

January 2023

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

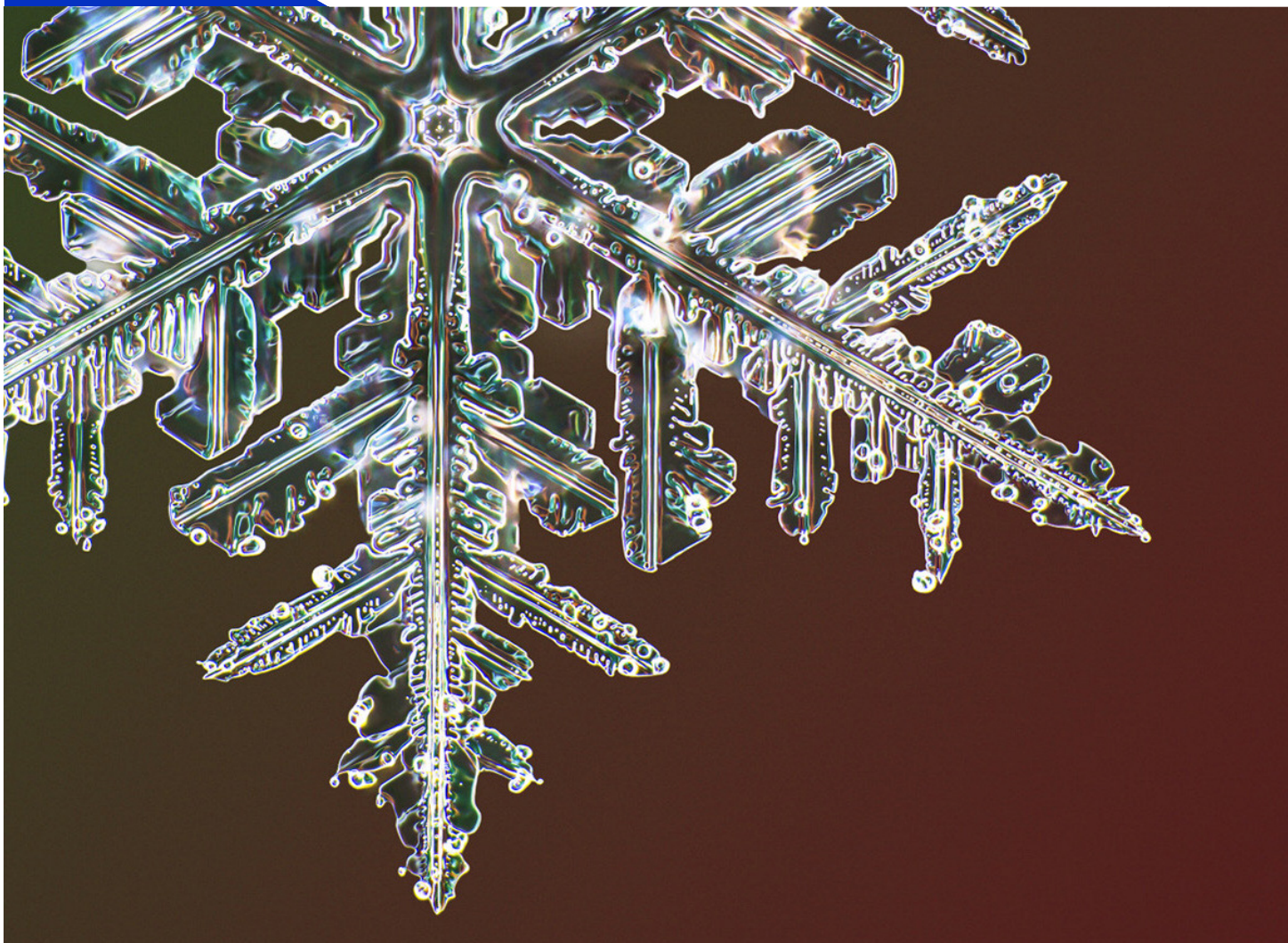
For more information:

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

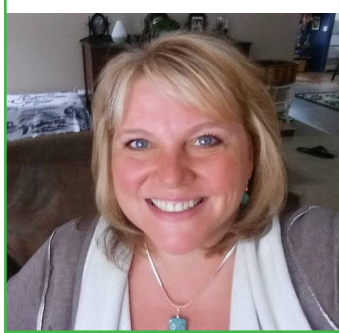
Charlevoix Chamber
 (231) 547-2101
 109 Mason Street
 Charlevoix, MI 49720
 charlevoix.org

East Jordan Chamber
 (231) 536-7351
 100 Main Street, Suite B
 East Jordan, MI 49727
 ejchamber.org



“YOU ARE NEVER TOO OLD TO SET A NEW GOAL OR DREAM A NEW DREAM” ~ C.S. LEWIS

Director's CORNER



Did you know that Charlevoix County has 3 senior centers and an office on Beaver Island?

You may not realize how lucky we are in Charlevoix County as many counties in Michigan only have one senior center per county or very limited service satellite centers, but we have invested in our aging community and its challenging service areas by stationing in complete senior centers and services around the lake and services across the big lake.

One of these great centers is our Boyne Area Senior Center, located at the 411 E. Division Street. They just celebrated the eighteenth anniversary of the building. This is a very special location as the Senior Center is owned by the Seniors and this location is close to town and the school so it has evolved into a community center with senior services.

The Boyne Area Senior Center has a variety of great spaces so we can have programs, events and activities going on all at the same time.

Some of the regular and popular activities include but are not limited to: Bingo, Rummikub; Crafts; Exercise Room; Computer Room; Travel Club; Wii Bowling; Puzzles; Board Game; Corn Hole and live musical entertainment.

We also add many other fun options for entertainment throughout the month with other community partners and collaborators. Some are in the centers proper and others are out in our communities.

Our Holiday celebrations are also what make our senior centers special and our Boyne Area center is known to have fun and to fully embrace each

special opportunity.

At this center, we have the capacity to comfortably serve over 100 meals all at the same time, we have take out meals, emergency frozen meals and our summer Wednesday Night Dinners that all can fill the center to capacity in their popularity.

We are excited to share that this center has grown in it census every year over the last 6 years at a minimum of 10%. This has happened each year over the last years growth and we attribute that to the additional services, events and activities as well as the great food and people.

The Boyne Area aging community is beginning to realize and utilize this very special center and they are making it their own.

All our Senior Centers in Charlevoix County are open to the community. You just need to be 60 years old or above to qualify for the discounts and services.

Those under 60 pay a different rate. The meals, educational programs and activities are for all to enjoy.

We invite you to try any of our centers. We hope this highlight of our Boyne Area center has reminded you of what a special place we have right here in rural Northern Michigan.

On behalf of the entire Commission on Aging Staff we wish you a very Happy New Year 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
 Ed May - Chair; Wanda Carr, Harry Wilson, Aleta Runey, Cathy Kessler, Sharon Misiak, Janet Kalbfell;
 Board Liaison

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

Many wonderful Volunteers in all aspects of our services!

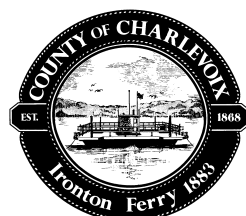
Beaver Island COA Office:
Open M-F 8a-4p
 Lonnie Allen, BI County Building & COA Site Coordinator
 26466 Donegal Bay Road
 Beaver Island, MI 49782
 231-448-2124

Boyne Area Senior Center:
Open M-F 9a-2p
 Anita Percy, 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 & Mary 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”**



