

October 2020

Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter
 Funding for Charlevoix County Commission on Aging is provided
 by: Charlevoix County Senior Millage; Michigan Aging & Adult
 Services Agency; Area Agency on Aging of Northwest MI

Area happenings

For more information:

Beaver Island Chamber
 (231) 448-2022
 Main Street
 Beaver Island, MI 49782
 beaverislandcommunitycenter.org

Boyne Area Chamber
 (231) 582-6222
 115 S. Lake St., Suite A,
 Boyne City, MI 49712
 boynechamber.com

Charlevoix Chamber
 (231) 547-2101
 109 Mason Street
 Charlevoix, MI 49720
 charlevoix.org

East Jordan Chamber
 (231) 536-7351
 100 Main Street, Suite B
 East Jordan, MI 49727
 ejchamber.org



“SUPPORTING THE FIGHTERS, ADMIRING THE SURVIVORS, HONORING THE TAKEN, & NEVER EVER GIVING UP HOPE!”

OCTOBER 2020 NOTABLE DATES

- 1 Coffee Day
- 2 Smile Day
- 3 Card Making Day
- 4 Taco Day
- 5 Get Funky Day
- 6 Mad Hatter Day
- 7 Frappe Day
- 8 Pierogi Day
- 9 Curious Events Day
- 10 Handbag Day
- 11 It's My Party Day
- 12 Columbus Day
- 13 Train Your Brain Day
- 14 Dessert Day
- 15 Grouch Day
- 16 Boss's Day
- 17 Wear Something Gaudy Day
- 18 Chocolate Cupcake Day
- 19 Clean Your Virtual Desktop Day
- 20 Sloth Day
- 21 Count Your Buttons Day
- 22 Nut Day
- 23 Boston Cream Pie Day
- 24 Make a Difference Day
- 25 Greasy Food Day
- 26 Pumpkin Day
- 27 Black Cat Day
- 28 Chocolate Day
- 29 Internet Day
- 30 Candy Corn Day
- 31 Halloween

For more detailed information on things going on at our Senior Centers:

Please listen to the daily announcements at the Senior Centers before lunch; or please call the host center and speak with the Site Coordinator directly or call the COA Office.

Director's CORNER



On August 4, 2020 the voters of Charlevoix County gave their approval for the renewal of the Charlevoix County Commission on Aging Senior Millage. On behalf of the staff, volunteers and seniors who utilize our services, we wish to give a huge "THANK YOU" to you. We are all so grateful for the trust shown in the Charlevoix County Commission on Aging in supporting the seniors of Charlevoix County.

We here at the COA have been busy during this time of Pandemic, working to make sure that we are doing all we can do to support our aging adults, even if it looks and feels a bit different.

Since the inception of COVID-19 in our area we have done the following to best support our aging adults at this unprecedented time:

- We are actively reaching out to our aging adults by phone for social and wellness checks. These calls have allowed us to connect our aging adults with resources that had been unmet before.
- We are providing Home Delivered Meals to our home bound clients.
- We are providing weekly hot & frozen Disaster Meals by reservation delivered to any Charlevoix County resident 60 years old or older so that our most vulnerable do not need to leave their homes as often.
- We are providing Hot Curbside Pick-up meals at each of our Senior Centers.
- We are providing frozen Disaster Meals to BI Aging Adults
- We have distributed Quarantine Boxes for those most food insecure through

the State of MI Website.

- We have partnered with Manna to provide Fresh Fruit and Veggie Boxes to those most food insecure.

- We are providing virtual resources, activities, education and safety guidelines to our aging adults through our Website, Facebook and even printed material in our meal bags.

- * We have trained staff on how to safely provide our services during the COVID-19 pandemic and now that we have Personal Protective Equipment we are providing Foot Care and In Home Services again.

- We have implemented Safe Practices regarding engagement, cleaning, sanitizing and disinfecting in our Senior Centers, our COA Office and even regarding our services with you.

- We provided the Senior Project Fresh Program to all that qualify in our county.

