

December 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

**Boyerne Area Chamber**  
(231) 582-6222  
115 S. Lake St., Suite A,  
Boyerne City, MI 49712  
boynechamber.com

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

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

### DECEMBER 2023 NOTABLE DATES

- 1 Eat a Red Apple Day
- 2 Earmuffs Day
- 3 Make a Gift Day
- 4 Santa's List Day
- 5 Volunteer Day
- 6 Mitten Tree Day
- 7 Letter Writing Day
- 8 Christmas Tree Day
- 9 Christmas Card Day
- 10 Candle Lighting Day
- 11 Have a Bagel Day
- 12 Gingerbread House Day
- 13 Cocoa Day
- 14 Roast Chestnuts Day
- 15 Underdog Day
- 16 Chocolate Covered Anything Day
- 17 Maple Syrup Day
- 18 Bake Cookies Day
- 19 Look for an Evergreen Day
- 20 Go Caroling Day
- 21 Winter Begins
- 22 Cookie Exchange Day
- 23 Family Roots Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Thank You Note Day
- 27 Make Cut-Out Snow flakes Day
- 28 Card Playing Day
- 29 Still Need To Do Day
- 30 Bacon Day
- 31 New Year's Eve

For more detailed information on things going on at our Senior Centers: Please call and speak with the Site Coordinator directly or call the COA Office.



**“JUST BECAUSE YOU CAN'T SEE SOMETHING DOESN'T MEAN IT DOESN'T EXIST.”**  
~ THE SANTA CLAUSE 1994

## Director's CORNER

Handling the Holidays after Loss

The signs of the holiday season are ubiquitous: Holiday decorations in the stores, piped in Christmas carols, holiday displays at the malls, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work.

In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief.

Grief is healthy, and necessary. Grieving means we acknowledge the loss, but it doesn't mean those of us left behind can stop living until it's over. In fact, it can be viewed as a time to start new traditions, while honoring the old ones.

Dilemmas Associated with the Holiday Season:

1. The Requirement of Cheerfulness. There is an expectation during the holidays that people should be cheerful. One mourner explained that she hated going to holiday gatherings. "I could not be cheerful and I did not want to bring other people down by being sad."
2. The Mine Field of Social Exchanges. On many occasions, the innocent remarks of others may put a knife through the mourner's heart. Shortly after the death of their son, the parents attended a holiday dinner hosted by the boy's grandparents. The host began the meal with a blessing, "Thank you for bringing the whole family together." The father was so distressed by this remark that he left the table.
3. The Complexity of Decisions. Bereaved individuals must navigate a difficult path in deciding how to handle decisions about family activities and rituals. As one mourner



indicated, "I was not sure whether I should hang my son's stocking or not. I decided to hang it, because after all he is my son. But my husband thought that this was not a good idea. He told me that I was 'in denial.'"

4. The Ambush. During the holidays, mourners are often hit by powerful feelings that are evoked by some reminder of the loss. Consequently, they experience what Noel and Blair (2000) have called "the ambush." As one mother explained, I was taking out the Christmas ornaments and I came across an ornament that Timmy had made in kindergarten last year. It had his hand print on it. I dissolved into tears."

Although natural and normal, such experiences are often frightening in their intensity. There's no "right" way to cope with such a loss. Some choose to skip the holidays, which is difficult because we're surrounded by holiday music, messages and events.

Others try to celebrate just as if their lost loved one is still there, which can make the person's absence even more painful.

It's important to know there are local, professional resources that are capable of helping you during a painful time. Even though you didn't choose the circumstances that are leading you to grieve, you have a choice in how you respond to your grief.

## 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**

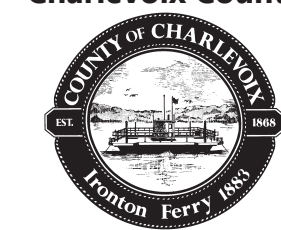
**Many wonderful Volunteers in all aspects of our services!**

**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

**Boyerne 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  
Boyerne 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





