

June 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

**Boyer 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



**“THE EARTH LAUGHS IN FLOWERS.”**  
 ~ RALPH WALDO EMERSON

### JUNE 2023 NOTABLE DATES

- 1 **Say Something Nice Day**
- 2 **Doughnut Day**
- 3 **Play Outside Day**
- 4 **Cheese Day**
- 5 **Hot Air Balloon Day**
- 6 **Drive-In Movie Day**
- 7 **Chocolate Ice Cream Day**
- 8 **Best Friends Day**
- 9 **Strawberry-Rhubarb Pie Day**
- 10 **Iced Tea Day**
- 11 **Corn on the Cob Day**
- 12 **Red Rose Day**
- 13 **Sewing Machine Day**
- 14 **Flag Day**
- 15 **Smile Power Day**
- 16 **Fresh Veggies Day**
- 17 **Eat Your Veggies Day**
- 18 **Father's Day**
- 19 **Juneteenth Day**
- 20 **Ice Cream Soda Day**
- 21 **Summer Begins!**
- 22 **Chocolate Eclair Day**
- 23 **Let It Go Day**
- 24 **Swim A Lap Day**
- 25 **Log Cabin Day**
- 26 **Forgiveness Day**
- 27 **Sunglasses Day**
- 28 **Tapioca Day**
- 29 **Camera Day**
- 30 **Social Media 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

Scammers are like viruses: They continually evolve in response to the latest news and trends, using them for new ways to separate us from our cash.

These criminals “are so adaptable, they’re going to just follow the headlines,” says Amy Nofziger, director of fraud victim support for AARP.

As she and other anti-fraud experts note, scammers have proved ingenious when it comes to updating traditional criminal operations such as the romance scam or the Ponzi scheme with new twists to make them more convincing and effective. And like the rest of society, scammers are increasingly going online.

“Most con artists have taken a digital-first approach to scamming,” says Josh Planos, vice president of communications and public relations for the Better Business Bureau (BBB). He notes that the vast majority of today’s scams originate through a digital on-ramp, such as social media or email.

Here are just a few of the emerging scams that anti-fraud experts are tracking in 2023, along with tips on how to thwart the crooks.

**One-time password (OTP) bot scam**

Credit reporting company Experian warns that scammers utilize bots — automated programs — to deceive people into sharing the two-factor authentication codes sent to them via text or email from financial institutions (or from companies such as Amazon). The bot will make a robo call or send a text that appears to come from a bank, asking you to authorize a charge, then it asks you to enter the authentication code you’ve just been sent if the transaction isn’t yours. It’s



actually the bot that’s trying to log into your bank account, and it wants the code that the bank sent to you as a precaution, so it can get in.

How to stay safe: Never share authentication codes, or provide other information, in response to an unsolicited phone call or text.

“Oops, wrong number!” texts

Seemingly misdirected messages are increasingly the start of a scammer’s ploy. A text message addressed to someone else pops up on your phone. It seems urgent — a re-scheduled business meeting, or maybe a romantic get-together. You text back, “Sorry, wrong number!” The scammer keeps up the friendly texts, and may eventually invite you to join an adult website to see revealing pictures so you hand over credit card info and money, or try to convince you to make a cryptocurrency investment (and take your money).

How to stay safe: Don’t respond to texts from numbers you don’t recognize. Don’t click on links in them or respond with “STOP” if the messages say you can do this to avoid future messages. Block the phone numbers they come from. If you even think something is suspicious or just not right, it probably is a scam. Remember, you do not have to respond immediately, do your research or tell someone you think you may be getting scammed.

## 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

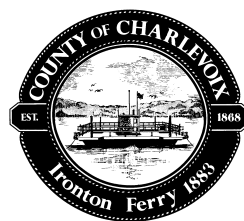
**Health Care Services:**  
 Tracey Rupinski, RN, Director of Health Care Services  
 Robin Pugh, RN, CFCS  
 Carla Middaugh, Personal Care  
 Arlene Wilson, CNA  
 OPEN, CNA/Homemaker  
 Kim Crandell, Homemaker  
 Rhonda Whiteford, Homemaker

**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

**Boyer 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 & Vivian 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





