

March 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

### MARCH 2021 NOTABLE DATES

- 1 Compliment Day
- 2 Old Stuff Day
- 3 I Want You to be Happy Day
- 4 March Forth and Do Something Day
- 5 Learn What Your Name Means Day
- 6 Oreo Cookie Day
- 7 Be Heard Day
- 8 Proofreading Day
- 9 Get Over It Day
- 10 Mario Day
- 11 Oatmeal Nut Waffles Day
- 12 Alfred Hitchcock Day
- 13 Jewel Day
- 14 Daylight Saving Time Begins
- 15 Everything You Think is Wrong Day
- 16 Everything You Do is Right Day
- 17 St. Patrick's Day
- 18 Awkward Moments Day
- 19 Let's Laugh Day
- 20 Spring Begins!
- 21 Common Courtesy Day
- 22 Goof Off Day
- 23 OK Day
- 24 Chocolate Covered Raisins Day
- 25 Medal of Honor Day
- 26 Make Up Your Own Holiday Day
- 27 "Joe" Day
- 28 Something on a Stick Day
- 29 Smoke and Mirrors Day
- 30 I Am in Control Day
- 31 Crayon Day



**MAY YOUR TROUBLES BE LESS AND YOUR BLESSINGS BE MORE AND NOTHING BUT HAPPINESS COMES THROUGH YOUR DOOR!**

## Director's CORNER



We all need help at some point in our lives and especially as we age. For some, Limited Guardianship can help put plans in place and get you the support you need on a temporary basis.

So what is Limited Guardianship and how does it work. Limited Guardianship is a guardian with less than full powers is known as a limited guardian. Many ask, can I handle my own financial affairs? A court may allow a ward to control part of his or her property to encourage self-reliance and independence. For instance, a court may allow a ward to maintain a checking account.

Some other frequently asked questions are: While under guardianship, do I have the right to make a will? Yes, if you are aware of property owned and natural heirs, and understand that the document drafted is a will.

Can a guardian commit a ward to a mental hospital? A person can be involuntarily committed if he or she is mentally ill and dangerous to oneself or others. This determination can only be made after a commitment hearing, often separate from the guardianship hearing.

A key benefit to our aging adults is in what are the responsibilities of a guardian. The responsibilities of a guardian include providing for the care and comfort of the ward, and taking reasonable care of clothing, furniture and automobiles. In addition, a guardian must secure services to help the ward return to self-care as soon as possible.

Can a guardian be replaced? Yes, you, or any person interested in your welfare, can petition the court to remove a guardian.

guardian and appoint another person if it is in your best interest.

How long will a guardianship last? Oftentimes, a guardianship lasts until death. But the court must review your guardianship one year after it begins and then every three years. You also have the right to request a review.

What if I feel I no longer need a guardian? You can send a letter to the judge of probate court requesting the guardianship to be ended. Or a petition can be filed by you or by anyone interested in your welfare. In either case, a hearing will be held.

What rights do I have at this hearing? All rights you had during the initial hearing are retained in a termination hearing, including the right to an appointed lawyer. Presentation of a statement on your behalf from a doctor may be particularly important.

Support does not have to be something feared as the intention is to get you back on your feet and able to once again care for your self.

Limited Guardianship is just ONE of the many legal options that individuals and families can research for themselves to see how best to support aging.

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

**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**  
 ?, 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.**



**For more detailed information on things going on at our Senior Centers:**  
 Please call and speak with the Site Coordinator directly or call the COA Office.



## COA Local HDNW COVID-19 Update!

We wanted to share some good information with you as many do not understand why they are not being scheduled for COVID Vaccinations even though they registered. Here is what we know today:

