

A PUBLICATION FOR
MASON COUNTY
RESIDENTS
On the Upside of 50

June 2019
Volume 6
Issue 6

Active for Life

Your Life, Your Way,
Your Time over 50

SENIOR
EXP 

Vitality at its Best

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Sharon Bailey: A Valuable Woman

Volunteer Medicare/Medicaid Counselor at Scottville center

In some Native American cultures there is the concept of the "Valuable Man/Woman."

This is a person others rely upon. The person who can always be counted on to do the right thing. The person others seek out for wisdom, insight and help. The person whose qualities are uniquely worthy of respect. Valuable people are those who make things happen. Make things work. They are the glue that holds the community together.

Such a "Valuable Woman" is Sharon Bailey, one of the leading volunteers at the Scottville Area Senior Center (SASC). Sharon has just about done it all in support of her fellow seniors.



Her primary role in recent years has been a key one—as MMAP (pronounced "MAP") counselor at the Scottville center, helping others navigate the complexities of Medicare, Medicaid and Social Security. In addition to individual counseling appointments, she writes a monthly column on these topics for the Active for Life newsletter (please see page 13 for her latest column).

When she's not doing that, she often helps at SASC's reception desk and with anything else required to keep the center a helpful, welcoming facility for Mason County seniors.

Over the years, Sharon has had many other roles as both a staff member and volunteer. This diverse background gives her a unique ability to help and advise others—including all four directors the center has had. And a most valuable asset she has been to all of them.

She's been involved with the center since 2001, when she signed on with original director Mary Jo Holmes. She jokingly says she started at the center when she was a "nomad." At the time she and her late husband, Bob, were living in a trailer while they built a home, with the help of their sons, on a local lake.

Originally Sharon was a center employee, providing respite care. Soon she started driving as a volunteer for the medical transportation program, a role she continued until about a year ago. When Mary Jo retired, and Donna Addington became director, Sharon stepped up and became the caseworker for the center's services. She also served for a time as the activities coordinator.

She also had a vital role in the "Friends of Seniors" group that advocated for the successful 2006 passage of the Mason County Senior Millage program, which provides the main source of funding for the county's four senior centers to this day.

A little over five years ago, former director Marcia Visscher asked her to take on the MMAP counseling program. With her history, you wouldn't think anything would cause Sharon trepidation. But she says tackling MMAP was "...not easy! But I studied and learned..."

Indeed she did, including four weeks of six-hour training stints at the Area Agency on Aging of Western Michigan, another key funder for the center's services. Soon, she was educating others, taking over the vital counseling role.

Truly, she's done it all. There's much more to the Sharon Bailey story, but we'll have to save that for another time. Meanwhile, Sharon goes on counseling, getting ready for the busy Medicare open enrollment period in the fall (October-December)

If you would like help understanding or enrolling in Medicare or Medicaid, you can make an appointment with Sharon by calling 231-757-4052, or stopping by the Scottville Area Senior Center at 140 S. Main, Scottville.



The Source for Seniors

Protecting Ourselves from Financial Scams

Regina Salmi, Area Agency on Aging of Western Michigan

Every year millions of Americans are victims of scams or fraud. It is estimated that approximately 11% of the population experiences loss of money or personal property annually. While it can happen to a person at any age, older adults are often the most frequent targets for fraud. Older adults often have access to funds, excellent credit, and own their homes, making them attractive targets for criminals. In fact, older adults lose an estimated 2.9 billion dollars a year to fraud. **These are the current scams targeting older adults:**

Grandchild Scam: A caller will sound distressed and claim to be a grandchild in trouble or in danger and beg to have money wired to them immediately. The best thing to do is to hang up and call family members to insure everyone is safe and sound.

IRS/Social Security Scam: A person could receive a call, an email or an official-looking letter, demanding immediate payment. They are told information will be forwarded to local law enforcement officials for arrest if they fail to pay. This is not the way any government agency collects debts. If you get this call, hang up immediately or delete the email without opening it.

Home Repairs: Beware of door-to-door home repair contractors. They intentionally seek out older adults, particularly those living alone. They may say they are 'working down in your neighborhood' and are offering discounted work while in the area. They claim you need an expensive repair you cannot do yourself, like a new roof, dangerous branches removed from a tree in your yard, or offer you an amazing deal on new windows. All they need is a deposit and they'll get to work. The catch is, the deposit is usually a few thousand dollars and they never show up to do the work. The only contractor showing up to your door is the one you called yourself.

While it seems there are scams everywhere we turn, there are a few 'rules of thumb' we can use to protect ourselves from being fooled:

If it sounds too good to be true - it is. Criminals feed on our desires by offering us goods or opportunities we wouldn't, in reality, be able to attain: vacations, money, miracle cures, property, etc. You can be sure there is always a hidden cost and we end up losing much more than we would have ever gained.

Never send money to someone you do not know. Any business or government agency you owe money to will send you the request through the mail. If a paperless billing notice arrives in your email and you didn't initiate it, call the company directly to confirm it is from them.

Do not give personal or financial information to someone who calls, emails or shows up at your door. Avoid giving out your bank account, credit card, or Social Security number unless you are positive you know who is requesting the information. Businesses you have accounts with will ask you to verify some information to make sure it's you, like the last four-digits of your social security number, but they are confirming your information - not receiving it for the first time.

