

May 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



**SOME BELIEVE THE LILY OF THE VALLEY BRINGS A RETURN TO HAPPINESS.**

### MAY 2023 NOTABLE DATES

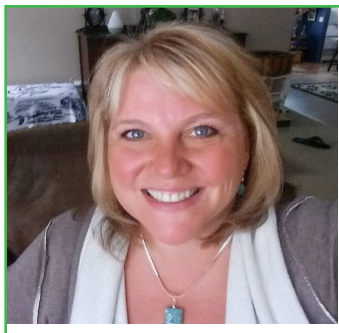
- 1 **May Day**
- 2 **Play Your Ukulele Day**
- 3 **Two Different Colored Shoes Day**
- 4 **Star Wars Day**
- 5 **Cartoonist Day**
- 6 **Kentucky Derby Day**
- 7 **Laughter Day**
- 8 **No Socks Day**
- 9 **Lost Sock Day**
- 10 **Clean Up Your Room Day**
- 11 **Eat What You Want Day**
- 12 **Nutty Fudge Day**
- 13 **Apple Pie Day**
- 14 **Mother's Day**
- 15 **Bring Flowers to Someone Day**
- 16 **Do Something Good for Your Neighbor Day**
- 17 **Mushroom Hunting Day**
- 18 **Visit Your Relatives Day**
- 19 **Pizza Party Day**
- 20 **Be a Millionaire Day**
- 21 **Baking Day**
- 22 **Buy a Musical Instrument Day**
- 23 **Lucky Penny Day**
- 24 **Scavenger Hunt Day**
- 25 **Wine Day**
- 26 **Road Trip Day**
- 27 **Sunscreen Day**
- 28 **Hamburger Day**
- 29 **Memorial Day**
- 30 **Mint Julep Day**
- 31 **Smile 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.**

## Director's CORNER

Stroke is a much dangerous and serious problem that everyone must be aware of it and get involved in further spreading this awareness to others. It has been tagged the 5th highest killer disease, and in the United States alone, up to 800,000 people lose their lives to stroke. Today, we hope to create much awareness so that people can understand the causative factors and how to prevent them as well as the tell tale signs of stroke, how to manage stroke and the sometimes disabling complications of stroke.



non known as aneurysm) or from prolonged and untreated high blood pressure.

**Ischemic Stroke**  
 Up to 87% of all strokes are ischemic. In this type of stroke, a blood clot or a mass obstructs the free passage of blood from the vessel to the tissues they supply. In some cases, the blood clot can form just at the site where it eventually causes an occlusion and in some other cases, it would have travelled from a different part of the body where the diameter of the vessels are much larger to the brain vessels that are smaller in diameter, also resulting in an occlusion.

### THE RED FLAGS - SIGNS AND SYMPTOMS OF STROKE

It is important to know the red flags of stroke and get professional help quickly as recovery from stroke is time dependent. Some of the symptoms of stroke include:

- Sudden numbness or weakness in the face, arm, or leg—especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden problems seeing in one eye or both eyes
- Sudden dizziness, loss of balance or coordination, or trouble walking
- Sudden severe headache with no known cause
- Other danger signs that may occur include double vision, drowsiness, and nausea or vomiting.

Stroke is a medical condition that occurs when the arteries that supply blood, oxygen and nutrients to the brain or those leading to it are blocked or ruptured.

This causes the brain tissues to have a limited supply of these essential components of its survival and death of that portion of the brain occurs within a short time.

When this happens, it's effects are felt on other parts of the body that are controlled by the affected brain part.

There are basically two types of stroke depending on how the blood vessel is affected:

**Hemorrhagic Stroke**  
 This type of stroke involves the rupturing of a blood vessel. When this occurs, the spilled blood from the blood vessel into the brain puts some pressure on the brain tissues and raises the overall pressure within the skull. It is this increased pressure coupled with the interrupted blood supply that leads to brain tissue damage.

About 13% of all strokes happen this way and more often than not, the weakened blood vessels occur either as a result of a ballooning of the vessel walls (a phenome-

## 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  
 OPEN, CNA/Homemaker  
 Kim Crandell, Homemaker  
 Rhonda Whiteford, Homemaker

**COA Advisory Board**  
 Wanda Carr - Chair; Ed May, Harry Wilson, Aleta Runey, Cathy Kessler, Vice Chair, Sharon Misiak, Janet Kalbfell; Board Liaison Josh Chamberlain

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

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

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"



**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, Greg, 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



## Boyerne Area Activity Calendar

### Boyerne Area Senior Center Location Activities for May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9:30A Tai Chi, 12:30 BINGO, 1p Cards/Table Games	2. 10a BASC Building Board Meeting, 10a Line Dancing, 11a Hand Massages, 12:30 BINGO, 1p Cards/Table Games Foot Clinic	3. Special Night Meal 5p-6p, 2p Movie	4. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	5. 9:30a Cardio Drumming, 11:30a Music by \$ in a Juke Box, 12:30p Card/Table Games
8. 9:30A Tai Chi, 11:45a Stroke Awareness, 12:30 BINGO, 1p Cards/Table Games	9. 10a Line Dancing, 11a-2p Connect with COA Director, 1p BASC Advisory Committee Meeting, 12:30 BINGO, 1p Cards/Table Games	10. Night Meal 5p-6p, 2p Movie	11. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts Foot Clinic	12. Ice Cream Social Celebration Day 9:30a Cardio Drumming, 11:30a Music by Vintage, 12:30p Card/Table Games
15. 9:30A Tai Chi, 12:30 BINGO, 1p Cards/Table Games	16. 10a Line Dancing, 12:30 BINGO, 1p Cards/Table Games	17. Night Meal 5p-6p, 2p Movie, Hidden in Plain Sight Trailer on Site	18. 10a BAC—Paint a Birdhouse, 11:30a Blood Pressure Check, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	19. 9:30a Cardio Drumming, 11:30a Music, 12:30p Card/Table Games
22. 9:30A Tai Chi, 12:30 BINGO, 1p Cards/Table Games	23. 9:30a Veterans Social, 12:30 BINGO, 1p Cards/Table Games Foot Clinic	24. Night Meal 5p-6p, 2p Movie	25. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	26. 9:30a Cardio Drumming, 11:30a Music by Vintage, 12:30p Card/Table Games
29. All COA Offices and Senior Centers are CLOSED ALL DAY.	30. 10a Line Dancing, 12:30 BINGO, 1p Cards/Table Games	31. Night Meal 5p-6p, 2p Movie	Boyerne Area Center 411 East Division St, Boyne City Site Coordinator: Anita Smart TV Activities and Education available  Activities Subject to Change.	Large Print Books, Puzzles & Card Games. Cornhole, Wii and other games on request. Exercise Room open all day everyday. Coffee everyday at 9:30a

## East Jordan Activity Calendar

### East Jordan Senior Center Location Activities for May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	2. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	3. Special Meal 5p-6p, Music Barry Loper, Card Bingo	4. 9a Hair Cuts w/Susan, 9:30a Coffee Hour, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	5. Ice Cream Social Celebration Day 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
8. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	9. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	10. Night Meal 5p-6p, Music OJ Adkins, Older Americans Month, Card Bingo	11. 9:30a Coffee Hour, 10a EJSC Advisory Board, 11a Stroke Presentation—Nicole 12:30p Texas Hold-em or Cards, 12:30p Bingocize	12. Mother's Day Celebration 11a Avon, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
15. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 11:30a Dawn From the Library, 12p Mexican Poker, 12:30p Pool Table	16. 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	17. Night Meal 5p-6p, Music Deb & Rob, Card Bingo, Police Officer Day/Hidden in Plain Site Trailer 4p	18. 9:30a Coffee Hour, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	19. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
22. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	23. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	24. Day Scavenger Hunt, Night Meal 5p-6p, Music Live, Card Bingo	25. 9:30a Coffee Hour, 10a Hand Massages, 11a Connect with Amy, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	26. 11a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
29. All COA Offices and Senior Centers are CLOSED ALL DAY.	30. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	31. Thrift Shops Night, Night Meal 5p-6p, Music Live, Card Bingo	East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda  ACTIVITIES ARE SUBJECT TO CHANGE	Veteran Coffee/Donuts Social 9:30a  1st Friday Open Gym Walking 9a-1p. Exercise Room open all day everyday.

# ALL Charlevoix County Senior Center Menus

**Don't Forget....Wednesday Night Dinners begin on Wednesday, May 10,2023 through the end of September. There will be NO Lunches served on Wednesdays except at the Charlevoix Senior Center where we will have our new COLD Sandwich/Salad Station. Wednesday Night Dinners are served from 5p-6p.**

**All Senior Center Locations Menu May 2023 (Lunch 11:30a—12:30p - **Wednesday Night Dinner 5p-6p**)**

**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
1. Breaded Chicken Strips, Ranch Wedge Fries, BBQ Dip Cup, Green Beans, Fruit <b>Alternative Meal for Week:</b> Turkey Bacon Wrap	2. <b>Play Your Ukulele Day</b> Homemade Vegetable Lasagna, Garlic Bread, Fruit	3. <b>SPECIAL EVENING MEAL BY TICKET PURCHASE &amp; RESERVATION ONLY.</b>	4. <b>Star Wars Day</b> Tuna Melt, English Muffin, Sliced Tomato, Homemade Soup, Fruit	5. <b>Cinco De Mayo</b> Taco Meat, Flour Tortilla, Cheese, Lettuce, Tomato, Mexican Rice, Fruit
8. Sloppy Joe w/Cheese, Sweet Potato Fries, Garden Vegetable, Fruit <b>Alternative Meal for Week:</b> Chicken Salad Croissant	9. Baked Salmon, Hollandaise Sauce, Seasoned Rice, Michigan Asparagus, Fruit	10. <b>Wednesday Night Dinner</b> Roasted Garlic Bone In Chicken, Mashed Potatoes & Gravy, Fresh Vegetable, Apple Crisp	11. <b>Eat What You Want Day</b> Beef Tips w/Onions, Buttered Noodles, Mixed Vegetables, Fruit	12. <b>Mother's Day Brunch</b> Ham & Cheese Quiche, Broccoli Salad, Strawberry Shortcake
15. Italian Stromboli, Fresh Vegetables, Pasta Marinara, Fruit <b>Alternative Meal for Week:</b> Tuna Pasta Salad	16. <b>Do Something Good For Your Neighbor Day</b> Creamy Chicken Stew, Biscuit, Stew Vegetables, Fruit	17. <b>Wednesday Night Dinner</b> Ground Sirloin, Mushroom Gravy & Mashed Potatoes, Michigan Asparagus, Fruit, Chocolate Brownie	18. <b>Visit Your Relatives Day</b> Teriyaki Pulled Pork, Seasoned Rice, Sesame Snap Peas, Fruit	19. Cooks Choice, Potato, Fresh Vegetable, Fruit
22. Pepperoni Breadstick, Side Salad, Vegetable Medley, Homemade Ranch Dipping Cup, String Cheese, Fruit <b>Alternative Meal for Week:</b> Maurice Salad	23. <b>Lucky Penny Day</b> Cheese Totellini w/ Fresh Tomatoes & Pesto, Biscuit & Honey, Fruit	24. <b>Wednesday Night Dinner</b> Tropical Chicken Breast topped with Fresh Pineapple Salsa, Seasoned Rice, Garden Vegetable, Sherbet Ice Cream	25. <b>Wine Day</b> Ham Carbonara, Creamy Alfredo, Fresh Broccoli, Pasta, Fruit	26. Swiss Steak– Slow Cooked Cubed Steak w/ Beef Gravy & Diced Tomatoes, Mashed Potatoes, Vegetable Medley, Fruit
29. <b>Memorial Day</b> All COA Offices and Senior Centers are CLOSED ALL DAY. <b>Alternative Meal for Week:</b> Ham & Cheese Wrap	30. <b>Mint Julep Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit	31. <b>Wednesday Night Dinner</b> Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Raspberry Dessert	<b>No Lunch on Wednesday from May Through September except the Wrap Station in Charlevoix Only.</b>	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b> Homemade Soup now served 3 days a week with your meal.

