

August 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

## AUGUST 2022 NOTABLE DATES

- 1 *Homemade Pie Day*
- 2 *Ice Cream Sandwich Day*
- 3 *Watermelon Day*
- 4 *Chocolate Chip Cookie Day*
- 5 *Water Balloon Day*
- 6 *Root Beer Float Day*
- 7 *Lighthouse Day*
- 8 *Happiness Happens Day*
- 9 *Book Lovers Day*
- 10 *Lazy Day*
- 11 *Play in the Sand Day*
- 12 *Vinyl Record Day*
- 13 *Garage Sale Day*
- 14 *Creamsicle Day*
- 15 *Relaxation Day*
- 16 *Tell a Joke Day*
- 17 *Thrift Shop Day*
- 18 *Fajita Day*
- 19 *Photography Day*
- 20 *Radio Day*
- 21 *Senior Citizens Day*
- 22 *Be an Angel Day*
- 23 *Ride the Wind Day*
- 24 *Strange Music Day*
- 25 *Kiss and Make Up Day*
- 26 *Dog Day*
- 27 *Just Because Day*
- 28 *Bow Tie Day*
- 29 *More Herbs, Less Salt Day*
- 30 *Beach Day*
- 31 *Eat Outside 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.



LET THE DOG DAYS OF SUMMER BEGIN. DID YOU KNOW IT WAS NAMED AFTER THE DOG STAR?

## 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

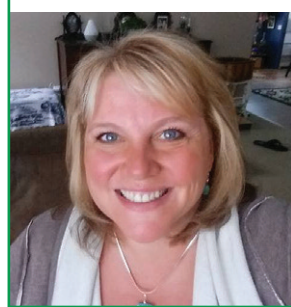
**COA Advisory Board:**  
Luanne Reed, Chair;  
Ed May, Vice-Chair;  
Aleta Runey, William Cousineau, Cathy Kessler, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;  
Shirley Roloff, Board Liaison

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

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"



## Director's CORNER



Did you know that people 60 years and older are more prone to heat stresses (heat stroke & heat exhaustion) than younger people?

There can be many reasons why, but two of the most common are that they are more likely to have chronic medical conditions that change the body's normal heat response and they are more likely to take medications that impair the body's ability to regulate its temperature.

Heat Stroke is when the body become unable to control its temperature. The body temperature rises rapidly, and the body loses its ability to seat and is unable to cool down.

Heat exhaustion is a milder form of heat-related illness that can occur after several days of being exposed to high temperatures along with inadequate of unbalanced replacement of fluids.

The signs and symptoms of heat stroke are: An extremely high body temperature (above 103 degrees F); red, hot and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; and nausea.

Heat exhaustion can also be a sign or symptom of on coming heat stroke.

The signs and symptoms for heat exhaustion are: Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; fainting; breathing fast and shallow; fast and weak pulse and the skin may be cool and moist.

Protect yourself by drinking cool, nonalcoholic beverages; rest; take cool showers or baths; seek an air-conditioned environment; wear lightweight clothing; remain indoors in the heat of the day and do not engage in strenuous activities.

If your doctor limits the amount of fluid you drink, ask them how much you should drink when it is hot.

Protect others by checking at risk adults a couple of times a day and watch them for signs of heat stress; encourage fluid intake and take them to air-conditioned locations.

Having COVID-19 still in our area and the need for social distancing for our safety makes finding safe places to rehydrate and cool off on hot days outside of our own home environments even more challenging for our aging adults as the usual resources are either closed or not available in the same manner.

Our Senior Centers are open and air conditioned. We are also follow strict cleaning and sanitizing protocols.

No place is guaranteed germ free so be careful, be aware of how you feel and your surrounding and seek medical assistance if you are feeling unwell.