## Boyne Area Activity Calendar

### Boyne Area Senior Center Location Activities for June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Large Print Books, Puzzles &amp; Card Games. Cornhole, Wii and other games on request.</p> <p>Exercise Room open all day everyday.</p> <p>Coffee everyday at 9:30a</p>	<p>Boyne Area Center 411 East Division St, Boyne City</p> <p>Site Coordinator: Anita</p> <p>Smart TV Activities and Education available</p> <p>Activities Subject to Change.</p>		<p>1. 10a Low Impact Exercise, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/ Table Games, Knit/Crochet/ Crafts</p>	<p>2. 9:30a Cardio Drumming, 11:30a Music by \$ in a Juke Box, 12:30p Card/Table Games</p>
<p>5. 9:30a Tai Chi, 12:30 BINGO, 1p Cards/Table Games</p>	<p>6. 10a BASC Building Board Meeting, 10a Low Impact Exercise, 11a Connect with COA Director, 1p BASC Advisory Committee Meeting, 12:30p BINGO, 1p Cards/ Table Games, Foot Clinic</p>	<p>7. Night Meal 5p-6p— Thanksgiving in June, 2p Movie</p>	<p>8. 10a Low Impact Exercise, 11:30a Blood Pressure Check, 11:30 Hand Massages, 12:30p Bingocize, Afternoon Knit/ Crochet/Crafts, Card/ Table Games, Knit/Crochet/ Crafts</p>	<p>9. Ice Cream Social Celebration Day 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/ Table Games</p>
<p>12. 9:30a Tai Chi, 12:30 BINGO, 1p Cards/Table Games</p>	<p>13. 10a Low Impact Exercise, 12:30p BINGO, 1p Cards/ Table Games</p>	<p>14. Night Meal 5p-6p— Mexican Fiesta, 2p Movie</p>	<p>15. 10a Low Impact Exercise, 12:30p Bingocize, 12p Opioid Use Disorder, Afternoon Knit/ Crochet/Crafts, Card/ Table Games, Knit/Crochet/ Crafts Foot Clinic</p>	<p>16. Father's Day Celebration 9:30a Cardio Drumming, 11:30a Music, 12:30p Card/ Table Games</p>
<p>19. All COA Offices and Senior Centers are CLOSED ALL DAY.</p>	<p>20. 10a Low Impact Exercise, 12:30p BINGO, 1p Cards/ Table Games</p>	<p>21. Night Meal 5p-6p— National Flag Week, 2p Movie</p>	<p>22. 10a Low Impact Exercise, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/ Table Games, Knit/Crochet/ Crafts</p>	<p>23. 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/ Table Games</p>
<p>26. 9:30a Tai Chi, 12:30 BINGO, 1p Cards/Table Games</p>	<p>27. 9:30a Veterans Social, 10a Low Impact Exercise, 12:30p BINGO, 1p Cards/ Table Games Foot Clinic</p>	<p>28. Night Meal 5p-6p— Wedding Night, 2p Movie</p>	<p>29. 10a Low Impact Exercise, 11:30a Blood Pressure Check, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/ Table Games, Knit/Crochet/ Crafts</p>	<p>30. 9:30a Cardio Drumming, 11:30a Music, 12:30p Card/ Table Games</p>

## East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Veteran Coffee/Donuts Social 9:30a</p> <p>1st Friday</p> <p>Open Gym Walking 9a-1p.</p> <p>Exercise Room open all day everyday.</p>	<p>East Jordan Center 951 Mill St., East Jordan 231-536-7831</p> <p>Site Coordinator: Brenda</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>		<p>1. 9a Hair Cuts w/Susan \$10, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>2. Celebration Day, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing</p>
<p>5. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>6. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>7. Night Meal 5p-6p— Thanksgiving in June, Connect with Amy, Music Barry Loper, Card Bingo</p>	<p>8. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>9. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing</p>
<p>12. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>13. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic</p>	<p>14. Night Meal 5p-6p— Mexican Fiesta, Music OJ Adkins, Card Bingo, Police Officer Day/Hidden in Plan Site Trailer 4p</p>	<p>15. 9:30a Coffee Hour, 9:30a Senior Project Fresh, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>16. Father's Day Celebration, 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>19. All COA Offices and Senior Centers are CLOSED ALL DAY.</p>	<p>20. 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>21. Night Meal 5p-6p— National Flag Week, Music Deb &amp; Robe, Card Bingo</p>	<p>22. 9:30a Coffee Hour, 10a Hand Massages, , 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic</p>	<p>23. 11a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing</p>
<p>26. 9:30a Coffee Hour, 10a COA Advisory Board Meeting, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>27. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>28. Night Meal 5p-6p— Wedding Night, Music 2 Beats, Card Bingo</p>	<p>29. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>30. 11a Music, 12:30p Card BINGO, 50/50 Drawing</p>

