

January 2022

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

JANUARY 2022 NOTABLE DATES

- 1 *New Year's Day*
- 2 *Buffet Day*
- 3 *Fruitcake Toss Day*
- 4 *Trivia Day*
- 5 *Bird Day*
- 6 *Cuddle Up Day*
- 7 *Bobblehead Day*
- 8 *Bubble Bath Day*
- 9 *Sunday Supper Day*
- 10 *Peculiar People Day*
- 11 *Step in a Puddle & Splash Your Friends Day*
- 12 *Hot Tea Day*
- 13 *Make Your Dream Come True Day*
- 14 *Dress Up Your Pet Day*
- 15 *Bagel Day*
- 16 *Nothing Day*
- 17 *Ditch New Year's Resolution Day*
- 18 *Thesaurus Day*
- 19 *Popcorn Day*
- 20 *Cheese Lovers Day*
- 21 *Hugging Day*
- 22 *Blonde Brownie Day*
- 23 *Pie Day*
- 24 *Compliment Day*
- 25 *Opposite Day*
- 26 *Peanut Brittle Day*
- 27 *Chocolate Cake Day*
- 28 *Fun at Work Day*
- 29 *Puzzle Day*
- 30 *Croissant Day*
- 31 *Backward Day*



“TAKE THE FIRST STEP IN FAITH. YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE, JUST TAKE THE FIRST STEP.”
 ~ MARTIN LUTHER KING, JR.

Director's CORNER



Northern Michigan winters are a challenge for everyone but especially our aging adults. Slippery sidewalks and driveways in addition to the cold weather can cause a wide range of injuries and illnesses. Here are some tips to get you through the next few months.

Falls are a daily challenge for some of our aging adults and in the winter time these fall chances increase dramatically. Avoid slipping on the ice by making sure you wear shoes with good traction and non-skid soles if you have to go out. Be sure to replace a worn cane tip and walker pads too. Remember to take your snowy shoes off as soon as you go inside because as the snow melts it can leave water that becomes a slippery condition inside.

As cold temperatures can lead to frostbite and hypothermia dress warmly and in layers. Be sure to cover exposed skin with hats, gloves and scarves. You can even use your scarf to cover your mouth and protect your lungs from extreme cold.

Wintertime depression is also a concern as we all tend to go out less often, especially our aging adults. This can breed feelings of loneliness and isolation. Though family members can check on their aging family members, aging adults can also arrange a check in system with neighbors and friends where each person looks in on one another daily either in person or by phone.

If you have to go out and are considering driving, understand that your car needs to be as ready as you are. Be sure to get your care serviced before wintertime hits making sure the oil, tires, battery and wipers are in good shape for the winter roads. Also, make

sure you have antifreeze in your washer fluid and check the weather report beforehand to avoid driving in the worst winter conditions. Our aging adults may not drive as regularly as when they were younger and their reflexes may not be as quick as they once were so be sure to let someone know where you are going and when you will be back if you need to go out and avoid driving when possible by taking public transportation. If you do come for Curbside, get 2 hot meals so that you don't have to go out as often. We also have a selection on frozen meals for you to choose from if you anticipate a bad week of weather and do not want to go out. These like our other meals are available for a \$3.00 donation for all Charlevoix County Aging Adults 60 years old and older.

The COA is also partnering with Transit to help you order your groceries and get them delivered to your door set. Call Charlevoix County Transit for more information on this great new service. Transit will also pick up your prescriptions for you too!

Stay Safe, Be Well and remember we are here to support you!

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, Cathy Kessler, 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
 Kathleen Fortune, Site Coordinator
 Gretchen, Bridget 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

****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 Senior Centers

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 fully. 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 LONELINESS 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

Identity Theft Information for Taxpayers from the Internal Revenue Service

Tax-related identity theft occurs when someone uses your stolen Social Security number (SSN) to file a tax return claiming a fraudulent refund. If you become a victim, the IRS is committed to resolving your case as quickly as possible.

You may be unaware that this has happened until you e-file your return and discover that a return already has been filed using your SSN. Or, the IRS may send you a letter saying is has identified a suspicious return using your SSN.

KNOW THE WARNING SIGNS

Be alert to possible tax-related identity theft if you are contacted by the IRS about:

- More that non tax return was filed for you,
- You owe additional tax, have a refund offset or have had collection actions taken against you for a year you did not file a tax return, or
- IRS records indicate you received wages or other income from and employer for whom you did not work for.

