A PUBLICATION FOR MASON COUNTY R E S I D E N T S On the Upside of 50 July 2019 Volume 6 Issue 7

Your Life, Your Way, Your Time over 50

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Free Soil Volunteers of Many (Stars and) Stripes



Our senior center volunteers for July: Jenn and Tim Legault, Miss Sawyer's "Kids With A Cause," and the American Legion Post #76, reflect an appropriately patriotic theme.

The Free Soil Area Senior Center had a Salute to Armed Forces Dance in May and these wonderful people made our event a success with their presence.

The American Legion Post #76 Edwin H. Ewing Color Guard opened our event with a flag ceremony, the National Anthem, Armed Forces Medley of songs and prayer from the Chaplain. The service was very touching and enjoyed by those present. What a wonderful group! We thank them for making time to come to our Salute to Armed Forces Dance and making it so special! Our thanks for their service to our country.

Miss Sawyer's "Kids With A Cause" (Sawyer Hendrickson, Alyssa Raspotnik, Ava Mullens and Katie Hackert) were at our Salute to Armed Forces Dance, greeting the military veterans and serving military with United States flag pins and inspirational rocks. Quite a feat after spending all day at Tight Lines For Troops. What a polite group of girls; what a great cause!

Miss Sawyer spoke about the military before our dinner; a speech enjoyed by all. Moms, Heather Hendrickson and Becky Mullens deserve to be commended for bringing the girls to us for the evening, even though everyone was tired from the earlier engagement with Tight Lines For Troops.

Jenn and Tim Legault volunteered for kitchen duty during our Salute to Armed Forces Dance. These two were rock-stars! They cleaned, did dishes, helped in the kitchen getting the food out. Their help was indispensable! Jenn and Tim made everything go so smoothly, and clean up at the end of the night a breeze. Jenn is a traveling teacher, soon to be on her way to China, and Tim is a United States Veteran US Army—Desert Storm/Desert Shield.

We can't thank all of these wonderful volunteers enough for the joy, help and services they provided during our Salute to Armed Forces Dance!



Free Soil Area Senior Center is in the process of planning next year's Salute to Armed Forces Dance, scheduled for Saturday, May 16, 2020!

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MICHIGAN STATE POLICE PROGRAM TO SAFEGARD VULNERABLE OR IMPAIRED PERSONS



The Michigan State Police (MSP) Biometrics and Identification Division (BID) is pleased to announce the Vulnerable or Impaired Person (VIP) Program. In August of 2017, legislation went into effect allowing the parent/legal guardian/power of attorney of the individual with special needs to voluntarily enroll the individual's prints and photographs (if available) into the automated fingerprint identification system database.

Along with the fingerprints, additional information will also be stored, including the home address of the individual being printed and a name, email, and phone number of the person legally responsible for the individual. Law enforcement is encouraged to familiarize themselves with the applicable laws so they can assist those in their communities who may benefit from enrolling in this program.

Law Enforcement Officers with access to Live Scan or mobile ID fingerprint scanner will be able to quickly identify enrolled individuals who may be confused or disoriented. Listed below are a few benefits and abilities provided by the legislation:

- Ability to identify the individuals who may not be able to identify themselves and assist in returning them to a safe environment.
- Ability to provide a quick explanation for why the individual is exhibiting erratic behavior and or not following directives.
- Law enforcement will have immediate access to contact information of family.
- Ability to reunite homeless persons with family who may be looking for them.
- Ability to reduce investigation Time by identifying individuals within seconds.

The percentage of individuals with special needs is growing and it is important that law enforcement to be prepared in these situations. The goal of this program is to make it easier to return individuals with special needs to a safe and familiar environment while maintaining their dignity. If you would like more information on how your agency can help keep our most vulnerable populations safer, please visit <u>www.mi.gov/msp-vip</u>, or contact the BID automated print unit at (517)284-3168 or <u>msp-vip@michigan.gov</u>.

July 4th S'mores Dip

INGREDIENTS 4 sheets Hershey's chocolate 19 marshmallows 1 c. water 1 c. red, white, and blue sanding sugar Graham crackers, for serving

DIRECTIONS

Preheat oven to 450°. In a square glass pan, place a layer of Hershey's to cover the bottom of the pan. Dip 5 marshmallows in water and roll them in blue sanding sugar. Place on parchment paper to dry. Repeat this process to make 6 red marshmallows and 8 white marshmallows. Using kitchen shears, cut each marshmallow in half. Place marshmallows cut side down on the chocolate to form a flag. Bake for 8 to 10 minutes and serve with graham crackers.

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

MASON COUNTY SENIOR MEALS 300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