If you get an email or pop-up message that asks for personal or financial information, do not reply, open any attachment or click on any link in the message. Legitimate companies don't ask for this information by email and you're often opening a door to identity theft. You also risk downloading viruses or soft ware that collects your personal information and/or disables your computer's security.

It's important that we protect ourselves and share tips and information with family and friends who might also fall prey to these schemes. If you're ever unsure about whether you might be the victim of a scam there are several resources available to you. The Michigan Attorney General has a consumer alert webpage: http://www.michigan.gov/ag/0,4534,7-164-17337_20942-390419--,00.html. If you believe you may be a victim of a scam, you can call them at (877) 765-8388.

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
June 21*

*Last Thursday each month
Scottville & Tallman
Centers
June 27*

Kitchen – 757-4831

Meal Sites

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

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury steak Augratin Potatoes Brussel sprouts Oranges Biscuit w/honey 1% milk	4 Chicken Alfredo/ Noodles Local Farm Fresh Asparagus Cherry Tomatoes Peaches 1% milk	5 Goulash Corn Tossed Salad Apricots 1% milk	6 Honey Roasted Turkey *Deli Sandwich Potato Salad Three Bean Salad Pears Bun – 1% milk	7 Connecticut Beef Bake w/ Potatoes in entree Squash Mixed Fruit Sliced Bread 1 % milk
10 Roast pork Sweet potatoes Green Beans Diced Pears Dinner roll 1% milk	11 <u>Taco Tuesday</u> Taco Meat Taco Shell Refried Beans Lettuce & Tomato Peaches/ 1% milk	12 Steak bites Mashed potatoes/ gravy Chopped spinach Fresh Fruit 1% milk	13 Sliced Roast Beef Mashed potatoes Corn Fruited Jell-O Wheat bread 1% milk	14 Breaded Chicken Patty Fresh Asparagus Carrots Apricots Hamburger Bun 1% milk
17 Breaded Chicken Mashed potato Beets Pineapple tidbit Rye bread 1% milk	18 Ground beef w/ Spanish rice Mixed vegetables Tossed Salad Apple Slices 1% milk	19 Chicken Noodle Casserole Peas Carrots Oranges 1% milk	20 Thursday Pizza Day Corn Peaches 1% milk	21 Spaghetti w/ meat sauce Garden Salad Winter Blend Warm Applesauce Garlic toast 1% milk
24 Sloppy Joes Hash brown casserole Tropical Fruit mix Green Beans Hamburger bun 1% milk	25 Tater Tot Casserole Potatoes in entree Green Beans Sliced Apples Dinner roll 1% milk	26 Liver & Onions Carrots German Potato Salad Pineapple Rye Bread 1 % milk	27 Cheeseburger Baked Beans Potato Salad Grapes Bun 1% milk	28 Chicken Breast over Rice Green Beans Peas Banana 1 % milk

MASON COUNTY • MICHIGAN

Fast Homemade Ice Cream

(with no ice cream maker!)

Retrieved from: <https://thestayathomechef.com/fast-homemade-ice-cream/>

Ingredients:

- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 1 cup half and half
- 1/2 cup sugar
- 2 cups ice cubes
- 1/2 cup salt
- 2 gallon sized resealable plastic bags



Instructions:

1. Pour cream, half and half, sugar, and vanilla extract into a gallon sized resealable plastic bag. Seal well. Squish it around to combine until sugar is dissolved.
2. Place ice cubes and salt into another gallon sized resealable plastic bag. Crystal or table salt can be used, but crystal works best.
3. Shake until mixture freezes, about 5 to 7 minutes.

Serves four



**Featured
Bronze**

June 20th. 10:00 am - 2:00 pm
OJ DeJonge Middle School

**Sponsor:
Lake Michigan
Senior Living**



My husband and I are excited to make Lake Michigan Senior Living our next career. Matthew 13:44 talks about a treasure that a man discovered hidden in a field so he sold everything to buy that field. We feel we have found a hidden treasure and bought the field. We cannot wait to share it with everyone who chooses to make their home here, who works in our home, or who visits our home.

Lake Michigan Senior Living is a 6-bedroom house with each private room overlooking Lake Michigan offering an amazing view no matter what season it is. We have a caring full-time 24-hour staff that has a passion to serve the older generation. All meals are prepared and served while also offering other personalized services as well. It's a cozy living environment where it truly feels like every day is a vacation!



Avoid Injuries for National Safety Month



-JULIA LITTLE | <https://www.sunriseseniorliving.com/blog/june-2014/>

Injuries of all kinds are the leading cause of disability for all ages. Just three kinds of accidents account for most of that total. Accidental poisoning take the biggest toll, followed by automobile crashes, and falls.

Warning label

Medication poses the greatest poisoning risk to seniors. Taking even a small amount above the recommended dosage of some medicines can lead to serious consequences, and the risk increases dramatically for people who take multiple types of medication. It can be easy to mistake one pill for another or mix up the doses needed.

One simple way to cut this risk is to use a pill organizer. That way you'll have your doses planned out and will never forget whether you've taken the day's medicines. Safe Medication recommends keeping a list of every medication you take and their dosages, in case you need it for a doctor's visit or an emergency. It's a good idea to be aware of what each does, instead of just knowing the names. Your pharmacy can also help you keep track of medicines and will alert you if anything you're prescribed conflicts with a current treatment.

