New Year's Resolutions – Bah, Humbug!

I've often wondered exactly what a “humbug” was so I looked it up. According to Wikipedia, a humbug is a person, a fraud or impostor, or an object that behaves in a deceptive or dishonest way, often as a hoax or in jest or implying an element of unjustified publicity and spectacle. The term was first described in 1751 as student slang, and recorded in 1840 as a “nautical” phrase – does that mean an English alternative to the word damn? It is now also often used as an exclamation to mean nonsense or gibberish. In modern usage, the word is most associated with a character named Ebenezer Scrooge, created by Charles Dickens in a book called “A Christmas Carol”. His famous reference to Christmas, “Bah! Humbug!” declaring Christmas to be a fraud, is commonly used in stage and television versions of A Christmas Carol and also appeared frequently in the original book. The word is prominently used in The Wizard of Oz, in which the Scarecrow refers to the wizard as a humbug.

So associating the term with making a New Year’s resolution, I acknowledge that saying the word, “humbug” is the perfect statement that gives emphasis to anything I don’t want to do, like making a New Year’s resolution (especially after twelve days of family, feasting, and merry making). It’s the reality check on a December 25th & 31st good time. The term refers also to the seasonal expression of how everyone feels about the winter blahs. It’s the perfect two-word expression & an end-of-year protest to maintain a serious lack of ambition before having to motivate myself again in the New Year. Who keeps their resolutions anyway? So just go right ahead and yell it out loud, “Bah! Humbug!” You’ll feel better. Never mind the resolution. Just pass me the bowl of humbugs. I’ll have a couple of those.

Have a Humbug New Year! Kitty Glomski, MMAP Counselor

Kinship Meeting Announced

Are you a grandparent or family member age 55 or older raising a child? Did you know that there are mini-grants available to help purchase emergent items for your child or seasonal clothing or help them participate in sports or other activities? On Tuesday, February 7 at 10:00am, the Senior Center will hold an informational session to help grandparents apply for mini-grants up to $150. Call 356-3585 to register.

Thank you, St. Paul Lutheran Church Hubbard Lake for the donation of household items for a homebound senior citizen. Pictured is Mike Stauffer, In-Home Service Manager, getting ready to deliver this care package.
How We Helped...

In November 2016, the Alpena Senior Citizens Center provided these services for the Seniors of Alpena County...

**Our Nutritional Program**
Delivered 6,150 meals to homes and served 1,520 congregate meals.

**Our Prescription Maintenance Program/MMAP**
Served 317 Clients saving Alpena County Seniors $185,205 in prescription savings, and another $12,085 in BCBSM subsidy enrollment savings.

**Our In-Home Services Program**
Provided 48.25 hours of Respite Care Services, 379.5 hours of Homemaker Services and 110.5 hours of Personal Care Services.

**Additional Services Provided**
443 participated in exercise classes

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Healthcare Loan Closet...

Check with the Alpena Senior Citizens Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to the Center! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done.

Items typically on hand are:

- **Walkers** - **Canes** - **Commodes** - **Shower Chairs**
- **Wheelchairs & other miscellaneous supplies.**
- **We also have incontinence products available.**

If you have questions about our Healthcare Loan Closet, call us at 356-3585. We’ll be glad to help!

---

Thank You For Reading My Column!

Since I started writing newsletter articles this past year, I’ve received many cards, calls, emails and responses from you. It’s great to know that the articles are reaching you and that I’m writing about the things that matter to our seniors. Many of you have reported your own experiences or brought in mail scams and reported phone scams. Some of you said that the pharmacist article made a huge difference in your health. Others said that they appreciated the articles on Blue Cross Blue Shield Legacy. As I meet with you, your stories resonate with other senior’s experiences and we learn from each other.

Maybe you have an unanswered question or a problem that needs solving. For example, families need lots of answers about applying for Medicaid when a family member goes into a nursing home. Another example is when one of the first seniors I met needed what she called an “Obama phone” (sorry, but President Obama was not even in office when this service first started). Actually, what she was referring to is the “Lifeline” discount program called Safelink that provides a simple cell phone and no-cost monthly minutes of “talk time.” The phone and minutes are free IF you qualify by income at http://www.safelink.com.

