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June 2022

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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



"IN THE SPRING, AT THE END OF THE DAY, YOU SHOULD SMELL LIKE DIRT." ~ MARGARET ATWOOD

irector's

Guest Column by Sheri Shepard, Assistant COA Director



Elder Abuse is a subject that no one likes to talk about, but it is necessary. World Elder Abuse Awareness day is Wednesday, June 15, 2022. In honor of this day, we would like to share information with you about elder abuse.

Let's start with the who. Who is abusing the demographic that we were taught to respect? I don't know about you, but I was taught to respect my elders. Sadly, 66% of the perpetrators are the abused person's own family members. Of that group, 47% are the victim's own child and 19% are the spouse doing the abusing. Five percent are friends or neighbors.

Recently attending an Elder Abuse Task Force Symposium, it was pointed out that family caregiver's who are 24/7 day in and day out with their loved one have factors that lead to abuse and/or neglect. Sometimes it is without intention. Caregiver stress is real when your life is dedicated to caring for your loved one every minute of the day. The family caregiver is taking care of every aspect of not only their own life but also their loved one's too. All of the 3911, Michigan's Child and finances, upkeep of the home and decisions sometimes fall on the family caregiver. Sometimes there is financial stress if the family caregiver is unable to work because their loved one needs someone to be with them 24/7. Lost income and financial strain



bring a whole other aspect of stress to the family caregiver in some of these situations.

Have you ever heard that you cannot pour from an empty cup? Caregiver burnout is real. This is very true when you are a caregiver 24/7. This is where respite care comes in. Not only is there no shame in taking the time for yourself if you are a full-time caregiver but it is essential! Take the time to "fill your cup". I encourage you to seek out respite care whether it be another family member, a friend, or even a paid caregiver. You are not only doing this for yourself but to be a better caregiver for your loved one. I encourage you to take the time for yourself. It is not selfish but self-care. If you are the observer of caregiver burnout, offer to do a couple hours of respite

In closing, if you see something, please say something. Whether the abuse you see, or suspect is physical, emotional, financial, or self-neglect, it is necessary to report. Each year more than 73,000 older Michiganders are victim of abuse, neglect, and exploitation. Please call to report any known or suspected abuse, neglect, or self-neglect at 1-855-444-**Adult Protective Services** 24/7 Hotline.

nformation

Many wonderful

aspects of our

services!

Office:

Volunteers in all

Beaver Island COA

Lonnie Allen, BI County

26466 Donegal Bay Road Beaver Island, MI 49782

Building & COA Site

Boyne Area Senior

Open M-F 9a-2p

Coordinator

231-582-6682

Diane Womack, Site

Gretchen, Bridget, TBD

411 E. Division, PO Box

Boyne City, MI 49712

Charlevoix Senior

Food Service & HD

Open M-F 8a-4p

Coordinator

231-448-2124

Center:

Meals

964

COA Office

13513 Division 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 Carla Middaugh, Personal Care Arlene Wilson, CNA Caroline Smith, CNA/ Homemaker Kim Crandell, Homemaker Rhonda Whiteford, Homemaker

COA Advisory Board:

Luanne Reed, Chair; Ed May, Vice-Chair; Aleta Runey, William Cousineau, Cathy Kessler, Sharon Misiak, SecretaryTreasurer, Janet Kalbfell; Shirley Roloff, Board Liaison

May - September Senior Center Wednesday Night Hours are 2p-7p

Center: Open M-F 8a-4p Vikki Pearsall, Northside **Building and COA Site** Coordinator, Zack & Kathy, TBD 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

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







For more information:

Beaver Island Chamber

(231) 448-2022 **Main Street** Beaver Island, MI 49782 beaverislandcommunitycenter.

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

JUNE 2022 NOTABLE DATES

- Say Something Nice
- Leave the Office Early Day
- Bicycle Day
- Cheese Day
- Hot Air Balloon Day
- **Drive-In Movie** Day
- Chocolate Ice Cream
- **Best Friends Day**
- 9 Strawberry Rhubarb Pie Day
- 10 Iced Tea Day
- Corn on the Cob Day 11
- Peanut Butter Cookie 12 Day
- *13* Softball Day
- 14 Flag Day
- *15* Smile Power Day
- Fresh Veggies Day *16*
- Take Back the Lunch Break Day *17*
- Picnic Day *18*
- *19* Father's Day
- 20 American Eagle Day
- 21 Summer Begins
- 22 Rainforest Day
- 23 Let It Go Day
- *24* Swim A Lap Day
- *25* **Catfish Day**
- **Chocolate Pudding** 26
- *27* Sunglasses Day
- 28 Insurance Awareness Day
- 29 Camera Day
- *30* Handshake 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.

