

October 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



WHAT HAPPENS AT BINGOSTAYS AT BINGO!

Director's CORNER



October is Breast Cancer Awareness month. According to the U.S. Breast Cancer Statistics "About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime. In 2018, an estimated 266, 120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 63, 960 new cases on NON invasive breast cancer." Did you know that Breast Cancer is not just a woman's disease? According to the American Cancer Society, "About 2,550 new cases of invasive breast cancer will be diagnosed in men and about 480 men will die from breast cancer."

This is just one of the many reasons to be aware of and to take care of your health, especially as you age. The Charlevoix County Commission on Aging wants our aging community to feel supported in their health.

At our Senior Centers we provide nutritious meals and menus that conform to the USDA Dietary Guidelines for Americans. We do this for our congregate meals (those eating in) and in our Home Delivered Meals. We also provide Free monthly blood pressure checks, and inexpensive monthly Foot Clinics by appointment.

The COA Health Care Services also support a healthier lifestyle by providing In Home Health Services, Homemaker Services, Personal Care Assistance, Respite and Foot Care (for the homebound).

We also collaborate with the Health Department of NWMI to provide Adult Immunization and Flu clinics; with the MSU Extension and Area Agency on Aging for nutrition and fitness pro-

grams. Other collaborations are also with local organizations for classes based around nutrition and how it affects chronic illnesses like Diabetes, food safety, exercise classes and healthy food choice options throughout the year including Senior Project Fresh.

Join our Walking groups at the Charlevoix Senior Center or walk the gym at the East Jordan Senior Center. We also have Wii bowling to get you up and moving. Check with our Site Coordinators at each of our centers to find out about the latest classes and fitness opportunities we have or check our monthly menu calendars for new things too!

Let us help you to a healthier aging process and to change with aging looks like and feels like!

The COVID19 Pandemic has really challenged our seniors to think outside the box when it comes to their health and when the Senior Centers are closed for in person activities.

Fall is a wonderful time to get outside and walk with friends or even inside at the Senior Centers by appointment. Pickle Ball is another great indoor and outdoor activity that can be done in small groups. We may not be able to do it all but we want to be here to support you.

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

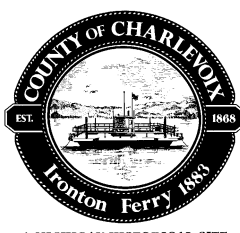
East Jordan Senior Center:

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"



A MICHIGAN HISTORICAL SITE



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

OCTOBER 2021 NOTABLE DATES

- 1 World Smile Day
- 2 Name Your Car Day
- 3 Techies Day
- 4 Golf Lover's Day
- 5 Do Something Nice Day
- 6 Pumpkin Seed Day
- 7 Frappe' Day
- 8 Pierogi Day
- 9 Curious Events Day
- 10 Handbag Day
- 11 Columbus Day
- 12 Moment of Frustration Scream Day
- 13 Silly Sayings Day
- 14 Dessert Day
- 15 I Love Lucy Day
- 16 Sweetest Day
- 17 Wear Something Gaudy Day
- 18 Chocolate Cupcake Day
- 19 Evaluate Your Life Day
- 20 Pay Back a Friend Day
- 21 Pumpkin Cheese cake Day
- 22 Nut Day
- 23 Make a Difference Day
- 24 Bologna Day
- 25 Pasta Day
- 26 Howl at the Moon Night
- 27 Black Cat Day
- 28 Chocolate Day
- 29 Hermit Day
- 30 Candy Corn Day
- 31 Halloween

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 October 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 re-weatherized 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 other services 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 is ENDING SOON!!!

