

June 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

### JUNE 2021 NOTABLE DATES

- 1 Say Something Nice Day
- 2 Leave the Office Early Day
- 3 Repeat Day
- 4 Donut Day
- 5 Hot Air Balloon Day
- 6 Drive-in Movie Day
- 7 VCR Day
- 8 Best Friends Day
- 9 Donald Duck Day
- 10 Iced Tea Day
- 11 Corn on the Cob Day
- 12 Red Rose Day
- 13 Sewing Machine Day
- 14 Flag Day
- 15 Nature Photography Day
- 16 Fresh Veggies Day
- 17 Eat Your Vegetables Day
- 18 Splurge Day
- 19 World Juggling Day
- 20 Father's Day & Summer Begins!
- 21 Selfie Day
- 22 Onion Ring Day
- 23 Let it Go Day
- 24 Handshake Day
- 25 Take Your Dog to Work Day
- 26 Chocolate Pudding Day
- 27 Sunglasses Day
- 28 Body Piercing Day
- 29 Camera Day
- 30 Meteor Watch 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.



**A TRULY RICH MAN IS ONE WHOS CHILDREN RUN INTO HIS ARMS WHEN HIS HANDS ARE EMPTY! ~ UNKNOWN**

## Director's CORNER

Conversations are key to any relationship and during this challenging Pandemic we have not had the opportunity for great communication. I have heard the statement that older adults are not easy to communicate with and that they do not want to participate in conversations and group discussions, no matter what the topic. That is just not true for ALL seniors.

Some seniors have a hard time communicating due to memory issues, dementia and Alzheimer's. According to Becca Champion, "It is true that certain physical and mental deficits like loss of hearing, memory issues and speech problems can make it hard for seniors to communicate. Research suggests that given their vast experience of life events as well as their impressive linguistic repertoire, they can easily overcome these issues and have and enjoy meaningful discussions."

When you treat an elderly person like an invalid just because they look different from you or because he/she needs to pause for a second to hunt for a specific word, this is bound to have an impact on his/her desire to communicate and participate in the interaction.

There are 6 key things to remember when having a conversation aging adults. First, nobody has signed up for unsolicited advice. Whether you are the caregiver or the child of the senior in question, older adults, given their age and life experience, can understandably find it belittling to receive advice from their own kids or people who are often younger than their own kids. So, unless an elderly person specifically asks for your advice, keep your pearls of wisdom to yourself. Second,



few things are as condescending as "elder-speak". This is talking extra slowly and loudly or overly simplifying words and statements are all part of elder-speak and if you ask me, it is extremely condescending. Third, cute-sy nicknames are not for you to use. For an older adult, they smack of a talk down, and you certainly don't want to give that impression if you want people to start talking and sharing and generally having a blast. Fourth, leave your preconceived notions outside. When you walk into a conversation/interaction with anybody with a stereotype etched in your brain, you inevitably end up slighting people. Fifth, don't leave anybody out of the conversation. The crucial thing is to give everybody in the group the time to narrate their story or place their thoughts and views, it does not matter how short or long or even relevant their contribution is. Lastly, get your volume and tempo right. Not everybody has a problem with memory, diction and speech. So, keep your volume high enough to be audible above the background noise if any, and no more. As far as the tempo is concerned, bring it down a few notches but don't speak one word at a time. That's just too obvious and too insulting.

## 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, Ignatius 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"





## **Charlevoix County Commission on Aging Updates!**

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

#### **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.

#### **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, June 10, 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.

#### **Senior Center Reopening Guidelines – Non-Nutritional Programs Only**

As we welcome our seniors back to the centers, we want to inform you about our new health and safety guidelines in response to the coronavirus (COVID-19) pandemic. The safety of our seniors and staff is our top priority. In order to provide a healthy environment, we have closely monitored state and local requirements and Centers for Disease Control (CDC) guidelines. Some things will be different, including added cleaning regimens, more safety precautions, and limited building hours. Some of these changes may be temporary, and some may stay in place long term. Programs & classes will be added in a staggered format with your safety and well-being our highest priority.

#### **How to Participate in Activities:**

In order to simplify operations to keep seniors and staff safe, only those seniors who have made a reservation to participate in specific classes and activities will be allowed in the senior center. Seniors will be required to register for all senior center activities that are free or involve a fee ahead of time. There will be no "drop-ins" and no use of the facility for socializing at this time unless it is a scheduled social time.

#### **Reservation Process for All On-Site Activities:**

Register for all senior center activities that are free or involve a fee ahead of time by calling the senior center site coordinator at the senior center you wish to go to.

Brenda – East Jordan Senior Center 231-536-7831  
Loretta – Boyne Area Senior Center 231-582-6682  
Lonnie – Beaver Island COA Office 231-448-2124

#### **On-Site Activities:**

Fitness Activities: Low impact games, exercise classes will be held in the gym, designated exercise room or dining area.

