

November 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

### NOVEMBER 2023 NOTABLE DATES

- 1 Cinnamon Day
- 2 Men Make Dinner Day
- 3 Sandwich Day
- 4 Common Sense Day
- 5 Daylight Saving Time Ends
- 6 Nachos Day
- 7 Election Day
- 8 Cook Something Bold Day
- 9 Freedom Day
- 10 Forget-Me-Not Day
- 11 Veterans Day
- 12 French Dip Day
- 13 Sadie Hawkins Day
- 14 Pickle Day
- 15 America Recycles Day
- 16 Fast Food Day
- 17 Homemade Bread Day
- 18 Family Volunteer Day
- 19 Equal Opportunity Day
- 20 Absurdity Day
- 21 Red Mitten Day
- 22 Go For A Ride Day
- 23 Thanksgiving Day
- 24 Black Friday
- 25 Parfait Day
- 26 Cake Day
- 27 Cyber Monday
- 28 French Toast Day
- 29 Square Dance Day
- 30 Stay Home Because You Are Well Day



**“THE HUMAN SPIRIT IS STRONGER THAN ANYTHING THAT CAN HAPPEN TO IT”**  
~ C.C. SCOTT

## Director's CORNER

Caregivers: Talking with a loved one about Power of Attorney (POA)



Power of Attorney (POA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two power of attorney documents, one for healthcare decisions and one for financial decisions. Note, the document can be canceled or changed at any time.

Power of attorney documents are used if your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate.

If you are not sure how to talk about POA here are some tips that may help.

1. Start the Conversation  
Ask for help with the conversation. Include someone who your loved one respects but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your doctor or a trusted professional to start the conversation.
  - Try not to force a decision.
  - Remind them it is completely their choice.
2. Provide Information  
Explain that a power of attorney document:
  - Gives them control while they can still make decisions.
  - Prevents decisions from being made by someone they don't trust.
  - May help prevent family fighting in the future.
  - Makes it easier to care for them.
3. Support Them to Make

**Decisions**

- Start by asking what you can do to help with the decision. It may help to explain the documents in a different way.
- Ask if there's anyone else, they'd like to talk to about power of attorney, or what questions they have.
- Don't expect all decisions to be made during your first conversation. Give them extra time to make decisions.
- Deciding not to make a decision is still a decision.

Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your care recipient to live their vision of the best life possible. It's not about what other people think is right, or even what you think is right. It's about the person you care for.

**Expert Tip**  
Even if you don't agree with your loved one's decision, remember everyone has the right to make their own decisions in life. Think about times in your life you made a decision that your family didn't agree with. Would anything have changed your mind at the time? This can help reduce any feelings of frustration that may come up.

Area Agency on Aging of Northwest Michigan partners with Trualta to offer you free access to health and caregiver information. Visit <https://aanm.trualta.com/> to register for free.  
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## 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

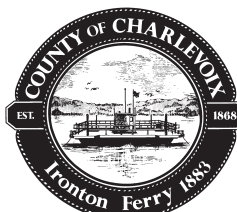
**Health Care Services:**  
Tracey Rupinski, RN, Director of Health Care Services  
Robin Pugh, RN, CFCS  
Carla Middaugh, Personal Care  
Arlene Wilson, CNA  
OPEN, CNA/Homemaker  
Kim Crandell, Homemaker  
Rhonda Whiteford, Homemaker

**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**  
Tracey McCafferty, 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 & Cathy 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, Dolores Food Service & HD Meals  
951 Mill Street, East Jordan, MI 49727  
231-536-7831



