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(989) 453-3223

SERVING THE UPPER THUMB AREA FOR COMPLETE
FITNESS, MEDICAL, PHARMACY, SENIOR LIVING, & VISION CARE ...

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24 Hours Emergency Care • Ambulance Service • 911

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168 N. Caseville Rd., Pigeon • 989 453-3223
(Use Barth Medical Arts Building Entrance)
Redi-Care Clinic - Mon. - Thurs. 3:00pm-8:00pm
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Caseville Family Medicine

7000 Main St., Caseville
(989) 856-3449

Elkton Family Medicine

4970 Railroad St., Elkton
(989) 375-2214

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57 S. Center St., Sebewaing
(989) 883-9656

Scheurer Family Medical Center

168 N. Caseville Rd., Pigeon
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SENIOR LIVING SERVICES

*Meeting the needs of seniors in the
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COUNTRY GARDENS

AN ASSISTED LIVING COMMUNITY

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170 N. Caseville Rd., Pigeon
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Vision Wellness

Protect your vision and keep your eyes healthy.
Good eyesight greatly improves quality of life.

- Protect your eyes at work and at play - eye injuries at work and when playing sports can be prevented with the right eye protection
- Almost 80% of what we learn comes through our vision - be sure your child is ready to learn without visual stress
- Computer Vision Syndrome - minimize eye strain
- Eyes require twice as much light at age 50 as they did at age 25
- Protect your eyes with sunglasses especially children who's eyes let in more UV rays
- Do Not Smoke
- Limit Alcoholic Beverages
- Keep Blood Sugar Within Healthy Limits
- Keep Blood Pressure and Cholesterol Under Control
- Eat antioxidant-rich food
- Have regular eye examinations - early detection is key to preventing significant vision loss

Scheurer Family Vision Center

7297 W. Michigan Ave., Pigeon
(989) 453-2025



People You Trust, Caring For People You Love
www.scheurer.org

BINGO from page 7

games "Bingo" as well.

Over time, Bingo became a staple at church fundraisers. However, there weren't enough numbered card variations in Bingo games to meet the needs of big crowds. Therefore, Lowe hired a Columbia University mathematician to come up with a greater amount of numbered cards. Carl Leffler was called on to make 6,000 new

Bingo cards with nonrepeating number groups. The task grew increasingly difficult. After completing the task, Leffler reportedly went insane.

Today Bingo is still played all across the country. It remains one of the most effective ways for churches and other groups to raise funds. While the beans or chips have been replaced with Bingo markers and fancy calling systems, the original concept still remains close to the same as the Italian lotto game invented more than 500 years ago.

BOOMERS from page 7

paint Kirschling as the face of the generation. Throughout her adult life, Kirschling has been featured in numerous magazine, newspaper and television features about her life and times as the first Baby Boomer. The world watched when she turned 40, 50 and 60 ... when she filed for Social Security benefits.

In a 2006 interview with USA Today, Kirschling said, "I don't feel like I am a spokesman for the generation, but I have just a little part of every part of the generation in me. I am definitely a Baby Boomer, in the true sense of the word - the good and the bad."

Kathy Casey-Kirschling isn't the only person who was born on Jan. 1, 1946 - although she very well may be the first. Other Baby Boomers born in 1946 include: Jay Chattaway, Cher (born Cherilyn Sarkisian), John Conlee, Tynne Daly, Jennifer Darling, George Duke, Gordon Eubanks, Lesley Gore (born Lesley Sue Goldstein), Al Green (born Albert Greene), Greg Gumbel, Nicole Jaffe, Naomi Judd (born Diana Ellen Judd), Diane Keaton (born Diane Hall), Cissy King, John Klemmer, Sandra Lynch, Kenny O'Dell, Dolly Parton, John Piper, Gene Siskel, Suzanne Somers (born Suzanne Marie Mahoney), Suzanne Stephens, and Bennie Wallace.

HOME from page 7

an in-law into their home, a common priority is to ensure the home is safe for an elderly resident. Some safety measures might be easier to plan than others, but the following guidelines should help adults prepare their homes for the arrival of an elderly housemate. The following are just a few of the many steps homeowners can take to make their homes safer for elderly guests.

- Reduce Risk of Injury in the Bathroom
Perhaps no room can be more difficult for seniors to navigate than the bathroom. Wet tiled floors can greatly increase the risk of falling, so men and women should make sure to have bathroom rugs that are slip-resistant. Slip-resistant rugs typically have a rubber bottom and won't move even if the floor is wet.

Another step to secure the bathroom is to install grab bars on the walls, including in the bathtub and next to the toilet. Also, make sure the towel bars are secure, as seniors might grab onto towel bars if they feel they are about to fall or need to regain their balance.

As for the bathtub, be sure to place a non-skid mat or strips on the standing area. This can help secure arguably the riskiest part of a home not just for elderly residents but all inhabitants of a home. According to the National Safety Council, most falls in the home occur in the bathroom. Securing a slippery tub with non-skid mats or strips can greatly reduce the risk of a fall.

- Keep the Home Illuminated
Understandably, many homeowners look to save money around the house, and turning

off the lights at night is both common and financially savvy. However, when a home has an elderly resident, it's best to ensure the home is at least partially illuminated. Nightlights should be used in hallways and along the staircase as well as in the bathroom and the kitchen. Elderly residents likely won't be familiar with where the light switches are, at least not immediately. So keep the house at least partially illuminated overnight in case a senior housemate must wake up to use the restroom or get a glass of water in the middle of the night.

- Clear Out the Clutter
A cluttered home is a fire hazard regardless of whom is living inside. However, a cluttered home is also a considerable safety risk for seniors. When preparing a home for an elderly resident, be sure the bedroom is not overcrowded. Make certain there is a clear path in which elderly residents can walk around the bed.

Clutter can also collect in the living room. Ideally, elderly residents should have a clear path on which to walk from room to room. Make sure cords from the entertainment system are bundled and not lying open in the floor. In addition, magazine or newspaper baskets should be moved away from where residents will be walking.

Clutter can also collect outside the home, particularly in homes with young children. Explain to kids that their toys need to be put away and kept off of walkways to help Grandma and Grandpa avoid injury. Homeowners who love to work around the house should also clean their work areas thoroughly and put everything away before calling it a day.