- The Health Department of Northwest Michigan is receiving about 1200 1st vaccines weekly to be shared over their 4 counties.
- This allocation of vaccine is based upon the population size and comes from the State and Federal Government.
- Right now they do not get a choice as to what vaccine is sent unless it relates to a 2nd vaccine.
  - There are currently over 29,000 people registered on the HDNW list. The Health Department of Northwest Michigan is setting up vaccine appointments by going by the dates the individuals registered as a first come first scheduled. They are working off of a list of registrations from January 2021 currently.
  - Seniors only need to register once and then wait patiently for a call to schedule your appointment... This could take weeks of even a month.
- Confirmation emails for pre-registration came from: covid19vaccination@nwhealth.org to all who have registered to date. Seniors should check their spam folders if they did not get it. The subject line was: ""COVID-19 Pre-Registration Confirmation.
  - Munson is still doing weekly drive through clinics for seniors and right now are scheduling their senior patients with Munson doctors at their clinics.
    - 75% of appointments have been to Seniors 65 and older.
  - The Good News is that the positivity and death rate are both going down in our region.

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 again 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 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 on the mornings that the gym is available. To reserve your time slot please contact Sheri 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 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 provided 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 March 2021

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
1. <b>National Compliment Day</b> Cheese Burger, Bun, Wedge Fries, Mixed Vegetable, Fruit	2. <b>National Old Stuff Day</b> Pepper Steak, Seasoned Rice, Mixed Colored Peppers and Onions, Fruit	3. BBQ Boneless Chicken Breast, 1/2 Baked Potato, Sour Cream Cup, Fresh Vegetable, Fruit	4. Beef Shepards Pie, Stew Vegetables, Mashed Potato top, Fruit	5. Cooks Choice or Pollock Almondine, Potato, Vegetables, Fruit
8. Warm Breaded Chicken Sandwich w/Bacon, Sweet Potato Fries, Fresh Vegetable, Fruit	9. <b>National Get Over It Day</b> Hamburger Stroganoff, Buttered Noodles, Vegetables, Fruit	10. Sweet & Sour Pork, Seasoned Rice, Oriental Vegetables, Egg Roll, Fruit	11. Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	12. <b>Alfred Hitchcock Day</b> Salmon Patty w/Alfredo Sauce, Seasoned Rice, Mixed Vegetable, Fruit
15. Honey Turkey & Swiss Sub Sandwich, Cole Slaw, Fruit	16. <b>Everything You Do is Right Day</b> Meatball Sub, Marinara Sauce & Cheese, Seasoned Potatoes, Vegetable, Fruit	17. <b>St. Patrick's Day Celebration</b> Corned Beef & Cabbage, Boiled Potatoes & Carrots, <b>Green Dessert</b> , Fruit	18. Chicken & Gravy over Noodles, Vegetable Medley, Fruit	19. <b>Let's Laugh Day</b> Cooks Choice or Pollock Almondine, Potato, Vegetables, Fruit
22. <b>National Goof Off Day</b> Polish Sausage, Bun, Sauerkraut, Tater Tots, Vegetable, Fruit	23. Ham, Broccoli & Cheddar Quiche, Hash browns, Warm Applesauce	24. Cheese Ravioli w/ Pesto Alfredo, Diced Tomatoes, Fruit	25. <b>Metal of Honor Day</b> Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	26. Tuna Melt, Potato Chips, Vegetable Pasta Salad, Fruit
29. Breaded Chicken Fritters, Curley Fries, Ranch Cup, Vegetable, Fruit	30. <b>National I Am In Control Day</b> Stuffed Pepper Casserole, Seasoned Beef & Tomatoes, Brown Rice, Fruit	31. Roast Pork, Scalloped Potatoes, Vegetable Medley, Fruit	<b>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>

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

#### Upcoming FUN Activities...

"Luck of the Draw Contest" ... Every Friday in March we are going to put a "gold coin" (disclaimer-made out of paper) in one randomly selected bag curbside at each of our Centers. The person who gets the "gold coin" may bring it back to any Charlevoix County Center in the month of April for a free curbside meal. On Beaver Island we will have a drawing every Friday afternoon at 3PM in March for those who have purchased vouchers during that week.

"Wow. I am Lucky" Short Story Contest... In the spirit of St. Patrick's Day, tell us a short story of when you couldn't have been luckier. Please keep them to a maximum of 500 words. A winner from each Center & Beaver Island will be announced on March 26. Each winner will receive a medicine lock box and one free meal voucher. We will also include the stories in April additions of the curbside packets.

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, March 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/>

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

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