Eyes on the road

Though seniors are more likely to practice safe driving, according to AAA, they are also the second most likely group to be involved in a deadly collision, after teenagers. Seniors on average are less flexible and more likely to have vision impairments than younger drivers. Some people also develop slower reaction times and have trouble remembering, increasing the danger of being on the road. These effects can all be exacerbated by medications that cause drowsiness or confusion.

AAA also found that more older adults are driving than ever before. Today, 84 percent of people over 65 have a driver's license. That means that one in every six drivers is above the age at which crashes become more dangerous.

To reduce the chances of an accident, the Centers for Disease Control and Prevention recommends preparing before a trip. Knowing the route ahead and traveling only in safe conditions can make journeys safer and less stressful. Regular eye checks can keep vision in top shape, while regular exercise will do the same for flexibility and reflexes.

Staying on your feet

Falls are common among older adults and can cause a lot of problems. However, they can be prevented, and usually without medical intervention. The CDC reported that one in three people over 65 falls each year, making it the leading cause of both fatal and nonfatal injuries for the age group. Falling's effects can persist for a long time, making it harder to get around and easier to suffer another injury.

Despite its prevalence, only half of people who experienced a fall told their doctors about the problem. Many seniors may be embarrassed about falling or think that it's not worth mentioning, but with a little attention, seniors can take their health into their own hands.

Exercise should be the first defense against falls. Increasing balance with exercises like tai chi can also have ancillary benefits like making it easier to get around and boosting mood. Weight training will also increase muscle and bone strength, further reducing injury risk. Mason County Senior Centers offer a variety of exercise and Matter of Balance classes that can help build strength, balance, and minimize falls.

Keeping your eyes open and your legs moving should help you enjoy another safe summer.



2-1-1: Quick Access to Many Useful Services

While the 9-1-1 emergency number is universally known, the highly useful 2-1-1 service is still gaining awareness. 2-1-1 is the United Way-supported information hotline to a wide variety of useful community services and is well worth your attention.

It is an easy-to-remember 24/7/365 link to connect people efficiently and effectively to appropriate services.

Community Resources

2-1-1 provides callers with information about and referrals to human services for every day needs and in times of crisis. For example, dialing 2-1-1 can offer access to the following types of services:

Senior programs. Naturally the four senior centers of Mason County welcome your calls for information about services and activities. However, many of our services supplement those of other agencies, and other organizations also offer additional services. 2-1-1 is a good source to explore other programs for which you may be eligible.

Food pantries. Access to good, nutritional food at reasonable prices is extremely important, and 2-1-1 can help connect you to sources for food assistance, including Food Club at Lakeshore Resource Network and other organizations.

Utilities. 2-1-1 can help you get connected to agencies or programs that provide energy payment assistance, or to weatherization programs that can help make your home more energy efficient.”

Youth programs. 2-1-1 is a good gateway to youth services, such as those supported by United Way and the Community Foundation for Mason County.

Volunteer opportunities. In addition to steering you to programs to assist you, 2-1-1 can inform you of opportunities to donate your time to help others. Next time you have a question about human services resources in our community, try dialing 2-1-1.



Healthy and Wise: A Guide to More Natural Health Care

By Luanne Parks, DNP and Student of Naturopathy

Flower Remedies and the Emotional Root of Disease

Bach flower essences are a natural, non-toxic way of addressing the inner levels of human experience, our emotional disharmony. They are subtle liquid extracts that are made from the fresh blossoms of plants and generally taken orally. They are used to address profound issues of emotional well-being, soul development, and mind-body health. The use of flowers for healing goes back to ancient times. It was recognized long ago that emotions can cause disease in the body. Understanding this, Dr. Edward Bach developed 38 flower remedies for specific emotions and attitudes. The 38 Bach flower remedies were found to act as an aid to self-healing, allowing a person to take hold of negative moods such as uncertainty, jealousy, and others brought on by the human experience, with a goal of self-realization, harmony, and greater personal stability. The emotional harmony would then help improve physical health. Today, flower essences are gaining world-wide professional recognition for their significant contribution to holistic health and wellness therapies.

The science: Flower essences have been proven safe and individual testimony describes effectiveness. As with many natural remedies, the science regarding effectiveness is vacant of random, controlled studies.

For more information:

<https://www.bachcentre.com/centre/remedies.htm>

Luanne teaches Healthy and Wise, a free lecture series about natural healthcare every third Thursday at 12:30 PM at the Scottville Area Senior Center

SENIOR EXPO



Featured Sponsors



Attorney Anna Urick Duggins, an Estate Planning and Elder Law Attorney with Parmenter Law in Muskegon, Michigan, will be providing lunches for the first 200 seniors who attend the Active for Life EXPO on Thursday, June 21, 2019.

A Parmenter Elder Law Paralegal will be available to discuss Parmenter Law's services; including Medicaid Planning, VA Benefits of Aid and Attendance, Long Term Care Planning, and Estate Planning.

Anna and her team are looking forward to another successful EXPO this year!!!



Oakview Medical Care Facility has been a part of Mason County's History since 1966.

Oakview is a non - profit skilled nursing facility.

Oakview is more than the brick and mortar of our building; more than furnishings, beds and equipment. Oakview is our people - our professional service and administrative staff. Each and every employee is committed to enhancing the quality of life of our residents by helping to create a positive, caring environment... *like family.*

Oakview provides skilled long - term nursing care for patients requiring post - operative rehabilitative services, and basic long - term nursing care for residents unable to function independently in their homes. Oakview has 96 Medicare and Medicaid licensed skilled nursing beds. 76 beds on the general side and 20 beds in our Sutter Living Center (Alzheimer's/Dementia Care Unit).