# 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 June 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
Homemade Soup now served 3 days a week with your meal. <b>Alternative Meal for Week:</b> Ham & Cheese Wrap	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>No Lunch on Wednesday from May Through September except the Wrap Station in Charlevoix Only.</b>	<b>1. Say Something Nice Day</b> Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Vegetable Medley, Fruit	<b>2. Smothered Pork Chop,</b> Creamy Mushroom Gravy, Au Gratin Potatoes, Garden Vegetable, Fruit
<b>5. Hot Air Balloon Day</b> BBQ Wings, Wedge Fries, Vegetable, Fruit <b>Alternative Meal for Week:</b> Vegetable Pizza Wrap	<b>6. Baked Potato with Cheese, Beef Barley Soup, Saltine Crackers, Sour Cream Cups, Fruit</b>	<b>7. Wednesday Night Dinner</b> Thanksgiving in June—Roast Turkey, Stuffing, Mashed Potatoes & Gravy, Fresh Vegetable, Tossed Salad, Pumpkin Pie	<b>8. Best Friends Day</b> Sliced Italian Sausage, Sautéed Mixed Peppers w/ Light Tomato Sauce served over Pasta, Fruit	<b>9. Cooks Choice,</b> Potato, Fresh Vegetable, Fruit
<b>12. Red Rose Day</b> Cheeseburger, Bun, Tater Tots, Garden Vegetable, Fruit <b>Alternative Meal for Week:</b> Shrimp Pasta Salad	<b>13. Breakfast for Lunch</b> Cheese Omelets, Sausage Links, Vanilla Yogurt Cup, Biscuit & Honey, Fresh MI Strawberries	<b>14. Wednesday Night Dinner</b> Mexican Fiesta—Chicken Fajitas, Peppers & Onions, Salsa & Sour Cream, Flour Tortillas, Cheese, Mexican Rice, Cinnamon Churro	<b>15. Smile Power Day</b> Bacon & Avocado Macaroni & Cheese, Garlic Bread, Garden Vegetable, Fruit	<b>16. Father's Day Celebration</b> Ground Sirloin, Mashed Potatoes & Beef Gravy, Fresh Vegetable, <b>Chocolate Dessert</b>
<b>19. Juneteenth</b> All COA Offices and Senior Centers are <b>CLOSED ALL DAY.</b> <b>Alternative Meal for Week:</b> Chef Salad	<b>20. Ice Cream Soda Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit	<b>21. Wednesday Night Dinner</b> American Flag Salute—Homemade Beef Lasagna, Garlic Bread, Fresh Vegetable, Tossed Salad, Red White & Blue Dessert	<b>22. Frankenmuth Fried Chicken Dinner,</b> Fried Chicken, Mashed Potatoes & Chicken Gravy, Green Beans, Fruit	<b>23. School Pizza Day</b> Pepperoni Square Pizza, Pasta Salad with fresh Veggies, Homemade Soup, Fruit
<b>26. Baked Ziti, Cottage &amp; Mozzarella Cheese, Tomato Sauce, Garlic Biscuit, Fruit</b> <b>Alternative Meal for Week:</b> Turkey & Cheddar Wrap	<b>27. Sunglasses Day</b> Open Faced Rueben, Corned Beef, Swiss, Sauerkraut, 1000 Island Dressing, Waffle Fries, Fruit	<b>28. Wednesday Night Dinner</b> Wedding Day—Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetable, Tossed Salad, White Wedding Cake	<b>29. Cherry Chicken Salad</b> on Croissant, Tomato & Cucumber Salad, Bag of Chips, Fruit	<b>30. Social Media Day</b> Ham and Pineapple, Diced Sweet Potatoes with Marshmallows, Fresh Vegetables, Fruit