## Charlevoix County Senior Centers Updates

### Blood Pressure Clinics are Back!

BP Clinic Schedule July 2022 -September 2022

East Jordan Senior Center, every other Thursday of the month. Charlevoix Senior Center, every other Thursday of the month. Time -11:30 am to 12:30 pm with CNA, Caroline Smith

#### EJSC (Thursday)

July 14, 2022  
July 28  
August 11  
August 25  
September 8  
September 22

#### CHSC (Thursday)

July 21, 2022  
August 4  
August 18  
September 1  
September 15  
September 29

### Veteran Socials

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

In August we will host a Veterans Social and offer Refreshments along with one free lunch\* to our Charlevoix County Veterans at the following locations and days:

August 2 -Charlevoix Senior Center – 13513 Division Street, Charlevoix  
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

August 9 -Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124– Every 2nd  
Tuesday of the Month from 9:30am—11am  
\*One Voucher age 60 & over

August 16 -East Jordan Senior Center – 951 Mill Street, East Jordan  
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

August 23 -Boyne Area Senior Center – 411 E. Division, Boyne City  
582-6682 – Every 4th Tuesday of the Month from 9:30a—11am

### 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](http://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.

### Local TRAVEL CLUB! You Asked For It...You Got It...

**This month's trip is to the Music House Museum and a Picnic Meal!**

**Cost of the trip is \$8.00 and includes lunch and part of the admission fee. The COA will cover the rest of the admission fee. Please sign up with your Senior Center Site Coordinator.**

**Trips are scheduled to leave at 9:30 am from:**

**East Jordan Senior Center - Wednesday, August 10**

**Charlevoix Senior Center - Wednesday, August 17**

**Boyne Senior Center - Wednesday, August 24**

**You will be back approximately at 2:30pm & 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 Lunch Menu August 2022 (11:30a—12:30p)

Commission On Aging 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
1. Grilled Bacon, Chicken & Cheese Sandwich, Tater Tots, Garden Vegetables, Fruit  <b>Alternative Meal for Week:</b> Tuna Macaroni Salad	2. Beef & Bean Burrito, Mexican Rice, Corn, Fruit	3. <b>Wednesday Night Dinner</b> <b>Charlevoix Picnic:</b> BBQ Chicken Drumsticks, Scalloped Potatoes, Green Beans, Ice Cream Cup	4. Spaghetti & Meat Sauce, Garlic Bread, Garden Vegetable, Tossed Salad, Fruit	5. <b>Water balloon Day</b> Cook's Choice, Potato, Fresh Vegetable, Fruit
8. Sloppy Joes w/ Cheese, Wedge Fries, Vegetable Medley, Fruit  <b>Alternative Meal for Week:</b> Chicken Caesar Salad Kit	9. <b>Book Lovers Day</b> Chicken Teriyaki, Pineapple, Rice, Vegetable Medley, Mini Spring Rolls, Fruit	10. <b>Wednesday Night Dinner</b> <b>College Football Night</b> Turkey Dinner, Mashed Potatoes, Stuffing, Fresh Vegetable, Tossed Salad, Fresh Baked Cookie	11. Bratwurst w/ sauteed Onions, Cheese, Vegetable Pasta Salad, Fruit	12. <b>Vinyl Record Day</b> Seafood Alfredo Pasta w/ Shrimp & Crab, Vegetable, Fruit
15. Breaded Chicken Strips, Sweet Potato Fries, Honey Mustard Cup, Fruit  <b>Alternative Meal for Week:</b> Ham, Cream Cheese & Green Onion Pinwheels	16. <b>Tell a Joke Day</b> Turkey Rachel Ruben, Coleslaw, Chips, Homemade Soup, Fruit	17. <b>Wednesday Night Dinner</b> <b>Thrift Shop Day</b> Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Tossed Salad, Fruit, Chocolate Cake	18. Pepper Steak Mixed Colored Peppers & Onions, Seasoned Rice, Fruit	19. <b>Photography Day</b> Lemon Pepper Chicken Quarter, Au-Gratin Potatoes, Green Beans, Fruit
22. <b>Be an Angel Day</b> Four Cheese Macaroni & Cheese, Broccoli, Tossed Salad, Fruit  <b>Alternative Meal for Week:</b> Turkey Bacon Wrap	23. <b>Ride the Wind Day</b> Roasted Pork Loin & Gravy, Scalloped Potatoes, Garden Vegetable, Fruit	24. <b>Wednesday Night Dinner</b> <b>East Jordan Picnic:</b> Cheese Burger, Bun, Potato Salad, Cole Slaw, Ice Cream Cup	25. <b>Kiss &amp; Make Up Day</b> Popcorn Chicken Bowl, Mashed Potatoes, Country Gravy, Corn, Fruit	26. Cook's Choice, Potato, Fresh Vegetable, Fruit
29. Ham Alfredo Pasta, Green Peas, Garlic Cheese Biscuit, Tossed Salad, Fruit  <b>Alternative Meal for Week:</b> Chicken Salad Croissants	30. <b>Beach Day</b> Liver & Onions or Breaded Garlic Chicken Breast, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	31. <b>Wednesday Night Dinner</b> <b>Boyne Picnic:</b> Beef Chili, Beef Hot Dogs, Buns, Chips, Fresh Watermelon, Ice Cream Cup	May—September there are no lunches on Wednesdays except in Charlevoix where the Alternative Meal is the lunch option.	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT.</b>  <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

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

All Senior Center Locations Activities for August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1. 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 -	2. C - 9a Coffee Talk, 9a Walkers, 9:30a <b>Veterans Social</b> , 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic.	3. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program E - 4p Music by Barry Loper, 6p Card Bingo B—	4. C— Foot Clinic. 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 -	5. 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, 3 Meal Ticket Drawing B -
8. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - Foot Clinic. 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B -	9. 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 -	10. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, 5p Music John Slough E - 4p Music OJ Adkins, 6p Card Bingo B—Foot Clinic.	11. C— Foot Clinic. 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, 11:30a Recycling Program, 12:30p Texas Hold-em or Cards B -	12. 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, 3 Meal Ticket Drawing B -
15. 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 -	16. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 9:30a <b>Veterans Social</b> , 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B -	17. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, 5p Music by Drawbridge Ukulele Group E - 4p Music Kelly, 6p Card Bingo B—	18. 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 -	19. 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, 3 Meal Ticket Drawing B -
22. 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 -	23. C - 9a Coffee Talk, 9a Walkers, 11a Hand Massages, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - Foot Clinic. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9:30a <b>Veterans Social</b>	24. C - 9a Coffee Talk, 9a Walkers, 11a Hand Massages, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, 5p Music by Brad Hersey E - 4p Music 2 Beats, 6p Card Bingo B—	25. 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 - Foot Clinic.	26. 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, 3 Meal Ticket Drawing B -
29. 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 -	30. 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—	31. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program E - 4p Music Lou Thumser, 6p Card Bingo B -	<b>Veteran Coffee/Donuts Social Dates are:</b> C—8/2 at 9:30a E—8/16 at 9:30a BC— 8/23 at 9:30a <b>Ice Cream Social Celebration Dates are:</b> C— 3rd Friday E— 1st Friday BC— 2nd Friday <b>Sponsored by the Charlevoix American House</b>	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St. ALL ACTIVITIES SUBJECT TO CHANGE

## We are excited to share that we have found a Site Coordinator for the Boyne Area Senior Center!

This means that we will be opening the doors to the public on Monday, August 1, 2022 for regularly scheduled meals, services and activities.

Curbside meals will end at the Boyne Center on Monday, August 1, 2022 but to go can be picked up inside.

On Friday, August 5, 2022 we will need to close an hour early (1pm) for staff training. We apologize in advance for any inconvenience.

As reminder for our Boyne Area participants lunch will be served Monday, Tuesday, Thursday and Friday from 11:30a - 12:30a in person, inside.

Wednesday Nights Dinners will be served from 5p -6p.

There are no Home Delivered Meals on Wednesdays from June 1 through September 28. These clients will receive an extra meal each Tuesday to be used on Wednesday.

**A big shout out from the Charlevoix County Commission on Aging Advisory Board to all of the COA Staff and Volunteers!**

**All of you have made a very positive impact on our Senior Centers and our Seniors are so happy to have the Centers OPEN again.**

**The Meals are wonderful and the Activities are fun and creative.**

**We as representatives of each location in Charlevoix County appreciate all you do for us and we know we have so much more than many programs around us.**

### Beaver Island Activities and Update

**Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to [allenl@charlevoixcounty.org](mailto: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.

We have Boehm-Tarrant coming from 10am-noon on August 25 for a Medicare 101 informational presentation at the Beaver Island Community Center. 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.

## Just for fun



## SIZZLING SUMMER WORD SEARCH PUZZLE

- ARID
- AUGUST
- BEACH
- BURNS
- DAMP
- DROUGHT
- HEAT
- HOT
- HUMID
- JULY
- JUNE
- PARCHED
- PICNIC
- RECORD
- SCORCHER
- SMOG
- STEAM
- STICKY
- STUFFY
- SUN
- SWELTERING
- THUNDER
- VACATION
- WAVE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

