

September 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

SEPTEMBER 2021 NOTABLE DATES

- 1 **No Rhyme (Nor Reason) Day**
- 2 **Blueberry Popsicle Day**
- 3 **Lazy Mom's Day**
- 4 **Eat an Extra Dessert Day**
- 5 **Be Late for Something Day**
- 6 **Labor Day**
- 7 **Neither Rain nor Snow Day**
- 8 **Pardon Day**
- 9 **Opposite Day**
- 10 **Swap Ideas Day**
- 11 **9-11 Remembrance Day**
- 12 **Chocolate Milk shake Day**
- 13 **Positive Thinking Day**
- 14 **Ants on a Log Day**
- 15 **Double Cheese burger Day**
- 16 **Play-Doh Day**
- 17 **Citizenship Day**
- 18 **Clean Up Day**
- 19 **Talk Like a Pirate Day**
- 20 **Pepperoni Pizza Day**
- 21 **Miniature Golf Day**
- 22 **Autumn (Fall) Begins**
- 23 **Checkers Day**
- 24 **Punctuation Day**
- 25 **Comic Book Day**
- 26 **Johnny Appleseed Day**
- 27 **Crush a Can Day**
- 28 **Ask a Stupid Question Day**
- 29 **Coffee Day**
- 30 **Hot Mulled Cider Day**



“AND THE SUN TOOK A STEP BACK, THE LEAVES LULLED THEMSELVE TO SLEEP, AND AUTUMN WAS AWAKENED.”~ RAQUEL FRANCO

Director's CORNER



Emergency Preparedness is something we never think about as a society until something happens and it is even more important for our aging community to have a plan and resources in place as their needs are more immediate and complicated. Local officials and relief workers may not be able to reach everyone right away. You can deal with a disaster by preparation in advance. Older Americans CAN start preparing for Emergencies before they happen!

1. Put together a Basic Needs and Supplies list that is specific to your needs.

2. When making a plan, meet with your family, friends and caregivers to assess yourself and your household. Plan for your pets and service animals. Create a communication plan and keep a list of important phone numbers and Emergency Contact Information. Protect Vital Records and documents. Plan for transportation in case you need to evacuate.

3. Be informed of your Community Warning Systems. Be informed of what services are provided at Red Cross Shelters. Be aware of the potential for Financial Exploitation/Scams after a disaster.

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

- For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits.
- Assemble enough supplies to last for at least three days.
- Store your supplies in one

or more easy-to-carry containers, such as a backpack or duffel bag.

- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheel-chairs, canes or walkers, that you would need with your name, address and phone numbers.
- Keeping your kit up-to-date is also important. Review the contents at least every six months or as your needs change.

Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

For information about specific types of emergencies, visit www.ready.gov or call 1-800—BE-READY.

Ultimately you are responsible for you. Assistance is never guaranteed or guaranteed immediately so take care of you and make sure you will be ok for as long as you can.

We are 2 years into this Pandemic....what has it taught you about being prepared?

When you plan, you experience less crisis and can survive and thrive longer.

Stay Safe and Be 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 8a-4p
 Vikki Pearsall, Northside Building and COA Site Coordinator, Zack & Kathy Food Service & HD Meals
 13513 Division Street
 Charlevoix, MI 49720
 231-547-3844

East Jordan Senior Center:
Open M-F 9a-2p
 Brenda Skop, Site Coordinator
 Kelly, Leonard, Nate Food Service & HD Meals
 951 Mill Street, East Jordan, MI 49727
 231-536-7831

Gretchen, Floater Cook

****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”



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.

Charlevoix County Commission on Aging Updates!

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

ALL of the Senior Centers, Charlevoix, East Jordan and Boyne Area are **CLOSED** to the public at this time due to the continued High Transmission Rate of COVID 19 and high positivity rate. We will keep you posted when we reopen and when the activities on the September Calendar begin again.

We are still providing all of our regular services, just a bit differently again. Please be patient with us. We are trying to protect both our staff and our aging adults. If we have no staff to provide our services to our aging adults because they are sick, our aging adults suffer twofold.

This plan follows the federal guidelines for Reopening America, the MI Safe Start Plan to Re-engage Michigan's Economy, the current CDC guidelines, the Department of Health and Human Services guidelines, the Older Americans Act guidelines, the Michigan Restaurant and Lodging Associations Roadmap to Reopening Guide, and the MI Safe Start Plan to Re-engage Michigan's Economy.

It is important that we all do our part to make reopening possible again and successful. PLEASE, if you are not feeling well, stay home. Wash your hands often. Get the COVID-19 vaccine.

Weatherization Assistance Program through Northwest Community Action Agency!

Phone: (231) 947-3780 or (800) 632-7334 Fax: (231) 947-4935

E-mail: ldehnke@nmcaa.net

The Weatherization Program is funded by the Federal Department of Energy (DOE) and administered by the Michigan Department of Health & Human Services (DHHS). The program provides free energy conservation services for eligible low-income households. DHHS contracts with Northwest Michigan Community Action Agency (NMCAA) to operate the program. The Agency determines applicant eligibility, performs the necessary inspections and contracts with mechanical and weatherization contractors to complete the work.