Monday, June 17th, 2019. Time: 9 - 11:30 am
By appointment, [231.845.6841](tel:231.845.6841)

LUDINGTON AREA SENIOR CENTER

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Date: June 20th.
Time: 10 am - 2pm
OJ DeJonge Middle School

<p>2</p> <p>Billiards Open Play Monday Thru Friday 1 - 4 pm</p>	<p>3</p> <p>8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 5:15 Zumba Gold</p>	<p>4</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>5</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 1 Tai Chi 6:30 Tai Chi</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo</p>	<p>8</p> <p>Pinochle 1pm</p>
<p>9</p> <p>Billiards Open Play Monday Thru Friday 1 - 4 pm</p>	<p>10</p> <p>8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 5:15 Zumba Gold</p>	<p>11</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>12</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 1 Tai Chi 6:30 Tai Chi 7 Coin Club</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo</p>	<p>15</p> <p>Pinochle 1pm</p>
<p>16</p> <p>Paralegal June 17 9 - 11:30 Call 231.845.6841 For appointment</p>	<p>17</p> <p>8:30 Yoga 9 Cribbage 9:30 Yoga Paralegal 9-11:30 10 Men's Billiards 10:30 Mahjongg 11 Fresh Conversation N Meals 1 Cards/Games 1 Euchre 1:30 Low Vision 5:15 Zumba Gold</p>	<p>18</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals 12:15 Dup Bridge N Tai Chi (beg.) 2 Country Dancing 5 Weight Watchers</p>	<p>19</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 1 Tai Chi 2 Essential Oil Class 6:30 Tai Chi</p>	<div style="text-align: center;"> <p><i>Center Closed</i></p> <p><i>Visit us at the Expo!</i></p>  </div>	<p>21</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo 1 Cricut FUN</p>	<p>22</p> <p>Pinochle 1pm</p>
<p>23</p>	<p>24</p> <p>8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Euchre 5:15 Zumba Gold</p>	<p>25</p> <p>10 Ladies Billiard 10:15 Zumba Ton. N Meals N Tai Chi (beg.) 12:15 Dup Bridge 2 Country Dancing 5 Weight Watchers</p>	<p>26</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch & Fit with Cyndi N Meals 1 Tai Chi 2 Kayak 6:30 Tai Chi</p>	<p>27</p> <p>9:30 Crafts/Laughs 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters</p>	<p>28</p> <p>9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo</p>	<p>29</p> <p>Pinochle 1pm</p>

Healthy Living

The Project Fresh
Fruits, Vegetable & Honey!!



Coupons are here!!
Pop into the Ludington Senior Center to pick up.
308 S Rowe Street,
Ludington
Phone: 231.845.6841



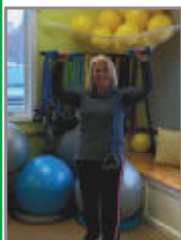
NEW EXERCISE CLASS!!

Observe the demo at the Expo, on June 20th. If interested, pop into the office or call us at; 231.845.6841 for class schedule!

8:30 AM Yoga is back on Mondays for the Summer, starting June 3rd!!

Don't forget visit our Boom Shop packed with excellent gift ideas

Stretch/Fit & Balance - 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

Wednesdays at 11:00 am.

“Healthy Me” Diabetes Support Group

Held on the 2nd & 4th Wednesday each month, at 2 pm; will be suspended for the months of **June and July, 2019**



Please call the Ludington Senior Center at 231.845.6841 should there be any questions.

Essential Oil

Discussion type class,
3rd Wednesday each the month

Class facilitator:
Karen Bieniek

June 19th, 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

Sponsored by: LIVE WELL



District Health Department #10
Healthy People, Healthy Communities



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!

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

Location:
Ludington Senior
Center
Date: Friday,
June 21st, 2019
Time: 1 PM
Cost: \$5.00

TED TALKS Is BACK!!

Enjoy an hour of mind
stimulating discussion.
2nd & 4th Wednesdays
Dates: June 12th & 26th.



Facilitator
Gene Kyle

Coffee & Tea provided.

Topics:
 June 12th:
 Listening to Shame.
 June 26th:
 Let's End Ageism

Tai Chi for everyone!

Both Tai Chi classes will be
suspended for the summer.
Classes resumes, in September!

- **Beginners Tai Chi:**
Tuesday, Sept. 3rd. @ Noon
- **Advance Tai Chi:**
Wednesday, September 4th
@ 1pm & 6pm



HAPPINESS IS Tai Chi

Paint With Julie

Painting classes will
be suspended for the
summer.

Classes resume in
September!
Friday, September
20th @ 1:00 pm
Cost is \$20.00

Kayaking at the State Park!

Wednesday, June 26th. @ 2:00pm.
Carpool from the Centre or meet at the State Park.
Bring your kayak or rent at the State Park.
Please R.S.V.P. by Friday June 21st. All snacks will be provided.



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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



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 Complete eye care,
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 Private Wealth Advisor
jsarto@ewmadvisors.com
www.ewmadvisors.com

John Barbrick
 Private Wealth Advisor
jbarbrick@ewmadvisors.com
www.ewmadvisors.com

SCOTTVILLE AREA SENIOR CENTER

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

Scottville Travels

Cape Cod, Martha's Vineyard, and Plymouth

September 8-14, 2019 • \$669 each, double occupancy

- A visit to Plymouth, MA and famous "Plymouth Rock"
- A visit to lovely, artistic Martha's Vineyard
- A guided tour of the "Outer Cape", including Provincetown and Chatham.



\$75.00 deposit.

Call 231.757.4705 for details.

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

Healthy and Wise



A Guide to More Natural Health Care
Third Thursdays at 12:30 PM



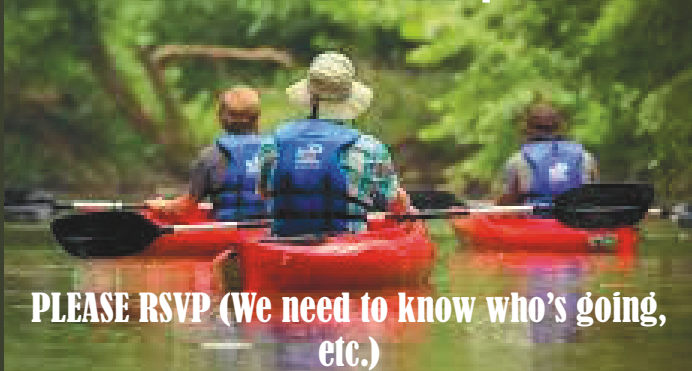
June's Topic:
Food As Medicine
and
**Friend or Foe: What from
the Out has Come In?**

PROJECT FRESH COUPONS

Project Fresh coupons are now available at the Scottville Area Senior Center. 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 231-757-4705 for additional information.



LET'S KAYAK or CANOE down the beautiful Pere Marquette River



PLEASE RSVP (We need to know who's going, etc.)

4th Thursdays • 1:30 PM • June 27th
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

Creative Crafts

PATRIOTIC JARS \$4 PER JAR

4th Wednesdays
June 26th
2 PM



We're decorating canning jars for the 4th of July. The jars can be used for decorative storage or lanterns. Call 231-757-4705 or sign up at the Scottville Senior Center to reserve your spot!

SCOTTVILLE AREA SENIOR CENTER

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



ASK SHARON

This month I would like to help anyone new to Medicare and anyone who just doesn't understand the difference between **Medicare Parts** and **Medigap Plans**. It can be quite confusing.

Q. Please explain the *parts* of Medicare.

A. Medicare has four **Parts**. **Part A** pays for stays at the hospital and some of the incidental costs. For a list of what **Part A** pays for please read bottom of page 27 in *Medicare & You* handbook. **Part B** pays for doctor visits and tests. Detailed information is on page 29 of *Medicare & You* handbook. **Plan C** is called Medicare Advantage. This is a private policy that replaces original Medicare. It also includes **Part D** which covers the cost of prescription drugs.

Q. Please explain why it is beneficial to me to have a Medicare Advantage Plan.

A. There is a 20% copay with original Medicare and there is no cap on what you may owe in medical bills if you are hospitalized. All Medicare Advantage plans have a cap on what you will have to pay out of pocket in a year. This ranges from under \$5,000 to about \$6500.00 per year. You will have a copay when you see a doctor and for all medical services, but the copays are usually less than original Medicare.

Q. Please explain Medigap Plans (Medicare Supplement Plans)

A. There are **10 Medigap Plans**. They range from **Plan A thru Plan N**. Prices depend on what each plan covers. Some plans cover 100% of costs not covered by Medicare. These are the most expensive. The plans are shown in a chart on page 70 of your *Medicare & You* handbook. You will also need to enroll in a prescription plan with a Medigap plan. I can help you make a decision, but I do not know costs of individual plans. If you are interested in these plans I recommend you call your insurance agent. If your agent does not participate with any of the Medigap companies, I will be glad to recommend someone.

I hope I explained this in an easy to understand way. If you need any more information call me and we can talk about it. My personal number is 231-757-4052. I am available throughout the day.

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



Country Dance
Fridays • 2:00pm
*Great Fun
Great People
Great Exercise!*



DJ and Instructor: Ed Thompson
**FREE! ALL DANCE ABILITIES
WELCOME!**



SENIOR INTERVAL TRAINING is BACK!

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. Most exercises are done seated but some are completed standing with a chair for support depending on your ability.

This class is free and led by an instructor!

SCOTTVILLE AREA SENIOR CENTER

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

Karaoke Potluck Friday June 28th 4:30 PM

Bring your star power and a dish to pass for our karaoke potluck. It doesn't matter if you are an experienced singer or can't carry a tune in a bucket, karaoke is for **EVERYBODY!**

We have over 500 hundred songs to choose from, including country, oldies, classic rock, and traditional favorites! Sign up at the Scottville Area Senior Center or call 231-757-4705 to reserve your spot!

Table service, beverages, and hot dogs provided!

JOIN THE FUN!



New Program

Grandparents Raising Grandchildren

Wednesday, June 19—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



Loving Life at Every Age



A Matter of Balance
COMING IN JULY



A Matter of Balance is a series of 8 classes designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. **Space is limited to 12 people. Please call 757-4705 to enroll.**

Come and Join Us for:



Fresh Conversations is a nutrition education program designed to support healthy aging and independence. Each month, participants aged 60 and older gather to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.

Cost: FREE!

Where: Scottville Area Senior Center

140 S. Main Street, Scottville, MI 49454

When: 3rd Tuesday of the Month @ 12:30pm

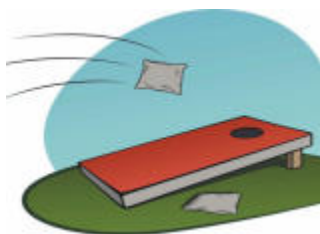
Dates: 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17, 1/21, 2/18



CORNHOLE and ROOT BEER FLOATS!

Tuesday, June 11th at 2 p.m. in the lunchroom

Let's have some indoor fun playing an outdoor game. Call or sign up at Scottville Area Senior Center!



SCOTTVILLE AREA SENIOR CENTER

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



JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2 KEY Exercise -Weekly -Once each Month - Series - Special	3 Quilting 10:00 Lunch 11:45 Chess Club 1:00	4 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	5 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	6 Charity Sew 9-12 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Pool League 1:00 (Ludington) Open Pool 12-4 Cards Group 4:30	7 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	8
9	10 Quilting 10:00 Lunch 11:45 Chess Club 1:00	11 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Open Pool 12-4 Cornhole 2:00 Games 1:00	12 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00	13 Stretch & Bal 9:00 Wii Bowling 10:00 Lunch 11:45 Book Club 1:00 Pool League 1:00 (Scottville) Cards Group 4:30	14 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	15
16 Pinochle 1:30	17 Quilting 10:00 Lunch 11:45 Chess Club 1:00	18 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Fresh Conversaions 12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	19 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00 Parkinsons Grp 1:00 Grandparents 5:30 Raising Grandchildren	20 Stretch & Bal 9:00 Wii Bowling 10:00 Open Pool 12-4 Healthy /Wise 12:30 (Scottville) Pool League 1:00 Cards Group 4:30 Beekeepers 6:30	21 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00	22
23	24 Senior Interval Training 9:30 Quilting 10:00 Lunch 11:45 Chess Club 1:00	25 Sit & Be Fit 10:30 Lunch 11:45 Mahjong 12:30 Euchre 1:00 Open Pool 12-4 Games 1:00	26 Painting 9:00 Ladies Pool 10:00 Lunch 11:45 Cribbage 12:15 Pinochle 1:00 Creative Crafts 2:00	27 Stretch & Bal 9:00 Wii Bowling 10:00 Kayaking 1:30 Cards Group 4:30	28 Wii Bowling 8:30 Bingo 10:00 Lunch 11:45 Open Pool 12-4:00 Set Back 1:00 CountryDance 2:00 Karaoke Potluck 4:30	29

TALLMAN SENIOR CENTER

6765 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
3 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	4 Bingo 10:00 Lunch 12:00 Talk Session 1:00	5 Auxiliary Mtg 10:00 Lunch 12:00 Sit 'n be Fit 2:30	6 Bingo 10:00 Lunch 12:00	7 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	8 POTLUCK 12:00
10 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	11 Bingo 10:00 Lunch 12:00 Talk Session 1:00	12 Board Mtg 10:00 Coupon Class 11:00 Lunch 12:00 Sit 'n be Fit 2:30	13 Bingo 10:00 Lunch 12:00	14 Book Club 9:30 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	15
17 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	18 Bingo 10:00 Lunch 12:00 Talk Session 1:00	19 Lunch 12:00 Sit 'n be Fit 2:30	20 Bingo 10:00 Lunch 12:00 Senior Expo 11-2	21 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	22
24 Coffee 9:30 Table Games 10:00 Crochet class 10:00 Lunch 12:00 Sit 'n be Fit 2:30	25 Bingo 10:00 Lunch 12:00 Talk Session 1:00 Food Art 1:00 Talk Session 1:00	26 Crafts 10:00 Lunch 12:00 Put N Take 1:00 Sit 'n be Fit 2:30	27 Bingo 10:00 Lunch 12:00	28 Cribbage 10:00 Open Pool 10-12:00 Lunch 12:00 Sit 'n be Fit 2:30	29

BOOK CLUB!!!

2nd Fridays
9:30 a.m.



CALL FOR INFORMATION about our activities or lunches. We also welcome your ideas and feedback. Come join in at TSC!

POTLUCK

2nd Saturdays

FREE SOIL AREA SENIOR CENTER

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

The Free Soil Area Senior Center

The Center is open from 9:00 am until 2:00 pm on Tuesday and Thursday each week.

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



MACKINAC ISLAND TRIP!

\$310.00 (PER PERSON, DOUBLE OCCUPANCY)

Tues-Thurs, August 27-29



Price includes:

- Motorcoach transportation
- 2 nights lodging
- 4 meals: 2 breakfasts and 2 dinners
- Visit to Mackinac Island, including a guided carriage tour
- Boat ride through the Soo Locks and free time to sight-see in Sault Sainte Marie
- Visit to Mackinaw Crossings
- Admission to Colonial Michilimackinac

Please call (231) 464-6789
By NOON the day before to reserve a meal.
Thank you!