So, if you have a question, comment or topic that you’d like more information about, ask us! And keep reading my column! We love – Love – LOVE hearing from you! Kitty Glomski, MMAP Counselor
A variety of Christmas cards created by local Girl Scouts and members of the Alpena Boys & Girls Club were delivered with the meals to the Meals on Wheels clients.
New Year’s Food Traditions that are supposed to bring good luck and good Fortune!!!

Many different cultures in the world feel that different traditions and foods will welcome the new year with a new beginning or bring you luck!!! Here are a few of those traditions...

**Grapes**
Eat twelve grapes at midnight. The Spanish and Portuguese eat twelve grapes as the clock chimes twelve times for midnight, to symbolize the twelve months of the new year. Incidentally, eating grapes this quickly is not as easy as it may sound.

**Ring-Shaped Foods**
Seek out ring-shaped food for breakfast. Consider bagels or doughnuts for breakfast (don’t you always?), which represent not only carby deliciousness, but also the year coming full circle.

**Pork**
Down some pig! Lots of people consider pork to be the luckiest of all foods to eat on New Year’s Day. Why? Pigs are rotund, which represents prosperity (not, as it turns out, weight gain). They also “root forward” with their noses, which is supposed to symbolize progress.

**Roasted Whole Fish**
Roast whole fish for lunch. Fish are lucky in three ways: their scales resemble coins, they travel in schools, which represents prosperity, and they swim forward, symbolizing progress.

**Black Eyes Peas**
Whip up a batch of Hoppin’ John. This dish of black-eyed peas and rice is customary for New Year’s Day in the American south, where black-eyed peas are considered auspicious based on their resemblance to coins.

**Lentils**
Cook some lentils. Can you guess what lentils resemble? Money! Yes, these coin-shaped legumes are lucky in Brazil and Italy, and are said to have been eaten for luck since the Roman times.

**Pomegranate**
Smash a pomegranate on the floor. (And waste a perfectly good piece of fruit?) In Greece, when the new year turns, a pomegranate is smashed on the floor in front of the door to break it open and reveal seeds symbolizing prosperity and good fortune. The more seeds, the more luck.

---

**Health Benefits of Pomegranates**

- Contains over 100 phytonutrients which are associated with antioxidant benefits and reducing inflammation. The high concentrations of these found in pomegranates are what makes it a “superfood”.

- Contains vitamin E and other antioxidants that are associated with lowering the risk of heart disease, cancer, and lower cholesterol. These antioxidants work to fight cell damage caused by free radicals. There is even some evidence that they can even reverse damage already done.

- The pulpy seeds contain vitamin C which also provides antioxidant benefits.

- Consuming pomegranates is also associated with weight management because the seeds provide almost 1/3 of all the fiber you need in one serving, which slows digestion and helps you feel fuller longer.
Michigan Health Endowment Fund – What is the MI Medigap Subsidy?

The Michigan Medigap Subsidy is a program that helps pay for Medigap coverage from certain companies. If you qualify, you will pay less for your Medigap coverage. The program pays part of your premium and you pay the rest. You qualify for the subsidy if:

1) You live in Michigan
2) You have Medicare
3) You must have a Medigap coverage: BCBS of MI, Blue Care Network, United Healthcare AARP, & Priority Health. (Other insurers may join the program. Call your insurer to see if they participate in or will sign up for the program.)
4) Your income is at or below 150% of the Federal Poverty Level. If your household size is one and you make $17,820 or less per year; OR if your household size is two and you make $24,030 or less per year, THEN you qualify for the subsidy.

If you qualify and you are age 65 to 75, then the subsidy fund pays $40 per month directly to your insurance. If you are over age 75, then the subsidy fund pays $65 per month. If you are under age 65 with a disability, then the subsidy fund pays $125 per month toward your Medigap premium. People who have Medicaid do not qualify for the subsidy.

