

February 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



**“I LOVE YOU FOR NOT ONLY WHAT YOU ARE, BUT FOR WHAT I AM WHEN I AM WITH YOU.”**  
 ~ ROY CROFT

## Director's CORNER

The hardest conversation: Terminal illness

Everyone dies. But few of us are comfortable talking about it, especially when it involves ourselves or a loved one – and especially when it becomes real, and imminent, following a terminal diagnosis.

Death is feared by many people, and the news of a terminal illness can feel like a huge burden to lay on someone else. If you have been given a terminal diagnosis, know that there is no “right” or “wrong” way to discuss it with your loved ones. They will need to know and, even if you fear their reaction, it is better for the news to come from you or from someone else you trust. In many cases, loved ones already suspect something is wrong, and may fear the worst. Bringing it out in the open removes the mystery and can help them to confront their fears in a healthy way. Hospice can help you through this, from the earliest stages of a terminal diagnosis.

Of course, if you're dying, you have your own fears to confront. There's no shame in telling your loved ones if you're afraid. Give them an opportunity to be there for you and to comfort you. Doing so can give them a sense of purpose, and a way to cope with the anxiety they feel.

Your loved ones will react to your terminal diagnosis in unpredictable ways. Some will want to “fix” it; others will want to counsel you. Some will withdraw, some will be unsure of what to do, and others will stand ready to assist in any way they can. Allow them their reactions, and don't feel guilty about setting your own boundaries.



Discussing your wishes for end-of-life care is among the highest priorities. Terminally ill patients may be unable to communicate their wishes after reaching later stages of illness.

You may feel overwhelmed with “unfinished business” – the details of your estate, unpaid bills, family crises and other matters that seem beyond your control in light of a terminal diagnosis.

A terminal diagnosis takes away our sense of control. That's why it is so important to exercise your control while you can, by expressing your end-of-life wishes. The conversations may be difficult now, but they will bring you considerable comfort later, when you can know that your wishes are being carried out.

Advanced planning to aging with dignity is key for what you and your family will need or want should a terminal illness become part of your life. Plans can be changed regularly and do not have to be perfect. These plans give you a starting point for decisions and these plans also bring peace of mind to family members who may need to help or make decisions during an emergent time.

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, CFC  
 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; Aleta Runey, Secretary/Treasurer; William Cousineau, Linda Fineout, Sharon Misiak, Janet Kalbfell; Shirley Roloff, Board Liaison

### Beaver Island COA Office:

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”

### Open M-F 8a-5p

Lonnie Allen, BI County Building & COA Site Coordinator  
 26466 Donegal Bay Road  
 Beaver Island, MI 49782  
 231-448-2124

### Boyer 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

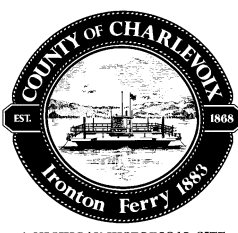
### Charlevoix Senior Center:

**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, ? 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.**



## Area happenings

For more information:

### Beaver Island Chamber

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

### Boyer 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)

## FEBRUARY 2021 NOTABLE DATES

- 1 National Freedom Day
- 2 Groundhog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 5 Weatherman's Day
- 6 Eat Ice Cream for Breakfast Day
- 7 Send a Card to a Friend Day
- 8 Laugh and Get Rich Day
- 9 Pizza Day
- 10 Umbrella Day
- 11 Make a Friend Day
- 12 Chinese New Year
- 13 Madly in Love with Me Day
- 14 Valentine's Day
- 15 Gum Drop Day
- 16 Do a Grouch a Favor Day
- 17 Random Acts of Kindness Day
- 18 Drink Wine Day
- 19 Chocolate Mint Day
- 20 Love Your Pet Day
- 21 Poetry Day
- 22 Margarita Day
- 23 Tennis Day
- 24 Tortilla Chip Day
- 25 Chili Day
- 26 Pistachio Day
- 27 No Brainer Day
- 28 Public Sleeping 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.

## COA COVID-19 Update!

The Charlevoix County Commission on Aging is actively assisting our aging community age 65 and above (born from today's date 1956) to register with the Health Department of Northwest Michigan to be vaccinated.

In January, we began calling every person who had completed a Napis form in the last 2 years at any of our senior centers. We offered to register anyone interested in receiving the COVID19 vaccine on the Health Department of Northwest Michigan's

Registration Form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=4xP8m8Tf30ioPI-m-GgVOJGNgaFN-23hCrtZMZ4IEWUVUMFIYQlcwRU1aRDIGTzRXNEQzNEk3NzhKSi4u>

The link for registration was made available on our COA Website and the Phone Number to the Area Agency on Aging for registration was also made available as other options to register. (They are not required to get the vaccine at this time. We are only offering it to those who WANT the vaccine.) We are offering this service as some of our clients do not have access to a computer or smart phone.

We let them know that the Health Department of Northwest Michigan will be reviewing their form and contacting them to schedule an appointment. Seniors were instructed that they should answer the phone if it is someone from the Health Department. DO NOT CALL THE HEALTH DEPARTMENT. They are very busy with vaccinations, scheduling contact tracing etc...

Right now this will take priority over planning activities. Signing people up that would like to get the vaccine is very important.

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.

## 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 again beginning February 1, 2021 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.

To reserve your time slot please contact Heather at: (231) 547-5361

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

These dates and times are subject to change depending upon the current Pandemic situation and/or the needs of the Community to utilize this space to fight the Pandemic. By making a reservation you will be called if there are any changes to your dates or times. Thank you for your patience.