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 October 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.	We are now serving HOMEMADE SOUPS 3 days a week again.		1. World Smile Day Cook's Choice, Potato, Fresh Vegetables, Fruit
4. Golf Lovers Day Veal or Chicken Parmesan, Pasta Marinara, Fresh Vegetables, Fruit	5. Do Something Nice Day Marinated Teriyaki Pork Chop, Scalloped Potatoes, Mixed Vegetables, Fruit AM Veteran Social Baking	6. BBQ Meatballs, Seasoned Rice, Mixed Vegetables, Fruit	7. Liver & Onions or Ground Sirloin, Mashed Potatoes & Gravy, Garden Vegetables, Fruit	8. Octoberfest Celebration Chicken Schnitzel & Gravy, Buttered Noodles, Red Cabbage, Fruit
11. Columbus Day Polish Sausage & Sauerkraut, Soft bun, Wedge Fries, Vegetable Medley, Fruit	12. Chicken Mornay, Cheesy Broccoli, Seasoned Rice, Fruit	13. Silly Sayings Day Vegetable and Cheese Lasagna, Cheesy Garlic Biscuit, Fruit	14. Turkey Dinner, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	15. I Love Lucy Day Cook's Choice, Potato, Fresh Vegetables, Fruit
18. Baked Potato & Cheese, Beef Chili, Sour Cream Cup, Fresh Vegetable, Fruit	19. Evaluate Your Life Day Chicken Stew with Stew Vegetables over a Biscuit, Fruit AM Veteran Social Baking	20. Breakfast for Lunch French Toast Sticks, Sausage Links, Diced Seasoned Potatoes, Syrup Cup, Fruit	21. Mom's Meat Loaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	22. Nut Day Shrimp or Chicken Alfredo, Pasta, Fresh Vegetables, Fruit
25. Beef Sloppy Joe with Cheese, Soft Bun, Tater Tots, Vegetable, Fruit	26. Howl at the Moon Night Ham & Broccoli Carbonara Pasta, Buttered Roll, Fruit AM Veteran Social Baking	27. Black Cat Day Mom's Meat Loaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	28. Sweet & Sour Pork with Vegetables, Rice, Egg Roll	29. Halloween Celebration Beef GOUL-Lash, Vampire Deterrent Garlic Bread, Fresh Vegetables, Spooktacular Dessert

ALL Charlevoix County Senior Center Activities

All Senior Center Locations Activities for October 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. As of this early printing, all Senior Centers are CLOSED to the Public.	Curbside Activities, Education and Fun will be planned if the Senior Centers are still CLOSED due to the Current Pandemic Situation.	All Meals are served between 11:30a—12:30pm 9a Veteran Socials —Check the locations!	1. 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, Farkle, Rollzee
4. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge/Balloon Game E - 10:15a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	5. 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	6. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge/Toss a Cross E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Corn Hole	7. Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a SS & Medicare with Dale Boehm. 10a Coffee Hour. 12:30p Texas Hold-em B - 10a Coffee Hour. 11a Music with Brad Hersey 12:30p Rummikub, Crafts	8. Octoberfest Party at all Senior Centers! C - 8:30a Coffee Hour. 9a Walkers. 10a Crafts 11:30a Music—Brad Hersey E - Wear RED-Lucky Buck, 11a Music OJ Adkins. 12:30p BINGO/50-50 B - 10a Coffee Hour, 12:30p Rummikub, Farkle, Rollzee
11. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge/BINGO E - 10:15a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	12. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Music—Roger Hartson. 1p Mahjong E - Foot Clinic. 9a Veteran Social. 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	13. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge/Darts E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Corn Hole	14. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee Hour. 10a EJ Advisory Board Meeting. 12:30p Texas Hold-em B - Foot Clinic. 10a Dale Boehm, 10a Coffee Hour, 12:30p Rummikub, Crafts	15. C - 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, Farkle, Rollzee
18. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	19. Foot Clinic. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	20. C - 8:30a Coffee Hour. 9a Walkers. 1p Axe Trowing, 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour, 12:30p Rummikub, Corn Hole	21. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong E - Foot Clinic. 10a Coffee Hour., 10:45a Hand Massages, 12:30p Texas Hold-em B - 10a Coffee Hour, 10:45a Hand Massages. 11a Music Brad Hersey, 12:30p Rummikub, Crafts	22. C - 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 Loper, 12:30p Rummikub, Farkle, Rollzee
25. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	26. 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	27. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge. 1p Recipe Exchange E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour & Crafts 12:30p Rummikub, Corn Hole	28. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong E - 10a Coffee Hour. 10a SS & Medicare with Dale Boehm. 12:30p Texas Hold-em B - 10a Coffee Hour, 12:30p Rummikub, Corn Hole	29. Halloween Party at all Senior Centers! C - 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - 11a Music John Slough, 12:30p BINGO/50-50 B - 11a Karaoke, 12:30p Rummikub, Farkle, Rollzee

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.

Flu Vaccine available for any Charlevoix County Seniors!

**The Health Department of Northwest Michigan will be doing a Flu Clinic on Thursday, October 14, 2021 from 1p-3:30p at the following location:
 Boyne City Housing Commission
 829 S. Park Street, Boyne City, MI**

This is an indoor clinic and only the Flu vaccine will be available at this time. Appointments are necessary and can be made through (800) 432-4121.

Any questions please contact the Health Department of Northwest Michigan DIRECTLY.

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.

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 October Activities planned like the Walking Club, Chair Yoga, BINGO, Coffee and Connect, Cornhole Games at Heritage Park, Crafts and More! All events are tentative due to current COA Covid restrictions.

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

Just for fun

Halloween Word Search

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



Fun
 Costume
 Mummy
 October
 Halloween
 Goblin

Trick
 Ghost
 Monster
 Witches
 Pumpkin
 Treat