- We are distributing Medicine Lock Boxes and Drug Deactivation Pouches to our home bound aging adults to assist with keeping their meds safe and disposing of it properly during this Stay at Home time.

- We are continuing to do phone MMAP counseling.

WE MISS YOU ALL!

COA Information

COA Office
 218 W. Garfield Ave.,
 Charlevoix, MI 49720
 231-237-0103
 Toll Free: 866-428-5185
 Fax: 231-237-0105
 Office open M-F 7:30am-4:30pm

Main Office Staff:
 Amy Wieland, Executive Director
 Sheri Shepard, Assistant Director
 Theresa Graham, Office Manager
 Sally Nye, Database Coordinator
 Paul Tate, Food Service Manager
 Kevin Clements, Senior Program Facilitator

Health Care Services:
 Tracey Rupinski, RN, Director of Health Care Services
 Robin Pugh, RN, CFCS
 Brenda German, CENA
 Carla Middaugh, Personal Care
 Arlene Wilson, CENA
 Kim Crandell, Homemaker
 Rhonda Whiteford, Homemaker

COA Advisory Board:
 Luanne Reed, Chair; Ed May, Vice-Chair; Cathy Kessler, Secretary/Treasurer; William Cousineau, Linda Fineout, Sharon Misiak, Janet Kalbfell; Nancy Ferguson, Board Liaison

Beaver Island COA Office:
Open M-F 8a-5p
 Lonnie Allen, BI County Building & COA Site Coordinator
 26466 Donegal Bay Road
 Beaver Island, MI 49782
 231-448-2124

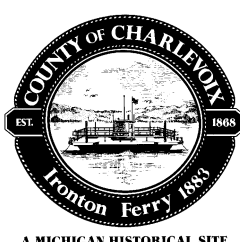
Boyne Area Senior Center:
Open M-F 9a-2p
 Loretta Bayless, Site Coordinator
 Bridget, Jan Food Service & HD Meals
 411 E. Division, PO Box 964
 Boyne City, MI 49712
 231-582-6682

Charlevoix Senior Center:
Open M-F 9a-2p
 Heather Sarasin, Northside Building and COA Site Coordinator
 Amy, Crystal & Diane Food Service & HD Meals
 06906 Norwood Road
 Charlevoix, MI 49720
 231-547-5361

East Jordan Senior Center:
Open M-F 9a-2p
 Brenda Skop, Site Coordinator
 Kelly, ? Food Service & HD Meals
 951 Mill Street, East Jordan, MI 49727
 231-536-7831

****The Boyne, Charlevoix & East Jordan Senior Centers May - September Wednesday Hours are 2p-7p.**

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



Snow Removal Program 2020-2021

The Charlevoix County Commission on Aging will once again be offering some limited support for snow removal for aging adult residents of Charlevoix County. The Commission will reimburse the provider who renders service to senior citizens (those 60 and older) up to the voucher total assigned to the household in TOTAL for any Snow Removal services: Snow Shoveling, Snow Blowing or Snow Plowing. Seniors choose their own providers. Providers must complete a W9 before payment of services, if we have one already on file, you will not need to do this again. The intent of the program is to reimburse services that keep seniors independent and in their own homes. Those seniors who are age 60 or older will be required to complete an eligibility packet including the Snow Removal Self Declaration Form for the 2020/2021 season, provide proof of all income along with a copy of one of the following proofs of residency: A current MI photo ID with your Charlevoix County address on it; A copy of your paid property taxes for Charlevoix County or a copy of the current rental agreement. A completed packet will be the sole way of determining eligibility at this time. These packets will be handed out during curbside meal pickup times or you can contact the COA office to pick one up.

Once the senior has completed the packet and returned it to the COA office and eligibility has been determined the senior will receive a letter informing them that they are enrolled in the program along with the designated vouchers. If the eligible senior leaves their resident for a month or longer, they will not be eligible for the program until they return to the residence. Eligibility will be determined annually from the date of application.

The Commission will reimburse the contracted snow remover. Invoices will be reimbursed according to the date the work was performed and must be within the Program Time frame of 11/1/20 – 3/31/21.