JANUARY 2023 NOTABLE DATES

- 1 *New Year's Day*
- 2 *Buffet Day*
- 3 *Fruitcake Toss Day*
- 4 *Trivia Day*
- 5 *Whipped Cream Day*
- 6 *Cuddle Up Day*
- 7 *Bobblehead Day*
- 8 *Bubble Bath Day*
- 9 *Clean Off Your Desk Day*
- 10 *Peculiar People Day*
- 11 *Step in a Puddle & Splash Your Friends Day*
- 12 *Hot Tea Day*
- 13 *Blame Someone Else Day*
- 14 *Dress Up Your Pet Day*
- 15 *Strawberry Ice Cream Day*
- 16 *Nothing Day*
- 17 *Ditch New Year's Resolutions Day*
- 18 *Gourmet Coffee Day*
- 19 *Popcorn Day*
- 20 *Cheese Lover's Day*
- 21 *Hugging Day*
- 22 *Polka Dot Day*
- 23 *Pie Day*
- 24 *Belly Laugh Day*
- 25 *Opposite Day*
- 26 *Peanut Brittle Day*
- 27 *Chocolate Cake Day*
- 28 *Kazoo Day*
- 29 *Puzzle Day*
- 30 *Croissant Day*
- 31 *Backward 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.

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 1/2/23 & 1/16/23 for the Holidays.

**Blood Pressure Clinic Schedules January 2023
Time -11:30 am to 12:30 pm with CNA, Caroline Smith**

EJSC (Thursday)
January 19

CHSC (Thursday)
January 5 & 26

BASC (Thursday)
January 12

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.

January Veteran Socials

January 3 - Charlevoix Senior Center – 13513 Division Street, Charlevoix
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

January 10 - 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

January 17 -East Jordan Senior Center – 951 Mill Street, East Jordan
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

January 24 - 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.

There will be no January Travel Club Trips this year as inclement weather impacts these trips and we have had to cancel them more often than not.

Please check with your Site Coordinators for other fun and new activities that have recently been added such as BINGOCIZE, CARDIO DRUMMING, and we have improved all of our Technology to make it easier for us to do simple things like watch movies and take virtual tours of some wonderful places around the world.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu January 2023 (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
<p>2. COA OFFICES AND CENTERS ARE CLOSED FOR THE NEW YEARS HOLIDAY Alternative Meal for Week: Ham, Cream Cheese, Onion Pinwheel</p>	<p>3. Fruitcake Toss Day Breaded Chicken Strips, Tater Tots, BBQ Dipping Sauce, Green Beans, Fruit</p>	<p>4. Trivia Day Seasoned Turkey Patty w/ Onion Gravy, Mashed Potatoes, Fresh Vegetables, Fruit</p>	<p>5. Beef Lasagna, Garlic Bread, Roasted Carrots, Fruit</p>	<p>6. Cuddle Up Day Pepper Steak w/Colored Peppers & Onions, Seasoned Rice, Fruit</p>
<p>9. Chili Cheese Dog, All Beef Hot Dog, Bun, Wedge Fries, Vegetables, Fruit Alternative Meal for Week: Shrimp Pasta Salad</p>	<p>10. Peculiar People Day Baked Ham, Sweet Potatoes, Vegetable Medley, Fruit</p>	<p>11. Cabbage Roll Casserole, Rice, Diced Tomatoes, Tossed Salad, Fruit</p>	<p>12. Hot Tea Day Creamy Chicken Stew, Diced Potatoes & Mixed Vegetables, Homemade Biscuit, Fruit</p>	<p>13. Blame Someone Else Day Ground Sirloin, Mashed Potatoes, Mushroom Gravy, Garden Vegetable, Fruit</p>
<p>16. COA OFFICES AND CENTERS ARE CLOSED FOR THE MARTIN LUTHER KING HOLIDAY Alternative Meal for Week: Turkey Bacon Wrap</p>	<p>17. Cooks Choice, Potato, Mixed Vegetable, Fruit</p>	<p>18. Gourmet Coffee Day Teriyaki Marinated Pork Chop w/Pineapple, Scalloped Potatoes, Garden Vegetable</p>	<p>19. Popcorn Day Nachos, Taco Meat & Cheese, Mexican Rice, Tortilla Chips and Salsa, Fruit</p>	<p>20. Cheese Lover's Day New England Clam Chowder, Grilled Chicken Caesar Salad Kit, Oyster Crackers, Fruit,</p>
<p>23. Breakfast for Lunch Biscuits & Gravy with Breakfast Sausage, Scramble Eggs, Warm Applesauce Alternative Meal for Week: Cottage Cheese, Fresh Vegetables & Fruits Tray</p>	<p>24. Belly Laugh Day Pesto Pastas Topped with Grilled Chicken, Basil & Parmesan, Garlic Bread Stick, Fruit</p>	<p>25. Opposite Day Open Faced Tukey Rueben (Rachel), 1000 Island Dressing, Coleslaw Tater Tots, Fruit</p>	<p>26. Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit,</p>	<p>27. Chocolate Cake Day Cooks Choice Potato, Fresh Vegetable, Fruit</p>
<p>30. Ham & Cheese Stromboli, Side of Pasta Alfredo, Vegetable Medley, Fruit Alternative Meal for Week: Roast Beef & Cheddar Wrap</p>	<p>31. Backward Day Cheesy Chicken, Broccoli & Rice Casserole, Bread Stick, Fruit</p>	<p>Happy New Year!!!</p>		<p>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>

ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</p>	<p>3. C - 9:30a Veterans Social, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, E - 10a Coffee & Crafts, 10:30a Gym Walking, 11a Cardio Drumming, 12:30p Mexican Poker B - Foot Clinic, 9:30a Coffee Klatch, 12:30p BINGO, 1p Cornhole</p>	<p>4. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9:30a Coffee Klatch, 11:45a Alz Assoc. Healthy Living, 12:30p Wii Bowling</p>	<p>5. C— Foot Clinic, 9a Coffee Talk, 9a Walkers, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - 9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 11:45a Robin Berry Whittings Park Update, 12:30p Knit & Crochet, 1p BINGOize</p>	<p>6. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11:30a Music Barry Loper, 12:30p Card BINGO/50-50 Drawing, B—9:30a Coffee Klatch, 12:30p Table Games, Music \$1 in Juke Box</p>
<p>9. C - 9a Coffee Talk, 9a Walkers, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 12:30p BINGO</p>	<p>10. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - Foot Clinic, 10a Coffee & Crafts, 10:30a Gym Walking, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Coffee Klatch, 12:30p BINGO, 1p Cornhole</p>	<p>11. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 1p Bridge/Games/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9:30a Coffee Klatch, 12:30p Wii Bowling</p>	<p>12. 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, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—Foot Clinic, 9:30a Coffee Klatch, 12:30p Knit & Crochet, 1p BINGOize</p>	<p>13. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11:30a Music OJ Adkins, 12:30p Card BINGO/50-50 Drawing, B—9:30a Coffee Klatch, 11a Hand Massages 12:30p Table Games, Music Monty & Barry Loper</p>
<p>16. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</p>	<p>17. C - Foot Clinic, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - 9:30a Veterans Social 10a Coffee & Crafts, 10:30a Gym Walking, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Coffee Klatch, 11:45a Dennis Amesbury—Fire Safety, 12:30p BINGO, 1p Cornhole</p>	<p>18. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 11a Hand Massages, 1p Bridge/Games/Puzzles, 2:30p Beginners Pickleball E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9:30a Coffee Klatch, 11:45a Boyne Area Arts Presentation, 12:30p Wii Bowling</p>	<p>19. 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, 10a Hand Massages, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 12:30p Knit & Crochet, 1p BINGOize</p>	<p>20. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing B—9:30a Coffee Klatch, 12:30p Table Games, Music OJ Adkins</p>
<p>23. C - 9a Coffee Talk, 9a Walkers, 11:30a Alz Assoc. Healthy Living, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 12:30p BINGO</p>	<p>24. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - Foot Clinic, 10a Coffee & Crafts, 10:30a Gym Walking, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Veterans Social, 9:30a Coffee Klatch, 12:30p BINGO, 1p Cornhole</p>	<p>25. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 1p Bridge/Games/Puzzles, 2:30p Beginners Pickleball E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9:30a Coffee Klatch, 12:30p Wii Bowling</p>	<p>26. 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, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 11:45a Scams by Chx Sheriff, 12:30p Knit & Crochet, 1p BINGOize</p>	<p>27. 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 Card BINGO, 50/50 Drawing B—9:30a Coffee Klatch, 12:30p Table Games, Music Monty & Barry Loper</p>
<p>30. C - 9a Coffee Talk, 9a Walkers, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 12:30p BINGO</p>	<p>31. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 11a Cardio Drumming, 12:30p Mexican Poker B—9:30a Coffee Klatch, 12:30p BINGO, 1p Cornhole</p>	<p>Veteran Coffee/Donuts Social are: C—1/3 at 9:30a E—1/17 at 9:30a BC— 1/24 at 9:30a Ice Cream Social Celebration Dates are: E— 1st Friday, BC— 2nd Friday, C— 3rd Friday</p>	<p>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 ALL ACTIVITIES SUBJECT TO CHANGE</p>	<p>B = Boyne Area Center 411 E. Division St. Exercise Room is open 11a-2p & Morning Activities subject to Staffing</p>

