

December 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

### DECEMBER 2021 NOTABLE DATES

- 1 **Eat A Red Apple Day**
- 2 **Fritters Day**
- 3 **Make A Gift Day**
- 4 **Wear Brown Shoes Day**
- 5 **Bathtub Party Day**
- 6 **Mitten Tree Day**
- 7 **Pearl Harbor Remembrance Day**
- 8 **Pretend To Be A Time Traveler Day**
- 9 **Christmas Card Day**
- 10 **Lost And Found Day**
- 11 **Gingerbread House Day**
- 12 **Poinsettia Day**
- 13 **Cocoa Day**
- 14 **Roast Chestnuts Day**
- 15 **Cupcake Day**
- 16 **Chocolate Covered Anything Day**
- 17 **Ugly Christmas Sweater Day**
- 18 **Answer The Phone Like "Buddy The Elf" Day**
- 19 **Hard Candy Day**
- 20 **Sangria Day**
- 21 **Winter Begins**
- 22 **Date Nut Bread Day**
- 23 **Re-Gifting Day**
- 24 **Christmas Eve**
- 25 **Christmas Day**
- 26 **Thank You Note Day**
- 27 **Fruitcake Day**
- 28 **Card Playing Day**
- 29 **Pepper Pot Day**
- 30 **Bacon Day**
- 31 **New Year's Eve**



**THE BEST WAY TO SEE CHRISTMAS IS THROUGH THE EYES OF A CHILD**

## Director's CORNER

Handling the Holidays after Loss

The signs of the holiday season are ubiquitous: holiday decorations in the stores, piped in Christmas carols, holiday displays at the malls, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work.

In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief.

Grief is healthy, and necessary. Grieving means we acknowledge the loss, but it doesn't mean those of us left behind can stop living until it's over. In fact, it can be viewed as a time to start new traditions, while honoring the old ones. Dilemmas Associated with the Holiday Season

1. The Requirement of Cheerfulness. There is an expectation during the holidays that people should be cheerful. One mourner explained that she hated going to holiday gatherings. "I could not be cheerful and I did not want to bring other people down by being sad."

2. The Mine Field of Social Exchanges. On many occasions, the innocent remarks of others may put a knife through the mourner's heart. Shortly after the death of their son, the parents attended a holiday dinner hosted by the boy's grandparents. The host began the meal with a blessing, "Thank you for bringing the whole family together." The father was so distressed by this remark that he left the table.

3. The Complexity of Decisions. Bereaved individuals must navigate a difficult path in deciding how to handle decisions about family activities and rituals. As one mourner indicated, "I was not sure whether I should hang my son's stocking or not. I



decided to hang it, because after all he is my son. But my husband thought that this was not a good idea. He told me that I was 'in denial.'

4. The Ambush. During the holidays, mourners are often hit by powerful feelings that are evoked by some reminder of the loss. Consequently, they experience what Noel and Blair (2000) have called "the ambush." As one mother explained, "I was taking out the Christmas ornaments and I came across an ornament that Timmy had made in kindergarten last year. It had his hand print on it. I dissolved into tears."

Although natural and normal, such experiences are often frightening in their intensity. There's no "right" way to cope with such a loss. Some choose to skip the holidays, which is difficult because we're surrounded by holiday music, messages and events. Others try to celebrate just as if their lost loved one is still there, which can make the person's absence even more painful.

It's important to know there are local, professional resources that are capable of helping you during a painful time. Even though you didn't choose the circumstances that are leading you to grieve, you have a choice in how you respond to your grief.

## 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, CFCs  
 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

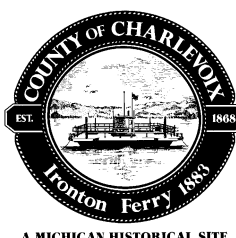
**Charlevoix Senior Center:**  
**Open M-F 8a-4p**  
 Vikki Pearsall, Northside Building and COA Site Coordinator, Zack & Kathy Food Service & HD Meals  
 13513 Division Street  
 Charlevoix, MI 49720  
 231-547-3844

**East Jordan Senior Center:**  
**Open M-F 9a-2p**  
 Brenda Skop, Site Coordinator  
 Kelly, ? , 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](http://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.**



## 2021-22 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM IS STILL OPEN FOR ENROLLMENT!

This program provides limited support for Snow Removal through an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

**VOUCHERS:** Each Voucher holds a value of \$40.00. The number of vouchers issued to the household is dependent upon the 2021 Federal Poverty Guidelines (See Boxed Information Below). Proof (i.e. latest Income Tax Reporting Form 1040 or 1040A) of total household income is required. Once the COA receives a completed Snow Removal Self Declaration Form, proof of residency, and proof of income, vouchers will be mailed to the qualified participating senior household.