Residency Requirements that need to be provided:

If you are a home owner:

A current Michigan photo ID with your Charlevoix County address on it

A copy of your paid property taxes for Charlevoix County

The property owned must be your homestead or primary address

If you are a renter:

A current Michigan photo ID with your Charlevoix County address on it

A copy of your rental agreement will be required – Verbal Agreements do not qualify.

Renters who are temporary or vacationing are not eligible

Income Verification requirements that need to be provided:

All persons requesting to enroll must provide any of the following that apply to their particular situation.

A copy of your last year's Federal 1040 or 1040A income tax return (front page only)

A copy of your annual Social Security Statement and any other source of income (If you are not required to file a tax return)

If you have any questions or concerns, please contact the Charlevoix Commission on Aging at (231) 237-0103. Office hours are Monday through Friday 7:30 am to 4:30 pm.

The COA will offer a ZOOM Caregiver Support Group on Thursday, October 8, 2020 from 1p-2:30p. Please contact Sheri Shepard for more information or if you are interested in participating at 231-237-0103.

Gym Walking will be available this Month for our Charlevoix County Aging Adults.

Charlevoix Walking

Location: Charlevoix County Building Northside, 13513 Division Street, Charlevoix, MI 49720

With the county's purchase of the old elementary school, and the Gym being part of the Senior Center, we are excited to make it available for walking beginning October 1, 2020 through the Winter and Spring by reservation only.

We will have 10 spots per hours available for those who are interested. You must maintain 6 foot social distancing and wear a mask for the time you are in the building. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the Gym floor.

As dates and times are still being defined, please call the COA Office for more information or to reserve your time slot after October 1, 2020 at 231-237-0103.

East Jordan Walking

Location: East Jordan Senior Center, 951 Mill Street, East Jordan, MI 49727

The EJ School Gym use is being made part of the Senior Center again this year, and we are excited to make it available for walking beginning October 1, 2020 through the Winter and Spring by reservation only.

We will have 10 spots per hours available for those who are interested. You must maintain 6 foot social distancing and wear a mask for the time you are in the building. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the Gym floor.

Walking will be available to Seniors from 10:30am - 11:30am only Monday through Friday.

To reserve your time slot please contact Brenda at: (231) 536-7831

ALL Charlevoix County Senior Centers

All Senior Center Locations Menu October 2020

COA Phone: 237-0103

Charlevoix Senior Center: 547-5361 East Jordan Senior Center: 536-7831

Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Weekly Disaster Meals are still available for once a week delivery this month. Call the COA Office between 9a-2p each Thursday.</p>	<p>It is the current recommendation that our Senior Centers remain closed until 60 days after we reach Phase 6 of the MI Safe Start Plan. Meals and services will be done differently until then.</p>	<p>1. National Coffee Day Breakfast for Lunch French Toast Sticks, Sausage Links, Diced Seasoned Potatoes, Fruit Cup</p>	<p>2. National Smile Day Cooks Choice, Potatoes, Fresh Vegetable, Fruit</p>
<p>5. Chicken Salad served with a Croissant, Sliced Tomatoes, Cup of Homemade Soup, Fruit</p>	<p>6. Mad Hatter Day Beef Stew over a Biscuit, Stew Vegetables, Fruit</p>	<p>7. Deli Ham Roll-ups with Cream Cheese and Green Onion, Potato Salad, Fruit</p>	<p>8. Baked Spaghetti with Meat Sauce, Bread Stick, Mixed Vegetables, Fruit</p>	<p>9. OCTOBERFEST Chicken Schnitzel, Mashed Potatoes & Gravy, Red Cabbage, Fruit</p>
<p>12. Columbus Day BBQ Meatballs, Mac & Cheese, Mixed Vegetable, Fruit</p>	<p>13. Chicken Mor-nay, Cheesy Broccoli, Seasoned Rice, Fruit</p>	<p>14. Paul's Famous Vegetable & Cheese Lasagna, Cheesy Garlic Biscuit, Fruit</p>	<p>15. Grouch Day Ground Sirloin, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit</p>	<p>16. Bosses Day Cooks Choice, Potatoes, Fresh Vegetable, Fruit</p>
<p>19. Baked Potato & Cheese, Chili, Sour Cream, Fresh Vegetable, Fruit</p>	<p>20. Chicken Noodle Casserole, Fresh Carrots, Dinner Roll & Butter, Fruit</p>	<p>21. Count Your Buttons Day Pepper Steak, Green Peppers & Onions, Seasoned Rice, Fruit</p>	<p>22. Popcorn Chicken Bowl, Mashed Potatoes, Corn, Country Gravy, Fruit</p>	<p>23. Boston Cream Pie Day Shrimp Alfredo, Pasta, Fresh Vegetable, Fruit</p>
<p>26. Pumpkin Day Pepperoni Calzone, Pasta Marinara, Mixed Vegetables, Fruit</p>	<p>27. Corned Beef Hash & Cup of Cabbage Soup, Fruit</p>	<p>28. Chocolate Day Turkey Patty with Onion Gravy, Mashed Potatoes, Fresh Vegetable, Fruit</p>	<p>29. BBQ Chicken Drummies, Scalloped Potatoes, Fresh Vegetable, Fruit</p>	<p>30. Halloween Celebration Beef GOUL-lash, Vampire Garlic Bread, Freaky Fresh Vegetables, Franken Fruit, Special Halloween Dessert</p>

