

January 2021

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



“SETTING GOALS IS THE FIRST STEP INTO
 TURNING THE INVISIBLE INTO THE VISIBLE.”
 ~ TONY ROBBINS

JANUARY 2021 NOTABLE DATES

- 1 **New Year's Day**
- 2 **Buffet Day**
- 3 **Fruitcake Toss Day**
- 4 **Trivia Day**
- 5 **Bird Day**
- 6 **Cuddle Up Day**
- 7 **Old Rock Day**
- 8 **Bubble Bath Day**
- 9 **Static Electricity Day**
- 10 **Cut Your Energy Costs Day**
- 11 **Step in a Puddle & Splash Your Friends Day**
- 12 **Hot Tea Day**
- 13 **Rubber Ducky Day**
- 14 **Dress Up Your Pet Day**
- 15 **Hat Day**
- 16 **Nothing Day**
- 17 **Ditch New Year's Resolutions Day**
- 18 **Martin Luther King Day**
- 19 **Popcorn Day**
- 20 **Cheese Lover's Day**
- 21 **Get to Know Your Customers Day**
- 22 **Hot Sauce Day**
- 23 **Pie Day**
- 24 **Compliment Day**
- 25 **Opposite Day**
- 26 **Plan for a Vacation Day**
- 27 **Chocolate Cake Day**
- 28 **Fun at Work Day**
- 29 **Puzzle Day**
- 30 **Croissant Day**
- 31 **Backward Day**

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

GUARDIANSHIP: A guardian is a person appointed by probate court and given power to make some or all decisions about the care of another person. A person for whom a guardian is appointed is known as a ward. How does the appointment of a guardian affect an individual's rights? An individual may lose certain rights. A guardian can be given the power to choose where a ward will live; to consent to medical treatment; to receive money and property belonging to the ward; and to apply this money toward the ward's support and care. Who can petition the court for appointment of a guardian? An individual on his or her behalf, a family member, a Department of Health and Human Services worker in cases of abuse or neglect, or any person interested in the welfare of the prospective ward can petition the court. What should I do if a guardianship is sought and I disapprove? Consult a lawyer immediately. If you do not know a lawyer, seek referral through the county or state bar association, or contact the local legal services office. What will happen if I don't retain a lawyer? Probate court will appoint a person, known as a guardian ad litem, to represent you during guardianship proceedings. This person will be chosen by the court, not by the petitioner. The guardian ad litem must visit you, explain the proceeding, inform you of your rights, and determine whether you wish to protest the guardianship. What rights do I have when facing potential guardianship? 1. You have the right to object to the guardianship, to the powers of the guardian, and to appointment of a particular person as guardian. 2.



You have the right to be present at the hearing. 3. You have the right to be represented by a lawyer. The court will appoint a lawyer if you request one or if you wish to contest any aspect of the proceeding. 4. You have the right to present evidence on your own behalf. 5. You have the right to cross-examine all witnesses. 6. You have the right to have a jury trial. When can the court appoint a guardian? The court must be convinced by evidence presented at the hearing that you are not capable of making informed decisions about your own care. Can a guardian be appointed just because of my age? No. Who can be appointed as guardian? The following people may be appointed as guardian: your spouse; an adult child or relative you have lived with; a parent; any other adult; or an agency. If none of these persons is suitable and willing to serve, the court may appoint a professional guardian. Can I choose my own guardian? Yes. The court must appoint the person chosen if that person is suitable and willing to serve. Do all guardians have the same powers? No. If a guardianship is appropriate, the court must tailor the powers of the guardian to the demonstrated need of the ward. 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 or our Facebook page "Charlevoix County Commission on Aging"



Snow Removal Program 2020-2021- Extended Enrollment Until Funding Runs out

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, January 14, 2021 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 January 2021

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 |
|---|--|--|---|--|
| This Month: Homemade Soups will be served 3 days a week with your meal. | 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. | It is the current recommendation that our Senior Centers remain so Meals and services will be done differently until further notice. | 1. All COA Offices and Senior Centers & Services are CLOSED. Happy New Year! |
| 4. National Trivia Day Chicken Tenders, Ranch Cup, Potato Wedges, Mixed Vegetables, Fruit | 5. Sliced Polish Sausage, Sauteed Cabbage with diced tomato and onion, Fruit | 6. Cuddle Up Day Beef Stroganoff, Pasta, Garden Vegetable, Fruit | 7. Turkey Patty with Onion Gravy, Mashed Potatoes, Fresh Vegetable, Fruit | 8. Cooks Choice, Potatoes, Fresh Vegetable, Fruit |
| 11. Breaded Veal or Chicken Parmesan, Pasta Marinara, Mixed Vegetables, Fruit | 12. Hot Tea Day Beef & Refried Bean Wet Burrito, Enchilada Sauce & Cheese, Mexican Rice, Roasted Corn, Fruit | 13. Roast Beef Dinner, Mashed Potatoes & Gravy, Vegetable Medley, Fruit | 14. Three Cheese Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fruit | 15. Hat Day New England Clam Chowder, Caesar Salad Kit, Oyster Crackers, Fruit |
| 18. Martin Luther King Day Cheeseburger, Bun, Sweet Potato Fries, Fresh Vegetable, Fruit | 19. Chicken Pesto Pasta, Fresh Basil, Olive Oil, Fresh Vegetable, Fruit | 20. Cheese Lovers Day Sweet and Sour Diced Pork, Oriental Vegetables, Eggroll, Seasoned Rice, Fruit | 21. Liver & Onions or Garlic Chicken Breast, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit | 22. Cooks Choice, Potatoes, Fresh Vegetable, Fruit |
| 25. Warm Ham & Cheese Sandwich, Honey Mustard Cup, Tater Tots, Vegetable, Fruit | 26. Beef Stew, Biscuit, Stew Vegetables Fruit | 27. Chocolate Cake Day Chicken Lasagna, Garlic Bread, Garden Vegetable, Fruit | 28. BBQ Pulled Pork Sandwich, Cole Slaw, Baked Beans, Fruit | 29. National Puzzle Day Shrimp Scampi, Garlic Butter Pasta, Fresh Vegetable, Fruit |

