

**June 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



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

### JUNE 2022 NOTABLE DATES

- 1 **Say Something Nice Day**
- 2 **Leave the Office Early Day**
- 3 **Bicycle Day**
- 4 **Cheese Day**
- 5 **Hot Air Balloon Day**
- 6 **Drive-In Movie Day**
- 7 **Chocolate Ice Cream Day**
- 8 **Best Friends Day**
- 9 **Strawberry Rhubarb Pie Day**
- 10 **Iced Tea Day**
- 11 **Corn on the Cob Day**
- 12 **Peanut Butter Cookie Day**
- 13 **Softball Day**
- 14 **Flag Day**
- 15 **Smile Power Day**
- 16 **Fresh Veggies Day**
- 17 **Take Back the Lunch Break Day**
- 18 **Picnic Day**
- 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**
- 26 **Chocolate Pudding Day**
- 27 **Sunglasses Day**
- 28 **Insurance Awareness Day**
- 29 **Camera Day**
- 30 **Handshake Day**

## Director's CORNER

Guest Column by Sheri Shepard, Assistant COA Director



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 care.

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 1-855-444-3911, Michigan's Child and Adult Protective Services 24/7 Hotline.

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 caregivers 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 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

## COA Information

**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, Secretary/Treasurer, Janet Kalbfell;  
 Shirley Roloff, Board Liaison

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

**Many wonderful Volunteers in all aspects of our services!**

**Beaver Island COA Office:**  
**Open M-F 8a-4p**  
 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**  
 Diane Womack, Site Coordinator  
 Gretchen, Bridget, TBD  
 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, 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](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.**

## 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 Caregiver 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.



# 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

Boyer Area Senior Center: 582-6682

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

## ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

### All Senior Center Locations Activities for June 2022

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