Tuesday, June 4

CHICKEN NOODLE CASSEROLE
W/VEGETABLES
PEACHES
ROLL & BUTTER
BROWNIE

*** REGULAR MEETING 1:00***
GROUP EXERCISE 11:00

Thursday, June 6

PIZZA
SALAD
PINEAPPLE
CAKE & ICE CREAM
GROUP EXERCISE 11:00

Tuesday, June 11

POLISH SAUSAGE & KRAUT
PEROGIES
BROCCOLI
APPLE CAKE

GROUP EXERCISE 11:00

Thursday, June 13

CHICKEN SALAD ON A
BED OF LETTUCE
FRUIT SALAD
ROLL & BUTTER
***ANNUAL MEETING & VOTING
@ 11:00 AM***

Tuesday, June 18

BEEF STROGANOFF
W/NOODLES
MIXED VEGETABLES
ROLL & BUTTER
APRICOTS

GROUP EXERCISE 11:00

Thursday, June 20

FARMERS CASSEROLE
SAUSAGE LINKS
CREAM CHEESE PASTRY
BANANA
GROUP EXERCISE 11:00
COA MEETING/LUDINGTON

Tuesday, June 25

PORK CUTLETS
MASHED POTATOES
CORN
ROLL & BUTTER
BAKED APPLES

GROUP EXERCISE 11:00

Thursday, June 27

BBQ CHICKEN
BAKED BEANS
COLE SLAW
ROLL & BUTTER
STRAWBERRY SHORTCAKE
GROUP EXERCISE 11:00

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

Caregiver Stress Test

The Caregiver Link Volume 19 Issue 4

Caregivers are usually so involved in caring for the needs of their loved ones that they can easily lose sight of their own needs. To get a better idea of the level of stress you are dealing with as a primary caregiver, please answer the following questions as honestly as possible.

Taking this test periodically as you are caring for your loved one will also help you to recognize changing stress levels which can be addressed before feeling too overwhelmed.

Insert the point value corresponding to your answer:

0=Never, 1=Rarely, 2=Sometimes, 3=Frequently

PHYSICAL HEALTH

Have you noticed that your own health is suffering or that you are getting ill more frequently? _____

Have you noticed a disturbance in your sleep patterns because of the care you provide for your loved one? _____

Do you feel physically exhausted by the amount of care your loved one needs? _____

Have you had difficulty keeping your mind focused on what you are doing? _____

SOCIAL RELATIONSHIPS

Do your family members or friends say you seem stressed out? _____

Is your care giving taking a toll on your job? _____

Is your care giving taking a toll on your family life? _____

Do you feel that your social life has suffered because you are caring for a loved one? _____

Do you feel that you need more support from family members with your care giving? _____

Do you feel that your care giving efforts are not appreciated enough by your loved ones or family members? _____

PERSONAL DEMANDS

Do you feel that the amount of care your loved one requires is too overwhelming? _____

Do you feel like you are “missing out on life” or that “life is passing you by”? _____

Do you feel that your loved one is completely dependent upon you? _____

Do you worry that you should be doing a better job in caring for your loved one? _____

Do you think about leaving the care of your loved one to someone else? _____

EMOTIONAL WELL-BEING

Have you felt that you don't have enough time for yourself because of the time you spend with your loved one? _____

Do you feel that you don't have as much privacy as you'd like because of your loved one? _____

Do you feel emotionally drained by the care you provide? _____

Do you ever feel embarrassed by the behavior of your loved one? _____

Do you resent or feel angry having to care for your loved one? _____

SCORING

0 - 15 = Minimal Stress

Stress levels are easily managed. Keep evaluating your stress level periodically to see if your stress level increases.

16 - 30 = Mild Stress

Your stress level is tolerable, but you should also consider asking for some help or taking more time for yourself. Set some time aside for yourself each week or join a caregiver support group to help reduce your stress level.

31 - 45 = Moderate Stress

Taking some time off should be considered to help reduce stress. A good option could be to ask family members for support or look in respite care or adult day services.

45 - 60 = Severe Stress

You should seriously consider contacting your doctor to talk about your stress levels and call your local Senior Center or AAAWM @ 616.456.5664 about options available for respite.

*Taken in part from Lotsahelpinghands.com
Contributed by Sherri Snelling*

6th Annual Senior Expo

Thursday, June 20th 2019
Time: 10 am - 2 pm.
OJ DeJonge Middle School
706 E Tinkham Avenue
Ludington, MI 49431

Free Event!

\$1 Lunch to the first 200 visitors
Purchase ticket at the welcome table
Sponsored by:



Vitality at its Best



- Totes
- Coffee
- Cookies

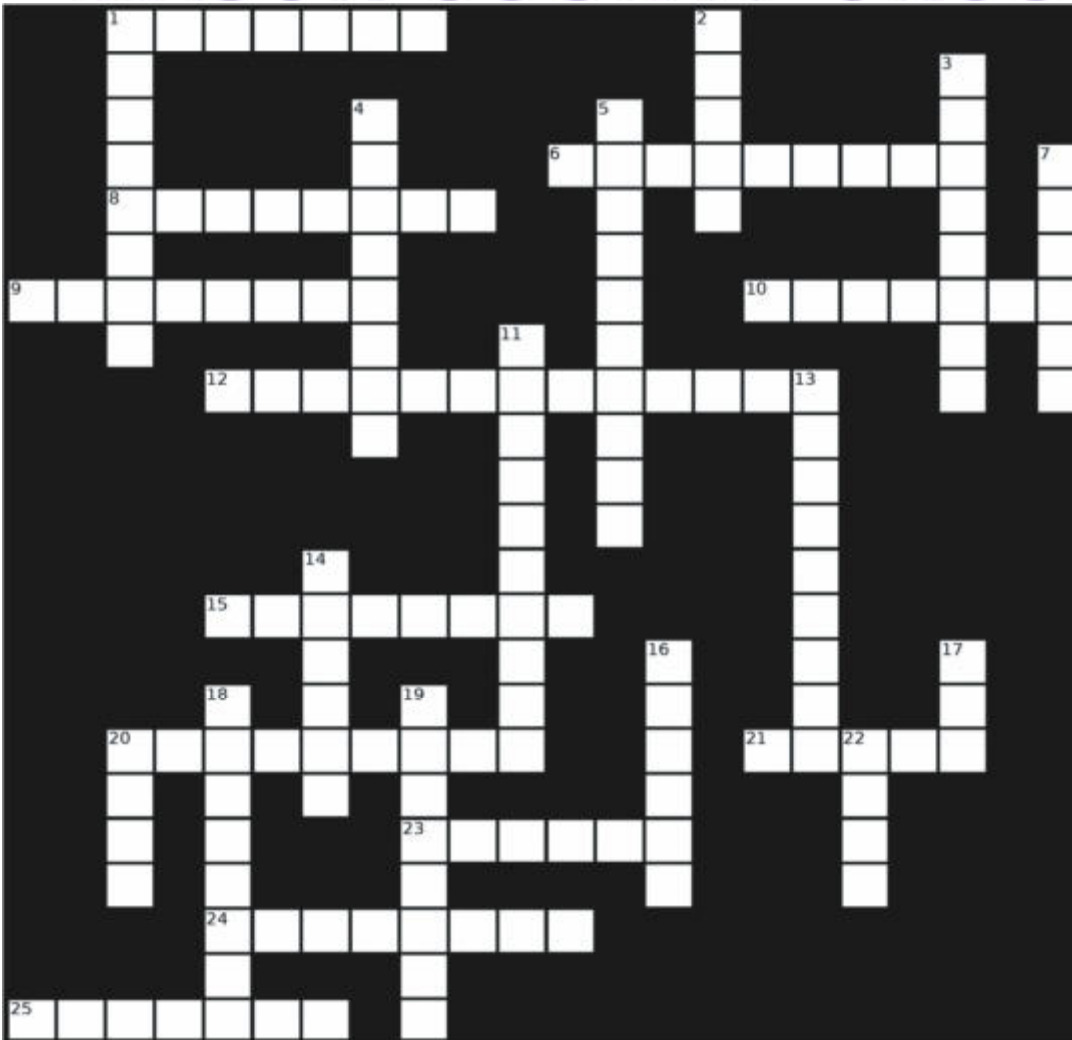
Sponsored by:



Questions? Please call the Ludington Senior Center @ 231.845.6841
The Active for Life Committee

BRAIN GAMES

MASON COUNTY CROSSWORD



ACROSS



1. Village meaning "lanky male"
6. Park in Scottville
8. Cool summer treat
9. Flowers lining Ludington Avenue in the Summer
10. Booming industry in Mason County during the 1800s
12. Great places to go to have fun in Mason County
15. Village that shares its name with an ornamental structure shooting water through jets
20. Historic village in Mason County
21. Highway crossing Mason County, running east and west
23. Large inland lake close to Ludington
24. Catch this in Gun Lake
25. Lake in Amber Township, AKA Crystal

DOWN

1. People who visit Mason County in the summer
2. Fungi found in spring
3. Red fruit grown in Mason County
4. Dirt costing nothing village
5. Pere Marquette's occupation
7. Car ferry name
11. Home of famous clown band
13. People who go away in the winter
14. Village that shares its name with a famous general
16. Protected bird in Ludington State Park: "_____ plovers"
17. We see it in the summer
18. It's a long walk to this lighthouse
19. Great Lake closest to Mason County
20. Source of energy in Mason County
22. Summer shelter



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 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

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.

Parkinson's Support Group

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

Grief Support Group

Hospice of Michigan
5177 W. US 10, Ste. 2
Ludington, MI 49431
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

<u>For Local Information / Resources</u>	<u>211</u>
<u>Area Agency on Aging of West MI</u>	<u>616-456-5664</u>
<u>Better Business Bureau of West MI</u>	<u>800-684-3222</u>
<u>Mason County V.A. Jim Wincek</u>	<u>231.843.2563 x2027</u>
<u>MI Auto Insurance Coverage Issues</u>	<u>888-995-8441</u>
<u>Health Dept. District #10</u>	<u>231-845-7381</u>
<u>HELP Ministries</u> (Hands Extended Loving People)	<u>231-843-6811</u>
<u>Legal Aid of Western Michigan</u> www.legalaidwestmich.org	<u>888-783-8190</u>
<u>Legal Hotline for Michigan Seniors</u> www.elderlawofmi.org/legal_hotline	<u>866-400-9164</u>
<u>MI Public Service Commission</u> (inquiries and complaints)	<u>800-292-9555</u>
<u>Unwanted Phone Solicitation</u>	<u>888-382-1222</u>

FREE MEDICAL EQUIPMENT LOANS

<u>American Legion Post 76</u> 318 N James St, Ludington, MI 49431 7 Days/Week: Noon - 7:00 p.m.	<u>231-845-7094</u>
<u>Custer VFW Gold Bar Post</u> 2022 State St. (US 10), Custer, MI 49405 Monday-Friday 9:00a.m. - 5:00p.m.	<u>231-757-9665</u>
<u>Ludington Senior Center</u> 308 S. Rowe St., Ludington, MI 49431 Monday-Friday 9:00 a.m. - 4:30p.m.	<u>231-845-6841</u>

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

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.4lpi.com



15-0696/a