- S. 8112	per a		÷		
Monday	Tuesday	Wednesday	Thursday	Friday	PLEASE CALL MEAL
1 Baked Fish Brussels Sprouts	2 Stuffed Peppers Carrots	3 Pulled Pork Bun	4 NO MEALS SERVED	5 NO MEALS SERVED HAPPY 5th!	RESERVATION BY 9:00 AM.
Tossed Salad Diced Peaches Wheat bread 1% milk	Diced Beets Applesauce Sliced bread 1% milk	Hash browns Coleslaw Grapes 1% milk	Happy 4th!		PRICES Age 60 and up: \$3 Under age 60: \$5 Note: Menus are
8 Marinated Chicken	9 Swedish meatballs Noodles	10 Stuffed Cabbage Rolls	11 Thursday Pizza Day	12 Cheeseburger Potato Salad	subject to change.
Wild Rice Green Bean Casserole Carrots Cantaloupe 1 % milk	California blend Tossed Salad Fruit Mix Dinner roll 1% milk	Carrots Fruit 1% milk	Green Beans Creamy Cukes Banana 1 % milk	Coleslaw Watermelon Bun 1% milk	Third Friday each month Ludington Center July 19 Last Thursday each month
15 Beef Stroganoff/ w *Noodles Broccoli Raisin Salad Squash Lunch Bunch Grapes 1 % milk	16 Sloppy Joe Bun Hashbrown casserole Orange Juice Creamy Cukes 1% milk	17 Chicken Breast Sandwich Augratin Potatoes Cherry Tomatoes Applesauce Bun 1% milk	18 Tator Tot Casserole / Green beans in entrée Peaches Dinner Roll 1% milk	19 Chicken Stew Stewing vegetables Carrots Pineapple % milk Biscuit	Scottville & Tallman Centers July 25 Kitchen – 757-4831 <u>Meal Sites</u> Scottville 757-4705 Ludington 845-6841
22 Salisbury Steak Scalloped Potatoes Peas Diced Peaches Rye bread 1% milk	23 Taco Tuesday Taco Meat Mexican Rice Tomato & Lettuce Peaches Taco Shell 1 % milk	24 BBQ Chicken Baked Beans Three Bean Sal- ad Oranges Biscuit 1% milk	25 Quarter Pounder Coleslaw Spudsters Pineapple Bun 1 % milk	26 Turkey Deli/ Bun Potato Salad Sliced Cucumbers Pears 1% milk	Tallman 757-3306 In accordance with Federal Law and U.S. Department of Agricul- ture policy, this institution is prohibited from discriminating on the basis of race, color, na- tional origin, sex, age, or disabil- ity. To file a complaint of dis-
29 Baked Chicken Scalloped Potatoes Green Beans Watermelon Dinner roll 1 % milk	30 Connecticut Beef Bake Baby Carrots Orange Wedges Dinner roll 1 % milk	31 French Toast Sausage Hash browns Orange Juice Muffin 1% milk			crimination, write USDA, Direc- tor, 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 Ser- vice at (800) 877-8339: or (800)
73110	A States	11110	VER E	10	845 6136 (Spanish). USDA is an

equal opportunity provider and employer.

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A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

Why do people knock on wood for luck?

Retrieved from: https://www.history.com/news/why-do-people-knock-on-wood-for-luck

In many cultures, it's a common superstition for people to knock their knuckles on a piece of wood to bring themselves good fortune or ward off bad luck. Yet while the phrase "knock on wood"—or "touch wood" in Britain—has been part of the vernacular since at the least the 19th century, there seems to be little agreement on how it originated. One common explanation traces the phenomenon to ancient pagan cultures such as the Celts, who believed that spirits and gods resided in trees. Knocking on tree trunks may have served to rouse the spirits and call on their protection, but it could have also been a way of showing gratitude for a stroke of good luck. Yet another theory is that people knocked on wood to chase away evil spirits or prevent them from listening in when they boasted about their luck, thereby preventing a reversal of fortune. Christians, meanwhile, have often linked the practice to the wood of the cross from Christ's crucifixion.

Other researchers consider knocking on wood a more recent phenomenon. In his book "The Lore of the Playground," British folklorist Steve Roud traces the practice to a 19th century children's game called "Tiggy Touchwood," a type of tag in which players were immune from being caught whenever they touched a piece of wood such as a door or a tree. "Given that the game was concerned with 'protection,' and was well known to adults as well as children, it is almost certainly the origin of our modern superstitious practice of saying, 'Touch wood,'" he argues. "The claim that the latter goes back to when we believed in tree spirits is complete nonsense."

While the origins of "knock on wood" may never be known for certain, the superstition remains popular around the globe and has even given rise to several local variations. Turkish people often pull on one earlobe and knock on wood twice to ward off a jinx. Italians, meanwhile, say the phrase "touch iron" when trying to avoid tempting fate.

REBUS PUZZLE SOLUTION: 1. Parade 2. Soda 3. Hamburger 4. Picnic 5. Swimming 6. Watermelon 7. Fireworks 8. Patriotic

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50



I have the right....to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

I have the right....to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

I have the right...to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

I have the right...to get angry, be depressed and express other difficult feelings occasionally.

I have the right...to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

I have the right...to receive consideration, affection, forgiveness and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

I have the right...to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

I have the right...to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

I have the right...to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers. A care giver always gives the gift of care to the needy... Without even thinking once about who is going to be there when it's time for them to be cared for... Selflessly they just believe in giving...its the most noble thing.. the most divine thing...

— Jahnvee ''जाह्नवी''

Your Quote.in

Our flag is painted in the proud colors of white, red and blue, Our hearts are filled with a sense of deep pride and solitude. We salute all our brave heroes who fought for our country, They built a new world for us with fairer boundaries. Have a great forth of July.

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How to Survive a Heat Wave

A heat wave is an extended period of extreme heat, often accompanied by high humidity. Prolonged periods of high temperatures and high humidity can be very dangerous for your health. In extreme heat and humidity, evaporation is slowed and your body has to work very hard to maintain a normal temperature. The risks vary depending on your age and health, but by knowing how to prepare for a heat wave and what to do when one occurs, you can avoid the biggest health dangers, such as heat exhaustion and heat stroke.