**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.

# Boyne Area Activity Calendar

## Boyne Area Senior Center Location Activities for November 2023

| Monday                                                                               | Tuesday                                                                                                                     | Wednesday                                             | Thursday                                                                                                           | Friday                                                                                                          |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Boyne Area Center<br>411 East Division St,<br>Boyne City<br>Site Coordinator: Tracey | Large Print Books, Puzzles & Card Games. Cornhole, Wii and other games on request.<br><br>Activities are subject to Change. | 1. 10a Corn Hole, 10a Wii Bowling, Card/ Table Games  | 2. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic              | 3. 10a Cardio Drumming, 11a Music by Dollar in a Juke Box                                                       |
| 6. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games                           | 7. 10a Line Dancing, 10:30a BASC Building Board Mtg, 11a Hand Massages, 12:30p BINGO, 1p Cards/Table Games                  | 8. 10a Corn Hole, 10a Wii Bowling, Card/ Table Games  | 9. Veteran's Celebration 10a Line Dancing, 11a 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games | 10. All COA Offices & Senior Centers are Closed in Observance of Veteran's Day.                                 |
| 13. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games                           | 14. 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games, Foot Clinic                                                       | 15. 10a Corn Hole, 10a Wii Bowling, Card/ Table Games | 16. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games                          | 17. Thanksgiving Celebration, Celebration Day, 9:30a Cardio Drumming, 11:30a Music OJ Adkins, 12:30p Movie: TBD |
| 20. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games                           | 21. 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games                                                                    | 22. 10a Corn Hole, 10a Wii Bowling, Card/ Table Games | 23. All COA Offices & Senior Centers are Closed in Observance of Thanksgiving.                                     | 24. All COA Offices & Senior Centers are Closed in Observance of Thanksgiving.                                  |
| 27. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games                           | 28. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games, Foot Clinic                                  | 29. 10a Corn Hole, 10a Wii Bowling, Card/ Table Games | 30. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games                          | Exercise Room open all day everyday.<br><br>Coffee everyday at 9:30a                                            |

# East Jordan Activity Calendar

## East Jordan Senior Center Location Activities for November 2023

| Monday                                                                                                            | Tuesday                                                                                                          | Wednesday                                | Thursday                                                                                                                             | Friday                                                                                       |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1st Friday<br>Open Gym Walking 9a-1p.<br>Exercise Room open all day everyday.<br>ACTIVITIES ARE SUBJECT TO CHANGE | East Jordan Center<br>951 Mill St., East Jordan<br>231-536-7831<br>Site Coordinator: Brenda                      | 1. 9:30a Coffee Hour, 12:30p Card Bingo  | 2.9a Hair Cuts w/Susan \$10, 9:30a Coffee Hour, Leadership Charlevoix County Visit, 12:30p Texas Hold-em or Cards, 12:30p Bingocize  | 3. Celebration Day, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing               |
| 6. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table                                  | 7. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming                                                    | 8. 9:30a Coffee Hour, 12:30p Card Bingo  | 9. Veteran's Day Celebration 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic | 10. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF VETERAN'S DAY             |
| 13. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table                                 | 14. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre                                    | 15. 9:30a Coffee Hour, 12:30p Card Bingo | 16. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize                                                               | 17. Thanksgiving Celebration 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing |
| 20. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table                                 | 21. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic | 25. 9:30a Coffee Hour, 12:30p Card Bingo | 23. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING                                                      | 24. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING              |
| 27. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table                                 | 28. 9:30a Coffee Hour, 10a Knit & Crochet, 10:45a Exercise/Lisa, 11a Cardio Drumming, 12:30p Euchre              | 29. 9:30a Coffee Hour, 12:30p Card Bingo | 30. 9:30a Coffee Hour, Hand Massages, 12:30p Texas Hold-em or Cards, 12:30p Bingocize                                                |                                                                                              |