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Charlevoix County Senior Centers Updates

Masks ARE STILL recommended but not mandatory.

We will continue to ask that those not feeling well or who are sick to please NOT come into the Senior Centers & if you do, please know you will be asked to leave to protect our Aging Adults and the Staff who serve you!

Take Out is available for those still not wanting to dine in.

We have added back our second menu option each week.

We are once again highlighting Michigan In Season Fresh Fruits and Vegetables.

Wednesday Night dinners June 1, 2022 except for at our Boyne Area Senior Center - they will start their Wednesday Night Dinners on July 6, 2022 due to staffing challenges.

Soups, Salads, Fruit and Bread are offered as side options. Soups will be served periodically during the summer months. Dinner Salads Mondays and Wednesdays and a Specialty Salad on Thursdays.

Some of our Senior Centers are short staffed so we are doing the best we can with less support. Please be patient and kind. Finding staff is a challenge all over Northern Michigan and we can only do what we can with what we have.

The Boyne Senior Center will have very limited activities in June - and closed to the public unless you have signed up for specific activities. The scheduled activities are Tai Chi, Foot Clinics and Travel Club. Meals will be served as Curbside pickup for May 16, 2022 until July 5, 2022 from 11:30a - 12:30p due to staffing challenges. We will try to have entertainment outside if possible during the lunch time pick ups. The BASC is CLOSED on Wednesdays in June for ALL SERVICES and NO MEALS except Home Delivered Meals.

This is a temporary adjustment as we will have staff to reopen the Boyne Area Senior **Center in July.**

ALL Seniors are welcome to attend activities and events at East Jordan or Charlevoix as they are fully staffed and opened as planned, including Veterans Socials and Wednesday Night Dinners.

Alzheimer's Awareness Month

Join the Alzheimer's Association in celebrating June as Alzheimer's Awareness Month. According to the Alzheimer's Association, more than 50 million people are living with Alzheimer's and other dementias worldwide. This June, join the association in going purple to raise awareness. During the month of June, the Alzheimer's Association will host a social media campaign, as well as the "Longest Day" on June 20, 2021, where participants come together to fight Alzheimer's through an activity of their choice.

Ways to get involved:

Turn Facebook purple by changing profile pictures.

Shop for purple attire to wear during the month on June. Use #endalz or #endAlzheimers on social media to join the conversation. Join the fight by starting an Alzheimer's Fundraiser.

Local TRAVEL CLUB! You Asked For It...You Got It... **An Afternoon Trip to the Odawa Casino**

Cost of the trip is \$3.00 which helps us with the growing gas prices. Plan on your own spending money. Please sign up with your Senior Center Site Coordinator. Boyne Area Senior Center Seniors will need to call the COA Office at 231-237-0103 to sign up.

Trips are scheduled to leave at 1:30 pm from:

Boyne Area Senior Center - Wednesday, June 22nd East Jordan Senior Center - Wednesday, June 15th **Charlevoix Senior Center - Wednesday, June 29th** You will be back in time for Wednesday Night Dinner:)

Charlevoix Area Cargiver Support Group - Free & Open to ALL Caregivers

Presented by the Alzheimer's Association of Michigan and Facilitated by trained staff of the Charlevoix County Commission on Aging.

Build a support system with people who understand.

Develop a support system.

Exchange practical information on challenges and possible solutions.

Talk through issues and ways of coping.

Share feelings, needs and concerns.

Learn about community resources.

Meeting in person at the Charlevoix Senior Center - Conference Room

The Second Thursday of the month from 1pm - 2:30p

Please call Sheri at (231) 237-0103 for more information or if you are interested in attending.