Stay well hydrated. A lot of the health problems that can develop during a heat wave are associated with dehydration, so it's crucial to make sure you drink plenty of water or a sports drink with electrolytes. Even if you don't feel thirsty, keep taking regular sips. Avoid drinks with a lot of caffeine such as coffee and tea, and severely limit your intake of alcohol.

- When it is very hot outside, it's recommended that you drink about 4 cups of water per hour. Don't gulp this all at once, though, or you may experience some discomfort.
- There are some instances when you should consult a doctor before increasing the amount of liquids you drink.
- If you have epilepsy, or heart, liver, or kidney disease.
- If you are on a fluid-restricted diet or have a problem with fluid retention.

Eat appropriately. It's important to make sure you keep eating, but you should adapt your eating habits to the temperature. Eating is an effective method to control your body temperature. Eat well-balanced and light meals regularly, rather than two or three enormous plates of food. Large meals take more work to digest which will cause your body temperature to increase.

- Foods that are rich in protein, such as meats and nuts, will increase metabolic heat.
- Fresh fruit, salads, healthy snacks, and vegetables are good choices.
- If you're sweating a lot, replace lost salts and minerals as well as water. A handful of salted nuts or pretzels can be a good choice, or drink a sports beverage containing electrolytes or fruit juice.
- Don't take salt tablets unless directed to by your doctor.

Dress appropriately for the heat. Indoors and out, it is important to remove any heavy clothing and to wear as little as modesty and laws permit. Wear loose-fitting, lightweight, and lightly colored clothing. Natural fabrics such as linen, cotton, and hemp are good choices. Avoid wearing polyester and flannel, as these fabrics will hold in sweat, causing you to stew in the humid air.

- If you go outside be sure to use at least a 30 SPF sunscreen to avoid sunburn. Protect your head and face with a ventilated, wide-brimmed hat. Wear sunglasses to protect your eyes.
- Consider wearing clothing made of synthetic sports fabrics that are designed to wick away perspiration.
- Avoid dark colors, as these absorb the heat.
- Wear long-sleeved, lightweight clothing when you will be outside to protect yourself from the sun.

Don't overly exert yourself. Avoid strenuous work or exercise as much as possible. This is especially important during the warmest part of the day, typically 11am to 3pm. If you do have to work outside, use a buddy system so you are not alone. Take frequent breaks and stay hydrated. Pay close attention to how you feel.

- If your heart is pounding and you're short of breath, stop immediately. Go into a cool environment to rest and drink plenty of fluids.
- Do not push yourself if you feel like you're becoming overheated. If the heat index is greater than 103F (39.5C), ask about rescheduling nonessential activities for a time when it is not so hot.

Recognize the symptoms of heat exhaustion. Heat exhaustion is a serious condition and should be treated as soon as possible. There are a number of symptoms to look out for:

- * Cool, clammy skin with "goose bumps" * Heavy sweating * Fatigue * Light-headedness or dizziness
- * Problems with physical coordination * Muscle cramps * Headache * Nausea

Take action while you wait for medical assistance. If a person near you has symptoms of heatstroke, the first thing you should do is call emergency services. While you wait for the ambulance, you can take the following steps:

- Move the person to a cool, shaded area
- Remove unnecessary clothing
- Increasing ventilation by using a fan or opening windows
- Giving the person water to drink, but not medication
- Shower or immerse their body with cool, but not cold, water that is 59-64°F (15-18°C)
- Cover the body with cool, damp sheets or towels
- Apply ice packs to the groin, armpits, neck, and back

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

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Canada & New England Cruise

October 3-12, 2019 • \$1,880 (inside cabin) or \$2,080 (outside cabin) each, double occupancy, includes airfare

Royal Caribbean Cruise • 10 Days, 9 Nights Day port visits include:

Baltimore, Maryland

- Boston, Massachusetts
- Portland, Maine
- St. John, New Brunswick
- Halifax, Nova Scotia

\$350 double occupancy or \$700 single occupancy deposit required. *Call 231.757.4705 for details.*

PASSPORT REQUIRED FOR THIS TRIP

PROJECT FRESH COUPONS ARE STILL AVAILABLE AT SASC!

These coupons can be used for produce at farmers' markets. To be eligible to receive these coupons, you must be at least 60 years of age and

your income must be less than \$22,459 for a single person or \$30,451 for a couple. Call the Scottville Area Senior Center at 757-4705 for more information!





Meet at River Run Canoe Livery, 600 S Main St, Scottville . Bring your own vessel or rent. \$15 a person for any boat or \$7 if you bring your own. Call for details! 757-4705

MAC WOOD'S DUNE RIDE Tuesday, July 30th, 9 AM-1 PM (approximately)



Experience the Silver Lake Sand Dunes like never before on this one-of-a-kind 40 minute, 7 mile guided tour. Mac Wood's provides a ramp to assist with loading for people with disabilities.

After the ride, we will eat lunch at Open Hearth Grille in Mears.

LAKE COUNTY HISTORICAL TOUR Friday, August 23

\$30 plus the price of lunch

1 PM– 3 PM (approximately) \$11 plus the price of ice cream

Stop 1: Shrine of the Pines

Come visit this over-75 year-old shrine to the pine tree, with all the furniture made from scraps and roots, without a nail or screw ever used. SO unique!

Stop 2: Jones' Ice Cream Parlor

Jones' Homemade Ice Cream is known throughout Michigan. Ice cream cost not included with trip price.