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu November 2023 (Lunch 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>Soups are served 3 days a week.</p> <p><b>Alternative Meal for Week:</b><br/>Chicken Salad Croissant</p>                                                         | <p><b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>    | <p>1. <b>Cinnamon Day</b> Popcorn Chicken Bowl, Mashed Potatoes, Country Gravy, Corn, Fruit</p>              | <p>2. Pepper Steak with Colored Peppers &amp; Onions, Seasoned Rice, Fruit</p>                               | <p>3. <b>National Sandwich Day</b> Grilled Chicken Club Sandwich, Bacon, Lettuce, Tomato, Mayo, Ranch Wedge Fries, Mixed Vegetables, Fruit</p>            |
| <p>6. Ham &amp; Cheese Sliders, Biscuits, Tater Tots, Vegetable Medley, Honey Pack, Fruit</p> <p><b>Alternative Meal for Week:</b><br/>Chicken Caesar Salad</p>     | <p>7. <b>Election Day</b> Tuna Noodle Casserole, Green Peas, Fried Onions, Fruit</p>                                        | <p>8. <b>Nacho Day</b> Taco Meat, Rice with roasted corn, Tortilla Chips, Cheese, Salsa Cup</p>              | <p>9. <b>Veteran's Celebration</b> Roast Beef, Mashed Potatoes &amp; Gravy, Fresh Vegetable, Apple Crisp</p> | <p>10. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF VETERAN'S DAY</b></p>                                                            |
| <p>13. Grilled Cheese with Tomato, Large Bowl of Chicken Barley Soup, Saltine Crackers, Fruit</p> <p><b>Alternative Meal for Week:</b><br/>Turkey Bacon Wrap</p>    | <p>14. <b>Pickle Day</b> Hamburger &amp; Onion Stroganoff, Buttered Noodles, Garden Vegetable, Fruit</p>                    | <p>15. <b>America Recycles Day</b> Creamy Chicken Broccoli, Rice and Cheese Casserole, Breadstick, Fruit</p> | <p>16. <b>Cooks Choice</b>, Potato, Fresh Vegetable, Fruit</p>                                               | <p>17. <b>Thanksgiving Celebration</b> Roast Turkey, Stuffing, Mashed Potatoes &amp; Gravy, Green Bean Casserole, Homemade Cranberry, Pumpkin Dessert</p> |
| <p>20. Breaded Chicken Sandwich with Swiss Cheese, Sweet Potato Fries, Honey Mustard Cup, Fruit</p> <p><b>Alternative Meal for Week:</b><br/>Shrimp Pasta Salad</p> | <p>21. Roast Pork Loin, Pork Gravy, Scalloped Potatoes, Fresh Vegetable, Fruit</p>                                          | <p>22. <b>Go for a Ride Day</b> Beef Lasagna, Garlic Toast, Tossed Salad, Vegetable Medley, Fruit</p>        | <p>23. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>                | <p>24. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>                                                             |
| <p>27. <b>Cyber Monday</b> Cooks Choice, Potato, Fresh Vegetable, Fruit</p> <p><b>Alternative Meal for Week:</b><br/>Roast Beef Wrap</p>                            | <p>28. <b>National French Toast Day Breakfast for Lunch:</b> French Toast, Sausage Links, Hashbrowns, Yogurt Cup, Fruit</p> | <p>29. <b>Square Dance Day</b> BBQ Bone in Chicken Legs, Au Gratin Potatoes, Mixed Vegetables, Fruit</p>     | <p>30. Mom's Meatloaf, Mashed Potatoes &amp; Gravy, Garden Vegetables, Fruit</p>                             | <p><b>NEW:</b> Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan &amp; Boyne as a Meal Alternative.</p>                 |