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ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu June 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
Weekly Alternative Meals: 5/31-6/3: Toasted Bagel, Salami, Cream Cheese 6/6-6/10: Turkey Bacon Wrap	Weekly Alternative Meals: 6/13-6/17: Tuna Mac Salad 6/20-6/24: Ham, Onion, Cream Cheese Pinwheels 6/27-7/1: Chef Salad	1. Thanksgiving in June Roast Turkey, Stuffing, Potatoes & Gravy, Fresh Vegetable, Tossed Salad, Pumpkin Dessert	2. Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Vegetable Medley, Fruit	3. Bicycle Day Pork Loin & Gravy, Sweet Potatoes, Fresh Vegetables, Fruit Homemade Soup
6. Drive In Movie Day BBQ Wings, Macaroni & Cheese, Vegetable, Tossed Salad, Fruit	7. Chicken, Avocado, Tomato, Spring Mix Salad, Cilantro Lemon Vinaigrette, Fruit Homemade Soup AM Veteran Social & Baking	8. Friendsgiving Day Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Tossed Salad, Fruit Chocolate Ice Cream	9. Chicken Breast Supreme, Sauteed Onion & Gravy, Au Gratin Potatoes, Mixed Vegetables, Fruit	10. Iced Tea Day Cook's Choice, Potato, Fresh Vegetable, Fruit Homemade Soup
13. Bacon Cheeseburger, Tater Tots, Garden Vegetable, Side Salad, Fruit	14. Flag Day Ham & Cheese Biscuit Sliders, Ranch Seasoned Fries, Garden Vegetable Fruit Homemade Soup	15. American Flag Day Homemade Beef Lasagna, Garlic Bread, Fresh Vegetables, Tossed Salad, Fruit Red White & Blue Dessert	16. Breakfast for Lunch Corned Beef Hash, Vanilla Yogurt Cup, Fresh Fruit Salad	17. Father's Day Celebration Ground Sirloin, Mashed Potatoes & Mushroom Gravy, Fresh Vegetable, Strawberry Dessert
20. American Eagle Day Baked Ziti, Tomato Sauce, Cottage & Mozzarella Cheese, Garlic Bread, Tossed Salad, Fruit	21. Chili Cheese Beef Hot Dog, Waffle Fries, Green Beans, Fruit AM Veteran Social & Baking	22. 60's Night Chicken Ala King & Green Peas over a Biscuit, Tossed Salad, Fruit	23. Let it Go Day Chicken Bacon Ranch Pizza, Pasta Salad with Fresh Garden Vegetables, Fruit	24. Hamburger Casserole with Sauteed Potatoes & Onions, Fresh Vegetable, Fruit Homemade Soup
27. Sunglasses Day Smothered Pork Chop with Mushrooms, Buttered Noodles, Vegetable Tossed Salad, Fruit	28. Asian Beef & Vegetables, Sesame Seasoned Rice, Mini Spring Roll, Fruit	29. Wedding Night Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetables, Tossed Salad, Fruit White Cake & Frosting	30. Handshake Day Sliced Italian Sausage, Mixed Peppers in a light Tomato Sauce Served Over Pasta, Fruit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE MI Strawberries Month Served 6/17

ALL SENIOR CENTER LOCATIONS ACTIVITIES

All Senior Center Locations Activities for June 2022						
Monday	Tuesday	Wednesday	Thursday	Friday		
Veteran Coffee/Donuts Social Dates are: C—6/7 at 9a E—6/21 at 9a BC— Cancelled for June due to staff shortage ALL ACTIVITIES SUBJECT TO CHANGE	Ice Cream Social Birthday Celebration Dates are: C— 3rd Friday E— 1st Friday BC— Cancelled for June due to staff shortage Sponsored by the Charlevoix American House	1. C - Wednesday Night Dinners. 10a Walkers, 1p Bridge/Games/Puzzles E - Wednesday Night Dinners. 4p Music Barry Loper, 6:15p Card Bingo B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	2. C- 9a Coffee Talk, 9a Walkers. 9:30a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E- 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em B- Foot Clinic. Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no other activities are planned today.	3. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music Barry Loper, 12:30p Card BINGO/50 -50 Drawing B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.		
6. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss, Card Choice B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	7. C - Foot Clinic. 9a Coffee Talk, 9a Walkers, 9:30a Veterans Social, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Tai Chi, Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	8. C - Wednesday Night Dinners. 10a Walkers, 1p Bridge/Games/Puzzles E - Wednesday Night Dinners. 4p OJ Adkins Loper, 6:15p Card Bingo B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	9. C- 8a-3p AARP Driving Class, 9a Coffee Talk, 9a Walkers. 9:30a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E- Foot Clinic. 10a Coffee Hour, 10a EJSC Advisory Board, 10:30a Gym Walking, 12:30p Texas Hold-em B- Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	10. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music OJ Adkins, 12:30p Card BINGO B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.		
13. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss, Card Choice B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	14. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic. 9:30a Tai Chi, Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no other activities are planned today.	15. C - Wednesday Night Dinners. 10a Walkers, 1p Bridge/Games/ Puzzles E - Wednesday Night Dinners. 4p Music Kelly, 6:15p Card Bingo B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	16. C- Foot Clinic. 9a Coffee Talk, 9a Walkers. 9:30a Tai Chi, 11:30a Music Brad Hersey, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 10:45a Hand Massages, 12:30p Texas Hold-em or Cards B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	17. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p Card BINGO B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.		
20. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss, Card Choice B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	21. C - 9a Coffee Talk, 9a Walkers, 11a Hand Massages, 1p Mahjong, 1p Games/ Puzzles, 1:30p Pickleball E - Foot Clinic. 9:30a Veterans Social, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B -9:30a Tai Chi, Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	22. C - Wednesday Night Dinners. 10a 9a Walkers, 1p Bridge/Games/ Puzzles E - Wednesday Night Dinners. 4p Music Two Beats,, 6:15p Card Bingo B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	23. C- 9a Coffee Talk, 9a Walkers. 9:30a Tai Chi, 1p Senior Snack Presentaion, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E- 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em B - Foot Clinic. Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no other activities are planned today.	24. C– 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E-10:30a Gym Walking, 11a Music Two Beats, 12:30p Cash BINGO B- Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.		
27. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	28. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9:30a Tai Chi, Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	29. C—Wednesday Night Dinners, 10a Walkers, 1p Bridge/Games/ Puzzles E - Wednesday Night Dinners. 4p Music OJ Adkins, 6:15p Card Bingo B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.	Wednesday Night Dinners start in the Charlevoix and East Jordan Senior Centers on June 1, 2022. Boyne Areas Senior Center will start on July 6, 2022 due to staffing shortage. The Meal is served from 5p—6p.	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.		