Who may be eligible for these services?

Homeowners and renters who live in our 10 county service area:
Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Missaukee, Roscommon, and Wexford.

Clients are evaluated based on a DOE priority point system, providing services sooner to those who need it most:

Families with children; Elderly clients; Disabled individuals; Clients with high energy use; Clients with high energy cost burden

What you should know:

Weatherization is not a home repair, remodel, or rehabilitation program. Our rules from DOE allow us to only complete measures on houses that can show direct energy savings. Income qualification does not guarantee that any work will be done on the home. Homes cannot be reweatherized if they have been served by our program since 9/30/94. Homes cannot be for sale, in foreclosure, or in remodeling at the time of inspection, and homes must be occupied by the applicant.

Examples of possible services include:

- Home Energy Audit
- Weather-stripping, caulking, general air sealing
- Ventilation
- Attic, foundation, wall, or sill box insulation
- Programmable thermostat installation
- Furnace, water heater, refrigerator tune-up or replacement

Emergency Home Repair funds offered through Charlevoix County

Funding may be available for items such as:

- Roof replacements
- Heating systems
- Water Heaters
- Wells & Septics
- Plumbing repairs
- Electrical hazards
- Handicap accessibility
- Roof replacements
- Heating systems
- Water Heaters

Emergency Home Repair funds offered through Charlevoix County Northwest Michigan Community Action Agency is assisting the County in administering this Program .

For more information - Contact NMCAA at the number below

Call: Leslie Casselman at (231) 346-2121 or

Email: lcasselman@nmcaa.net

To find out if you qualify for assistance with your emergency Repair. Funds provided as grants or loans depending on the cost.

For information about otherservices offered at NMCAA, visit www.nmcaa.net.

The hearing impaired should contact us through the Michigan Relay Center at 1-800-649-3777.

Northwest Michigan Community Action Agency

3963 Three Mile Road, Traverse City, MI 49686

(The Office is currently closed to the public)

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.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu September 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
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	If Centers are Closed there will be no Veteran Social Baking.	1. No Rhyme Nor Reason Day Chicken Ceasar Sald Kit, Home Made Soup, Fresh Baked Apple Pie	2. Roast Beef Dinner, Mashed Potatoes & Gravy, Fresh Vegetables	3. Lazy Mom's Day Cook's Choice, Potato, Fresh Vegetables, Fruit
6. CLOSED for the Labor Day Holiday—No meals	7. Open Faced Turkey Reuben, Sauerkraut & Swill, Wedge Fries, Mixed Vegetables, Fruit <i>AM Veteran Social Baking</i>	8. Pardon Day Chicken w/Basil & Garlic Pesto, Pasta, Fresh Vegetables, Garlic Cheese Biscuit, Fruit	9. Opposite Day Crab Cakes & Creamy Alfredo Sauce, Rice, Fresh Vegetables, Fruit	10. Ground Sirloin w/ Mushrooms, Mashed Potatoes & Gravy, Vegetables, Fruit
13. Positive Thinking Day Three Cheese Mac & Cheese w/ Bacon, Green Beans and Stewed Tomatoes, Fruit	14. Ants on a Log Day Tropical Chicken Breast topped with Pineapple Salsa, Cilantro Rice, Vegetable Medley, Fruit	15. Beef Tips, Buttered Noodles, Fresh Vegetables, Fruit	16. Ground Turkey Patty, Mashed Potatoes and Onion Gravy, Vegetable, Fruit	17. Citizenship Day Pork Loin with Gravy, Sweet Potatoes, Garden Vegetable, Fruit
20. Bacon Cheese Burger, Bun, Tater Tots, Garden Vegetable, Fruit	21. Mini Golf Day Ranch Chicken Alfredo Pizza, Vegetable Pasta Salad, Fruit <i>AM Veteran Social Baking</i>	22. Ham w/ Pineapple, Scalloped Potatoes, Fresh Vegetables, Fruit	23. Checkers Day Turkey Dinner, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	24. Cook's Choice, Seasoned Potatoes, Fresh Vegetables, Fruit
27. Crush a Can Day Warm Roast Beef Cheddar Wrap, Onion Soup, Baked Beans, Fruit	28. Ask a Stupid Question Day Spaghetti w/ Meat Sauce, Garlic Biscuit, Fresh Vegetable, Tossed Salad, Fruit <i>AM Veteran Social Baking</i>	29. Coffee Day Mom's Meat Loaf, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	30. Ham, Cheese & Broccoli Quiche, Hash Browns, Warm Apple Sauce	