## 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.

# ALL Charlevoix County Senior Centers

## All Senior Center Locations Menu February 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
1. BBQ Chicken Wings, Pasta Alfredo, Vegetable Medley, Fruit	2. <b>Groundhog Day</b> Baked Potato with Cheese, Beef Chili, Sour Cream Cup, Fruit	3. Spaghetti & Meat Sauce, Garlic Cheese Biscuit, Tossed Salad, Ranch Cup, Fruit	4. <b>Thank a Mailman Day</b> Baked Pork Chop with Creamy Mushroom Gravy, Seasoned Potatoes, Fresh Vegetable, Fruit	5. Cooks Choice, Potatoes, Fresh Vegetable, Fruit
8. <b>Laugh &amp; Get Rich Day</b> Beef Sloppy Joe with Cheese, Pretzel Bun, Potato Wedges, Vegetables, Fruit	9. Vegetable Lasagna, Garlic Bread, Fresh Vegetables, Fruit	10. Creamy Chicken Stew served over a Biscuit, Diced Potatoes, Stew Vegetables, Fruit	11. <b>Make a Friend Day</b> Ham & Pineapple, Sweet Potatoes with Marshmallow Top, Fresh Vegetable	12. <b>Valentine's Day Lunch</b> Open Faced Roast Beef Sandwich, Mashed Potatoes & Gravy, Vegetable, Fruit, <b>Special Dessert</b>
15. Warm Beef & Cheddar Wrap with Au Jus Onion Soup, Curly Fries, Mixed Vegetables, Fruit	16. <b>Fat Tuesday Mardi Gras Lunch</b> Mild Jambalaya ( <b>Not spicy</b> ) with Smoked Sausage, Chicken, Diced Tomatoes, Rice, Fruit, <b>Special Dessert</b>	17. <b>Ash Wednesday</b> Tuna Noodle Casserole, Green Peas, Vegetable, SOUP, Fruit	18. Roasted Turkey Dinner, Mashed Potatoes, Stuffing & Gravy, Fresh Vegetables, Fruit	19. <b>Chocolate Mint Day</b> Cooks Choice or Pollock Almondine, Potato, Vegetables, Fruit
22. <b>Margarita Day</b> Warm Chicken Cordon Blue Sandwich w/Ham & Swiss, Honey Mustard Cup, Sweet Potato Fries, Garden Vegetable, Fruit	23. <b>Tennis Day</b> Taco Bowl, Tortilla Strips & Cheese, Mexican Rice, Black Beans & Corn, Fresh Vegetable, Fruit	24. Pancakes & Sausage, Warm Apple Sauce, Scrambled Eggs, Syrup Cup, Fruit	25. Ground Sirloin w/ sautéed onions, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	26. <b>Pistachio Day</b> Cooks Choice or Pollock Almondine, Potato, Vegetables, Fruit
<b>This Month: Homemade Soups will be served 3 days a week with your meal.</b>	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>Weekly Disaster Meals are still available for once a week delivery this month. Call the COA Office between 9a-2p each Thursday.</b>	<b>It is the current recommendation that our Senior Centers remain so Meals and services will be done differently until further notice.</b>	<b>Serving curbside from 11:30a to 12:30p</b>

### Charlevoix County Commission on Aging Updates!

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

#### Upcoming Zoom Activities...

**Wednesday, February 10 @ 10AM "Let's Talk About...Valentine's Days Past" with Brenda & Loretta**

**Thursday, February 11 @ 1PM Caregiver Support Group**

**Wednesday, February 24 @ 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.**

**The COA will offer a ZOOM Caregiver Support Group on Thursday, February 11, 2021 from 1p-2:30p. Please contact Sheri Shepard for more information or if you are interested in participating at 231-237-0103.**

**These are some of the upcoming VIRTUAL MSU Extension Office FREE Classes and Workshops being held & you can join at any time:**

#### 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/>

#### Introducing the brand-new Online WISE - Wellness Initiative for Senior Education Program,

February 3-March 10: <https://events.anr.msu.edu/wisefeb2021/>

### Leave a Legacy... by Robin Pugh, COA RN

To start a family tree search it is best to gather facts from close family members such as, parents, grandparents and aunts and uncles. Get names, dates of birth and death, the place they were born and died, marriages and how many children, and the names of the children if possible. Next you might want to purchase software for your computer, such as Family Tree maker. This allows you to build your family tree without having to pay a subscription to a genealogy site such as Ancestry.

Familysearch.org is free genealogy site that allows you to build a family tree and search numerous records. US and other countries.

Ancestry, Find My Past & My Heritage are paid subscription, 14 day free trial. These sites allow you to build a family tree & search numerous US records as well as other countries.

Resources for searching for your ancestors are:

US Gen WEB is Free; National Archives is Free, Archives of Canada is Free & Census Records are Free.

Military Service Records, Immigration, Native American records ect...

Find a Grave is Free and has 180 million memorials/pictures; Search County records online, where your ancestor may have lived too.

Public Library; Genealogy forums & chats

You can also purchase a DNA test from Ancestry.com or other DNA test sites

### Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to 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.






Please call Lonnie for all the Other Beaver Island Fun February Activities planned like Valentines Bingo and the Not SO Newlywed Game show!

*Just for fun*

## I love you word search

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

-  Ich liebe dich
-  I love you
-  Jag älskar dig
-  Je t'aime
-  Kocham cię

-  Rakastan sinua
-  Seni seviyorum
-  Ti Amo
-  Te Amo
-  Të dua

