July 2022



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



"MAY WE THINK OF FREEDOM NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE **OPPORTUNITY TO DO WHAT IS RIGHT."** ~ PETER MARSHALL





COA Office 13513 Division Ave., Charlevoix, MI 49720

Many wonderful Volunteers in all

nformation



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

JULY 2022 NOTABLE DATES

- Joke Day 1
- 2 **I Forgot Day**
- 3 Stay Out of the Sun Day
- Independence Day 4
- 5 **Bikini Day**
- 6 **Fried Chicken** Day
- 7 **Forgiveness Day**
- 8 Video Game Day
- 9 Sugar Cookie Day
- 10 Don't Step on a Bee Day
- 11 Cheer Up the Lonely Day
- 12 Simplicity Day

Food and Water Safety During Power Outages per the U.S. Food and Drug Administration

Prepare Yourself Before Power Emergencies

Make sure you have appliance thermometers in your refrigerator and freezer.

0 Check to ensure that the freezer temperature is at or below 0° F, and the refrigerator is at or below 40° F.

Have coolers on hand to keep refrigerated food cold if the power will be out for more than 4 hours.

Check out local sources to know where dry ice and block ice can be purchased, in case it should be needed.

Power Outages: During and After

When the Power Goes Out

Here are basic tips for keeping food safe:

Keep the refrigerator 1. and freezer doors closed as much as possible to maintain the cold temperature.

The refrigerator will 0 keep food cold for about 4 hours if it is unopened.

A full freezer will keep 0 the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.

Buy dry or block ice to 2. keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of more. Perishable foods with dry ice should keep an 18 cubic foot, fully stocked freezer cold for two days.

3. If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each meat, poultry, seafood, milk, item is thoroughly cooked to a safe minimum internal temperature to ensure that any food-borne bacteria that may be present are destroyed. are thoroughly cooked.

However, if at any point the food was above 40° F for 2 hours or more (or 1 hour if temperatures are above 90 ° F) — discard it.

Once Power is Restored

Determine the safety of your food:

If an appliance 1. thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.

If a thermometer 2. has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.

If the power was out 3. for no more than 4 hours, refrigerated food should be safe as long as the doors were kept closed. When the power comes back on, check the temperature in the refrigerator or of the food. Discard any perishable food (such as meat, poultry, seafood, milk, eggs, or leftovers) that has been at refrigerator temperatures above 40°F for 4 hours or temperatures that are 45°F or below (measured with a food thermometer) should be safe, but should be cooked and consumed as soon as possible.

Perishable food such as and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they 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

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



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 TBD, 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 & **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

Service & HD Meals 951 Mill Street, East Jordan, MI 49727

Commission

Serving Series in Charlesoix County

on Aging

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French Fry Day 13

- 14 Macaroni and Cheese Day
- 15 Be a Dork Day
- Strawberry Rhubarb 16 Wine Day
- 17 Emoji Day
- **Get Out of the** 18 **Doghouse Day**
- **Daiquiri Day** 19
- **Chess Day** 20
- 21 **Junk Food Day**
- Hammock Day 22
- **Gorgeous Grandma** 23 Day
- 24 Drive-Thru Day
- 25 Wine and Cheese Day
- 26 All or Nothing Day
- 27 **Sleepy Head Day**
- 28 Milk Chocolate Day
- 29 Lasagna Day
- 30 **Friendship Day**
- 31 **Avocado 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.



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.

We know how important the Boyne Center is to our aging adults so even with staffing issues we wanted to try to add some things we thought you would appreciate.

The Boyne Center will be closed until further notice. Boyne will have curbside lunch pick-up Monday, Tuesday, Thursday, and Friday, 11:30AM-12:30PM. We will have 3 in-person Wednesday Night Dinners in Boyne on July 27, August 31, & September 28. Dinner will be served from 5-6PM on these dates and doors will be open 4-6:30PM.

Boyne Seniors interested in Travel Club will need to sign up through the COA office at 237-0103.

We will still be holding Foot Clinics on their regularly scheduled dates at the BASC.

Reminder-As of today, in Boyne only - No Wednesday curbside meals or Wednesday Night Dinners (except in-person dinner July 27, August 31, & September 28). If you would like an extra meal to use for Wednesday, frozen meals are available on Tuesdays at curbside pick-up.

The Boyne Area Senior Center, Inc. Building Board is still welcome to hold their Board meetings on July 12, August 2, and September 13 at 10:30a at the Boyne Senior Center even though the COA is only providing limited services and the Center will be posted as CLOSED.

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.

Veteran Socials

Veteran Socials are a great opportunity to connect with other area Veterans and meet with your Charlevoix County Veteran Service Officers.

Veteran Socials are on July 5th at the Charlevoix Center and on July 19th at the East Jordan Center and a free meal can be had at these centers for all Veterans or they can take them to go.

We will reopen for Veterans Socials in Boyne from 9:30AM-11:30AM on July 26, August 23, and September 27. Veterans attending the BASC Socials may receive one free meal to-go at 11:30AM at the conclusion of the Veterans Social.

Please Note: All of these Changes are TEMPORARY. As staffing is added we will resume normal services. Updates will be sent out each Monday through handouts at meal time, on our webpage and through Facebook. Please understand we are doing our best with less.

> Local TRAVEL CLUB! You Asked For It...You Got It... This month's trip is a "Mystery" and Picnic Meal!

Cost of the trip is \$5.00 which helps us with the growing gas prices. Plan on your own spending money. Please sign up with your Senior Center Site Coordinator.

Trips are scheduled to leave at 10:30 am from: East Jordan Senior Center - Thursday, July 7 Charlevoix Senior Center - Wednesday, July 13 Boyne Senior Center - Thursday, July 28 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 July 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 Dinners Served 5p-6p Thursday Friday Weekly Alternative Meals: ALL MEALS INCLUDE MILK, BREAD & Weekly Alternative Meals: When there is **1. Independence Day** BUTTER, 7/5-7/8: Roast Beef & 7/18-7/22: Fresh Shrimp Wednesday Night **Celebration BBQ** 2 VEGGIES & A FRUIT. Cheddar Wrap Salad Dinner there is NO Pulled Pork MENU SUBJECT TO CHANGE WITHOUT 7/25-7/29: Chicken Salad on 7/11-7/15: Bagel w/ Ham Lunch except at the Sandwich with NOTICE and Cream Cheese Croissant (Venetian Week in Cheese, Soft Bun, **Charlevoix Senior** Bacon Baked Beans, Charlevoix) Center & it is the Weekly MI Blueberries Month Served 7/6 & Fruit, Ice Cream Cup Cold Alternative Choice. 7/28 4. ALL SENIOR CENTERS 5. Cooks Choice, Potato, 6. Wednesday Night Dinner 7. Forgiveness Day 8. Baked Chicken, & THE COA OFFICES ARE Fresh Vegetable, Fruit Red, White & Blue Day Smothered Pepperoni & Ham Broccoli and Rice Stromboli, Pasta **CLOSED FOR THE 4TH** AM Veteran Social & Baking **Chicken Breast with Mushrooms & Casserole**, Fruit OF JULY HOLIDAY. **Onions, Mashed Potatoes & Gravy** Marinara, Green Beans, Tossed Salad, Fresh Berries and Fruit Whipped Cream 13. Wednesday Night Dinner Tigers 14. Macaroni & Cheese **11. Cheer Up the Lonely** 12. Baked Garlic Seasoned 15. Be a Dork Day Open Faced Reuben w/ Bone In Chicken Thigh, Au-**Baseball Day — NACHO DAY** with Bacon. Stewed Chicken Stew over Corned Beef, Swiss, **Gratin Potatoes, Garden** Seasoned Beef & Rice, Roasted Tomatoes. Tossed **Biscuit**, Stew Sauerkraut, 1000 Island Vegetable, Fruit Corn, Cheese Sauce, Tortilla Chips, Vegetables, Fruit Salad, Fruit Dressing, Wedge Fries, Lettuce & Tomatoes, Fruit, Fago **Red Pop Floats** Side Salad. Fruit 18. Grilled Chicken Breast 19. Breakfast for Lunch, 20. Wednesday Night Dinner 21. Junk Food Day 22. Cook's Choice. Ham & Cheese Quiche, Sandwich w/Fried Onions Christmas in July Ground Sirloin w/ Chicken Lasagna, Garlic Potato, Fresh & Cheese, Waffle Fries, Hash Browns, Warm **Onions, Mashed Potatoes & Gravy,** Bread, Fresh Vegetable, Fruit **Mixed Vegetable, Honey** Fresh Vegetables, Tossed Salad, **Applesauce** Vegetables, Fruit Mustard Cup, Fruit AM Veteran Social & Baking | Fruit, Special Dessert 25. Wine & Cheese Day 28. Milk Chocolate Day 26. Bacon Cheeseburger, 27. Wednesday Night Dinner 29. Ham & Polish Sausage w/ 80's Night Homemade Meatballs w/ Italian Chicken Pasta w/ Pineapple, Sweet Sweet Potato Fries. Potatoes, Fresh Sauerkraut on Bun, Tator Vegetable, Fruit Mushrooms, Mashed Potatoes & Peppers, Onions & Tots, Tossed Salad, Fruit AM Veteran Social & Baking Gravy, Garden Vegetables, Tossed Tomatoes, Light Alfredo Vegetable, Fruit Sauce, Bread Stick, Salad, Fruit

ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for July 2022

Blueberries

All Senior Center Locations Activities for July 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
Veteran Coffee/Donuts Social Dates are: C—7/5 at 9:30a E—7/12 at 9:30a BC— 7/26 at 9:30a ALL ACTIVITIES SUBJECT TO CHANGE	Ice Cream Social Birthday Celebration Dates are: C— 3rd Friday E— 1st Friday BC— Cancelled for July due to staff shortage Sponsored by the Charlevoix American House		C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.	1. 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.
4. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE 4th OF JULY HOLIDAY	5. C - 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 - 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 E - 4p Barry Loper, 6:15p Card Bingo B—No Meals or activities	7. C- 9a Coffee Talk, 9a Walkers, 11:30a Music by Dolph, 1p Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10a EJSC Advisory Board, 10:30a Gym Walking, 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.	8. 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.
11. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - Foot Clinic. Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	12. 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 - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	13. C - Foot Clinic. 9a Coffee Talk, 9a Walkers, 1p Bridge/ Games/Puzzles E - 4p OJ Adkins, 6:15p Card Bingo B—No Meals or activities	 14. C- 9a Coffee Talk, 9a Walkers. 11:30a Music Brad Hersey, 1p Tai Chi, 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. 	 15. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - Foot Clinic. 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.
18. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B Foot Clinic. Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	19. 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 -Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	20. C - Foot Clinic. 9a Coffee Talk, 9a Walkers, 11a Hand Massages ,1p Bridge/Games/ Puzzles E - 4p \$ in a Juke Box, 6:15p Card Bingo B—No Meals or activities	21. C- 9a Coffee Talk, 9a Walkers. 1p Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 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.	22. 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.
25. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Cash BINGO, Wii, Corn Hole Toss B - Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	26. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - Foot Clinic. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—Veteran Social 9:30a-11:30a—pick up your meal to go curbside.	27. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/ Puzzles E - 4p Kelly, 6:15p Card Bingo B - Wednesday Night Dinner— Open 4p-6:30p, Meal served from 5p-6p Only	28. C– 9a Coffee Talk, 9a Walkers. 9, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B—Foot Clinic. Curbside Meal Pick up 11:30a-12:30p. Due to Staffing Shortages no activities are planned today.	29. C– 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E -10:30a Gym Walking, 11a Music, 12:30p Cash BINGO B - Curbside Meal Pick up 11:30a- 12:30p. Due to Staffing Shortages no activities are planned today.

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

July 5 - Charlevoix Senior Center – 13513 Division Street, Charlevoix 547-3844 – Every 1st Tuesday of the Month

July 12 - Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124– Every 2nd Tuesday of the Month - One Voucher age 60 & over

July 19 - East Jordan Senior Center – 951 Mill Street, East Jordan 536-7831 – Every 3rd Tuesday of the Month

July 26 - Boyne Area Senior Center – 411 E. Division, Boyne City 82-6682 – Every 4th Tuesday of the Month

Volunteering for the Commission On Aging (COA)

We are honored and thankful for the great group of volunteers who give their time and talent helping the COA and our aging community. Without these individuals we could not do what we do every day. If you are interested in getting involved, serving your community and volunteering please call Kevin at 231-237-0103. We have open positions for hostesses/hosts, kitchen help, home delivery meal drivers, and entertainment at all locations.

Thank You for Your Patience

As we all know our area is struggling with staffing. Unfortunately, the Commission on Aging is not spared. Please have patience and kindness with us as we are all trying our very best and some of our employees are taking on additional duties. Thank you to everyone who is supporting us as we navigate this temporary time period of building our staff back up.

Where Can I Get Information

The COA has a web page on the Charlevoix County website-www.charlevoixcounty.org, Facebook and Instagram account, monthly Senior Highlights section of the Charlevoix County News the fourth week of the month, monthly education handouts and coming to the Center and listening to announcements before the meal are the best ways to keep up to date on what is happening at your Center.

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 or the COA Office on the Mainland for all the Other Beaver Island Fun 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.

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