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The Leadership Charlevoix County Class of 2022 Announces Wellness Garden and Mental Health Awareness Campaign

Leadership Charlevoix County (LCC) Class of 2022 is excited to announce our Community Service Project, Wellness Garden paired with a Mental Health Awareness Campaign. For the past 10 years, each LCC class has taken on a Community Service Project that focuses on a need within the Charlevoix County community. This year, the 2022 class of 12, have partnered with the Charlevoix County Commission on Aging to construct a Wellness Garden at the new Charlevoix County Shirley Roloff Center.

"The Charlevoix County Commission on Aging is excited to partner with this year's Leadership Charlevoix County Class on their Class Project 'Spring into Wellness Garden'. Mental Health is an incredibly important part of overall health and having a resource like this garden right outside of the Senior Center is truly a gift. With a growing number of people experiencing mental health symptoms, we need to join together in new ways to advocate for and provide resources for improving our mental health care systems. Our aging adults have been especially burdened with isolation and loneliness during the last few years and it has taken a toll on their mental health and that toll has progressed to their physical health. We hope this garden, with its open energy concept, will spotlight the importance of good mental health and the unique and traditional resources available in this county for our entire community."

Amy Wieland, Executive Director of the Charlevoix County Commission on Aging.

While throwing around ideas for a class project we quickly realized that we all agreed that mental health was a major issue facing our community. We wanted to not only raise awareness around this rising issue but to also create something tangible for community members to access. Thus, the Wellness Garden and Mental Health Awareness Campaign was born. "Mental health can be a difficult topic to grasp, but mental health issues put a strain on law enforcement, education, and many other foundational services and resources within an entire community. It's a very real problem that can only start to be addressed by raising awareness."

Aaron Nemec, Leadership Charlevoix County Graduate.

The Wellness Garden will be a public place for relaxation and meditation that also serves as a kiosk with helpful information and messaging for mental health awareness. Wellness Garden construction is planned to begin at the end of May with an official opening date to be announced. Our LCC class has been actively fundraising to bring this Wellness Garden to life. If you are interested in donating email Savannah Bergmann at savbergmann@gmail.com for more details.

In June the Charlevoix County Commission on Aging will offer Veterans one free lunch* at the following locations and on the following days:

June 7 - Charlevoix Senior Center – 13513 Division Street, Charlevoix 547-3844 – Every 1st Tuesday of the Month

June 14 - Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124 – Every 2nd Tuesday of the Month - One Voucher age 60 & over

June 21 - East Jordan Senior Center – 951 Mill Street, East Jordan 536-7831 – Every 3rd Tuesday of the Month

CANCELED - Boyne Area Senior Center – 411 E. Division, Boyne City 82-6682 – Every 4th Tuesday of the Month

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 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!

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

