE SLICES
TAPIOCA PUDDING
GROUP EXERCISE 11:00

Thursday, February 21

CHRISTMAS DINNER
WITH ALL THE TRIMMINGS
DINNER WILL BE SERVED AT 1:00 PM

Tuesday, February 26

Tuesday, February 28

**ALL ACTIVITIES ARE CANCELED
UNTIL THE CENTER REOPENS.**

PLEASE CALL
231-464-6789
By NOON the day before
to reserve a meal
Thank you for supporting
the Free Soil Area Senior Center

MASON COUNTY • MICHIGAN



Healthy For Good™



Get your My Life Check® Assessment now at heart.org/mylifecheck.

It is important to your heart health to make and keep regular Doctors appointments.



MASON COUNTY • MICHIGAN

-Continued from page 3

does not offer 24-hour in-home care like nursing homes would. The assessment asks questions about what the individual is able to do on his or her own, what (s)he is asking for help with, and reviews what services the program can offer, including how many hours the individual is approved for. To qualify for this program, an individual must meet the state of Michigan's NFLOC (Nursing Facility Level of Care Determination), qualify for long-term care Medicaid, and meet income and asset criteria.

If MI Choice isn't the right fit, there are other options for in-home care, such as programs including Care Management and Adult Home Health. Private duty home care is another option available to individuals. Additionally, there are adult day centers and programs like PACE that offer lots of care and activities to its participants. Navigating care and resources can be overwhelming, but there is certainly a lot to be benefitted from with these options. If you are unsure of where to start, call the Area Agency on Aging of Western Michigan (AAAWM) at (616) 456-5664. Our Information and Assistance team works to fully understand a person's unique situation and recommend the best fit of services.

At AAAWM we hope to help individuals "age in place". According to a 2011 study, aging in place is tied to a sense of identity and linked to independence (Wiles et al., 2011). Aging in place is when an individual is able to grow older in the least restrictive environment of their choosing. An example of aging in place would be utilizing programs, people, and other resources to promote independence in decision making, like somebody being on the Waiver program to stay in their house instead of moving to a nursing facility (when that is not their desire). Many seniors value living in the same place where they know their neighbors, local stores, transportation options, and where they have a sense of normalcy. These programs are designed to help older adults preserve their independence and well-being while remaining part of the communities they love.

To get more information about the MI Choice Waiver program, visit [Michigan.gov](https://www.michigan.gov) or the call Area Agency on Aging of Western Michigan.

If you'd like to learn more about the Area Agency on Aging of Western Michigan, we are hosting an overview webinar on February 25, 2021 at 10:00 am via Zoom. Please email registration@aaawm.org or visit our website www.aaawm.org for more information.

References

Fox and Clauser, 1980; Krause, et al., 1978; pega

MDHHS Assistance Programs Health Care Coverage Services for Seniors. (n.d.). Retrieved from https://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943_4857-16263--,00.html

Wiener, J. M., Tilly, J., & Alexch, L. M. (2002, Spring). Home and community-based services in seven states. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194772/>

Wiles, J. L., PhD, Leibing, A., PhD, Guberman, N., MSW, Reeve, J., PhD, & Allen, R. E., PhD. (2011, October 7). The Meaning of "Aging in Place" To Older People. Retrieved December 22, 2020

BRAIN GAMES



Boggle instructions

- Letters must be touching, including diagonally.
- Words must be at least three letters.
- Only use a letter cube once per word.
- Sorry, no slang or abbreviations. English dictionary only.

Scoring

- 3-4 Letters = 1 Point
- 5 Letters = 2 Points
- 6 Letters = 3 Points
- 7 Letters = 4 Points
- 8 or more = 5 Points

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

31. _____

32. _____

Your total _____

Make it interesting and give yourself a time limit. 3-5 min

MASON COUNTY • MICHIGAN

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:
2. Online—for free—using this link:
[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>
3. Mailed to you - contact the Scottville Senior Center. 231-757-4705, \$18.00 per year, paid by check or cash.

LOCAL SUPPORT GROUPS

Probably the biggest advantage of support groups is helping an individual realize that he or she is not alone -- that there are other people who have the same problems. This is often a revelation and a huge relief to the person.

Being in a support group can also help you develop new skills to relate to others. In addition, the members of the group who have the same problems can support each other and may suggest new ways of dealing with a particular problem.

When joining a support group, you may be uncomfortable at first when it comes time to discuss problems in front of strangers. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, everything that takes place within the support group should be kept confidential.

Parkinson's Support Group

April thru December
Scottville Senior Center
140 S. Main Street
Scottville, MI 49454
Third Weds 1:00 pm

Grief Support Group

United Methodist Church
5810 Bryant Road.
Ludington Michigan 49431
Second Mondays 4 - 6pm
231.843.8340

Alzheimer's Support Group

Mason County
District Library
217 E. Ludington Avenue
Ludington, MI 49431
2nd. Thursday 1:00pm.

Grief Support Group

Hospice of Michigan
5177 W. US 10, Suite #2
Ludington, MI 49431
Fourth Mondays 12:00pm
231.845.3423

USEFUL NUMBERS

Attorney General **517.284.8800/877.999.6442**

For Local Information / Resources **211**

Area Agency on Aging of West MI **616.456.5664**

Better Business Bureau of West MI **800.684.3222**

MI Auto Insurance Coverage Issues **888.995.8441**

Health Dept. District #10 **231.845.7381**

HELP Ministries **231.843.6811**

(Hands Extended Loving People)

Legal Aid of Western Michigan **888.783.8190**

www.legalaidwestmich.org

Legal Hotline for Michigan Seniors **866.400.9164**

www.elderlawofmi.org/legal_hotline

MI Public Service Commission **800.292.9555**

(inquiries and complaints)

Unwanted Phone Solicitation **888.382.1222**

FREE MEDICAL EQUIPMENT LOANS

American Legion Post 76 **231.845.7094**

318 N James St, Ludington, MI 49431

7Days/Week: Noon - 7:00 p.m.

Custer VFW Gold Bar Post **231.757.9665**

2022 State St. (US 10), Custer, MI 49405

Monday - Friday 9:00a.m. - 5:00p.m.

Ludington Senior Center **231.845.6841**

308 S. Rowe St., Ludington, MI 49431

Monday - Friday 9:00 a.m. - 4:30p.m.

VA Benefits Claim Support

American Legion

318 N James Street
Ludington, MI 49431
Contact: Phillip Babcock
231.590.6200
1st & 3rd Wednesdays
9:30 am - 4:30 pm

- Pensions
 - Death Claims
 - Benefits
 - Forms etc.
- Walk - in encouraged.

Low Vision Support Group

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

Healthy Me - Diabetes Support Group

Ludington Senior Center
308 S. Rowe Street
Ludington, MI 49431
2nd & 4th Wednesdays
@ 2:00pm
231.845.6841

Veteran's Affairs Commissioner

James Wincek
231.843.2563 Ext. 2027



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

©Spectrum Health 05.2017



3-D-5-5

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

15-0696/a