

December 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

DECEMBER 2022 NOTABLE DATES

- 1 Christmas Lights Day
- 2 Fritters Day
- 3 Make A Gift Day
- 4 Santa's List Day
- 5 Volunteer Day
- 6 St. Nicholas Day
- 7 Cotton Candy Day
- 8 Brownie Day
- 9 Christmas Card Day
- 10 Gingerbread Decorating Day
- 11 Candle Lighting Day
- 12 Gingerbread House Day
- 13 Cocoa Day
- 14 Roast Chestnuts Day
- 15 Cupcake Day
- 16 Ugly Christmas Sweater Day
- 17 Wreaths Across America Day
- 18 Answer The Phone Like Buddy The Elf Day
- 19 Hard Candy Day
- 20 Go Caroling Day
- 21 Winter Begins
- 22 Cookie Exchange Day
- 23 Christmas Movie Marathon Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Candy Cane Day
- 27 Fruitcake Day
- 28 Card Playing Day
- 29 Still Need To Do Day
- 30 No Interruptions Day
- 31 New Year's Eve

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.



“KINDNESS IS LIKE SNOW...IT BEAUTIFIES EVERYTHING IT COVERS. ~ KAHLIL GIBRAN

Director's CORNER

Northern Michigan winters are a challenge for everyone but especially our aging adults.

Slippery sidewalks and driveways in addition to the cold weather can cause a wide range of injuries and illnesses. Here are some tips to get you through the next few months.

Falls are a daily challenge for some of our aging adults and in the winter time these fall chances increase dramatically. Avoid slipping on the ice by making sure you wear shoes with good traction and non-skid soles if you have to go out. Be sure to replace a worn cane tip and walker pads too. Remember to take your snowy shoes off as soon as you go inside because as the snow melts it can leave water that becomes a slippery condition inside.

As cold temperatures can lead to frostbite and hypothermia dress warmly and in layers. Be sure to cover exposed skin with hats, gloves and scarves. You can even use your scarf to cover your mouth and protect your lungs from extreme cold.

Wintertime depression is also a concern as we all tend to go out less often, especially our aging adults. This can breed feelings of loneliness and isolation. Though family members can check on their aging family members, aging adults can also arrange a check in system with neighbors and friends where each person looks in on one another daily either in person or by phone.

If you have to go out and are considering driving, understand that your car needs to be as ready as you are. Be sure to get your care serviced before wintertime hits making



sure the oil, tires, battery and wipers are in good shape for the winter roads. Also, make sure you have antifreeze in your washer fluid and check the weather report beforehand to avoid driving in the worst winter conditions. Our aging adults may not drive as regularly as when they were younger and their reflexes may not be as quick as they once were so be sure to let someone know where you are going and when you will be back if you need to go out and avoid driving when possible by taking public transportation.

As a reminder, you don't have to go out to get meals from the Senior Centers each day. We have Meals that can be purchased in advance and they include a hot meal and 6 frozen a week. These like our other meals are available for a \$3.00 donation for all Charlevoix County Aging Adults 60 years old and older.

The COA is also partnering with Transit to help you order your groceries and get them delivered to your door set. Call Charlevoix County Transit for more information on this great new service. Transit will also pick up your prescriptions for you too!

On behalf of the entire Commission on Aging Staff we wish you a very Merry Christmas, Happy Holidays and please Stay Safe, Be Well!

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!

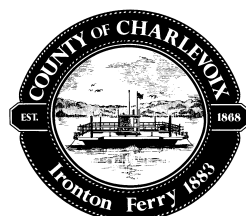
Beaver Island COA Office:
Open M-F 8a-4p
Lonnie Allen, BI County Building & COA Site Coordinator
26466 Donegal Bay Road
Beaver Island, MI 49782
231-448-2124

Boyne Area Senior Center:
Open M-F 9a-2p
?, Site Coordinator
Gretchen, Bridget, Nate
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
Kelly, Star, Cliff
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"



2022-23 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM IS STILL OPEN FOR ENROLLMENT!

This program provides limited support for Snow Removal through an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

VOUCHERS: Each Voucher holds a value of \$40.00. The number of vouchers issued to the household is dependent upon the 2022 Federal Poverty Guidelines (See Boxed Information Below). Proof (i.e. latest Income Tax Reporting Form 1040 or 1040A) of total household income is required. Once the COA receives a completed Snow Removal Self Declaration Form, proof of residency, and proof of income, vouchers will be mailed to the qualified participating senior household.