Walking: Will occur in their designated appropriate locations such as the gym or dining area.

Enrichment, Games & Art and Woodshop Programs: These programs will be held in the Gym or dining area.

Appointments with the Foot Clinic Nurse: Call the senior center site coordinator at the senior center you wish to go to.

#### **What We Have Done to Make the Facility as Safe as Possible:**

Thoroughly cleaned the entire facility including the fogging of the facility with a disinfectant that is EPA & NSF registered and a cover shield. Vital oxide is an anti-microbial protector; HVAC filters will be changed more frequently; Removed all unnecessary touchpoints, especially those that cannot be sanitized; Hand sanitizer stations located throughout the facility and at every entrance/exit;

Placement of tissues for proper cough/sneeze etiquette and no-touch disposal receptacles;

Appropriate social distancing practices have been developed for all activities including:

Calculation of social distancing capacity of each room; Rearranging of tables with distance requirements of 6 ft. and removed chairs to limit or space out patrons; Entrance and exit restrictions for seniors; Removal of unnecessary equipment, furniture & tables;

Disconnected all water fountains, and self-serve items (coffee and hot water machines);

Staff will be temperature checked, screened and wear a mask.

#### **Health & Safety Guidelines for the Senior Centers:**

The following health and safety guidelines are what you can expect when you visit the center.

Everyone must wear a face covering in the building at all times. If you do not have a face covering, one will be provided to you.

The water coolers are not available, so please bring a water bottle or beverage.

Adhere to social distancing and directional signs throughout the facility.

Facility access is limited to the area in which your activity is being held.

Staff and signage will direct participants to available bathrooms.

Arrive 10 minutes before scheduled class or program.

All seniors will enter through the main entrance and park in the parking lot.

Seniors will be greeted by staff who will provide the following:

No-contact temperature check and;

Conduct a health screening, verify your reservation or appointment, and collect a signed revised Code of Conduct/Disclaimer. The revised Code of Conduct/Disclaimer is available on the website to download and sign prior to your reservation and will also be available at check-in.

Once the above process is completed, staff will provide entrance to the facility.

Upon entering the facility, use the hand sanitizer in the vestibule.

The site coordinator will guide you to your reserved activity.

Once the reserved activity is completed, you will be asked to leave the facility through the main door.

#### **Facility Cleaning and Disinfecting**

The COA has conducted a risk assessment considering federal and state guidance and has made changes that will reduce possible COVID-19 exposure. In the event of an COVID-19 exposure from an employee or visitor the facility will be thoroughly cleaned and disinfected with EPA and CDC recommended products and procedures. In addition, on-going scheduled disinfecting and cleaning will be conducted throughout the day.

The ongoing cleaning schedule will include: Hourly or periodic disinfection checklists for all hard surfaces – tables, chairs, computer screens, door knobs, railings, countertops (frequently touched surfaces and objects).

**Temporary Building Hours: Monday-Friday when activities are scheduled. Building is not open to meals at this time. Meals are provided by curbside pickup, disaster meals and home delivered meals.**

#### **Hygiene:**

All individuals in the facility need to continue safe personal hygiene including frequent, vigorous washing of hands for at least 20 seconds, disinfecting personal work surfaces, using hand sanitizers, avoid touching your face, wearing a mask or face shield, and practicing social distancing.

#### **Social Distancing:**

The COA has taken measures to help prevent the spread of COVID-19 and reduce the potential risk of exposure to visitors by implementing social distancing in the facility. Social distancing will include but is not limited to:

Restricting the number of visitors present on premises

Keeping everyone on the premises, at least six feet from one another to the maximum extent possible, including members standing in line.

**Thank you for your patience and continued support. We will keep monitoring federal, state, and local officials and policies for your health and safety.**

## **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:**

<b>Household size of 1</b>	<b>\$1,986 or less</b>
<b>Household size of 2</b>	<b>\$2,686 or less</b>
<b>Household size of 3</b>	<b>\$3,386 or less</b>

**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.**

# ALL Charlevoix County Senior Centers

## All Senior Center Locations Menu June 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
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	1. <b>Say Something Nice Day</b> Toasted Salami & Cheese Sub, Baked Beans, Vegetable Medley, Bag of Chips, Italian Dressing Cup, Fruit	2. <b>Try The Impossible Burger:</b> Plant Based Burger or Ground Beef Burger, Lettuce, Tomato, Tater Tots, Green Beans with Bacon, Fruit	3. <b>Repeat Day</b> Ham & Pineapple, Au-Gratin Potatoes, Garden Vegetables, Fruit	4. Roasted Turkey, Mashed Potatoes & Gravy, Mixed Vegetables, Fruit
7. Beef Sloppy Joes with Cheese, Soft Bun, Sweet Potato Fries, Fresh Vegetable, Fruit	8. <b>Best Friends Day</b> Beef Strips with Onion Gravy, Buttered Diced Red Skin Potatoes, Garden Vegetables, Fruit	9. Homemade Chicken Lasagna, Garlic Bread, Fresh Vegetables, Tossed Salad, Ranch Cup, Fruit	10. <b>Iced Tea Day</b> Boneless Breaded Garlic Chicken Breast, Mashed Potatoes & Gravy, Vegetable Medley, <b>Michigan Strawberries</b>	11. Cooks Choice Potatoes, Vegetables, Fruit
14. <b>Flag Day</b> BBQ Wings, Macaroni & Cheese, Vegetable, Fruit	15. <b>Breakfast for Lunch</b> French Toast Sticks, Scrambled Eggs, Diced Seasoned Potatoes, Syrup Cup, Fruit	16. <b>Fresh Veggies Day</b> Chicken Salad, Vegetable Tray with Ranch Dip, Vegetable Pasta Salad, Fruit	17. Sliced Italian Sausage & Sautéed Mixed Peppers, Light Tomato Sauce, Seasoned Rice, Fruit	18. <b>Father's Day Celebration</b> Ground Sirloin w/Mushroom Gravy, Mashed Potatoes, Fresh Vegetable, <b>Special MI Strawberry Dessert</b>
21. <b>Selfie Day</b> Polish Sausage, Soft Roll, Sauerkraut, Wedge Fries, Mixed Vegetable, Mustard Packet, Fruit	22. Chicken Pot Pie Chicken, Roasted Vegetables, Fruit	23. <b>Let It Go Day</b> Salmon Patty or Chicken Breast Topped w/Alfredo Cream Sauce, Seasoned Rice, Fresh Vegetables, Fruit	24. <b>Handshake Day</b> Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	25. Cooks Choice Seasoned Potatoes, Vegetables, Fruit
28. Baked Potato w/ Cheese, Beef Chili, Diced Tomatoes, Sour Cream Cup, Fruit	29. Creamy Chicken Stew over Biscuit, Stew Vegetables, Fruit	30. <b>Meteor Watch Day</b> Roast Beef, Mashed Potatoes, Gravy, Fresh Vegetable, Fruit	<b>Michigan Strawberries service on June 10th &amp; 18th!</b>	<b>Homemade Soups will be served 3 days a week with your meal. Curbside Served 11:30a to 12:30p</b>

### 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

### Diabetes Path: A 6-week on-line workshop using Zoom

An interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications.

Session meet for 2.5 hours once a week for 6 weeks online via Zoom.

Participants will need a webcam and a microphone to participate.

Wednesday Afternoon Series June 16 - July 28, 2021 1:30pm – 4:00pm via GoToMeeting  
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

### Developing Dementia Dexterity: A 3-session Webinar using Zoom

Is designed to help improve skills and confidence of people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers understand the effects of dementia on the brain, learn how to communicate and create a positive caregiving environment, understand how to manage or redirect challenging behavior, and provide meaningful daily activities.

Session meet for 1.5 hours once a week online via Zoom.

Thursday Afternoon Series June 3 - July 15, 2021 1:00pm – 2:30pm via GoToMeeting  
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

### Creating Confident Caregivers: A 6-week on-line workshop using Zoom

An Interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers create a positive caregiving environment, learn how to manage or redirect challenging behavior, and provide meaningful daily activities while also supporting good self-care.

Sessions meet for 2 hours once a week for 6 weeks on-line using Zoom.

Participants will need a webcam and a microphone to participate.

Tuesday Afternoon Series June 22 - July 27, 2021 3:00 pm – 5:00 pm via GoToMeeting  
TO REGISTER, CALL (989) 358-4616 or email mainvilleb@nemsca.org



## 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

Boyne 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.

### Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to [allenl@charlevoixcounty.org](mailto: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

### 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 until Charlevoix County reaches Risk Level B. 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 Chair Yoga, Cornhole Games at Heritage Park, Blast from the Past Photo ID Event, and National Pink Day!

Happy Father's Day to all of our Island Dads!

## Just for fun

### Father's Day Word Search

	E	M	H	B	O	A	U	Y	M	B	X	W	A	B	L	C	T	
	B	S	L	S	N	B	X	L	D	Z	K	Q	U	I	W	L	U	
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	T	A	J	N	P	R	K	G	D	O	J	O	O	H	X	V	O	
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DADDY  
UNCLE  
STRONG  
GOLF  
PROVIDE



FATHER  
TEACH  
BRAVE  
FOOTBALL  
PARENT



GRANDPA  
RESPECT  
NECKTIE  
PROTECT  
LOVE