Charlevoix County Commission on Aging Updates! Please contact the COA Office at 231-237-0103 for more information

Senior Project Fresh

This has been a successful year for Senior Project Fresh. The Charlevoix County Commission on Aging gave out over 540 booklets valued at \$20 each to our qualifying Charlevoix County aging adults. This program ends on September 30, 2020 and coupons will not be available after that date. ALL Coupons handed out need to be used by October 31, 2020 and will not be accepted after that date.

MMAP Program Update - Open Enrollment begins October 15, 2020 through December 7, 2020

Kevin Clements will be once again providing this service to Charlevoix County Seniors but it will be done differently this year. For an appointment please call 237-0103.

In light of the current health crisis caused by COVID 19, MMAP, Inc. has reviewed its policy and practices for providing in-person counseling to Medicare beneficiaries, their family members and caregivers. Because the people MMAP serves and many of our MMAP team members are most at risk for adverse outcomes if they contract COVID 19, MMAP, Inc. is suspending the use of in-person interactions with beneficiaries, their family members and caregivers, for the purpose of providing one-on-one counseling.

This policy was written in collaboration with the Aging and Adult Services Agency (AASA) and is in accord with the Administration for Community Living's (ACL) Volunteer Risk and Program Management guidelines for SHIP and SMP grantees.

Effective immediately all MMAP one-on-one counseling with beneficiaries, or their representatives, is to be provided by telephone, email, postal mail, or a web-based platform such as, ZOOM, MS Teams, Skype, etc.

The Charlevoix Senior Center Foot Clinic location is changing starting this month!

To make access to the clinic easier regarding parking and for the safety of staff and clients, we are moving the Charlevoix Foot Clinic up to a temporary room in the Northside County Building beginning in October. The room is larger, bathrooms are right in the same area and the space allows for better airflow, greater social distancing, parking and safer services.

All Charlevoix Foot Clinic clients will be mailed a detailed map and directions on how to access the new location for their October and future appointments.

Virtural Travel Club Changes - Be and Arm Chair Traveler!

Due to the lack of interest in our original Virtual Travel Club we are discontinuing it. We have re-thought our program and want to share with you the new Arm Chair Traveler. We have decided to share our travel adventures with everyone in our weekly letter packets from time to time. They may be travel adventures that we have previously done with clients, travel that staff has done on their off time and even travel that includes other places some of us here at the COA have lived.

How can you get a letter packet that could include (occasionally) the Arm Chair Traveler? They are given out on Fridays at our curbside meal pickup or by request, curbside on Monday-Thursday at your Center, to our HDM & FDM customers weekly and by request at our Beaver Island COA Office.