**ENROLLMENT:** Enrollment begins Monday, October 18, 2021 & ends on Friday, December 31, 2021 or until the budget has been expended.

### Program Rules:

Program starts November 1, 2021 and ends March 31, 2022.

Participating contractors will be required to complete a W9 before payment of services unless the County already has one on file.\*

Seniors 60 years or older who are full-time Charlevoix County residents/homeowners must complete the Snow Removal Self Declaration Form, return it to the Charlevoix County COA along with the latest Income Tax Reporting Form 1040 or 1040A as proof of total household income and proof of residency in the form of a copy of property taxes or rental agreement. Verbal agreements are not valid.

Number of vouchers awarded will be dependent upon the 2021 Federal Poverty Guidelines and the Commission on Aging's Sliding Voucher Scale outlined below.

Any lost, stolen or misplaced vouchers are the sole responsibility of the participating senior household and there will NOT be any replacement vouchers issued by the Charlevoix County Commission on Aging.

### 2021 Federal Poverty Guidelines and Voucher Allotment

Family Size	Baseline	150% of Baseline	200% of Baseline	300% of Baseline	Above 300% of Baseline
1	\$12,880 or below	\$12,881 to \$19,320	\$19,321 to \$25,760	\$25,761 to \$38,640	More than \$38,640
2	\$17,420 or below	\$17,421 to \$26,130	\$26,131 to \$34,840	\$34,841 to \$52,260	More than \$52,260
Vouchers	5	4	3	2	1

Persons knowingly providing false information related to total household income or residency will have services discontinued and will be requested to repay COA for monies spent on their services.

Vouchers can be used towards snow removal (Shoveling, Snow blowing or Snowplowing) costs between 11/1/21 – 3/31/22 by any contractor the senior chooses and towards any bill for services that the senior chooses within that time period.

The participating senior must include the vouchers with the contractor's bill and submit it to the Charlevoix County COA for payment directly to the contractor for the amount of the Vouchers included. Any snow removal cost above and beyond the voucher amount is the responsibility of the senior.

The COA will not be responsible for any liability or property damage associated with snow removal or any costs above and beyond the provided vouchers value that is accrued by the participating senior.

### Senior Centers are still CLOSED

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 that are currently on the December 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.

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.

### BUT....WE HAVE STARTED TO ADD IN SOME VERY LIMITED ACTIVITIES WITH SPECIAL PARTICIPATION CONSIDERATIONS IN AN EFFORT TO HELP BATTLE ISOLATION AND LONLINESS IN OUR AGING ADULTS

**In-person Activities will be done by reservation only  
Mask will be mandatory to participate with In-person Activities**

**Various Options provided that are site dependent are:**  
Physical Exercise: Pickle Ball, Tai Chi, Yoga, Chair Yoga, Exercise, Walking

Entertainment Activities: Bible Study, Bridge, Monjong, Crafts, Mexican Poker, Card Bingo, Texas Hold-em, Bingo, Rummikub, Farkle, Rollzee

Please Contact your Site Coordinator for dates and times of these special Participation Activities.

Charlevoix Senior Center Participants, to reserve your time slot please contact Vikki at: (231) 547-3844  
East Jordan Senior Center Participants, to reserve your time slot please contact Brenda at: (231) 536-7831  
Boyne Area Senior Center Participants, to reserve your time slot please contact Loretta at: (231) 582-6682

**Should we be able to safely open the Senior Centers during the month of December the Activity Calendar is being provided.**

### 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  
You must wear masks, 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 masks, 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

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

### The Charlevoix Foot Clinic has Moved!

We are now temporarily in the Senior Center Proper though the door next to the Hostess Desk. Clients can come in through the front doors or in through the back door just inside the Metal Gate. We anticipate being here for the next year as construction continues and this location has the best accessibility for all aged adults and their physical needs.