Charlevoix County Commission on Aging Updates!

Please contact the COA Office at 231-237-0103 for more information

Upcoming Zoom Activities...

- **Wednesday, January 6 @ 10AM "Let's Talk About...New Year's Resolutions" with Brenda & Loretta**
- **Thursday, January 14 @ 1PM Caregiver Support Group**
- **Wednesday, January 20 @ 10AM "Let's Talk About...New Craft Ideas" with Brenda & Loretta**

We still have activity bags to hand out. Please call your Site Coordinator to request one.

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.**



Santa once again delivered Home Delivered Meals to our Home Bound Clients!

Not only did Santa deliver meal but he also presented gifts of Masks donated by the COA in partnership with the Health Department of Northwest Michigan and Quilted Placemats made with love by the Little Traverse Quilting Guild!



Senior and Emergency Grocery Service

Charlevoix County Transit announced today that a Senior and Emergency Grocery Ordering/Delivery Service is being added to the services offered by the County's Transit. While delivery of items such as food pantry boxes, prescriptions and senior meals was well received, the grocery delivery was not widely used during the early months of the pandemic. One of the drawbacks that transit officials noticed was that for curbside pickup available for groceries an individual needed to place their order via a smartphone or web-based application.

During the height of the shutdown, the website and app ordering was time consuming and problematic for many and therefore transit didn't see many requests grocery delivery. The expansion of the Transit's delivery program will provide assistance to those needing help with ordering their groceries. County residents who would like to use the Grocery Ordering/Delivery Program can call Program Coordinator at 231.497.1430 on designated shopping days to place their grocery order. The program coordinator will then input the order with the caller, take payment information (credit/debit card) and then place the order as well as scheduling the grocery delivery in transit's scheduling system. This program is currently limited to in-county grocery stores utilizing the store shopping app.

Designated days/times for orders to be placed: Monday 1:30-3:00pm; Tuesday 9:00-10:00am and 1:30-3:00pm; Wednesday 1:30-3:00pm; Thursday 9:00-10:00am and 1:30-2:30pm

While this program initially focused on helping our county's aging population, with a surge in COVID cases and the flu season upon us, transit officials felt this was a worthwhile community service that should be offered to anyone who is in need of help or worried about going into stores.

Charlevoix County's Commission on Aging will assist the Charlevoix County Transit with getting information about this program out to the county's aging population as well as continue to assist those over 60 years old with transit fares for in-county rides as well as out-of-county medical appointments.

For more information about Transit rides or the free delivery services offered, please call 231.582.6900 between 7:30am and 4:30pm, Monday through Friday.

Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or email Lonnie at allen@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.

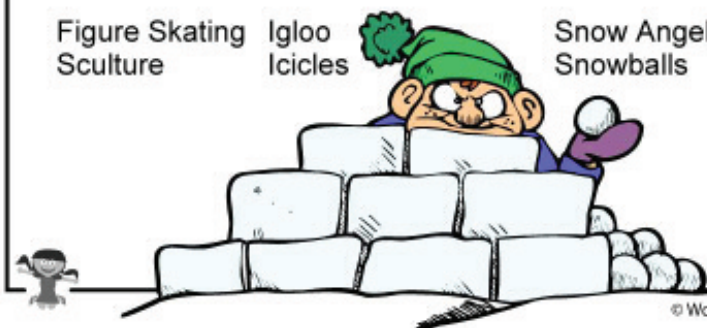
Please call Lonne for all the Other Beaver Island Fun January Activities Planned!

Just for fun

Fun With Snow & Ice!

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Figure Skating Igloo Snow Angel Snow Fort
 Sculpture Icicles Snowballs Snowman



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These are some of the upcoming VIRTUAL MSU Extension Office FREE Classes and Workshops being held:

RELAX: Alternatives to Anger,
January 11-14: <https://events.anr.msu.edu/relaxjan21/>

**Tai Chi for Arthritis and Fall
Prevention,**
January 12-March 18: <https://events.anr.msu.edu/tcajan12/>

Powerful Tools for Caregivers,
January 12-February 16: <https://events.anr.msu.edu/ptcjan21/>

**ACE 101: Understanding Adverse
Childhood Experiences and Protec-
tive
Factors,**
January 20: <https://events.anr.msu.edu/acejan2021/>

Stress Less with Mindfulness,
January 25-29: <https://events.anr.msu.edu/slmjan21/>

**Introducing the brand-new Online
WISE - Wellness Initiative for
Senior Education Program,**
February 3-March 10: <https://events.anr.msu.edu/wisefeb2021/>