## Charlevoix Activity Calendar

### Charlevoix Senior Center Activities for June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Cornhole, Wii and other games on request. Smart TV Activities and Education available <b>ACTIVITIES ARE SUBJECT TO CHANGE</b>	1:30p Tech Tuesdays @ The Charlevoix Library (by Appt Only),	Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki	<b>1. 8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> 1p Games/Puzzles, 1p Mahjong, 1p Mahjong, 1:30p Pickleball, 2p Movie Day @Charlevoix Cinema	<b>2. 9a Coffee Talk, Walkers,</b> <b>10a Crafts,</b> 1p Games/Puzzles, 1:30p Open Pickleball
<b>5. 9a Coffee Talk, Walkers,</b> 12:15p Bingo, <b>1p Cardio Drumming,</b> 1p Games/Puzzles, <b>3:30p Beginners Pickleball</b>	<b>6. 9a Coffee Talk, Walkers,</b> <b>9:30a Veteran's Social,</b> <b>10a George AARP Safe Driving</b> 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, <b>4:00p Yoga</b>	<b>7. 9a Coffee Talk, Walkers,</b> <b>9a Yoga, 10:15a Chair Yoga,</b> 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, <b>2p Beginners Pickleball</b> 5p Wednesday Night Dinner—Thanksgiving in June, Music by Sugar Moon	<b>8. 8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> 1p Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema <b>Foot Clinic</b>	<b>9. 9a Coffee Talk, Walkers.</b> <b>10a Crafts, 1p Games/</b> <b>Puzzles,</b> 1:30p Open Pickleball
<b>12. 9a Coffee Talk, Walkers,</b> 12:15p Bingo, <b>1p Cardio Drumming,</b> 1p Games/Puzzles, <b>3:30p Beginners Pickleball</b>	<b>13. 9a Coffee Talk, Walkers,</b> <b>11:30a Stroke Awareness,</b> 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, <b>4p Yoga</b>	<b>14. 9a Coffee Talk, Walkers,</b> <b>9a Yoga, 10:15a Chair Yoga,</b> 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, <b>2p Beginners Pickleball,</b> 5p Wednesday Night Dinner—Mexican Fiesta	<b>15. 8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi,</b> 11a Hand Massages, 1p Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	<b>16. Father's Day</b> Celebration, <b>Celebration</b> <b>Day,</b> 9a Coffee Talk, Walkers, <b>10a Crafts,</b> 10:30a Music by the Maestros, 1p Games/Puzzles, 1:30p Open Pickleball
<b>19. All COA Offices and Senior Centers are CLOSED ALL DAY.</b>	<b>20. 9a Coffee Talk, Walkers,</b> 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room 1:30 Advanced Pickleball, <b>Foot Clinic</b>	<b>21. 9a Coffee Talk, Walkers,</b> <b>9a Yoga, 10:15a Chair Yoga,</b> 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, <b>2p Beginners Pickleball,</b> 5p Wednesday Night Dinner—National Flag Week	<b>22. 8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	<b>23. 9a Coffee Talk, Walkers.</b> <b>10a Crafts, 12p Opioid</b> <b>Presentation,</b> 1p Any Games/Puzzles, 1:30p Open Pickleball
<b>26. 9a Coffee Talk, Walkers,</b> 12:15p Bingo, <b>1p Cardio Drumming,</b> 1p Games/Puzzles, <b>3:30p Beginners Pickleball</b>	<b>27. 9a Coffee Talk, Walkers,</b> 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room 1:30 Advanced Pickleball,	<b>28. 9a Coffee Talk, Walkers,</b> <b>9a Yoga, 10:15a Chair Yoga,</b> 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, <b>2p Beginners Pickleball,</b> 5p Wednesday Night Dinner—Wedding Night & Connect w/ the Director (Amy)	<b>29. 8-9a Breakfast,</b> 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	<b>30. 9a Coffee Talk, Walkers.</b> <b>10a Crafts,</b> 1p Any Games/Puzzles, 1:30p Open Pickleball



**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*

**Flowers**

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

- |           |           |           |         |
|-----------|-----------|-----------|---------|
| asters    | begonia   | daffodils | daisies |
| geraniums | impatiens | iris      | lilac   |
| marigolds | pansies   | peonies   | petunia |
| poppy     | salvia    | tulip     | zinnia  |

**Charlevoix Senior Center Breakfast Menu June 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**

**6/1. Hot Breakfast:**

**Breakfast Sandwich (Egg, Sausage Patty, Cheese), Tater Tots.**

**6/8. Hot Breakfast:**

**Pancakes, Sausage Links, Rosemary Potatoes.**

**6/15. Hot Breakfast:**

**Breakfast Burrito (Eggs, Bacon & Diced Tomatoes), Hashbrowns .**

**6/22. Hot Breakfast:**

**Oven Baked Eggs, Ham Steak, Hashbrowns.**

**6/29. Hot Breakfast:**

**Breakfast Casserole (Green Peppers, Onions, Diced Sausage, Eggs, Hashbrowns & Cheese).**