ENROLLMENT: Enrollment begins Monday, October 17, 2022 & ends on Friday, December 30, 2022 or until the budget has been expended.

Program Rules:

Program starts November 1, 2022 and ends March 31, 2023.

Participating contractors will be required to complete a W9 before payment of services unless the County already has one on file.*

Seniors 60 years or older who are full-time Charlevoix County residents/homeowners must complete the Snow Removal Self Declaration Form, return it to the Charlevoix County COA along with the latest Income Tax Reporting Form 1040 or 1040A as proof of total household income and proof of residency in the form of a copy of property taxes or rental agreement. Verbal agreements are not valid. Number of vouchers awarded will be dependent upon the 2022 Federal Poverty Guidelines and the Commission on Aging’s Sliding Voucher Scale outlined below.

Any lost, stolen or misplaced vouchers are the sole responsibility of the participating senior household and there will NOT be any replacement vouchers issued by the Charlevoix County Commission on Aging.

2022 Federal Poverty Guidelines and Voucher Allotment

Family Size	Baseline	150% of Baseline	200% of Baseline	300% of Baseline	Above 300% of Baseline
1	\$13,590 or below	\$13,591 to \$20,385	\$20,386 to \$27,180	\$27,181 to \$40,770	More than \$40,770
2	\$18,310 or below	\$18,311 to \$27,465	\$27,466 to \$36,620	\$36,621 to \$54,930	More than \$54,930
Vouchers	5	4	3	2	1

Persons knowingly providing false information related to total household income or residency will have services discontinued and will be requested to repay COA for monies spent on their services.

Vouchers can be used towards snow removal (Shoveling, Snow blowing or Snowplowing) costs between 11/1/22 – /31/23 by any contractor the senior chooses and towards any bill for services that the senior chooses within that time period.

The participating senior must include the vouchers with the contractor’s bill and submit it to the Charlevoix County COA for payment directly to the contractor for the amount of the Vouchers included. Any snow removal cost above and beyond the voucher amount is the responsibility of the senior.

The COA will not be responsible for any liability or property damage associated with snow removal or any costs above and beyond the provided vouchers value that is accrued by the participating senior.

Christmas Celebration is on Friday, December 16, 2022 from 11:30a-1p. Our New Years Celebration is on Thursday, December 29 with our Count Down to Noon from 11:30a-1p.

All COA Offices and Senior Centers will be CLOSED 12/23/22, 12/26 & 12/30/22 for the Holidays.

Blood Pressure Clinic Schedules December 2022 Time -11:30 am to 12:30 pm with CNA, Caroline Smith

EJSC (Thursday)
December 8 & 29

CHSC (Thursday)
December 15

BASC (Thursday)
December 1 & 22

Veteran Socials

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

All of the December Veteran Socials are Sponsored by Boehm-Tarrant Associates.

December 6 - Charlevoix Senior Center – 13513 Division Street, Charlevoix
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

December 13 - 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

December 20 -East Jordan Senior Center – 951 Mill Street, East Jordan
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

December 27 - Boyne Area Senior Center - 411 East 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.

Open Enrollment for Medicare and Medicaid is still available!

Michigan Medicare/Medicaid Assistance Program (MMAAP), Inc. partners with the Charlevoix County Commission on Aging to provide this service for you!

MMAAP, Inc. is a FREE Health-benefit counseling service. Our goal is to help you find your way through the health benefits maze. A MMAAP Counselor can help identify and apply for programs to help you save money on your Medicare costs, review your Medicare plan, and answer your Medicare questions. There are programs that may be available to help if you are struggling to afford the costs of your Medicare Health Care and prescription medications. There are \$0.00 premium programs if you are both Medicare and Medicaid dual enrolled. There are programs that help with Dental costs such as Dentures, Hearing costs such as **Hearing Aids, and** Personal Emergency Response Services.