## Charlevoix Activity Calendar

### Charlevoix Senior Center Activities for May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9a Coffee Talk, Walkers, 12:15p Bingo, <b>1p Cardio Drumming,</b> <b>1p Games/Puzzles,</b> <b>3:30p Beginners Pickleball,</b>	2. 9a Coffee Talk, Walkers, <b>9:30a Veteran's Social,</b> <b>1p Games/Puzzles,</b> <b>1p Movie/TV in COA Room,</b> <b>1:30 Advanced Pickleball,</b> <b>4:00p Yoga</b>	3. 9a Coffee Talk, Walkers, <b>9a Yoga,</b> <b>10:15 Chair Yoga,</b> 10:30a Bingocize, <b>1p Games/Puzzles,</b> <b>2:30p Beginners Pickleball,</b> 5p Wednesday Night Dinner	4. <b>8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> <b>1p Games/Puzzles,</b> <b>1:30p Pickleball,</b> 2p Movie Day @Charlevoix Cinema	5. 9a Coffee Talk, Walkers, <b>10a Crafts,</b> <b>1p Games/Puzzles,</b> <b>1:30p Open Pickleball</b>
8. 9a Coffee Talk, Walkers, 12:15p Bingo, <b>1p Cardio Drumming,</b> <b>1p Games/Puzzles,</b> <b>3:30p Beginners Pickleball</b>	9. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles,</b> <b>1p Movie/TV in COA Room</b> <b>1:30 Advanced Pickleball,</b> <b>4:00p yoga</b>	10. 9a Coffee Talk, Walkers, <b>9a Yoga,</b> <b>10:15a Chair Yoga,</b> 10:30a Bingocize, <b>1p Games/Puzzles,</b> <b>2:30p Beginners Pickleball</b> 5p Wednesday Night Dinner	11. <b>8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> 12p George-Bath Shooting Pres. <b>1p Games/Puzzles,</b> <b>1:30p Advanced Pickleball,</b> 2p Movie Day @Charlevoix Cinema	12. 9a Coffee Talk, Walkers. <b>10a Crafts,</b> <b>1p Games/Puzzles,</b> <b>1:30p Open Pickleball</b>
15. 9a Coffee Talk, Walkers, 12:15p Bingo, <b>1p Cardio Drumming,</b> <b>1p Games/Puzzles,</b> <b>3:30p Beginners Pickleball</b>	16. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles,</b> <b>1p Movie/TV in COA Room,</b> <b>1:30 Advanced Pickleball,</b> <b>4p Yoga</b>	17. 9a Coffee Talk, Walkers, <b>9a Yoga,</b> <b>10:15a Chair Yoga,</b> 10:30a Bingocize, <b>1p Games/Puzzles,</b> <b>2p Michigan State Police/Hidden in Plain Sight Trailer,</b> <b>2:30p Beginners Pickleball,</b> 5p Wednesday Night Dinner	18. <b>8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> <b>11a Hand Massages,</b> <b>1p Games/Puzzles,</b> <b>1:30p Advanced Pickleball,</b> 2p Movie Day @Charlevoix Cinema	19. 9a Coffee Talk, Walkers, <b>10a Crafts,</b> 10:30a Music by the Maestros, <b>11:45a Ice Cream Social,</b> <b>1p Games/Puzzles,</b> <b>1:30p Open Pickleball</b>
22. 9a Coffee Talk, Walkers, 12:15p Bingo, <b>1p Cardio Drumming,</b> <b>1p Games/Puzzles,</b> <b>3:30p Beginners Pickleball</b>	23. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles,</b> <b>1p Movie/TV in COA Room</b> <b>1:30 Advanced Pickleball,</b> <b>4p Yoga</b>	24. 9a Coffee Talk, Walkers, <b>9a Yoga,</b> <b>10:15a Chair Yoga,</b> <b>1p Games/Puzzles,</b> <b>2:30p Beginners Pickleball,</b> 5p Wednesday Night Dinner	25. <b>8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> 11a-2p—Connect w/the Director (Amy) <b>1p Any Games/Puzzles,</b> <b>1:30p Advanced Pickleball,</b> 2p Movie Day @Charlevoix Cinema	26. 9a Coffee Talk, Walkers. <b>10a Crafts,</b> <b>1p Any Games/Puzzles,</b> <b>1:30p Open Pickleball</b>
29. 9a Coffee Talk, Walkers, 12:15p Bingo, <b>1p Cardio Drumming,</b> <b>1p Games/Puzzles,</b> <b>3:30p Beginners Pickleball</b>	30. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles,</b> <b>1p Movie/TV in COA Room</b> <b>1:30 Advanced Pickleball,</b> <b>4p Yoga</b>	31. 9a Coffee Talk, Walkers, <b>9a Yoga,</b> <b>10:15a Chair Yoga,</b> <b>1p Games/Puzzles,</b> <b>2:30p Beginners Pickleball,</b> 5p Wednesday Night Dinner- (Music by Dolph)	1:30p Tech Tuesdays @ The Charlevoix Library (by Appt Only), Cornhole, Wii and other games on request. Smart TV Activities and Education available	Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki <b>ACTIVITIES ARE SUBJECT TO CHANGE</b>

