

December 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



IN A WORLD FULL OF GRINCHES...BE A  
CINDY-LOU WHO!

## Director's CORNER

Northern Michigan winters are a challenge for everyone but especially our aging adults. Slippery sidewalks and driveways in addition to the cold weather can cause a wide range of injuries and illnesses. Here are some tips to get you through the next few months.

Falls are a daily challenge for some of our aging adults and in the winter time these fall chances increase dramatically. Avoid slipping on the ice by making sure you wear shoes with good traction and non-skid soles if you have to go out. Be sure to replace a worn cane tip and walker pads too. Remember to take your snowy shoes off as soon as you go inside because as the snow melts it can leave water that becomes a slippery condition inside.

As cold temperatures can lead to frostbite and hypothermia dress warmly and in layers. Be sure to cover exposed skin with hats, gloves and scarves. You can even use your scarf to cover your mouth and protect your lungs from extreme cold.

Wintertime depression is also a concern as we all tend to go out less often, especially our aging adults. This can breed feelings of loneliness and isolation. Though family members can check on their aging family members, aging adults can also arrange a check in system with neighbors and friends where each person looks in on one another daily either in person or by phone.

If you have to go out and are considering driving, understand that your car needs to be as ready as you are. Be sure to get your car serviced before wintertime hits making sure the oil, tires, battery and wipers are in good shape for the winter



roads. Also, make sure you have antifreeze in your washer fluid and check the weather report beforehand to avoid driving in the worst winter conditions. Our aging adults may not drive as regularly as when they were younger and their reflexes may not be as quick as they once were so be sure to let someone know where you are going and when you will be back if you need to go out and avoid driving when possible by taking public transportation.

As a reminder, you don't have to go out to get meals from the Senior Centers. We have Disaster Meals that can be delivered once a week during this Pandemic to you and they include a hot meal and 6 frozen. If you do come for Curbside, get 2 hot meals so that you don't have to go out as often. These like our other meals are available for a \$3.00 donation for all Charlevoix County Aging Adults 60 years old and older.

The COA is also partnering with Transit to help you order your groceries and get them delivered to your door set. Call Charlevoix County Transit for more information on this great new service. Transit will also pick up your prescriptions for you too!

Stay Safe, Be Well and remember we are here to support you!

## 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](http://www.charlevoixcounty.org/Commission_on_Aging) or our Facebook page "Charlevoix County Commission on Aging"



## Area happenings

For more information:

### Beaver Island Chamber

(231) 448-2022  
Main Street  
Beaver Island, MI 49782  
[beaverislandcommunitycenter.org](http://beaverislandcommunitycenter.org)

### Boyne Area Chamber

(231) 582-6222  
115 S. Lake St., Suite A,  
Boyne City, MI 49712  
[boynechamber.com](http://boynechamber.com)

### Charlevoix Chamber

(231) 547-2101  
109 Mason Street  
Charlevoix, MI 49720  
[charlevoix.org](http://charlevoix.org)

### East Jordan Chamber

(231) 536-7351  
100 Main Street, Suite B  
East Jordan, MI 49727  
[ejchamber.org](http://ejchamber.org)

### DECEMBER 2020 NOTABLE DATES

- 1 Eat A Red Apple Day
- 2 Fritters Day
- 3 Make A Gift Day
- 4 Wear Brown Shoes Day
- 5 Bathtub Party Day
- 6 Put On Your Own Shoes Day
- 7 Pearl Harbor Remembrance Day
- 8 Pretend To Be A Time Traveler Day
- 9 Christmas Card Day
- 10 Dewey Decimal System Day
- 11 Noodle Ring Day
- 12 Poinsettia Day
- 13 Cocoa Day
- 14 Monkey Day
- 15 Cupcake Day
- 16 Chocolate Covered Anything Day
- 17 Wright Brothers Day
- 18 Ugly Sweater Day
- 19 Look For An Evergreen Day
- 20 Go Caroling Day
- 21 Winter Begins
- 22 Date Nut Bread Day
- 23 Festivus Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Thank You Note Day
- 27 Cut Out Snowflakes Day
- 28 Card Playing Day
- 29 Pepper Pot Day
- 30 Falling Needles Day
- 31 New Year's Eve

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.