Please contact Kevin Clements at the Commission on Aging office at 231-237-0103 to set up an appointment.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu December 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	Thursday	Friday
Homemade Soup now served 3 days a week with your meal.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Alternative Meal for Week: Roast Beef Wrap	1. Christmas Lights Day Ham Pasta Carbonara, Green Peas, Dinner Roll, Butter, Fruit	2. BBQ Salmon, Seasoned Rice, Vegetable Medley, Fruit
5. Volunteer Day Bacon Cheeseburger, Bun, Tater Tots, Garden Vegetable, Fruit Alternative Meal for Week: Chicken Salad Croissant	6. St. Nicholas Day Liver & Onions or Beef Fritter, Gravy, Scalloped Potatoes, Garden Vegetable, Fruit	7. Pork Fried Rice, Oriental Vegetables, Vegetable Egg Roll, Soy Sauce, Fruit	8. National Brownie Day Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit, Chocolate Brownie	9. Baked Pasta with Italian Sausage, Tomato Sauce, Cheese, Garlic Biscuit, Fruit
12. Gingerbread Decorating Day Baked Potato with Cheese, Beef Chili, Sour Cream Cup, Fruit Alternative Meal for Week: Turkey Bacon Wrap	13. Cocoa Day Chicken Parmesan, Pasta Marinara, Vegetable Medley, Fruit	14. Roast Chestnuts Day Polish Sausage, Soft Bun, Sauerkraut, Wedge Fries, Mixed Vegetable, Fruit	15. Shredded Chicken and Cheese Enchilada, Mexican Rice, Corn & Black Bean Fiesta, Fruit	16. CHRISTMAS CELEBRATION Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit, Special Holiday Dessert
19. Hard Candy Day Large Bowl of Beef & Barley Soup, Saltine Crackers, Hard Boiled Egg & Cheese Stick, Fruit Alternative Meal for Week: Tuna Macaroni Salad	20. Holiday Jammie Day Breakfast for Lunch, Pigs (Sausage) in a Blanket (Pancake), Hashbrowns, Syrup Cup, Fruit	21. Winter Begins Smothered Pork Chop, Creamy Mushroom Gravy, Au Gratin Potatoes, Fresh Vegetable, Fruit	22. Holiday Character Day Beef Stew, Stew Vegetables, Biscuit, Fruit, Special Holiday Dessert	23. COA OFFICES AND CENTERS ARE CLOSED FOR THE CHRISTMAS HOLIDAY
26. COA OFFICES AND CENTERS ARE CLOSED FOR THE CHRISTMAS HOLIDAY Alternative Meal for Week: Corned Beef & Swiss Sandwich	29. Cooks Choice Potato, Vegetables, Fruit	30. No Interruptions Day Chicken Alfredo with Fettuccini, Fresh Broccoli, Garlic Bread, Fruit	29. NEW YEARS CELEBRATION Countdown to Noon! Assorted Appetizers: Meatballs, Mini Spinach Pie, Fruit, Special Holiday Dessert	30. COA OFFICES AND CENTERS ARE CLOSED FOR THE NEW YEARS HOLIDAY

ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Christmas Celebration will all be on Friday, December 16 from 11:30a-12:30p. New Years Celebration will all be on Thursday, December 29 from 11:30a-12:30p. Veteran Coffee/Donuts Social Sponsored by Boehm—Tarrant Assoc. Dates are: C—12/6 at 9:30a E—12/20 at 9:30a BC— 12/27at 9:30a	Ice Cream Social Celebration Dates are: E— 1st Friday, BC— 2nd Friday, C— 3rd Friday Sponsored by the COA & The Brook in Boyne City this month Week of 19-22 Special Holiday Theme Days: 19: Ugly Sweater Day, 20: Holiday Jammies Day, 22: Holiday Glitz & Glamor Day, 23 Dress like a Holiday Character Day! There will be prizes!	C = Charlevoix Center* 13513 Division St. Open Pool Table all day everyday E = East Jordan Center 951 Mill St. Open Pool Table all day everyday & Many Wii Games B = Boyne Area Center 411 E. Division St. ALL ACTIVITIES SUBJECT TO CHANGE	1. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - ,9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - Foot Clinic, 9a Coffee Talk, 11:30a Blood Pressure Checks, 12:30p Table Games	2. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11A Avon, 11:30a Music Barry Loper, 12:30p Card BINGO/50-50 Drawing, B - 9a Coffee Talk, Music \$1 in Juke Box
5. C - 9a Coffee Talk, 9a Walkers, 12:15 Holiday BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 12:30p BINGO	6. C - Foot Clinic, 9:30a Veterans Social, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, E - Foot Clinic, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker, B - 9a Coffee Talk, 12:30p BINGO	7. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk, 12:30p Xmas Ornament Crafts with Nancy Blanford	8. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - Foot Clinic, 10a Coffee Hour, 10a EJSC Advisory Board, 10:30a Gym Walking, :30a Blood Pressure Checks, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 12:30p Table Games	9. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11A 11:30a Music OJ Adkins, 12:30p Card BINGO/50-50 Drawing, B - 9a Coffee Talk, Music Monty & Barry Loper
12. C - 9a Coffee Talk, 9a Walkers, 12:15 Holiday BINGO, 1p Bridge/ Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 12:30p BINGO	13. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic, 9a Coffee Talk, 12:30p BINGO	14. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk, 12:30p Corn Hole	15. C— Foot Clinic, 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/ Puzzles, 11:30a Blood Pressure Checks, 1:30p Mahjong, 1:30p Advanced Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 12:30p Table Games	16. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 11:30a Music by John Slough, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing B - 9a Coffee Talk, Music OJ Adkins
19. C - 9a Coffee Talk, 9a Walkers, 12:15 Holiday BINGO, 1p Bridge/ Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 12:30p BINGO	20. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - Foot Clinic, - 9:30a Veterans Social 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Coffee Talk, 12:30p BINGO	21. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 11a Hand Massages, 1p Bridge/ Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk, 12:30p Corn Hole	22. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Checks, 12:30p Texas Hold-em or Cards B - Foot Clinic, 9a Coffee Talk, 11:30a Blood Pressure Checks, 12:30p Table Games , Carol-O-Kee with Piano	23. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED
26. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED	27. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9a Coffee Talk, 9:30a Veterans Social., 12:30p BINGO	28. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk, 12:30p Corn Hole	29. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 11:30a Live Music, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 12:30p Table Games	30. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED

Serving Up Safe Buffets - by the U.S. Food and Drug Administration

Entertaining is one of the mainstays of the holiday season and helps commemorate milestone events throughout the year, too. With proper preparation, you can be creative and tempt your party guests with an array of fun platters while still keeping food safety in mind!

Size Matters

If you're planning a buffet at home and are not sure how quickly the food will be eaten, keep buffet serving portions small.

Prepare a number of small platters and dishes ahead of time, and replace the serving dishes with the fresh ones throughout the party.

Store cold back-up dishes in the refrigerator and keep hot dishes in the oven set at 200 °F to 250 °F prior to serving. This way, your late arriving guests can safely enjoy the same appetizing arrangements as the early arrivals.

Take Temperatures

Hot foods should be kept at an internal temperature of 140 °F or warmer.

Use a food thermometer to check. Serve or keep food hot in chafing dishes, slow cookers, and warming trays. Be aware that some warmers only hold food at 110 °F to 120 °F, so check the product label to make sure your warmer has the capability to hold foods at 140 °F or warmer. This is the temperature that's required to keep bacteria at bay!

Eggs and egg dishes, such as quiches or soufflés, may be refrigerated for serving later but should be thoroughly reheated to 165 °F before serving.

Chill Out

Cold foods should be kept at 40 °F or colder.

Keep cold foods refrigerated until serving time.

If food is going to stay out on the buffet table longer than 2 hours, place plates of cold food on ice to retain the chill.

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

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 Beaver Island School, The Shamrock and The Bodega.

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. Voucher can be purchased individually or up to 10 a month. There is NO reimbursement for any unused vouchers.

Just for fun

Christmas

WORD SEARCH

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

Silent Night
 Miracle
 Savior
 Three Kings

Gold
 Nativity
 Angels
 Star

Rejoice
 Faith
 Baby Jesus
 Shepherd

December Travel Club Trips

Our plan is to do a Christmas Light evening tour with Hot Cocoa and Christmas Carols.

We all know this trip is always weather dependent and if Christmas lights are up yet, so our dates will be posted in the Senior Centers and on Facebook around the first week of December.

We will be doing tours in the communities of Charlevoix, East Jordan and Boyne City.

Please check with our Site Coordinators at these location for the sign up sheet after December 5th.

Little Traverse Conservancy in Partnership with the COA is offering monthly FREE Experiences in Nature!

On December 13, 2022 at 1p there will be a Hike and Nature Inspired Holiday Craft at the 81-acre Andreae Preserve.

There is a cabin on site for the craft. There are nearly 5 miles of trails that exist between the Andreae and adjacent 400-acre Banwell Family Preserve, where the Nature Megaphone is located.

Please contact Sarah Koetje at 231-344-1014 or koetj12@gmail.com for more information or to sign up!