Stop 3: Lake County Historical Museum & World's Tallest Brown Trout Sculpture

Group size is limited to 12 people per trip. Call 231-757-4705 or sign up at the Scottville Area Senior Center to reserve your spot!

Transportation will be provided by Gene's Ventures for both of these trips.









ASK SHARON

I know I have written about Medicare enrollment periods, but I wanted to share some information from an article that explained the process in simple language. Open enrollment is coming up in a few months so it is a good time to repeat some of the enrollment options

Q. Could you tell me about the different enrollment periods for Medicare D?

A. I will list the different periods that you are able to enroll in Med D or Med C, which is Medicare Advantage that includes Health plan and drug plan, and also some dental, gym membership, vision and hearing.

I. Initial enrollment period: You can enroll in Medicare any time during the initial enrollment period, which is a seven- month period, including three months before, three months after, and the month that you turn 65. If you are already claiming Social Security benefits, you are automatically enrolled in Medicare at age 65 with coverage beginning on the first day of the month that you turn 65. If you are not enrolled in SS you must sign up for it yourself. If you are still working at 65 you will probably have to sign up for Medicare.

II. Special enrollment period: If you delay Part B past 65, because you are covered by an employer, you can sign up during Special enrollment period if you retire and lose your coverage. You have eight months to enroll in part B. If you do not enroll in that time period, you will pay 1% a month for the rest of your life for each month that you are without coverage.

You do not have 8 months to sign up for part D. You must sign up within 63 days for Part D. Part D pays for prescription drugs . If you were to be hospitalized and not be enrolled in Part D, you would have to pay for any drugs dispensed in the hospital. Without Part D the cost of prescriptions can add up quickly.

III. General enrollment: If you miss the Initial enrollment for Parts A and B, and you don't qualify for the special enrollment, you can sign up for the General enrollment from January 1 to March 31 each year, with coverage starting July 1. You may have a penalty of 1% a month for Part B.

IV. Open Enrollment: Open enrollment is October 15 thru December 7. You can enroll in Medicare Advantage Plan, which includes Prescription drugs, or a stand -alone drug plan. This coverage will start on January 1.

I can help anyone in these situations; just call the number at the end of this article. For more in depth information you might read Section 4: starting on page 55 of the *Medicare & You* handbook.

~ Sharon Bailey is a certified MMAP Counselor. Call Sharon at 757-4052 to make an appointment for help with your Medicare and insurance issues.

Volunteers Needed at SASC

If you enjoy talking to people you may be just what the Scottville Senior center needs. We are in need of a few friendly people to answer the phones in the morning or afternoons. We are a great place to spend some time if you have it to spare and share; and you would be a great asset to us! Free SASC T-shirts for volunteers!

We also could use a couple of people to do some general office assistance work on a voluntary basis as needed.

If you feel that you could help us out please call 757-4705. Thank you!



LIFE STORY WRITING CLASS

If you have always wanted to write your life story now is your chance. We will use a writing method that was will make it easy to bring up old memories.



We will write a story each week at home and read them aloud in class the next week. There is no charge for this class. Just bring a spiral notebook and writing utensil.

When: Thursdays, 1 PM for 8 weeks, starting July 11th Where: Scottville Senior Center Cost: Free

Class size is limited to 12 people. Call 231-757-4705 or sign up at the Scottville Area Senior Center to reserve your spot!



Mondays @9:30 a.m. June 24 through August 26 This class series runs through August 26. (You do not need to attend every class. Come when you can.) Interval training alternates 3 minutes of cardio with 3 minutes of strength training throughout the workout.

This class is free and led by an instructor! ALL FITNESS LEVELS WELCOME!

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

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Saturday, July 13th 9 AM-3:30 PM, during the 10/31 Celebration

See the beautiful quilts made by our talented quilting group, and shop for unique gifts for others or yourself! All proceeds are used to buy materials to make more quilts that we

donate to charity events.



When: Friday, June 29th Where: Scottville Senior Center 4:30 PM potluck Time:

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Parkinson's Support Group Third Thursdays a 1PM



Special July Presentation: The LOUD Program

LOUD is an effective speech treatment for people with **Parkinson's** disease (PD) and other neurological conditions. LOUD trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community.



A Matter of Balance

When: Tuesdays & Thursdays, 9:30 a.m. to 11:30 a.m., July 9th-August 1rst

Where: The Village Manor, 1100 East Tinkham Avenue, Ludington, MI 49431 CALL 757-4705 FOR DETAILS!



Grandparents Raising Grandchildren Forth Wednesdays—5:30p.m.

Monthly meetings open to Mason County grandparents and kinship caregivers raising grandchildren and other young relatives. Regular meetings to help you with educational, medical, legal and other parenting issues.

Children welcome (activities in a separate room), plus food for adults and kids.

Please call for details: Scottville Area Senior Center 231/757-4705





Fresh Conversations is a nutrition education **CONVERSATIONS** program designed to support healthy aging

and independence..