To get the full subsidy, complete an application by the 15th of any month for it to start the following month. If you apply after the 15th of a month and are approved, the subsidy will start the month after the next month. For example, if you apply on April 16th, your subsidy will start on June 1st.

Join us for the full explanation at our presentation on Tuesday, January 10th starting at 9:30 am. Call us at 356-3585 to register.

"Project Intergenerational" in action at the Senior Center. Members of the Youth Volunteer Corps participate in refurbishing baseball gloves under the supervision of Senior Advisor, Jim Mott while other members, under the supervision of Senior Advisor, Barb Romel are busy crocheting a mat out of plastic shopping bags to donate to the homeless.
## JANUARY 2017 ACTIVITIES

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<th>MONDAY</th>
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<td>Q&amp;A with Director of Veterans Affairs 10:30am</td>
<td>Birthday Celebration at Both Meals</td>
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<td>MI HEALTH ENDOWMENT FUND - MEDIGAP SUBSIDY with Kitty Glomski 9:30am</td>
<td>GLASSES ADJUSTMENT with Dr. Currier 10:30am</td>
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**REPEATING DAILY EVENTS:**
- **MONDAY:** Exercise 9:30am, Euchre 12:30pm, Board Games 12:30pm
- **TUESDAY:** Exercise: 10am, Quilting 10am, Spitzer 12:30pm
- **WEDNESDAY:** Exercise 9:30am, Wii Bowling 10:30am, Bingo 12:45pm, Foot Clinic $20 2nd & 4th week
- **FRIDAY:** Exercise 9:30am, Pinochle/Bridge 12:30pm
- **SATURDAY:** Youth Volunteer Corps 3:00pm
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**JANUARY 2017 MENU**

501 River Street • 989-356-3585

SUNDAY

- **NOON**
  - Chicken Pattie Sandwich
  - Lasagna with Garlic Bread
  - Broccoli & Cheese
  - Mixed Fruit

- **NIGHT**
  - Assorted Toppings
  - Fresh Fruit

MONDAY

- **NOON**
  - Philly Steak Sandwich
  - Fresh Pizza
  - Mixed Vegetable Blend
  - Sweet and Sour Pork

- **NIGHT**
  - BBQ Chicken
  - Corn
  - Mixed Fruit

TUESDAY

- **NOON**
  - Chicken Cacciatore
  - On-the-Bone Roast Turkey
  - Spinach
  - Homestyle Fries

- **NIGHT**
  - Beef Pot Roast
  - Green Beans
  - Mixed Fruit

WEDNESDAY

- **NOON**
  - Diamond Cut Cod
  - Exotica Topped Silk Squash
  - Winter Veg. Blend
  - Balsamic Chicken

- **NIGHT**
  - Mexican Corn
  - Refried Beans
  - Mixed Fruit

THURSDAY

- **NOON**
  - Chicken à la King
  - Onion & Peppers
  - Mashed Potatoes
  - Pork Chop Suey

- **NIGHT**
  - Assorted Toppings
  - Fresh Fruit

FRIDAY

- **NOON**
  - Diamond Cut Cod
  - Exotica Topped Silk Squash
  - Winter Veg. Blend
  - Balsamic Chicken

- **NIGHT**
  - Mexican Corn
  - Refried Beans
  - Mixed Fruit

SATURDAY

- **NOON**
  - Fish & Chips
  - Fruit Salad
  - Assorted Pizza
  - Tony Burgers

- **NIGHT**
  - Pickin' for People
  - Mixed Fruit
  - Fresh Fruit

**EVENING MEAL: 4:30pm - 5:30pm**

Options: Hot Meal or Soup & Salad Bar

- $7.00 (Under 60)
- $3.50 (Over 60)

- Suggested Donation of $3.50

- Federal and state grants cover only a portion of the meals we provide. Donations are important to the Alpena Senior Citizens Center.
**Area Support Groups**

**Alzheimer’s Association**  
989-356-4087

**Alpena Parkinson’s Support**  
Donna Precond: 989-354-5590

**Newcomer’s Welcome Service**  
Rita Hoeberling: 989-471-2382

**Heart & Soul**  
**Creative Art Therapy**  
Arts Therapy for those physically disabled or chronically ill.  
Corina: 616-430-4001

**Depression & Bipolar Support**  
989-354-4470

**Breast Cancer Support Group**  
Rose: 989-595-3050  
Jennifer: 989-356-8113

**Grief Support Groups**  
Hospice of Michigan: 888-247-5701  
Hospice of the Sunrise Shore  
Vital Care: 800-342-7711  
Grief Share: 989-354-2730

**Friends Together Cancer Support**  
Judy: 989-356-3231

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**ARE YOU A SNOW BIRD?**

If you are a Snow Bird and have a Newsletter subscription, don’t forget to call us! We can either suspend your subscription until your return or send it to your winter address.

**989-356-3585 Ask for Tracy**
I am Amazed!

Open Enrollment is the annual window of time that occurs between October 15 and December 7 that you and I have to evaluate your Part D drug plan for the next year. It’s your opportunity to change your plan to save on costs and cover the prescription drugs you take. In the previous year, I first set a personal goal to meet the counselling needs of every senior to help each of you review your Part D drug plan. Just starting out, that was a very ambitious goal to meet. I had no idea just how many seniors would actually need our assistance. So I recruited all the certified MMAP Counselors in our area to help me (and I needed them). In 2015, we were astonished to realize that we served 703 clients and saved $367,830 in drug costs. It was a record breaking year for sure.

Knowing that expectations were very high, this year’s goal was to reach at least one more senior and save at least one more dollar than we did in 2015. I am pleased to report that the Senior Center has just concluded our 2016 Open Enrollment season. With my team of veteran MMAP Counselors: Larry Calder, Barb Villeneuve, Jere Doyle, Gretchen Walat and myself, we’ve served 729 seniors (that’s 26 more) and saved $558,796 in drug plan costs (that’s $190,993 more savings!) AND saved $29,330 from the Michigan Health Endowment Fund for 2017 Medigap premiums – another record breaking year! Oh speaking of record numbers, we held 41 presentations and met with 891 seniors about the Blue Cross Legacy issue – now that’s a truly amazing year!

- Kitty Glomski, MMAP Counselor

Alpena Senior Citizens Wish list

- Sidewalk Salt
- Stack Washer/Dryer (new or lightly used)
- Volunteers to visit over the phone with seniors
- Volunteer Bus Driver (14 passenger) with Chauffeur License
- Volunteer “Meals On Wheels” Drivers
- Volunteer Van Drivers with Chauffeur License
- Volunteer to shovel sidewalks
Call us any time of day or night to get the help you need. We'll be there.

24/7 tollfree: 888.247.5701 | www.hom.org

WHEN IT'S HARDEST, WE'RE HERE

Call us any time of day or night to get the help you need. We'll be there.

Reach Your Target Market

PUT YOUR AD HERE

989-356-0834

When it’s hardest, we’re here

Call us any time of day or night to get the help you need. We’ll be there.

Besser Credit Union

Mortgages • Savings • Checking Accounts
Business Accounts • Business Loans

1381 N. Bagley, Alpena • 7421 US-23 North, Alpena
989-356-1880 • Toll Free: 800-655-6508
Fax: 989-354-7826 • Website: www.bessercu.com

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Board Certified Ophthalmologist

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Accepting new patients call today
(989) 354-4406

BESSER CREDIT UNION

NEW MEMBERS WELCOME
Membership open to anyone living or working in Alpena or Presque Isle Counties

HOME HEALTH CARE

Expanded Services IN ALPENA

McLaren Northern Michigan
northernhealth.org (800) 342-7711
GET TAX ASSISTANCE
FROM AARP TAX VOLUNTEERS

Do you need help preparing your tax return?
The AARP Volunteers will be at the Senior Center on Thursdays from 9:30am - 3:00pm during the months of February and March.
Individuals must call to set an appointment DATE! We will start taking appointments on Monday, January 9th. Please call 356-3585.