# ALL Charlevoix County Senior Center Menus

## All Senior Center Locations Menu December 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	If Centers are Closed there will be no Veteran Social Baking. We are now serving <b>HOMEMADE SOUPS 3 days a week again.</b>	1. Nachos—Ground Turkey Taco Meat, Refried Beans, Tortilla Chips, Cheese, Mild Salsa, Fruit	2. Ground Sirloin, Mashed Potatoes & Mushroom Gravy, Fresh Vegetables, Fruit	3. <b>Make a Gift Day</b> Cook's Choice, Potato, Fresh Vegetables, Fruit
6. <b>Mitten Tree Day</b> Open Faced Cornbeef Reuben, Saurkraut, 1000 Island Dressing, Diced Red Skin Potatoes, Fruit	7. <b>Pearl Harbor Remembrance Day</b> Hawaiian Chicken Stir-fry, Seasoned Rice, Pineapple & Snap Pea Pods, Light Teriyaki Glaze <b>AM Veteran Social Baking</b>	8. Mom's Meatloaf, Mashed Potatoes, Gravy, Fresh Vegetables, Fruit	9. <b>Christmas Card Day</b> Turkey BLT Salad, Bacon, Fresh Tomatoes, Ranch Dressing, Chicken Noodle Soup, Dinner Roll	10. BBQ Salmon or BBQ Chicken Breast, Seasoned Rice, Vegetable Medley, Fruit
13. <b>Cocoa Day</b> Gyro—Beef & Lamb Strips, Sautéed Onions, Pita Bread, Cucumber Yogurt Sauce, Tater Tots, Fruit	14. <b>Roasted Chestnuts Day</b> Honey Mustard Glazed Ham, Baked Sweet Potato, Garden Vegetable, Fruit	15. Shredded Chicken Enchilada, Mexican Rice, Corn & Black Bean Fiesta, Fruit	16. Baked Pasta w/ Italian Sausage, Tomato Sauce, Garlic Biscuit, Fruit	17. <b>Ugly Christmas Sweater Day &amp; Christmas Celebration</b> Beef Tips & Onions, Mashed Potatoes & Gravy, Fresh Vegetable, <b>Special Holiday Dessert</b>
20. <b>Sangria Day</b> Bratwurst Patty w/Swiss Cheese, Bun, Wedge Fries, Mixed Vegetables, Fruit	21. <b>Winter Begins</b> Sliced Beef Strips with Chimichurri Sauce, Seasoned Rice, Garden Vegetable, Fruit <b>AM Veteran Social Baking</b>	22. Cook's Choice, Potato, Fresh Vegetables, Fruit <b>Special Holiday Dessert</b>	23. <b>CLOSED FOR THE CHRISTMAS HOLIDAY—Merry Christmas!</b>	24. <b>CLOSED FOR THE CHRISTMAS HOLIDAY—Merry Christmas!</b>
27. <b>Fruit Cake Day</b> Three Cheese Mac & Cheese, Stewed Tomatoes, Green Beans, Fruit	28. Breaded Garlic Chicken Breast, Scalloped Potatoes, Vegetable Medley, Fruit <b>AM Veteran Social Baking</b>	29. Roasted Pork Loin, Mashed Potatoes & Gravy, Mixed Vegetables, Fruit	30. <b>Count Down To Noon</b> Assorted Appetizers, Meatballs, Mini Spinich Pie, Fruit, <b>Special Holiday Dessert</b>	31. <b>CLOSED FOR THE NEW YEARS HOLIDAY—Happy New Year!</b>