Cost: FREE! Where: Scottville Area Senior Center

140 S. Main Street, Scottville, MI 49454 When: 3rd Tuesday of the Month @ 12:30pm Dates: 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17, 1/21, 2/18

Interested? Call Katie Haner to sign up: 231-355-7531

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY Exercise -Weekly -Once each Month - Series - Special	1 Quilting 10:00 Lunch 11:45 Chess Club 1:00	2 Ladies' Coffee 9:30 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	3 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	4 CENTER CLOSED HAPPY 4th of JULY!	5 CENTER CLOSED ENJOY THE LONG WEEKEND	6
7 Pinoch- le 1:30	8 Quilting 10:00 Lunch 11:45 Chess Club 1:00	9 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	10Painting9:00Ladies Pool10:00Lunch11:45Cribbage12:15Pinochle1:00	11 Charity Sew 9:00 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Book Club 1:00 Cards Group 4:30	12 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	13 Quilt Shw 9- 3:30
14	15 Quilting 10:00 Lunch 11:45 Chess Club 1:00	16 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Fresh Conversaions12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	17Painting9:00Ladies Pool10:00Lunch11:45Cribbage12:15Pinochle1:00Parkinsons Grp1:00	18 Stretch & Bal 9:00 Wii Bowling 10:00 Open Pool 12-4 Healthy /Wise12:30 COA meeting 1:00 (Tallman) Cards Group 4:30 Beekeepers 6:30	19Wii Bowling8:30Bingo10:00Lunch11:45Open Pool12-4:00Set Back1:00CountryDance2:00Name That TunePotLuck4:30	20
21 Pinoch- le 1:30	22 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45 Chess Club 1:00	23 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	24 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00 Creative Crafts 2:00 Grandparents 5:30 Raising Gchildren	25 Stretch & Bal 9:00 Wii Bowling 10:00 Kayaking 1:30 Cards Group 4:30	26 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	27
28	29 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45 Chess Club 1:00	30Sit & Be Fit10:30Lunch11:45Mahjong12:30Euchre1:00Open Pool12-4Games1:00	31Painting9:00Ladies Pool10:00Lunch11:45Cribbage12:15Pinochle1:00			2
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For ad info. call 1-800-477-4574 • www.4lpi.com 🛛 🕂

15-0696/a

New Classes!! - Meditation & Drumming



Meditation is a centuries-old method used to clear and free the mind while focusing on your breath to achieve inner peace.

The use of meditation through the use of mind-freeing techniques can essentially melt away your stress and it is a great way to reduce your daily struggles after a hard day at work.

Effect on Health:

Meditation has ample effects on health including reductions in blood pressure, better blood glucose control, as well as decreasing overall stress.

Additional Facts:

There are ample meditation apps that you can use to help guide you through basic meditation techniques. The key to this stress-relief method is to focus on the "now" rather than looking ahead or dwelling on the past.

Date and time to be determined soon.

Call us at 231.845.6841 or pop in at 308 S Rowe Street in Ludington for scheduled class time. You can also, visit our Facebook Page for additional information.

Drumming: An Excellent Activity for Seniors

Drum circles for seniors have been known to help adults in the following areas:

- Reducing tension, anxiety, depression, and stress
- Boosting the immune system and increasing energy
- Controlling chronic pain
- Releasing negative feelings
- Making social interactions and feeling a sense of community
- Improving language
- Improving joint mobility, posture, and motor skills
- Providing self-realization
- Releasing negative feelings and emotional trauma

Date and time to be determined soon!!

Call us to 231.845.6841 or pop in for scheduled class time.



Monday, July 15th, 2019. Time: 9 - 11:30 am By appointment only, 231.845.6841

The Ludington Senior Center - Boom Shop

We have a wide range of items/gift ideas, created by local artist & artisans. Buy local; please do pop in and see what we have to offer! You just might find that unique gift for the special people in your life!

Gift Ideas Include:

- Handcrafted Wooden Pens
- Quilted Handbags
- Quilted & Croqueted Baby Blankets
- Memory Pillows & Bears
- Air Fresheners



- Wind Chimes
- Handcrafted Jewelry
- Wooden Wreaths
- Cork Trivets
- Scented Candles
- Soy Melts
- Bath Bombs

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July	1 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	2 10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers	3 9 Cribbage 9 Foot Care 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals	INDEPENDENCE DAY	5 Center Closed NO MEALS	6 Pinochle Ipm
7	8	9	10	11	12	13
Billiards Open Play Monday Thru Friday I - 4 pm	8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men'sBilliards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	10 Ladies Billiard 10:15 Zumba Ton, N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers	9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 3 Ted Talks 7 Coin Club	9 Foot Care 9:30 Crafts /Laughs 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters	9 Foot Care 9 Cribbage 9;30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo	Pinochle Ipm
14	15	16	17	18	19	20
Paralegal July 15 9 - 11:30 Call 231.845.0841 For appointment	8:30 Yoga 9 Cribbage Paralegal 9-11:30 9:30 Yoga 10 Men's Billiards 10:30 Malijongg 11 Fresh Conversation N Meals 1 Cards/Games 1:30 Low Vision 5:15 Zumba Gold	10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers	9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 2 Essential Oil Class	9:30 Crafts/Laughs 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters	9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo	Pinochle 1pm
21	22	23	24	25	26	27
Billiards Open Play Monday Theu Friday I - 4 pm	8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Maltjongg N Meals 1 Cards/Games 5:15 Zamba Gold	10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers	9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 3 Ted Talks	9:30 Crafts/Langhs 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 1 Garden Club 5:15Zumba Gold 7:30 Boot Scooters	9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjougg N Meals 1 Cards/Games 1 Bingo 1 Cricut FUN	Pinochle Ipm
28	29	30	31	Contor 1		A THE
July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere	 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Enchre 5:15 Zumba Gold 	10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers	9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 2 Kayak	Welco.		Cy

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

Healthy Living

The Project Fresh - Fruits, Vegetable & Honey!!