HOW YOUR CAN REDUCE YOUR RISK

Join efforts by the IRS, states and tax industry to protect your data. We all have a role to play. Here's how you can help:

- Always use security software with firewall and anti-virus protections. Use strong passwords.
- Learn to recognize and avoid phishing emails, threatening calls and texts from thieves posing s legitimate organizations such as your bank, credit card companies and even the IRS.
 - Do not click on links or download attachments from unknown or suspicious emails.
- Protect your personal information and that of any dependents. Don't routinely carry Social Security cards, and make sure your tax records are secure.

NOTE: THE IRS DOES NOT INITIATE CONTACT WITH TAXPAYERS BY EMAIL TO REQUEST PERSONAL OR FINANCIAL INFORMATION. THIS INCLUDES ANY TYPO OF ELECTRONIC COMMUNICATION, SUCH AS TEXT MESSAGES AND SOCIAL MEDIA CHANNELS.

Older Adults and Debt: Trade-offs and Tools to Help by the National Council on Aging

Debt is a major obstacle to the financial well-being of older adults in the United States, particularly those who experience poor health or economic insecurity.

Making Trade-offs to manage debt

In order to make ends meet with dealing with debt, seniors often make trade-offs that may save money in the short term but can also be harmful to their health or finances. In it s survey of aging network professionals, NCOA asked whether these professionals encounter older adults who make certain kinds of trade-offs to manage their debt. In their regular (more than once per month) encounters with older clients:

- 23.4% regularly encounter seniors forgoing needed home or vehicle repairs.
 - 14.9% regularly encounter seniors cutting pills.
 - 14.9% regularly encounter seniors avoiding social engagements.
 - 14.5% regularly encounter seniors skipping medical appointments.
- 14.5% regularly encounter seniors missing rent or mortgage payments.
 - 13.7% regularly encounter seniors skipping meals.

Tools to help older adults with debt

Seniors making these trade-offs may not be aware of the wide range of tools available to assist them.

- NCOA's EconomicCheckUp is a free online service to help older adults improve their economic security. The site helps
 - older adults reduce debt, find work, cut spending, and learn about using their home equity.
 Learn more at [EconocicCheckUp.org](https://www.economiccheckup.org).
- Numerous public and private benefits programs can help low-income older adults pay for health care, housing, food, transportation and other expenses, there by freeing up income that can be used to pay down debt. Among the most common public benefits available to this population are the Medicare Savings Programs. Part D Low Income Subsidy (extra help), Medicaid, the Supplemental Nutrition Assistance Program (SNAP), and Low Income Home Energy Assistance Program (LIHEAP). These programs remain under subscribed by older adults, and yet collectively are estimated to offer saving worth more than \$12,000, an amount that would double the income of a person living at the federal poverty level. Older adults don't realize these are not handouts but programs they have paid into all of their lives.

Other federal, state and local benefits are available, including those run by pharmaceutical companies, transportation authorities, and energy companies. NCOA's BenefitsCheckUp is the nation's most comprehensive free, online service to screen seniors with limited income for benefits.

Learn more at [BenefitsCheckUp.org](https://www.benefitscheckup.org)

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.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu January 2022

