

March 2022

Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter
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by: Charlevoix County Senior Millage; Michigan Aging & Adult
Services Agency; Area Agency on Aging of Northwest MI



A GOOD FRIEND IS LIKE A FOUR LEAF CLOVER, HARD TO FIND BUT LUCKY TO HAVE.

Director's CORNER

Gratitude is getting a lot of airplay these days ... and for good reason.

The upsides to expressing gratitude are many. Studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both our own and of those around us.

When people have higher levels of gratitude, they tend to have lower levels of depression, better sleep quality, and stronger biomarkers, such as higher rates of good cholesterol. In addition, they are better able to handle stress and are more socially connected.

Gratitude encourages us to focus on what is rather than what is not, to think carefully about what we have and can be thankful for, rather than what we don't have (and maybe do not even need). In this way, gratitude is closely associated with mindfulness. In NCOA's Aging Mastery Program®, we've put gratitude and mindfulness front and center, and combined them as one of our six dimensions of aging well.

When things are going well in our lives, it can be relatively easy to express gratitude. But what happens when things are not going so well? It's at these moments when we need gratitude the most.

By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives ... the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.

The best way to practice



gratitude over time is to build it into your daily routine as a habit, much the same way that you make brushing your teeth a daily habit.

Here are some tips from Aging Mastery® participants on how they incorporate gratitude into their lives:

"I ask myself every morning, 'What am I grateful for today?'"

"I send thank-you cards to old friends, family, and acquaintances. This weekend, I'll write thank-you cards to my health care providers to say 'thanks' for their care this year."

"I write down and then say out loud what I am grateful for."

"I keep a gratitude journal. I see so much more to be grateful for and I'm happier."

As you can see, there is no one-size-fits-all approach, but practice does make perfect. The added benefit of practicing gratitude every day is that, over time, you can watch your good thoughts accumulate which can be a source of both inspiration and solace in your life.

Appreciating the world around us from the moment we wake up until the moment we go to sleep is a skill to be learned and incorporated into daily living.

Susan Stiles, Senior Director of Product Development and Strategy at NCOA

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"

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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
?, 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, Star, 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.

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

MARCH 2022 NOTABLE DATES

- 1 Paczki Day / Mardi Gras
- 2 Old Stuff Day
- 3 I Want You to be Happy Day
- 4 March Forth and Do Something Day
- 5 Learn What Your Name Means Day
- 6 Oreo Cookie Day
- 7 Be Heard Day
- 8 Proofreading Day
- 9 Get Over It Day
- 10 Pack Your Lunch Day
- 11 Middle Name Pride Day
- 12 Plant a Flower Day
- 13 Daylight Saving Time Begins
- 14 Pi Day
- 15 Everything You Think Is Wrong Day
- 16 Everything You Do Is Right Day
- 17 St. Patrick's Day
- 18 Awkward Moments Day
- 19 Let's Laugh Day
- 20 Storytelling Day
- 21 Common Courtesy Day
- 22 Goof Off Day
- 23 Chip & Dip Day
- 24 Chocolate Covered Raisin Day
- 25 Waffle Day
- 26 Make Up Your Own Holiday Day
- 27 "Joe" Day
- 28 Something On A Stick Day
- 29 Smoke and Mirrors Day
- 30 Take a Walk in the Park Day
- 31 Crayon 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.



The Story of St. Patrick, Bishop and Patron Saint of Ireland - Britannica

St. Patrick, (flourished 5th century, Britain and Ireland; feast day March 17), patron saint and national apostle of Ireland, credited with bringing Christianity to Ireland and probably responsible in part for the Christianization of the Picts and Anglo-Saxons. He is known only from two short works, the *Confessio*, a spiritual autobiography, and his *Letter to Coroticus*, a denunciation of British mistreatment of Irish Christians.

Patrick was born in Britain of a Romanized family. At age 16 he was torn by Irish raiders from the villa of his father, Calpurnius, a deacon and minor local official, and carried into slavery in Ireland. He spent six bleak years there as a herdsman, during which he turned with fervour to his faith. Upon dreaming that the ship in which he was to escape was ready, he fled his master and found passage to Britain. There he came near to starvation and suffered a second brief captivity before he was reunited with his family. Thereafter, he may have paid a short visit to the Continent.

The best known passage in the *Confessio* tells of a dream, after his return to Britain, in which one Victoricus delivered him a letter headed "The Voice of the Irish." As he read it, he seemed to hear a certain company of Irish beseeching him to walk once more among them. "Deeply moved," he says, "I could read no more." Nevertheless, because of the shortcomings of his education, he was reluctant for a long time to respond to the call. Even on the eve of reembarkation for Ireland he was beset by doubts of his fitness for the task. Once in the field, however, his hesitations vanished. Utterly confident in the Lord, he journeyed far and wide, baptizing and confirming with untiring zeal. In diplomatic fashion he brought gifts to a kinglet here and a lawgiver there but accepted none from any. On at least one occasion, he was cast into chains. On another, he addressed with lyrical pathos a last farewell to his converts who had been slain or kidnapped by the soldiers of Coroticus.

Careful to deal fairly with the non-Christian Irish, he nevertheless lived in constant danger of martyrdom. The evocation of such incidents of what he called his "laborious episcopate" was his reply to a charge, to his great grief endorsed by his ecclesiastical superiors in Britain, that he had originally sought office for the sake of office. In point of fact, he was a most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped "idols and unclean things" had become "the people of God."

The phenomenal success of Patrick's mission is not, however, the full measure of his personality. Since his writings have come to be better understood, it is increasingly recognized that, despite their occasional incoherence, they mirror a truth and a simplicity of the rarest quality. Not since St. Augustine of Hippo had any religious diarist bared his inmost soul as Patrick did in his writings. As D.A. Binchy, the most austere critical of Patrician (i.e., of Patrick) scholars, put it, "The moral and spiritual greatness of the man shines through every stumbling sentence of his 'rustic' Latin."

It is not possible to say with any assurance when Patrick was born. There are, however, a number of pointers to his missionary career having lain within the second half of the 5th century. In the *Coroticus* letter, his mention of the Franks as still "heathen" indicates that the letter must have been written between 451, the date generally accepted as that of the Franks' irruption into Gaul as far as the Somme River, and 496, when they were baptized en masse. Patrick, who speaks of himself as having evangelized heathen Ireland, is not to be confused with Palladius, sent by Pope Celestine I in 431 as "first bishop to the Irish believers in Christ."

Toward the end of his life, he retired to Saul, where he may have written his *Confessio*. It is said that an angel conveyed to him that he was to die at Saul, the site of his first church, despite his wishes to die within the ecclesiastical metropolis of Ireland. His last rites were administered by St. Tussach (also spelled Tassach or Tassac).

Legends

Before the end of the 7th century, Patrick had become a legendary figure, and the legends have continued to grow. One of these would have it that he drove the snakes of Ireland into the sea to their destruction. Patrick himself wrote that he raised people from the dead, and a 12th-century hagiography places this number at 33 men, some of whom are said to have been deceased for many years. He also reportedly prayed for the provision of food for hungry sailors traveling by land through a desolate area, and a herd of swine miraculously appeared.

Another legend, probably the most popular, is that of the shamrock, which has him explain the concept of the Holy Trinity, three persons in one God, to an unbeliever by showing him the three-leaved plant with one stalk. Traditionally, Irishmen have worn shamrocks, the national flower of Ireland, in their lapels on St. Patrick's Day, March 17.

WE Love our Veteran's!

Charlevoix County Veterans Affairs reminds all veterans, and widows/surviving spouses to contact the Veterans Affairs office to schedule an annual VA file review appointment.

During this appointment, you will meet with a CVSO (in our new offices and with either Josh or Kaylee) and update your VA file, review past/present claims, and answer any questions you may have.

For attending this appointment, you will be eligible to receive a \$50 Meijer Food voucher.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu March 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
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	1. Paczki Day Hamburger Stroganoff over Noodles, Sour Cream & Scallions, Fruit <i>AM Veteran Social Baking</i>	2. Ash Wednesday Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Mixed Vegetable, Fruit	3. Mushroom & Swiss topped Chicken Breast, Light Gravy, Mashed Potatoes, Garden Vegetable, Fruit	4. Cook's Choice or Seafood Selection, Potato, Mixed Vegetable, Fruit
7. Large Bowl of Beef & Barley Soup with vegetables, Mozzarella Cheese Stick, Hard Boiled Egg, Saltine Crackers, Fruit	8. Proofreading Day Chicken Fajita Casserole, Colored Peppers, Onions, Cheddar Cheese and Seasoned Rice, Fruit	9. Get Over it Day BBQ Boneless Pork Chop, 1/2 Baked Potato, Sour Cream, Green Beans, Fruit	10. Shepard's Pie with Beef, Stew Vegetables, Topped with Mashed Potatoes, Fruit	11. Cook's Choice or Seafood Selection, Potato, Mixed Vegetable, Fruit
14. Pi Day Honey Turkey & Swiss Sandwich, Mayo, Baked Beans, Baby Carrots, Fruit Chicken & Rice Soup	15. Chicken Piccata, Butter, Lemon and Artichoke Sauce over Noodles, Fruit <i>AM Veteran Social Baking</i>	16. Asian Beef & Vegetables, Oriental Vegetables, Seasoned Rice, Mini Spring Roll, Fruit	17. St. Patrick's Day Celebration Boiled Corn Beef and Cabbage, Potatoes, Carrots, Fruit Special Green Dessert	18. Awkward Moments Day Cook's Choice or Seafood Selection, Potato, Mixed Vegetable, Fruit
21. Common Courtesy Day Polish Sausage & Sauerkraut on a Bun, Tater Tots, Vegetable, Fruit	22. Ham, Broccoli & Cheddar Quiche, Hash Browns, Warm Applesauce <i>AM Veteran Social Baking</i>	23. Chip & Dip Day Cheese Ravioli with Olive Oil, Basil, Fresh Tomatoes, Fresh Bread and Butter, Fruit	24. Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	25. Waffle Day Cook's Choice or Seafood Selection, Potato, Mixed Vegetable, Fruit
28. Something on a Stick Day Bacon Cheeseburger, Wedge Fries, Mixed Vegetable, Fruit	29. Sweet & Sour Popcorn Chicken, Brown Rice with Vegetables, Fruit, Fortune Cookie	30. Pork Roast & Gravy, Mashed Potatoes, Vegetable Medley, Fruit	31. Crayon Day Spaghetti & Tomato Sauce, Ground Turkey Meatballs, Garlic Bread, Garden Vegetable, Fruit	We will be providing Homemade Soups as often as the supply chain allows us to. If Centers are Closed there will be no Veteran Social Baking.