Michigan Senior Project Fresh/Market Coupons are here!!

Pop into the center to pick up yours.

To be eligible to receive <u>Senior Project FRESH</u> (SFMNP) coupons, you must be at least 60 years of age and meet the income guidelines, which are based on 185% of the Federal Poverty Income Guidelines during the current fiscal year and live in the county where the coupons are being issued. Your signature indicates that you have been given a copy of the current income guidelines which are as follows, not to exceed:

For 1 person: \$22,459

For 2 people: \$30,451

Ludington Senior Center 308 S Rowe Street, Ludington Phone: 231.845.6841

Stretch & Fit - with Cyndi

This class is designed for all ages and all exercise levels. We laugh and celebrate our milestones together. Come and participate in the fun, while getting strong!



Wednesdays at 11:00 am.



Discussion type class, 3rd Wednesday each the month Class facilitator: Karen Bieniek July 17th, 2019 at 2:00 pm. Learn, share & explore the possibilities of essential oils. *Fresh Conversation;* a series of 10 monthly lessons, engaging in nutrition education that focus on balancing and planning healthy



Meals. Stretching food dollars to eat healthier, shopping strategies, as well as techniques for staying active.

Location: Ludington Senior Center Address: 308 S Rowe Street. Ludington, MI 49431



Dates: May 20th, June 17th, July 15th, Aug. 19th, Sept. 16th, Oct. 21st, Nov. 18th, Dec. 16th, Jan. 20th, 2020, Feb. 20th, 2020.

Time: 11:00 AM - 12:00 PM

Phone: 231.845.6841

Sponsored by: LIVE*WELL



ACTIVE FOR LIFE JULY 2019

Educational & Fun!!

Country Dancing Tuesdays @ 2:00 PM Instructor: Ed Thompson Boot Scooters - 2nd & 4th Thursdays @ 7:30 PM Country Dancing Rocks



Cribbage - Mondays, Wednesdays and Fridays @ 9:30am Duplicate Bridge - Tuesdays 12:30 and Thursdays @ 1:00 pm Mahjongg - Mondays & Fridays @ 10:30 am. Pinochle - Saturdays @ 1:00 pm. Bingo - December 7th @ 1:00 pm. Euchre - Mondays & Fridays @ 1 pm

Everything Summer - *Cricut Style* Multigenerational Cricut Workshop!

Location: Ludington Senior Center Date: Friday, July 26th, 2019 Time:1 PM Cost: \$5.00 All Ages Welcome Fun bonding opportunity for Grandparents, Parents & Kids!

Participants are asked to bring an item for their project. - Vinyl Provided If you imagine it, you can Cricut it!

Classes Suspended This Summer

- Beginners Tai Chi
- Advance Tai Chi
- Paint With Julie
- Diabetes Support

Classes will resume in September!

TED TALKS IS BACK!!

Enjoy an hour of mind stimulating discussion. 2nd & 4th Wednesdays @ 3pm Dates: July 10th & 24th.

> Facilitator Gene Kyle



Coffee & Tea provided.

Kayaking at the State Park!

Wednerday, July 3 Lt. @ 2:00pm. Carpool from the Centre or meet at the State Park. Bring your Kayak or rent at the State Park. Please R.J.V.P. by, Friday July 26th, Ar mack will be provided.

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

TALLMAN SENIOR CENTER6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306

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



HOURS MON thru FRI

9:00 TO 3:00

DIRECTOR

Sandy Varnes

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
1 Coffee Table Games Crochet class Lunch Sit 'n be Fit	10:00	2 Bingo Lunch Talk Session	12:00	3 Auxiliary Mtg Lunch Sit 'n be Fit	10:00 12:00 2:30	4 CLOSE	D	5 CLOSED	6
8 Coffee Table Games Crochet class Lunch Sit 'n be Fit	10:00 10:00	9 Bingo Lunch Food Art Talk Session	12:00 1:00	10 Board Mtg Coupon Class Lunch Sit 'n be Fit	10:00 11:00 12:00 2:30	11 Bingo Lunch		12 Book Club 9:30 Bingo 10:00 Open Pool 10-12:00 Lunch 12 :00 Sit 'n be Fit 2:30	12:00
15 Coffee Table Games Crochet class Lunch Sit 'n be Fit	9:30 10:00	16 Bingo Lunch Talk Session	12:00	17 Crafts Lunch Coupon Class Sit 'n be Fit	12:00	18 Bingo Lunch COA meeting (Tallman)	12:00	19 July bday 9:30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12 :00 Sit 'n be Fit 2:30 Girls' Night Out 4:00	
21 Coffee Table Games Crochet class Lunch Sit 'n be Fit	9:30 10:00	22 Bingo Lunch Talk Session	10:00	23 Lunch Sit 'n be Fit	12:00 2:30	24 Bingo Lunch		25 Cribbage 10:00 Open Pool 10-12:00 Lunch 12 :00 Sit 'n be Fit 2:30	
29 Coffee Table Games Crochet class Lunch Sit 'n be Fit	9:30 10:00	30 Bingo Lunch Talk Session	10:00 12:00	31 Lunch Put N Take Sit 'n be Fit	12:00 1:00 2:30				



July 19th @ 4 PM

Meet at the Ludington AMC movie theatre at 4 PM for a movie then we will go out for dinner !

