

November 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

NOVEMBER 2020 NOTABLE DATES

- 1 Daylight Saving Time Ends
- 2 Deviled Egg Day
- 3 Sandwich Day
- 4 Common Sense Day
- 5 Men Make Dinner Day
- 6 Saxophone Day
- 7 Bittersweet Chocolate with Almonds Day
- 8 Tongue Twister Day
- 9 Chaos Never Dies Day
- 10 Forget Me Not Day
- 11 Veterans Day
- 12 Chicken Soup for the Soul Day
- 13 World Kindness Day
- 14 Pickle Day
- 15 Clean Out Your Refrigerator Day
- 16 Fast Food Day
- 17 Take a Hike Day
- 18 Push Button Phone Day
- 19 Use Less Stuff Day
- 20 Absurdity Day
- 21 World "Hello" Day
- 22 Go For A Ride Day
- 23 Eat A Cranberry Day
- 24 Celebrate Your Unique Talent Day
- 25 Shopping Reminder Day
- 26 Thanksgiving Day
- 27 Black Friday
- 28 Small Business Saturday
- 29 Square Dance Day
- 30 Cyber Monday

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.



LET OUR LIVES BE FULL OF BOTH THANKS AND GIVING!

Director's CORNER

Handling the Holidays after Loss

The signs of the holiday season are ubiquitous: holiday decorations in the stores, piped in Christmas carols, holiday displays at the malls, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work. In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief.

Grief is healthy, and necessary. Grieving means we acknowledge the loss, but it doesn't mean those of us left behind can stop living until it's over. In fact, it can be viewed as a time to start new traditions, while honoring the old ones.

Dilemmas Associated with the Holiday Season

1. The Requirement of Cheerfulness. There is an expectation during the holidays that people should be cheerful. One mourner explained that she hated going to holiday gatherings. "I could not be cheerful and I did not want to bring other people down by being sad."

2. The Mine Field of Social Exchanges. On many occasions, the innocent remarks of others may put a knife through the mourner's heart. Shortly after the death of their son, the parents attended a holiday dinner hosted by the boy's grandparents. The host began the meal with a blessing, "Thank you for bringing the whole family together." The father was so distressed by this remark that he left the table.

3. The Complexity of Decisions. Bereaved individuals must navigate a difficult path in deciding how to handle decisions about family activities and rituals. As one mourner indicated, "I was not sure whether I should hang



my son's stocking or not. I decided to hang it, because after all he is my son. But my husband thought that this was not a good idea. He told me that I was 'in denial.'

4. The Ambush. During the holidays, mourners are often hit by powerful feelings that are evoked by some reminder of the loss. Consequently, they experience what Noel and Blair (2000) have called "the ambush." As one mother explained, "I was taking out the Christmas ornaments and I came across an ornament that Timmy had made in kindergarten last year. It had his hand print on it. I dissolved into tears." Although natural and normal, such experiences are often frightening in their intensity.

There's no "right" way to cope with such a loss. Some choose to skip the holidays, which is difficult because we're surrounded by holiday music, messages and events. Others try to celebrate just as if their lost loved one is still there, which can make the person's absence even more painful.

It's important to know there are local, professional resources that are capable of helping you during a painful time. Even though you didn't choose the circumstances that are leading you to grieve, you have a choice in how you respond to your grief.

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
 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, Darla 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, November 12, 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 is available 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 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 Monday, Wednesday and Friday from 8:30a-9:30a and Tuesday and Thursday from 1:30p-2:30p.

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 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 November 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
2. Sloppy Joe with Cheese, Pretzel Bun, Diced seasoned potatoes, Fresh Vegetable, Fruit	3. National Sandwich Day Liver & Onions or Garlic Chicken Breast, Scalloped Potatoes, Fresh Vegetable, Fruit	4. Marinated Teriyaki Pork Chop, Rice, Vegetables, Fruit	5. Men Make Dinner Day Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	6. Cooks Choice, Potatoes, Fresh Vegetable, Fruit
9. Chaos Never Dies Day Grilled Chicken Cordon Blue Sandwich, Sliced Ham, Swiss, Sweet Potato Fries, Vegetable, Fruit	10. Beef Lasagna, Garlic Bread, Vegetable, Fruit	11. Veterans Day Meal Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetable, Apple Crisp	12. Breakfast Casserole, Green Pepper, Onion, Eggs, Hash browns, Cheese, Fruit, Yogurt Cup	13. World Kindness Day Tuna Noodle Casserole, Green Peas, Fruit
16. Bacon Cheeseburger, Bun, Tater Tots, Mixed Vegetable, Fruit	17. Take a Hike Day Roasted Pork Loin, Gravy, Au Gratin Potatoes, Fresh Vegetable, Fruit	18. Beef Stroganoff over Pasta, Fresh Vegetable, Fruit	19. Use Less Stuff Day Smothered Chicken Breast, Onions, Mushrooms, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	20. Cooks Choice, Potatoes, Fresh Vegetable, Fruit
23. Eat a Cranberry Day Polish Sausage, Bun, with Sauerkraut, Wedge Potatoes, Mixed Fresh Vegetable, Fruit	24. Baked Ziti, Tomato Sauce, Cheese, Garlic Cheese Biscuit, Fresh Vegetable, Fruit	25. Thanksgiving Meal Roasted Turkey, Stuffing, Gravy, Green Bean Casserole, Homemade Cranberries, Pumpkin Dessert	All COA Offices and Senior Centers & Services are CLOSED. Happy Thanksgiving!	All COA Offices and Senior Centers & Services are CLOSED.
30. Roast Beef & Cheddar French Dip Wrap with Au Jus, Baked Beans, Vegetable, Fruit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Weekly Disaster Meals are still available for once a week delivery this month. Call the COA Office between 9a-2p each Thursday.	This Month: Homemade Soups will be served 3 days a week with your meal.	Our Senior Centers are still closed to the public due to the current status of the COVID -19 Pandemic for the Safety of our Aging Adults who are the highest risk!