What else may be included in the letter packet besides the Arm Chair Traveler (occasionally)? Our weekly letter packets include many different topics including health, wellness, Covid-19, scams, resources, news, staff spotlights and activities.



When Our Senior Centers are CLOSED to the public, All Veteran's Socials, Free Lunches & in person-Travel Club trips are Suspended.

All in person Senior Centers Advisory Board Meetings are Suspended or via Zoom.

We encourage you to practice Social Distancing, wear a mask if you are physically able to, wash your hands, don't touch your face and seek medical attention for any issues that you would normally.

**Beaver Island Activities and Update
Contact Lonnie at the BI COA for more information at (231) 448-2124**

Beaver Island Wellness Check Program

The Charlevoix County Commission on Aging and the Charlevoix County Sheriff's Department are collaborating their efforts on Beaver Island with respect to the safety and wellness of our Seniors on Beaver Island. The COA has created a program with the Sheriff's Department that will provide free, periodic wellness checks for aging residents of Beaver Island, aged sixty (60) and older due to the limited resources on the island.

**Beaver Island Community School Collaborative Updates:
BI FIT Program**

The School feels the need to limit the potential COVID-19 exposure to everyone on the island so they will not be opening up BI Fit for anyone until COVID-19 is completely contained (i.e., we have a vaccine).

Voucher Meal Program at the School

The School's "Return to School" committee met in July and are feeling that in order to keep our elders safe, when school starts back up in the fall and we resume our lunch service...that we will continue to do curbside meal pickup for our elders.

**COA Updates:
Frozen Disaster Meals**

Frozen Disaster Meals can be ordered through Lonnie at the BI COA Office as long as Michigan is in Phase 1 through 5 of the MI Safe Start. They are \$3 each to help defer the cost of shipping from the Mainland.

BI Emergency Shelf Stable Meals

The COA is offering our BI aging adult residents, 60 and over, up to 2 Boxes of Emergency Shelf Stable Meal Boxes at a cost of \$3 per box. These are purchased from and produced by an outside company, JA Foods. Each box contains two complete shelf stable meals to be used in an emergency when other food sources are not readily available. These emergencies would include weather events with power outages, environmental (chemical spills, fires etc..) events when shelter at home order is given or even during the pandemic at a time of stay home, stay safe when food is not readily available. Deadline for ordering is September 25. Please get the order form from the BI COA Office, fill out a form and include payment. Return to the Charlevoix County Commission on Aging. Boxes will be passed out at the end of November 2020.

Activities

Zoom activities are still available and are continued to be planned for the month of October, internet is a challenge for many clients, so we also offer a dial in option for the activities. I hope you all have had a safe summer and I look forward to our fall together here on Beaver Island. Office hours on Beaver Island are 9 a.m. – 4 p.m. Monday-Wednesday and 10 a.m. – 3 p.m. on Fridays and Saturdays and closed on Thursdays until after Labor Day.

COVID 19 remains a challenge to meet and get to know many of you who use the COA services on the island. Though I have had a chance to meet many of clients who stop in to purchase meal vouchers or have given me a call at the office. I am looking at many idea suggestions for future activities whether it is social distanced and done remotely or when a day comes that we can safely gather again in person.

Just for fun

HALLOWEEN
word search

C	U	O	I	N	T	R	A	R	I	M	F	I	G	A	D
A	O	T	D	J	O	G	G	C	A	T	T	F	F	H	E
N	T	V	A	M	P	I	R	E	T	A	G	G	R	A	C
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Y	T	A	I	V	M	U	M	M	Y	R	U	I	H	L	E
C	A	B	A	T	D	D	E	R	U	U	S	A	U	O	K
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A	S	P	I	D	E	R	W	E	B	R	H	A	I	D	A

BAT
CANDYCORN
CAT
GHOST
HALLOWEEN
MONSTER

MUMMY
PARTY
PUMPKIN
SPIDERWEB
VAMPIRE
WITCH