2nd Saturdays

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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.





Cach week.		
Delicious made-from-scratch meals cooked on site.		
inears cooked on site.	Please call (231) 464-6789	We will be closed
MACKINAC ISLAND	Please call (231) 464-6789 By NOON the day before to re-	Fourth of July Week
TRIP!	serve a meal.	July 1 through July 7 th
\$310.00 (PER PERSON,	Thank you!	
DOUBLE OCCUPANCY)		Enjoy a Safe Holiday!
Tues-Thurs, August 27-29		
	Tuesday, July 9	<u>Thursday, July 11</u>
	CHILI DOGS	ASPARAGUS SOUP
TOURS	CHIPS	HAM SAMMIES
	RELISH TRAY ROOT BEER FLOATS	CORN ON THE COB CAKE & ICE CREAM
ALL		
and the second sec	*** REGULAR MEETING 1:00***	***GROUP EXERCISE 11:00***
Price includes:	***GROUP EXERCISE 11:00***	
Motorcoach transportation	Tuesday, July 16	<u>Thursday, July 18</u>
2 nights lodging	SALAD DAY	SLOPPY JOE
 4 meals: 2 breakfasts and 2 dinners 	Assorted Salads	SALAD
 Visit to Mackinac Island, including 	***GROUP EXERCISE 11:00***	FRESH FRUITS ***GROUP EXERCISE 11:00***
a guided carriage tour		COA MEETING 1:00/TALLMAN
Boat ride through the Soo Locks	Tuesday, July 22	Thursday, July 25
and free time to sight-see in Sault	Tuesday, July 23	Thursday, July 25
Sainte Marie	SALMON PATTIES	BISCUITS & SAUSAGE GRAVY
 Visit to Mackinaw Crossings Admission to Colonial 	Oven Fries Tossed Salad	SCRAMBLED EGGS FRESH FRUIT
Michilimackinac	AMBROSIA	
SPACES ARE LIMITED! CALL FREE	***GROUP EXERCISE 11:00***	***GROUP EXERCISE 11:00***
SOIL SENIOR CENTER AT	GROUP EXERCISE 11.00	
231.464.6789 FOR RESERVATIONS!		
JOIN US FOR A MEAL	Tuesday, July 30	We Style
PLAY CARDS	SPAGHETTI W/MEAT SAUCE TOSSED SALAD	A CONTRACTOR OF THE OF
WALK LAPS IN THE GYM	GARLIC BREAD	The star
PLAY A GAME OF POOL	JELLO SALAD	
		and the second se
ENJOY ENTERTAINMENT		
ENJOY ENTERTAINMENT VISIT WITH NEW	***GROUP EXERCISE 11:00***	

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

Grandparents Raising Grandchildren Program Mason County residents invited to participate

It's hard to tell how many of Mason County's young people are being raised by their grandparents and other relatives (kinship caregivers). But on one thing the county's educators, health care specialists and public officials agree: the number is significant... and growing.

The Scottville Area Senior Center (SASC) has added a new Grandparents Raising Grandchildren (GRG) support program to its group of services (please see summary below) offered to residents county-wide.

The center is currently engaged in outreach to identify and invite as many grandparents raising grandchildren as possible to join in the program. We honor your commitment and want to help.

The group typically meets on the fourth Wednesday of the month (in July, the 24th) at the senior center, 140 S. Main in Scottville. Meetings start at 5:30, to accommodate work and school schedules. Group activities and excursions, some possibly on weekends, are also being considered.

Kids welcome

Participants are welcome to bring the young members of their "grandfamilies." Separate supervised activities are provided for the kids while the adults are meeting. Nutritious food is offered to all those attending.

Speakers and information sharing

The purpose of the group is to offer information and help to county residents who have the important role of raising their young relatives. Guest speakers offer insight to helpful programs and advice on issues commonly faced by those raising relatives. The meetings also offer the opportunity to discuss common issues with others on a similar journey, public officials attending, and representatives of organizations supporting the program.

Participants are strongly involved in determining the structure of the program and the topics to be covered. Early meetings have included discussions of what topics, speakers and activities should be included.

Excellent community support

In launching the GRG program, the senior center has received outstanding support from the County Board of Commissioners and the Mason County Council on Aging, as well as encouragement from the Area Agency on Aging of Western Michigan. Commissioners Janet Andersen and Steven Hull, and COA Chair Andy Katz, have been regular participants, along with Larry and Sue Lange of HELP Ministry.

Special thanks to Janet Vyse-Staszak, Director of the Michigan Department of Health and Human Services for Mason/Oceana, who was a guest speaker at a recent meeting, discussing subsidy assistance, food assistance, day care options, health care and other programs. She engaged in a very useful discussion with those attending and we hope to benefit from her participation again in the future.

Mason County Probate Judge Jeff Nellis has agreed to attend a future meeting to discuss some of the legal aspects of grandfamilies—a key subject requested by early program participants. We are also featuring guest speakers who have successfully navigated the GRG journey.

Other leading supporters of the new GRG program are MSU Extension, the Educational Service District Great Start Collaborative, Mason County's school districts, and the early childhood centers in Scottville and Ludington. All of these organizations will be providing speakers and advice.

A key leader and participant in the program is Jan Wagner, Mason County's leading kinship caregiver advocate and an adoptive grandparent. Earlier this year Jan received a national award for her advocacy efforts from Casey Family Programs.