Charlevoix County Senior Centers - Hope to Reopen this month!

We are FINALLY seeing a downward trend in this COVID-19 Pandemic and looks like it will be sustainable instead of volital. As of this printing, 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 - for dining in.

We are looking to possibly reopen fully in March if this downward trend continues but as of this printing, a date has not been offically set. We are still providing all of our regular services, just a bit differently still.

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.

Any notices on REOPENING will go out on our Website, Facebook Page, Instagram, at our Curbside Meal pick up, Home Delivered Meal delivery, and our billing 2 weeks before we open on a regular basis.

As of right now, In-person Activities will be done by reservation only & Masks will be mandatory to participate with In-person Activities. Curbside meal pick up is from 11:30a - 12:30p.

We will begin welcoming back our Home Delivered Meal volunteers at the beginning of March and all of our other volunteers once we open. Volunteers should expect to be contacted by Kevin Clements or your Site Coordinator.

New clients to our Home Health Care Services and our Foot Care Clinics will be added once we open.

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 Kathleen at: (231) 582-6682

It's That Time of Year Again ... Tax Season but don't panic as we can give you a GREAT resource!

The Northwest Michigan Community Action Agency wants you to give yourself a break and let them file your taxes for FREE!

Starting January 31st, our virtual tax prep experts will accept all paperwork through face to face, mail, email or at one of our drop boxes in Traverse City, Petoskey, Honor, Charlevoix or Cadillac. Please call us (1-800-632-7334 extention 3) for the required intake paperwork and check list or visit nmcaa.net/taxes to download it yourself!

Or upload your taxes to: getyourrefund.org/NMCCA. We will take care of the rest! If you have any questions, please call 1-800-632-7334 extention 3.

This program will be available through the end of May 2022.

You also have the option of doing your taxes yourself through this FREE program. It's an easy, fast, self-facilitated program backed by H&R Block, the IRS, and the United Way.

myfreetaxes.com offers FREE file for simple returns and low fee file for self-employed returns.

March is known for two major holidays – one to find candy, and the other to drink lots of beer!

Certainly, you can guess which events those are, but there's a lot of other happenings going on in March. That, along with a rich history of course! Well here are 20 marvelous facts about March that you won't believe!

- In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
 - If you were born in March, your birth flower is a daffodil!
- March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage.
- There are two zodiac signs in March. Pisces, which is until March 20, and Aries which is from the 21st.
 - The first month of spring is March, which starts between the 19th and the 21st.
 - March is the equivalent of September in the Southern Hemisphere.
 - Every year, March and June finish on the same day of the week.
 - March is the time of year when animals start waking up from hibernation.
- The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
- The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.
- The Anglo-Saxons called March "Hlyd monath" meaning "Stormy month" or "Hraed monath" meaning "Rugged month."
- The popular social media outlet Twitter was launched on March 21, 2006, with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read "just setting up my twttr."
- Saint Patrick's Day occurs every March 17th, celebrated in many western countries to commemorate the day Saint Patrick died.
- Easter Sunday is another popular holiday of this month. Originally observed by Christians to celebrate the resurrection of Jesus Christ, it has now become a holiday involving egg hunting, candy, and the Easter bunny.
- Statistically, March is the most unproductive month of the year in the U.S. This is the result of "March Madness" which is the season of the NBA. Some companies lose up to \$1.9 billion in wages paid to workers who were not productive and instead spent company time on betting on NBA games.
- Back in the older days, March was when military campaigns would resume that had previously been put on hold for
 - winter.
- On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said "Mr. Watson, come here. I want to see you."
- The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.
- President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization that has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other
 - human 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 & The Bodega at this time.

Please call Lonnie for all the Other Beaver Island Fun March 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

St Patrick's Day Word Search!



Coins
Corned Beef
Fiddle
Gold

Green
Harp
Ireland
Leprechaun

Limerick
Luck
March
Mischievous

Rainbow
Seventeen
Shamrock
Snake