## 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, December 10, 2020 from 1p-2:30p. Please contact Sheri Shepard for more information or if you are interested in participating at 231-237-0103.**

### COA COVID-19 Update!

Just a REMINDER... During this time of the COVID-19 Pandemic don't make assumptions regarding what services are available. There is A LOT of misinformation out there about what we are doing and what we are not doing. If you have a question, call the COA office as there is someone there to answer the phone from 7:30a-4:30p Monday through Friday. Just because someone other than the COA says something or posts something on Facebook does not make it true. Our GOAL is to continue ALL of our Services as long as we have healthy staff and clients in some capacity. We will ALWAYS make safety and health the priority in any of our decisions for staff and seniors. Yes, things will look and feel different and yes, things will not always be in all of our locations, yes, we may have to temporarily suspend services, yes, we may not have what is on the menu due to not being able to get products but that is reasonable considering we are still in the middle of a GLOBAL PANDEMIC. This is not a time that is convenient or comfortable for any of us including my essential worker staff busting their butts to do all we can for all of our aging community. In addition, it is impossible to communicate last minute decisions to everyone but those who are our clients and regular attendees do get current information.

So please be kind, be smart with the information you are sharing and please know above all else we are still here serving all of our aging community to the best of our current ability during this Pandemic.

Thank you, and please stay safe and well so that we can move forward to what we all want...safe face to face experiences & services. Amy Wieland, Executive Director

# ALL Charlevoix County Senior Centers

## All Senior Center Locations Menu December 2020

COA Phone: 237-0103

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

Boyer Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
This Month: Homemade Soups will be served 3 days a week with your meal.	1. <b>Breakfast for Lunch</b> Bisuits & Sausage Gravy, Scrambled Eggs, Warm Applesauce and a Yogurt Cup	2. Nachos, Ground Turkey Taco Meat, Black Beans & Corn, Tortilla Chips & Cheese, Fruit	3. <b>Make a Gift Day</b> Ground Sirloin, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	4. Cooks Choice, Potatoes, Fresh Vegetable, Fruit
7. <b>Pearl Harbor Remembrance Day</b> Spaghetti & Meat sauce, Green Beans, Garlic Toast, Fruit	8. <b>Ketucky Hot Brown</b> , Roasted Turkey Served over Garlic Toast with Bacon, Sliced Tomato & Cheese Sauce, Vegetable, Fruit	9. <b>Christmas Card Day</b> Ham & Pineapple, Sweet Potatoes, Fresh Vegetable	10. Baked Garlic Chicken Breast, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	11. Breaded Pollack Almondine, Seasoned Rice, Vegetable, Fruit
14. <b>Monkey Day</b> All Beef Chili Dog, Bun, Tator Tots, Mixed Vegetables, Fruit	15. Baked Pasta with Sliced Italian Sausage in a Tomato Sauce, Vegetable, Fruit	16. <b>Chocolate Covered Anything Day</b> Chicken Fajita Casserole with Peppers, Onions, Rice and Cheddar Cheese, Fruit	17. Beef Tips and Onions, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	18. <b>Ugly Sweater Day</b> <b>HOLIDAY Cooks Choice</b> , Potatoes, Fresh Vegetable, Fruit <b>Special Holiday Dessert</b>
21. <b>WINTER BEGINS</b> Toasted Italian Sub with Ham, Salami & Cheese, Potato Wedges, Vegetable, Fruit	22. Baked Potato & Cheese, White Chicken Chili, Sour Cream Cup, Fruit	23. <b>Festivus Day</b> MOM's Meatloaf Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	24. <b>All COA Offices and Senior Centers &amp; Services are CLOSED. Merry Christmas Eve!</b>	25. <b>All COA Offices and Senior Centers &amp; Services are CLOSED. Merry Christmas !</b>
28. <b>Card Playing Day</b> Warm Breaded Chicken Sandwich, Sweet Potato Fries, Mixed Vegetable, Fruit	29. Beef Meatballs in a creamy Gravy, served over Buttered Noodles, Fresh Vegetable, Fruit	30. Roasted Pork Loin, Mashed Potatoes & Gravy, Mixed Vegetable, Fruit	31. <b>NEW YEAR'S EVE CELEBRATION</b> Assorted Appetizers: Mini Quiches, Spinach Pie and a <b>Special Dessert</b>	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

## 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.

#### Other Reminders:

- Please bring exact change to the centers when paying for meals as we are not making change due to the spread of COVID-19 risk.
- Make sure you are getting your weekly information and activity packets with your meals - ask for one if you are not getting them for some reason as they contain current
  - information on things our aging adults need to know!
- PLEASE review and sign your NAPIS forms and get them back to the Site Coordinators for the 2020-21 year. These are a funding source for us and they make it possible to
- continue our meals! Ask your Site Coordinator for yours today if you have not completed it yet.

#### NEW COA December Fun Activities!

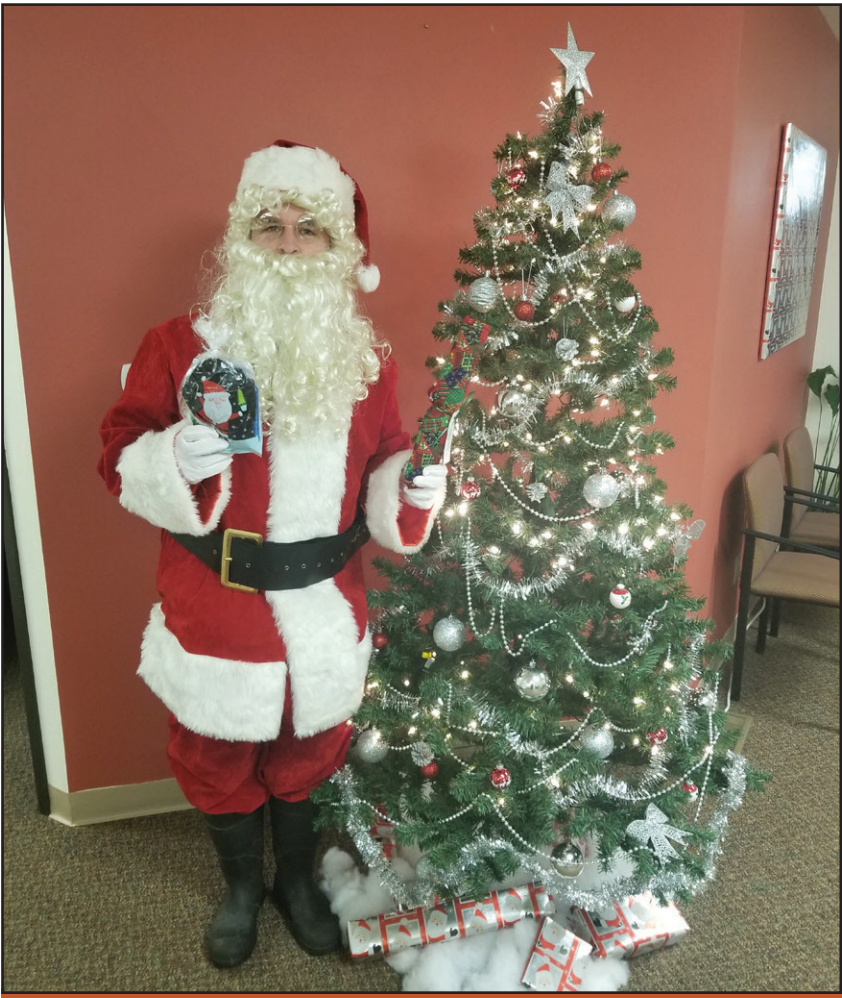
##### Charlevoix Senior Center - 547-5361- Heather

- Crochet Ornament Craft
- Personalized Christmas Cards
- Ugly Christmas Sweater Contest

##### East Jordan Senior Center - 536-7831- Brenda

- Picture BINGO
- Zoom Conversations
- Crochet Ornament Craft
- Personalized Christmas Card & Letters
- Ugly Christmas Sweater Contest

##### Boyer Area SeniorCenter - 582-6682- Loretta



**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.**



**Beaver Island Activities and Update**  
**Contact Lonnie at the BI COA for more information at (231) 448-2124 or email Lonnie at allenl@charlevoixcounty.org**

**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 Winners will be announced on 12/4/2020.
- Other Beaver Island Fun December Activities Planned:
  - Christmas Crochet Ornaments
  - Find the Elf Contest
  - Zoom Old Time Radio Shows:
    - Lone Ranger
    - Jack Benny
  - Christmas Card Exchange
  - New Years Eve Drive through Snack Party

*Just for fun*

*Merry Christmas*  **WORD SEARCH**

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

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- |              |                |               |             |
|--------------|----------------|---------------|-------------|
| 1. Merry     | 5. Friends     | 9. Candy      | 13. Holiday |
| 2. Christmas | 6. Gifts       | 10. Giving    | 14. Music   |
| 3. Vacation  | 7. Decorations | 11. Ornaments | 15. Lights  |
| 4. Family    | 8. Shopping    | 12. Santa     | 16. Carols  |