ALL Charlevoix County Senior Center Activites

All Senior Center Locations Activities for September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.	Activities are subject to the Senior Centers Being OPEN. Please call your Senior Center to confirm. As of this early printing, all Senior Centers are CLOSED to the Public.	1. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Wii, Corn Hole	2. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee Hour. 12:30p Texas Hold-em B - Commodities. 10a SS & Medicare with Dale Boehm. 10a Coffee Hour. 12:30p Rummikub, Crafts	3. C - 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Celebration Day Ice Cream Social, Wear RED-Lucky Buck, 11a Music Barry Loper. 12:30p BINGO/Meal Ticket B - 11a \$1 in Jukebox Band, 12:30p Rummikub
6. CLOSED FOR LABOR DAY HOLIDAY	7. C - 8:30a Coffee Hour. 9a Veteran Social. 9a Walkers. 1p Mahjong E - 10a Coffee & Crafts. 12:30p Mexican Poker B - Foot Clinic. 10a Coffee Hour. 12:30p BINGO	8. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Music by Keyboard Guy. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Wii, Corn Hole	9. Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 10:30 Hand Massages. 1p Mahjong. E - 10a SS & Medicare with Dale Boehm. 10a EJ Advisory Board Meeting. 10a Coffee Hour. 12:30p Texas Hold-em B - 10a Coffee Hour & Crafts. 11a Music with Brad, 12:30p Rummikub, Crafts	10. C - Heard about 9/11 -Lucky Buck, 8:30a Coffee Hour. 9a Walkers. 10a Crafts 10:45a The Backwoods Maestros E - Wear RED-Lucky Buck, 11a Music OJ Adkins. 12:30p BINGO/50-50 B - 10a Coffee Hour, 12:30p Rummikub
13. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	14. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Music by Brad Hersey. 1p Mahjong E - Foot Clinic. 9a Veteran Social. 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	15. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Corn Hole	16. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee Hour. 10:45a Hand Massages, 12:30p Texas Hold-em B - Foot Clinic. 10a Coffee Hour. 10:45a Hand Massages, 12:30p Rummikub, Crafts	17. C - Wear Maroon & White-Lucky Buck Day. 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Wear RED-Lucky Buck, 11a Music \$1 in a Juke Box, 12:30p BINGO/50-50 B - 10a Coffee Hour, 11a OJ Adkins, 12:30p Rummikub
20. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	21. C - Foot Clinic 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour & Crafts. 12:30p BINGO	22. C - 8:30a Coffee Hour. 9a Walkers. 11a Music by Dolf. 1p Balloon Game, 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour, 12:30p Rummikub, Wii, Corn Hole	23. C - 8:30a Coffee Hour. 9a Walkers. 10a SS& Medicare with Dale Boehm, 1p Mahjong E - Foot Clinic. 10a Coffee Hour. 12:30p Texas Hold-em B - 10a Coffee Hour, 11a Music Brad, 12:30p Rummikub, Crafts	24. C - Bring a Friend/Neighbor-Lucky Buck, 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Wear RED-Lucky Buck, 11a Music John Slough, 12:30p BINGO/50-50 B - 11a Music Monty, 12:30p Rummikub
27. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	28. C - 9a Walkers. 10a Coffee Hour. 1p Mahjong E - 10a Coffee & Crafts 12:30p Mexican Poker B - Foot Clinic. 9a Veteran Social. 10a Coffee Hour. 12:30p BINGO	29. C - 8:30a Coffee Hour. 9a Walkers. E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour & Crafts 12:30p Rummikub, Wii, Corn Hole	30. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong E - 10a Coffee Hour. 12:30p Texas Hold-em B - 10a Coffee Hour, 12:30p Rummikub, Crafts	All Meals are served between 11:30a—12:30pm 9a Veteran Socials —Check the locations!

Gym, Indoor and Outdoor 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. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the Gym floor. Gym walking will be available on the mornings that the gym is available.
 To reserve your time slot please contact Vikki at: (231) 547-3844

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. 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. 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

Thank you for your patience as we slowly continue our transition back to more normal.

September is National Senior Center Month!

Senior centers promote a positive image of aging and are great places to meet new people, meet up with friends and are vital to your health and wellbeing.

We all know COVID19 has challenged this opportunity to be in person but the Senior Centers and the support they provide have continued to serve aging adults....just differently. They have not lost their value!

Did you know, just this year to date, we have served:

786 individual seniors- Just with meals

25,725 Congregate & Curbside Meals

14,555 Home Delivered Meals

Weekly Education, Activity and Support packets

Dispensed over 5,000 Masks

and provided all of our other services in home and at the senior centers when able.

Beaver Island Activities and Update

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

Voucher Meal Program at the School

When school starts back up we will resume our lunch service.

Please call Lonnie for all the Other Beaver Island Fun May Activities planned like the Walking Club, Chair Yoga, BINGO Cornhole Games at Heritage Park, Crafts and More!

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only.

Just for fun

Fall Word Search

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

FALL
 AUTUMN
 LEAVES
 PUMPKIN
 APPLE
 ACORN
 SUNFLOWER

HAYRIDE
 CHILLY
 RAKE
 FOOTBALL
 SQUIRREL
 ORANGE

SCARECROW
 SEPTEMBER
 OCTOBER
 CIDER
 YELLOW
 BROWN
 RED