# ALL Charlevoix County Senior Center Activities

## All Senior Center Locations Activities for December 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.	1. C - 8:30a Yoga. 9a Walkers. 9:45a Chair Yoga, 1p Bridge, Open Velcro Axe Throw E - 10a Coffee Hour. 10:30a Gym Walking, 12:30p Card Bingo B - 9:30a Coffee Hour, Exercise Room, 12:30p Rummikub	2. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong 1:30p Pickleball E - 10a Coffee Hour. 10:30a Gym Walking, 12:30p Texas Hold-em B - 9:30a Coffee Hour, Exercise Room, 12:30p Crafts	3. C - 8:30a Coffee Hour. 9a Walkers. 1p Crafts, 1:30p Pickleball E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music Barry Loper. 12:30p BINGO/Meal Ticket B - 9:30a Coffee Hour, Exercise Room, 12:30p Corn Hole Toss
6. C - 8:30a Coffee Hour. 9a Walkers. 1p Corn Hole E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	7. C - 8:30a Coffee Hour. 9a Veteran Social. 9a Walkers. 1p Mahjong, Open BINGO, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	8. C - 8:30a Yoga. 9a Walkers. 9:45a Chair Yoga, 1p Bridge E - 10a Coffee Hour., 10:30a Gym Walking, 12:30p Card Bingo B - 9:30a Coffee Hour, Exercise Room, 12:30p Rummikub	9. C - 8:30a Coffee Hour. 9a Walkers, 10:30a Hand Massages, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em B - 9:30a Coffee Hour, Exercise Room, 12:30p Crafts	10. C - 8:30a Coffee Hour. 9a Walkers. 1p Crafts, 1:30p Pickleball E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music OJ Adkins. 12:30p BINGO/50-50 B - 9:30a Coffee Hour, 10:30a Walking, 11a Karoke Fun, 12:30p Rummikub, Farkle, Rollzee
13. C - 8:30a Coffee Hour. 9a Walkers. 1p Balloon Game E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	14. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong, 4:30p Yoga E - 10a Coffee & Crafts., 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	15. C - 8:30a Yoga. 9a Walkers. 9:45a Chair Yoga, 1p Bridge, Open Toss Across E - 10a Coffee Hour. 12:30p Card Bingo B - 9:30a Coffee Hour, Exercise Room, 12:30p Rummikub	16. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong 1:30p Pickleball E - Foot Clinic 10a Coffee Hour. 10:30a Gym Walking, 10:45a Hand Massages, 12:30p Texas Hold-em B - 9:30a Coffee Hour, Exercise Room, 12:30p Crafts	17. C - 8:30a Coffee Hour. 9a Walkers. 1p Crafts, 1:30p Pickleball E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p BINGO/50-50 B - 9:30a Coffee Hour, 10:30a Walking, 11a OJ Adkins, 12:30p Rummikub, Farkle, Rollzee
20. 8:30a Coffee Hour. 9a Walkers. 1p Toss Across E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	21. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong, 4:30p Yoga E - 9a Veteran Social. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	22. C - 8:30a Yoga. 9a Walkers. 9:45a Chair Yoga, 1p Bridge, Open Toss Across E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em B - 9:30a Coffee Hour, Exercise Room, 12:30p Rummikub	<b>All Centers &amp; Offices are CLOSED for the Christmas Holiday.</b>	<b>All Centers &amp; Offices are CLOSED for the Christmas Holiday.</b>
27. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	28. C - 9a Walkers. 10a Coffee Hour. 1p Mahjong, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Veteran Social. 9:30a Coffee Hour, Exercise Room, 12:30p BINGO	29. C - 8:30a Yoga. 9a Walkers. 9:45a Chair Yoga, 1p Bridge, Open Toss Across E - 10a Coffee Hour. 12:30p Texas Holdem B - 9:30a Coffee Hour, Exercise Room, 12:30p Rummikub	30. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong 1:30p Pickleball E - 10a Coffee Hour. 10:30a Gym Walking, 12:30p Texas Hold-em B - 9:30a Coffee Hour, Exercise Room, 12:30p Crafts	<b>All Centers &amp; Offices are CLOSED for the New Years Holiday.</b>



## Open Enrollment Continues for Medicare and Medicaid!

**Michigan Medicare/Medicaid Assistance Program (MMAP), Inc. partners with the Charlevoix County Commission on Aging to provide this service for you!**

MMAP, Inc. is a FREE Health-benefit counseling service. Our goal is to help you find your way through the health benefits maze. A MMAP Counselor can help identify and apply for programs to help you save money on your Medicare costs, review your Medicare plan, and answer your Medicare questions.

There are programs that may be able to help if you are struggling to afford the costs of your Medicare Health Care and prescription medications.

There are \$0.00 premium programs if you are both Medicare and Medicaid dual enrolled.

There are programs that help with Dental costs such as Dentures, Hearing costs such as Hearing Aids, and Personal Emergency Response Services.

The added bonus as these programs can be changed annually to best fit your current needs!

Please contact Kevin Clements at the Commission on Aging office at 231-237-0103 to set up an appointment. Due to the current Covid Pandemic Status we are providing this process over the phone and via drop off and pick up - it is actually saving you time too.

### Some Virtual Activities, Supports & Education

**Developing Dementia Dexterity: 3 Session Webinar using Zoom - Join any sessions**

Wednesday Afternoons: December 1, 8 and 15, 2021 from 1p-2:30p  
To Register, Call: (517) 592-1974 or email livingwellprograms@r2aaa.net

**A Matter of Balance: Twice a week Sessions using Zoom - Join any sessions**

Tuesday and Thursday Mornings: November 23 - December 23, 2021 from 10-a-12p  
To Register, Call: (313) 397-8227

**Powerful Tools For Caregivers: A 6 week On line workshop using Zoom - Join any sessions**

Tuesday Afternoons: November 15 - December 20, 2021 from 6p-7:30p  
To Register, Call: (833) 262-2200 or email wellnesprograms@aaa1b.org

### 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

Available at Dalwhinnie's, The School, and the Shamrock at this time.

Please call Lonnie for all the Other Beaver Island Fun November Activities planned like the Tai-Chi, Strength Training, BINGO, 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*



# CHRISTMAS WORD SEARCH



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

BELLS  
CANDLES  
CANDY CANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTH POLE  
REINDEER