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
3. Chili Cheese Dog, All Beef Hot Dog, Wedge Fries, Vegetables, Fruit	4. Spaghetti Day Spaghetti Pesto with Grilled Chicken, Basil & Parmesan, Garlic Bread Stick, Fruit <i>AM Veteran Social Baking</i>	5. Bird Day Seasoned Turkey Patty with Onion Gravy, Mashed Potatoes, Fresh Vegetable, Fruit	6. Hand-made Italian Stomboli, Pepperoni, Ham, Salami & Cheese, Light Pizza Sauce, Tomato Basil Soup, Fruit	7. Bobblehead Day Cheesy Chicken Broccoli Rice Casserole, Bread Stick, Fruit
10. Peculiar People Day Vegetarian Burger topped with Black Bean Salsa, Sweet Potato Fries, Fruit	11. Taco Tostada Cup, Ground Beef & Cheese, Mexican Rice, Roasted Corn, Fruit	12. Hot Tea Day Roasted Turkey, Mashed Potatoes, Gravy, Fresh Vegetables, Fruit	13. Gluten Free Day Cabbage Roll Casserole, Rice, Diced Tomatoes, Fruit	14. Cook's Choice, Potato, Mixed Vegetable, Fruit
17. Breaded Veal or Chicken Parmesan, Pasta Marinara, Mixed Vegetable, Fruit	18 Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Fruit <i>AM Veteran Social Baking</i>	19. Popcorn Day Teriyaki Marinated Pork Chop with Pineapple, Scalloped Potatoes, Garden Vegetable, Fruit	20. House-made Beef & Potato Pasty with Beef Gravy, Mashed Potatoes, Fresh Vegetable, Fruit	21. Hugging Day New England Clam Chowder, Grilled Chicken Caesar Salad Kit, Oyster Crackers, Fruit
24. Compliment Day Biscuits & Gravy, Breakfast Sausage, Scrambled Eggs, Warm Applesauce	25. Hand-made BBQ Meatballs, Baked Beans, Vegetable Medley, Fruit <i>AM Veteran Social Baking</i>	26. Open Faced Turkey Rueben (Rachel), Coleslaw, 1000 Island Dressing, Tator Tots, Fruit	27. Chocolate Cake Day Liver & Onions or Garlic Chicken Breast, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit, Chocolate Cake	28. Fun at Work Day Cook's Choice, Potato, Fresh Vegetable, Fruit
31. Backward Day Ham Carbonara Alfredo Pasta, Green Peas, Fruit			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.

FEMA: Be Prepared for an Active Shooter - Wherever you are It can happen anywhere and it can happen anytime

Recent national tragedies remind us that the risk is real. Taking a few steps now can help you react quickly when every second counts.

An active shooter is an individual engaged in attempting to kill people in a confined space or populated area. Active shooters typically use fire arms and have no pattern to their selection of victims. Take an active role in your safety.

PREPARE

If you see suspicious activity, let an authority know right away.

Many places, such as houses of worship, workplaces and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk with your family about what you learned and how to apply it to other locations.

When you visit a building such as a shopping mall or healthcare facility, take time to identify two nearby exits. Get in the habit of doing this.

Map out places to hide. In rooms without windows, behind solid doors with locks, under desks, or behind heavy furniture such as a large filing cabinet can make good hiding places.

Learn how to help others by taking FEMA's "You Are the Help Until Help Arrives" course. Learn more at ready.gov/until-help-arrives.

SURVIVE

RUN. Getting away from the shooter is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations and weapons.

HIDE. If you cannot get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off lights. Do not hide in groups - spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently - such as text messages or by putting a sign in an exterior window. Stay in place until law enforcement give you notice that all immediate danger is clear.

FIGHT. Your last resort when you are in immediate danger is to defending yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.

BE SAFE

Keep hands visible and empty.

Know that law enforcement's first task is to end the incident. They may have to pass injured persons along the way.

Follow law enforcement's instructions and evacuate in the direction they tell you to.

Consider seeking professional help for you and your family to cope with the long-term effects of trauma.

GO TO READY.GOV AND SEARCH FOR ACTIVE SHOOTER. DOWNLOAD THE FEMA APP TO GET MORE INFORMATION ABOUT PREPARING FOR AN ACTIVE SHOOTER. FIND EMERGENCY SAFETY TIPS.

Some Virtual Activities, Supports & Education

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

Tuesday Afternoons: January 4 - February 8, 2022 from 3p-4:30p
To Register, Call: (989) 358-4616 or email mainvilleb@nemsca.org

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

Wednesday Afternoons: January 5 - February 2, 2022 from 1p-3p
To Register, Call: (989) 358-4616 or email mainvilleb@nemsca.org

Diabetes Path: A 6-week on-line workshop using Zoom - Join any sessions

Wednesday Afternoons: January 19 - March 2, 2022 from 1p - 3:30p
To Register, Call (313-397-8227)

Arthritis Foundaiton Exercise Program - Join any sessions

This is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentel range-of-motion exercises that are suitable for every fitness level. Weights, balls and Thera-band's are used in this class
Friday Morning - 11a - 12p
To register, email Marsa@valleyaaa.org

SilverSneakers Stability - Join any sessions

This is designed to help you become stronger and improve balance. The movement 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.
Monday Mornings - 10a - 11a
To Register, email Marsa@valleyaaa.org

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.

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

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

WINTER WORD SEARCH FIND THE WORDS!



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

BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER