

May 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

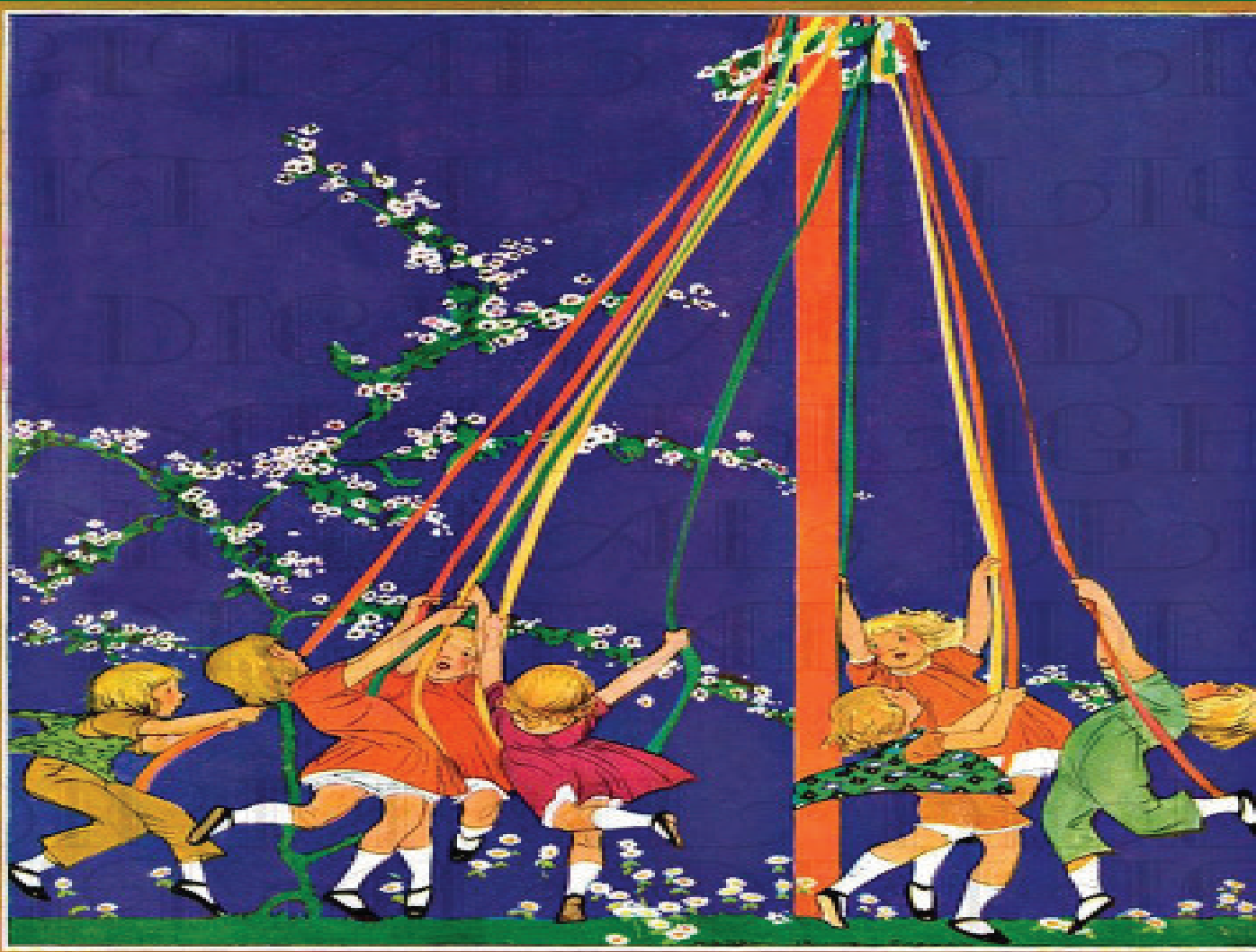
Charlevoix Chamber
 (231) 547-2101
 109 Mason Street
 Charlevoix, MI 49720
 charlevoix.org

East Jordan Chamber
 (231) 536-7351
 100 Main Street, Suite B
 East Jordan, MI 49727
 ejchamber.org

MAY 2021 NOTABLE DATES

- 1 **May Day**
- 2 **Laughter Day**
- 3 **Two Different Colored Shoes Day**
- 4 **Star Wars Day**
- 5 **Cinco de Mayo Day**
- 6 **Beverage Day**
- 7 **Space Day**
- 8 **No Socks Day**
- 9 **Mother's Day**
- 10 **Clean Up Your Room Day**
- 11 **Eat What You Want Day**
- 12 **Limerick Day**
- 13 **Frog Jumping Day**
- 14 **Dance Like A Chicken Day**
- 15 **Chocolate Chip Day**
- 16 **Love A Tree Day**
- 17 **Pack Rat Day**
- 18 **No Dirty Dishes Day**
- 19 **Plant A Vegetable Garden Day**
- 20 **Pick Strawberries Day**
- 21 **Bike to Work Day**
- 22 **Buy a Musical Instrument Day**
- 23 **Lucky Penny Day**
- 24 **Scavenger Hunt Day**
- 25 **Wine Day**
- 26 **Senior Health & Fitness Day**
- 27 **Sunscreen Day**
- 28 **Hamburger Day**
- 29 **Put a Pillow on Your Fridge Day**
- 30 **My Bucket's Got a Hole Day**
- 31 **Memorial Day**

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.



HAPPY FIRST DAY OF MAY! BE HAPPY FIRST, THEN MAKE IT LAST! DANCE LIKE NO ONE IS WATCHING!

Director's CORNER

Spring... A time for renewal and change. As my friend Doug said "Now more than ever, we need to take a look at ourselves and renew the human spirit within. We need to come together as individuals in a community to be supportive and to respect each other for the individual qualities each of us brings. There has been growth and there is beauty in all of us. Let's be kind and gentle to each other."

I want to give you a brief update with what is happening with the COA and senior centers of Charlevoix County: We have been working with the Health Department of Northwest Michigan to assist our seniors 60 and older to schedule for the COVID vaccines. We are pleased with the numbers of seniors signing up and appreciate the help of the Boyne Emergency Management Services in getting these vaccines into the arms of our home bound seniors.

We are eagerly moving forward with planning to gradually reopen our Senior Centers to our seniors and the public. We have had staff meetings on what will be needed for your safety and the safety of our staff and volunteers. We are excited to be moving in this direction and for everyone to be able to gradually get back together doing all the things we love. We are here to enrich your aging experience and though it has looked different during this Pandemic, we are still investing in that goal.

Our Re-engagement Plan and phased approach at resuming services and operations has recently been approved by the Area Agency on Aging of Northwest Michigan and the Charlevoix County Commissioners. We will begin with our Senior Center Reopening



Guidelines for Non-Nutritional Programs only at this time as we continue to assist with Vaccinations and slowing the spread of COVID19. Our Nutritional program is still daily hot meals between 11:30am and 12:30p Monday-Friday, Home Delivered Meals hot daily and Disaster meals once a week. Again, we are still doing all of our services, they just look a little differently.

Like many in the community we too are struggling with not having enough staff to provide services on a fully open schedule due to the additional requirements needed to keep everyone safe and well. We have less staff than we did before the Pandemic and have been unable to utilize volunteers during the pandemic.

We hope to gradually get staffing in place but finding people willing to work is a challenge we all are facing in our community. We hope to begin utilizing volunteers as soon as it is safer to do so.

We will be opening ALL of our Senior Centers again and providing face to face services again. Please be patient as we begin this process slowly and safely.

Please contact the COA Office with any questions on what we are doing for our aging community and how we can be of service to you! Stay safe and well!

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, William Cousineau, Linda Fineout, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;
 Shirley Roloff, 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
 Vikki Pearsall, Northside Building and COA Site Coordinator, Crystal & Jessica 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.**

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



Senior Project Fresh for 2021

In an effort to limit exposure due to COVID-19, our process for Senior Project FRESH will be a little different again this year.

We will be mailing the applications, nutrition education, and coupons to eligible participants.

To be eligible to receive Senior Project FRESH coupons, you must be 60 years of age and older, be a resident of Charlevoix County, and meet the monthly income guidelines of:

Household size of 1	\$1,986 or less
Household size of 2	\$2,686 or less
Household size of 3	\$3,386 or less

When you receive your application, you must review your information for accuracy, sign, and date the back of the application. If you would like someone else to be able to shop for you, complete the proxy form also and return the application/proxy forms back to the Commission on Aging Office in the postage paid envelope provided.

When our office receives your signed application, we will then mail the Project FRESH coupons to you when the coupons become available.

Reminder: All coupons must be used by October 31, 2021.

If you have any questions, please call the Commission on Aging Office at 231-237-0103.

Tax Day for individuals extended to May 17 Treasury, IRS extended filing and payment Deadline

The Treasury Department and Internal Revenue Service announced that the federal income tax filing due date for individuals for the 2020 tax year will be automatically extended from April 15, 2021 to May 17, 2021. The IRS will be providing formal guidance.

Individual taxpayers can also postpone federal income tax payment for the 2020 tax year due on April 15, 2021 to May 17, 2021, without penalties and interest, regardless of the amount owed. This postponement applies to individual taxpayers, including individuals who pay self employment tax.

Individual taxpayers do not need to file any forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Taxpayers should pay their federal income tax due by May 17, 2021, to avoid interest and penalties.

State tax returns - The federal tax filing deadline postponement to May 17 2021, only applies to individual federal income returns and tax payment otherwise due on April 15, 2021, not state tax payments or deposits.

Charlevoix County Commission on Aging Updates!

Please contact the COA Office at 231-237-0103 or your local senior center for more information

Upcoming FUN Activities...If it is safe to do so

We are excited to share that we are gradually beginning some in person activities again following all the CDC and MDHHS/AASA guidelines and recommendations!!! This will be for very small groups initially by reservation. All MUST wear masks and must maintain the 6 foot social distancing at all times. Some of the activities are:

Indoor Walking, Wii Games, BINGO, Corn Hole/Bag Toss/"Indoor Horseshoes", Crafts, Scavenger Hunts, We will still be hosting virtual activities also centered around Spring, Gardening, Special Events Days, and New Craft Ideas

The COA will offer our Caregiver Support Group on Thursday, May 13, 2021 from 1p-2:30p Via Zoom. Please contact Sheri Shepard for more information or if you are interested in participating at 231-237-0103.

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.

Gym & Indoor 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 again 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 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

Boyer Walking Location: Boyne Area Senior Center 411 East Division St, Boyne City, MI 49712
We are excited to make the main dining area available for indoor walking 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 floor. Walking will be available to Seniors from 10:30am - 11:30am only Monday through Friday.
To reserve your time slot please contact Loretta at: (231) 582-6682

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.

ALL Charlevoix County Senior Centers

All Senior Center Locations Menu May 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
3. BBQ Chicken Breast Sandwich, Cheesy Tots, Mixed Vegetable, Fruit	4. Star Wars Day Ham Carbonara, Creamy Alfredo, Fresh Broccoli, Pasta, Fruit	5. Cinco De Mayo Day Taco Kit: Lettuce, Tomato, Cheese, Taco Meat & Rice, Flour Tortillas, Fruit	6. Breakfast for Lunch Pigs in a Blanket (Sausage & Pancakes), Hash Browns, Warm Applesauce, Syrup Cup	7. Mother's Day Celebration Roast Beef, Mashed Potatoes & Gravy, Fresh Green Beans, Special Strawberry Dessert
10. Clean Up Your Room Day Breaded Veal or Chicken Parmesan, Pasta Marinara, Vegetable, Fruit	11. Liver & Onions or Ground Sirloin & Onions, Buttered Red Skinned Potatoes, Garden Vegetables, Fruit	12. Limerick Day Ground Turkey Patty W/ Mushroom Gravy, Mashed Potatoes, Vegetable Medley, Fruit	13. Vegetable Lasagna, Garlic Bread, Fresh Vegetable, Fruit	14. Dance Like a Chicken Day Cooks Choice Seasoned Potatoes, Fresh Asparagus , Fruit
17. Bacon Cheese Burger, Bun, Wedge Fries, Vegetable, Fruit	18. No Dirty Dishes Day Tropical Chicken Breast topped with Fresh Pineapple Salsa, Cilantro Rice, Garden Vegetable, Fruit	19. Spaghetti W/Meat Sauce, Garlic Toast, Green Beans, Tossed Salad, French Dressing Cup, Fruit	20. Beef Tips W/ Mushroom & Onion Gravy, Mashed Potatoes, Vegetable Medley, Fruit	21. Bike to Work Day Broiled Halibut Topped W/ Shrimp Alfredo Sauce, Seasoned Rice, Vegetable Medley, Fruit
24. Scavenger Hunt Day Warm Roast Beef & Cheddar Wrap, Au Jus Onion Soup, Baked Beans, Fresh Vegetable, Fruit	25. Wine Day Breaded Pork Cutlet with Gravy, Scalloped Potatoes, Seasoned Vegetables, Fruit	26. Grilled Chicken Orzo Salad W/Tomato, Feta Cheese, Soft Pull Apart Roll, Home-made Soup, Fruit	27. Sunscreen Day Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Asparagus , Fruit	28. Cooks Choice Seasoned Potatoes, Vegetables, Fruit
31. CLOSED for Memorial Day		ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	May is Michigan Asparagus Month so we will be serving Fresh Asparagus May 14 and May 27!	Homemade Soups will be served 3 days a week with your meal. Curbside Served 11:30a to 12:30p

Arthritis Foundation Exercise Program: On-Line

This is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class.

Classes are offered on-line.

Wednesdays, Thursday 10:00am – 11:00am and Fridays 11:00am - 12:00pm

TO REGISTER email marsa@valleyaaa.org

Silver Sneakers FLEX Community Fitness Classes

SilverSneakers Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Classes are offered on-line.

Mondays 10:00am – 11:00am and Tuesdays 2:00pm - 3:00pm

TO REGISTER email marsa@valleyaaa.org

Matter of Balance: A 6-week on-line workshop using Zoom

An interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance.

Session meet twice a week for 2 hours each via Zoom.

Participants will need a webcam and a microphone to par.

Classes are offered on-line using Zoom.

Participants will need a webcam and a microphone to participate.

Tuesdays Afternoon Series May 11, 2021 - July 6, 2021 1:00pm – 3:00pm via GoToMeeting

Fridays 11:00am - 12:00pm

TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

CHRONIC PAIN PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking.

Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom.

Participants will need a webcam and a microphone to participate.

Tuesday Afternoon Series May 4, 2021 - June 8, 2021 1:30 pm – 4:00 pm via GoToMeeting

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Older Michiganians Day (OMD) 2021 and Senior Action Week (May 10-14, 2021)

The theme matches that of the national Older Americans Month: **COMMUNITIES OF STRENGTH.**

4AM (Area Agency on Aging Association of Michigan) has a variety of materials to help with promotion (a promotional video, invitation, platform PDF, and social media campaign) on their website at <https://4ami.org/event/older-michiganian-s-day-2021-senior-action-week/2021-05-10>.

SPECIAL LIVESTREAM EVENT: We also encourage you to participate in the Special Livestream event on Wednesday May 12 from 10:00 am - 11:30 am. Senate Majority Leader Mike Shirkey, Speaker of the House Jason Wentworth, and Representative Donna Lasinski will share their comments on our advocacy platform.

To join the Livestream and hear from local legislators, click here on the day of the event.
 Meeting ID: 968 8569 1099
 Passcode: 616294
 One tap mobile 1-646-558-8656

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 May Activities planned like the Scavenger Hunt, Chair Yoga, Meditation and Garden Walks and Easy Herb Growing!

Just for fun



Spring Word Search



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