For additional information on the GRG program, please contact Bill Kerans (director@scottvilleseniorcenter.com) or 231-757-4705.

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A QUICK GUIDE TO BACKYARD ASTRONOMY

Retrieved from: <u>https://www.pcworld.com/article/2032522/a-quick-and-dirty-guide-to-backyard-astronomy.html</u> and <u>http://www.seasky.org/astronomy/astronomy-calendar-2019.html</u>

Find the perfect spot

To really enjoy observing, you'll want to find an ideal point. The best spot for observing will not only give you a clear view of the sky, but also contain little light pollution. If you have a large backyard, standing at the very rear might be enough; you can also try going to a large city park.

Once you've had time to adjust to the darkness, what you'll spot in the sky will depend on your position on Earth and the time of the year. But if you're in the Northern Hemisphere, finding <u>Polaris</u>, the North Star, is a good place to start. To find Polaris, try locating the Big Dipper. This saucepan-shaped constellation is a bright section of Ursa Major, and is easily recognizable. Two of the Big Dipper's stars line up directly with Polaris, giving you a great reference point all year round.

<u>Binoculars</u>

Binoculars (which are really a pair of mini-telescopes) are surprisingly useful if you're an amateur astronomer, and since they're compact, you can use them to observe the sky from just about anywhere.

For a good starter pair, pay close attention to the aperture—that is, the amount of light that the lenses can gather—and its magnification. Try to get a pair that has a magnification of no less than 7, and an aperture of about 50mm; specs of 7 by 50 or 10 by 50 are two great choices for beginners. You can go for something bigger, but the instrument will be hard to keep steady without a tripod.

What can you expect to see with binoculars? First off, expect to see the sky become absolutely covered in stars—binoculars can help you spot the stars your eyes can't see by themselves. The real fun begins when you see your naked-eye observations close up. The Seven Sisters will look stunning, and you'll be able to see the Orion nebula glow with green and blue hues. Binoculars also allow you to study the Moon's craters. For the most part, Jupiter and Saturn will still look like bright stars, but you might be able to catch a glimpse of their moons, or Saturn's rings. Additionally, you'll see a brighter image of planets such as Mars.

Other useful gear

Before you rush out, be sure you have a few items on hand, aside from your binoculars, such as a flashlight and a compass. If you can get one, a planisphere—a circular star chart that can be altered by date and time—can help you know what you're looking it. Fortunately for the tech-minded stargazer, plenty of apps do a good job of replacing paper star chart.

Celestial events in July

July 2 - New Moon. The Moon will located on the same side of the Earth as the Sun and will not be visible in the night sky. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

July 9 - Saturn at Opposition. The ringed planet will be at its closest approach to Earth and its face will be fully illuminated by the Sun. It will be brighter than any other time of the year and will be visible all night long. This is the best time to view Saturn and its moons.

July 16 - Full Moon. The Moon will be located on the opposite side of the Earth as the Sun and its face will be will be fully illuminated. This phase occurs at 21:38 UTC. This full moon was known by early Native American tribes as the Full Buck Moon because the male buck deer would begin to grow their new antlers at this time of year. This moon has also been known as the Full Thunder Moon and the Full Hay Moon.

July 28, 29 - Delta Aquarids Meteor Shower. The Delta Aquarids is an average shower that can produce up to 20 meteors per hour at its peak. It is produced by debris left behind by comets Marsden and Kracht. The shower runs annually from July 12 to August 23. It peaks this year on the night of July 28 and morning of July 29. The waning crescent moon will not be too much of a problem this year. The skies should be dark enough for what could be a good show. Best viewing will be from a dark location after midnight. Meteors will radiate from the constellation Aquarius, but can appear anywhere in the sky.

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

BRAIN GAMES



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 or https://www.ourseniorcenter.com/find/ludingtonarea-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

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.

Alzheimer's Support Group

Mason County District Library 217 E. Ludington Ave. Read More. Ludington, MI 49431 Second Thursday 1:00pm.

Grief Support Group

Hospice of Michigan 5177 W. US 10, Ste. 2 Ludington, MI 49431 Fourth Mondays 12:00pm 231-845-3423

Parkinson's Support Group

April thru December Scottville Senior Center 140 S. Main St. Scottville, MI 49454 Third Weds **1:00 pm** Fourth Mondays 12:00pm 231-845-3423 Grief Support Group

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

USEFUL NUMBERS	
For Local Information / Resources	211
Area Agency on Aging of West MI	616-456-5664
Better Business Bureau of West MI	800-684-3222
Mason County V.A. Jim Wincek 231.	843.2563 x2027
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 EQUIPMEN	<u>LOANS</u>
American Legion Post 76	231-845-7094
318 N James St, Ludington, MI 49431 7 Days/Week: Noon - 7:00 p.m.	
Custer VFW Gold Bar Post	231-757-9665
2022 State St. (US 10), Custer, MI 494 Monday-Friday 9:00a.m 5:00p.m.	05

 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 1st & 3rd Wednesdays 9:30 am - 4:30 pm Walk - in encouraged. 231.845.7094

Low Vision Support Group

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

Healthy Me -

Diabetes Support Group

Ludington Senior Center 308 S. Rowe Street Ludington, MI 49431 2nd and 4th Wednesdays 2:00pm 231-845-6841

Stroke Support Group

March thru November Scottville Senior Center 140 S. Main St. Scottville, MI 49454 Third Thurs 2:00 pm

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50



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