## Charlevoix Activity Calendar

### Charlevoix Senior Center Activities for November 2023

| Monday                                                                                                                              | Tuesday                                                                                                                                                                                                                        | Wednesday                                                                                                                                                              | Thursday                                                                                                                                                       | Friday                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Charlevoix Center<br/>13513 Division Ave,<br/>Charlevoix<br/>Site Coordinator: Vikki<br/>231-547-3844</p>                        | <p>Charlevoix Location Only:<br/>11:30a-12:30p Sandwich and Salad Bar available for Lunch Monday—Friday<br/>Tech Tuesdays @ Charlevoix Library by appt. only</p>                                                               | <p>1. 9a Coffee Talk, Walkers, 10a Loom/Knitting Etc, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>                     | <p>2. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema</p>                                                | <p>3. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>                  |
| <p>6. 9a Coffee Talk, Walkers, 12:15p Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball</p>  | <p>7. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 12:30p Veteran's Social &amp; Free Lunch, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</p> | <p>8. 9a Coffee Talk, Walkers, 10a Loom/Knitting Etc, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>                     | <p>9. 9a Coffee Talk, Walkers, 9:30a Tai Chi/Matter of Balance, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema</p>               | <p>10. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF VETERAN'S DAY</b></p>                                                                              |
| <p>13. 9a Coffee Talk, Walkers, 12:15p Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball</p> | <p>14. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>                                                       | <p>15. 9a Coffee Talk, Walkers, 10a Loom/Knitting Etc, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>                    | <p>16. 9a Coffee Talk, Walkers, 9:30a Tai Chi/Matter of Balance, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema, Foot Clinic</p> | <p>17. <b>Celebration Day</b> 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p> |
| <p>20. 9a Coffee Talk, Walkers, 12:15p Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball</p> | <p>21. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>                                                       | <p>22. 9a Coffee Talk, Walkers, 10a Loom/Knitting Etc, 10:15a Chair Yoga, 11a Hand Massages, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p> | <p>23. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>                                                                  | <p>24. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>                                                                               |
| <p>27. 9a Coffee Talk, Walkers, 12:15p Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball</p> | <p>28. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>                                                       | <p>29. 9a Coffee Talk, Walkers, 10a Loom/Knitting Etc, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>                    | <p>30. 9a Coffee Talk, Walkers, 9:30a Tai Chi/Matter of Balance, 1p Any Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema</p>          | <p>Cornhole, Wii and other games on request. Smart TV Activities and Education available<br/><b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p>                                    |

**Medicare’s Open Enrollment is Important to our aging adults!**

Medicare’s Open Enrollment Period, or OEP, runs from October 15 through December 7 each year. During the OEP, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Open Enrollment is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year. Open. The last change you make will take effect on January 1.

The Michigan Medicare/Medicaid Assistance Program (MMAP) has certified counselors who can help and assist beneficiaries with joining, switching, or dropping a plan during Open Enrollment. MMAP Counselors are unbiased, free of charge for the service, and highly trained to help and assist with making these choices. MMAP’s mission is to educate, counsel, and empower Medicare beneficiaries so that they can make informed health benefit decisions.

Call MMAP at 1-800-803-7174 or Kevin Clements at 231-237-0103 to make changes.

**Safe Haven Sponsored Breakfast Club Menu November 2023 (8a—9a) Menu Subject to Change**  
**TUESDAYS & FRIDAYS ONLY—IN CHARLEVOIX ONLY**  
**(Available only when the Charlevoix Senior Center is OPEN)**  
**Charlevoix Senior Center: 547-5361**  
**FREE TO THE COMMUNITY FOR DINE IN & TAKE OUT**

**Safe Haven Breakfast Club Menu**

**7. Hot Breakfast:**  
 Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions  
*All Breakfasts include Yogurt & Orange Juice*

**14. Hot Breakfast:**  
 Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo, served with Cheesy Tater Tots  
*All Breakfasts include Yogurt & Orange Juice*

**21. Hot Breakfast:**  
 French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns  
*All Breakfasts include Yogurt & Orange Juice*

**27. Hot Breakfast:**  
 Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce  
*All Breakfasts include Yogurt & Orange Juice*

**3. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions  
*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**10. NO BREAKFAST: Charlevoix County Offices, COA Offices and Senior Centers are all CLOSED today in Observance of Veteran’s Day**

**17. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions  
*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**24. NO BREAKFAST: Charlevoix County Offices, COA Offices and Senior Centers are all CLOSED today in Observance of Thanksgiving**

*These are Community Breakfasts Sponsored by Safe Haven and are Free of Charge to ANY ONE in the Community.*

*Just for fun*  
**HAPPY THANKSGIVING**

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

- ACORN
- GRATEFUL
- SQUASH
- APPLE
- INDIAN
- THANKFUL
- BLESSED
- NOVEMBER
- TURKEY
- CORN
- PIE
- FEATHER
- PILGRIM
- FOOD
- PUMPKIN



**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.