Please remember to have the following documents with you:
• Picture ID
• Social Security card for ALL persons listed on the return
• 2015 Tax Return
• Heat Bills from 2016
• Documentation for all income
• Medical Supplemental Insurance Papers
• Summer AND Winter Property tax statements - 2016
• Educational scholarships AND expense receipts
• Misc expenses: mortgage interest paid, medical, dental or charitable payments/donations
• Healthcare statements - 1095A, B, C or marketplace exemption letter
• ACTUAL check for direct deposit information

BEAT the Winter Blues

Cornhole Tournament
Saturday, February 11th
Doors Open at Noon & Games Begin at 1:00pm
Alpena Events Complex
701 Woodward Ave, Alpena
ENTRY FEE: $20.00 per team Limited to the first 50 teams Best 2 out of 3 - Single Elimination
Pre-register by calling: 989-356-3585 or call/text 989-916-5530

"501" River Tours
Senior2Citizens

• Wednesday, January 11th
Bay Mills, Brimley & Kewadin, St. Ignace
Leaving Wal-Mart 8:00am - returning 8:00pm

• Thursday, January 26th
Turtle Creek Casino, Williamsburg
Leaving Wal-Mart 8:00am - returning 5:30pm

• Wednesday, February 8th
Odawa Casino, Petoskey
Leaving Wal-Mart 9:00am - returning 5:00pm

• Thursday, February 23rd
Turtle Creek Casino, Williamsburg
Leaving Wal-Mart 8:00am - returning 5:30pm

$45 PER PERSON PER TOUR
CALL 989-356-3585
Payment Due Before Leaving the Day of the Trip
Transportation by Air Bear Travel
Thank You! Thank You!

We would like to thank the following individuals for their in-kind donations to the Center...

Barb Searcy
Barbara Griffin
Betty Yuker
Bill Hanson
Cooper Family
Don Powers Family
Floyd Tacia
Frank Riley
Harriett Kelm
Ilene Hayka
Jeanette Amell
Jeremy Warren
Jim Watson
John Harris
Judy Ableidinger
Kurt Haaxma
Louie Zbytowski
Marlene Bartz
Mary Lou Roznowski
Maxine Moran
Onni Kuhna
Ron Lemke

Card Game Winners November 2016

Euchre
Barb Pokorzynski
Steve Clements
Eileen Wikaryasz
Jerry Lagness

Double Deck Pinochle
Phyllis Daleski
Fred Daleski
Sylvia Schalk

Single Deck Pinochle
Patty Densteadt
Eugene Hayes
Phyllis Daleski
Mary Lou Keen

Spitzer
George Iles
Bob Karsten
Grace Gagnon
Jim Daleski
Ruth Thiem

Bridge
Congratulations to all the winners!

In Memory Of / In Honor Of

Donations to "In Memory Of" or "In Honor Of" (birthdays, anniversaries or other) can be made by completing this form and returning it with your check made payable to: Alpena Senior Citizens Center

In Memory Of / In Honor Of:

__________________________________________

Acknowledgement to be sent to:

__________________________________________

Address:____________________________________

__________________________________________

Message:____________________________________

__________________________________________

Donor:_____________________________________

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Alpena Senior Citizens Center
Subscription/Information Update

Name:_____________________________________

Date of Birth:_____________________________

Spouse:___________________________________

Date of Birth:_____________________________

Anniversary:______________________________

Address:__________________________________

__________________________________________

Message:__________________________________

__________________________________________

Donor:_____________________________________

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Thanks to Linda Wallace and Bill & Betty McDonnell for the donation in memory of Lyle Beatty

Thanks to Don & Jane Wood for the donation in memory of Carol King

Thanks to Elaine Thompson for the donation in memory of Leonard Dietz

Thanks to Bill & Betty McDonnell for the donation in memory of Carol Ferguson

Edna Manning
Virginia Kavanaugh
For millions of Americans, Meals on Wheels is literally the difference between remaining in their own homes and needing to relocate to a nursing facility. The nutritious meal, friendly visit and safety check help them cope with three of the biggest threats of aging: hunger, isolation and loss of independence. Research proves that when seniors have the right support, they gain greater quality of life, need fewer hospital stays and live longer.