Ways Older Adults Can Beat the Winter Blues

With the holiday season officially behind us and the New Year rung in, the cold winter months leave many older adults feeling down and depressed. Shorter, colder days make it challenging for some older adults to leave their homes. Snowy and icy conditions may prevent some from driving, so they feel stuck at home. Others may have chronic health conditions that are exacerbated in the cold of winter. Whatever your reason for feeling the winter blues, know that it's normal for many adults to feel a little sad once the holiday season comes to an end. However, wallowing in the winter blues is unhealthy for older adults and can lead to a deeper state of depression if precautions aren't taken. Here are five ways older adults can beat the winter blues so that winter is no longer a dreaded season.

Continue the Celebration

Start beating the winter blues by continuing the holiday celebration. Post-holiday party with friends to hear all about their holidays. Purchase discounted gingerbread house kits and decorate one yourself. Look for other discounted holiday crafts to keep you busy during the winter. Leave your holiday decorations up and add a few hearts for Valentine's Day

Beat Away the Winter Blue

A fun way to beat the winter blues is to literally beat them away on a drum. According to Psychology Today, participants who engaged in drumming and dancing reported an increased positive mood than participants who attended social events without dancing or music elements. Communal drumming and rhythm classes seem to have a greater impact, but that doesn't mean that older adults can't enjoy the benefits from the comfort of their own homes. Make your own drums by repurposing empty yogurt or coffee containers.

Reframe Your Mindset

For many older adults, the winter months mean a season of staying put indoors. While a couple of days of lounging around can feel great, especially right after a busy holiday season, perpetual lounging can contribute to feelings of sadness and lethargy. Beat the winter blues by reframing your mindset. View the winter months as an opportunity to organize your home. Set a time each day to get dressed and follow through. Once you're dressed, you'll feel more energized to be productive around the house.

Practice Self-Care

Winter is a great season for older adults to practice self-care. Stay hydrated. Focus on your nutrition and eating a healthy diet. Make time for daily exercise. Learn a new hobby or play brain games. Read a book that's been on your reading list. Enjoy a movie or television show. Spend a few minutes journaling. Reflect on your blessings. Practice mindfulness. If you're going to be stuck inside, make the most of it by pampering yourself.

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 January Word Search

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

- | | | | |
|----------|---------|----------|-----------|
| Winter | Sweater | Blizzard | Freeze |
| Cold | Skate | Coat | Penguin |
| New year | Hoodie | Snowfall | Hibernate |
| Gloves | Blanket | Mittens | Sniffle |
| Chimney | | | Frosty |



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

On January 11, 2023 at 1p there will be a Beginners Snowshoe Hike at Sleepy Hollow. Snowshoes and poles will be provided and we will only go as fast as the slowest person.

There is more than one mile of easy walking trails meandering this 55-acre preserve that includes a spring-fed trout stream emptying to the South Are of Lake Charlevoix. Beautiful second growth forest of maple, beech, hemlock, and ash.

Anyone signing up att the Charlevoix Senior Center through the Charlevoix Commission on Aging will be eligible for a Free 1 year Little Traverse Conservancy Membership! Please sign up with your name and phone number.

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

Snowshoes and poles are provided FREE of charge through the Little Traverse Conservancy!