**Coming Soon!...Senior Project Fresh...**

Coupon distribution will take place in June 2023 for Charlevoix County.

How Senior Project Fresh Works (Michigan.gov/mdhhs)...Senior Project Fresh/Market Fresh participants are given five, \$5 coupons to use at farmers' markets and roadside stands that display a sign that reads, "Senior Project Fresh/Market Fresh Welcome Here". The participant may use the coupon to purchase any Michigan-grown, non-processed product, including honey, from the farm market or roadside stand. The coupon works like cash as payment for the products. Coupons cannot be used for items that are not typically grown in Michigan, such as bananas, oranges, and pineapples. They also may not be used to purchase cheese, meat, or eggs, even though some of these are good sources of nutrition, nor may they be used to purchase flowers or potted plants.

Participants will receive nutrition education when they get their coupons. Nutrition education may be provided in a classroom setting, one-on-one, or, occasionally, at a farm market.

Participants are encouraged to use all their coupons during the season, which operates from May 1 through October 31 each year. If a participant has difficulty getting to a farm market or roadside stand, they may assign a proxy to purchase eligible items for them.

To qualify, a senior adult must be:

- A Michigan resident who is aged 60 years or older
- A Michigan resident who is aged 55 years or older AND belongs to a Michigan federally recognized tribe or urban tribal group
- Have a total household income of 185% or less of the federal poverty guidelines
- A resident of the county in which the coupons are issued

In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

**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 Boyne 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*  
**WORD SEARCH PUZZLE**

E U F Q S C G Z U T M A N Z T I L E W W A T D  
 F L C J O Z W C O I S M O O R H T A B K C A U  
 V I V E F B S U C F G W O D N I W O N P W B M  
 S P A Q A J K P B H M A N E V O C A Y D G L X  
 T G K F L M U B I G A B R W Q T Y Z M P U E R  
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- |           |        |         |
|-----------|--------|---------|
| FIREPLACE | FRIDGE | KITCHEN |
| FURNITURE | CHAIR  | BEDROOM |
| BASEMENT  | TABLE  | CHIMNEY |
| BATHROOM  | ATTIC  | BALCONY |
| BOOKCASE  | LAMP   | SHOWER  |
| CUPBOARD  | OVEN   | MIRROR  |
| CURTAINS  | SOFA   | WINDOW  |
| DRIVEWAY  |        | GARAGE  |



**Charlevoix Senior Center Breakfast Menu May 2023 (8a—9a)**

**\$3 donation for 60 Years Old and older**

**\$8 Cost for 59 Years Old and younger**

**THURSDAYS ONLY  
IN CHARLEVOIX ONLY**

**Charlevoix Center: 547-5361**

**All Breakfasts include Fresh Fruit, Yogurt, Choice of Apple or Orange Juice, Milk**

**5/4. Hot Breakfast:  
Breakfast Burrito - Eggs, Diced Bacon, Cheese and Tomatoes.**

**5/11. Hot Breakfast:  
Biscuits and Sausage Gravy, Scrambled Eggs.**

**5/18. Hot Breakfast:  
Corned Beef Hash and Oven Baked Eggs.**

**5/25. Hot Breakfast:  
French Toast Sticks, Grilled Ham Steak, Hashbrowns.**