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

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

Kevin Clements is 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.

NEW COA Fall Fun Activities!

We have a fun new contest: Guess the first day of Snow (2 or mor inches)! You will need to pick the date and time of the snow fall. The winner will get a Free Meal Gift Certificate for redemption at any one of the Charlevoix County Senior Centers. You must me 60 years old or older to participate. Contact your Senior Center Site Coordinator to log your guess.

Ask about our 30 days of Fall/Thanksgiving Activities to put on your calendar to make each day a fun filled challenge to help you look forward to something new and different each day. Please ask your Senior Center Site Coordinator for more information.

Charlevoix Senior Center - 547-5361
East Jordan Senior Center - 536-7831
Boyne Area Senior Center - 582-6682

Operation: Christmas Cards

Spread some holiday cheer and goodwill to our deployed troops and veterans by sending them a Christmas card! Christmas cards will be provided in sets of two. Write a genuine, personal note of thanks; don't forget to sign your name and put where you're from! Then, return them to Beaver Island COA office or your local senior center during curb-side hours (11:30 AM to 12:30 PM) by Friday, November 20, 2020.

This year, we have chosen to send our cards to two different non-profit organizations:
United Soldiers and Sailors of America (USASOA) – sends to deployed troops all over the world
The Art of Encouragement – sends to veterans in hospitals and assisted living homes in the U.S.

Let us lift our fellow Americans' spirits during the time of year that can be most difficult, especially for those away from their families, and show them how much they are appreciated!

The Charlevoix Senior Center Foot Clinic location has changed!

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.



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 are SO Grateful for Your Support!

A big Thank you to the Anonomous Donor who donated half a beef to our Senior Center Nutritional Programs; The Brook Retirement Communities for sponsoring 60 meals in October, November and December for our Home Bound aging adults; 4Front Credit Union for the SWEET donation of goodies for our Home Bound aging adults for Halloween; and the East Jordan Health Center and the Ford Company for the donation of Masks for our Charlevoix County Aging Adults.

**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.

Activities

Legacy short story contest

Are you a senior citizen in Charlevoix County with a story to tell? Here's your chance to pen a masterpiece and share it with your neighbors. The Charlevoix County Commission on Aging in coordination with its Senior Centers is having a Charlevoix County Legacy Writers Short Story contest. Residents age 60 or older are invited to submit an original short story focusing on a special person, life-changing experience or significant period of their life. Senior Citizens have led interesting lives and this short story contest is an opportunity for our aging community to remember their past and share their experiences with family, friends and the younger generation. The contest rules are as follows:

- Charlevoix County resident who is 60 years of age or older.
- Entries should be original stories focusing on a special person, a life-altering experience or a significant period in your life.
- The suggested minimum length is 500 words and suggested maximum length is 2,000 words.
- Stories must be typed or legibly hand-written on 8.5-by-11-inch paper.
- Entries must have a cover page with the story's title, the author's name, date of birth, address and telephone number.
- The story title with no identifying information should appear on the first page of the story text.
- All identifying information about the author is removed for judging.
- Seniors may submit only one entry.
- Previously published stories may not be submitted.
- Seniors should keep a copy of the story. Entries will not be returned.
- The deadline for entries is 11/27/2020. Late entries will not be accepted. Winners will be announced on 12/4/2020.
- Stories should be emailed to allenl@charlevoixcounty.org or mailed to:
Charlevoix County Commission on Aging 218 W. Garfield Ave. Charlevoix, MI 49720

Just for fun

Thanksgiving word search

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

word list

- | | |
|--------------|-----------|
| Harvest | Ceremony |
| Indians | Worship |
| Pilgrims | Tradition |
| Thanksgiving | Holiday |
| Pumpkin pie | Gobble |
| November | Yams |
| Turkey | Feast |
| Family | Colony |
| Corn | Sail |
| Bounty | Harvest |