# Boyne Area Activity Calendar

## Boyne Area Senior Center Location Activities for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Boyne Area Center 411 East Division St, Boyne City Site Coordinator: Tracey</p>	<p>Large Print Books, Puzzles &amp; Card Games. Cornhole, Wii and other games on request.</p> <p>Activities are subject to Change.</p>	<p>Exercise Room open all day everyday.</p> <p>Coffee everyday at 9:30a</p>	<p><b>3rd Annual COA Christmas Spirit Week is 12/18—12/22!</b></p>	<p>1. 10a Cardio Drumming, 11a Music \$1 in a Juke Box</p>
<p>4. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>5. 10a Line Dancing, 10:30a BASC Building Board Mtg, 11a Hand Massages, 12:30p BINGO, 1p Cards/Table Games, Foot Clinic</p>	<p>6. 10a Corn Hole, 10a Wii Bowling, 12p Journaling with Marge Spohn, 12:30p Card/Table Games</p>	<p>7. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games</p>	<p>8. 10a Cardio Drumming, 11a Music by Vintage</p>
<p>11. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games</p>	<p>12. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games</p>	<p>13. 10a Wii Bowling, 12:30p Card BINGO</p>	<p>14. 10a Line Dancing, 10a Clay Ornaments with Bone Area Center for the Arts, 12:30p Card BINGO, Afternoon Knit/Crochet/Crafts, Card/ Table Games, Foot Clinic</p>	<p>15. Celebration Day, 9:30a Cardio Drumming, 11:30a Music OJ Adkins, 12:30p Holiday Movie: The Santa Clause (Popcorn)</p>
<p>18. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games <b>Dress Like A Present</b></p>	<p>19. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games <b>Holiday Jammie Day</b></p>	<p>22. 10a Corn Hole, 10a Wii Bowling, 12:30p Knit/ Crochet Group <b>Holiday Glitz &amp; Glam Day</b></p>	<p>23. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games <b>Dress Like Your Favorite Holiday Character</b></p>	<p>22. Christmas Celebration With SANTA 10a Cardio Drumming, 11a Music by Vintage <b>Ugly Holiday Sweater Day</b></p>
<p>25. All COA Offices &amp; Senior Centers are Closed in Observance of Christmas.</p>	<p>26. All COA Offices &amp; Senior Centers are Closed in Observance of Christmas.</p>	<p>27. 9a Veteran's Social, 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games</p>	<p>28. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games</p>	<p>29. Count Down To Noon Celebration, 10a Cardio Drumming, 11a Music TBD</p>

# East Jordan Activity Calendar

## East Jordan Senior Center Location Activities for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1st Friday Open Gym Walking 9a-1p. Exercise Room open all day everyday. ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda</p>	<p><b>3rd Annual COA Christmas Spirit Week is 12/18—12/22!</b></p>		<p>1. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing</p>
<p>4. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>5. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>6. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>7. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>8. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing</p>
<p>11. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>12. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic</p>	<p>13. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>14. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>15. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>18. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table <b>Dress Like a Christmas Gift</b></p>	<p>19. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre <b>Holiday Jammie Day</b></p>	<p>20. 9:30a Coffee Hour, 12:30p Card Bingo <b>Holiday Glitz &amp; Glam Day</b></p>	<p>21. 9:30a Coffee Hour, Hand Massages, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic <b>Dress Like you Favorite Holiday Character</b></p>	<p>22. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing <b>Ugly Holiday Sweater Day</b></p>
<p>25. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</p>	<p>26. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</p>	<p>27. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>28. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>29. 11:30a Music, 12:30p Card BINGO, 50/50 Drawing</p>

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu December 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 with your meal.</p> <p><b>Alternative Meal for Week:</b> Roast Beef Wrap</p>	<p><b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>	<p>Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan &amp; Boyne as a Meal Alternative.</p>		<p>1. <b>Eat a Red Apple Day</b> Ham Pasta Carbonara, Green Peas, Dinner Roll &amp; Butter, Fruit</p>
<p>4. Polish Sausage, Soft Bun, Sauerkraut, Wedge Fries, Mixed Vegetable, Fruit</p> <p><b>Alternative Meal for Week:</b> Egg Salad with Tomatoes</p>	<p>5. <b>Volunteer Day</b> Chicken Supreme, Mashed Potatoes &amp; Gravy, Green Beans, Fruit</p>	<p>6. <b>Mitten Tree Day</b> Bacon Cheeseburger, Bun, Waffle Fries, Vegetable Medley, Fruit</p>	<p>7. Ham &amp; Pineapple, Scalloped Potatoes, Garden Vegetables</p>	<p>8. <b>Christmas Tree Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit</p>
<p>11. Open Faced Corned Beef Rubeen, Sauerkraut, Swiss Cheese, 1000 Island Dressing, Tater Tots, Fresh Vegetable, Fruit</p> <p><b>Alternative Meal for Week:</b> Ham &amp; Green Onion Pinwheel</p>	<p>12. <b>Gingerbread House Day</b> Shredded Chicken &amp; Cheese Enchiladas, Mexican Rice, Corn &amp; Black Bean Fiesta, Fruit</p>	<p>13. <b>Cocoa Day</b> Vegetable Lasagna, Carrots &amp; Spinach, Garlic Biscuit, Fresh Tossed Salad &amp; Dressing, Fruit</p>	<p>14. Italian Sausage w/ peppers &amp; Onions, Light Tomato Sauce, White Rice, Garden Vegetables, Fruit</p>	<p>15. <b>Underdog Day</b> Open Faced Hot Roast Beef Sandwich on Texas Toast, Mashed Potatoes &amp; Gravy, Vegetable Medley, Fruit</p>
<p>18. Chicken Parmesan, Pasta Marinara, Vegetable Medley, Fruit</p> <p><b>Alternative Meal for Week:</b> Salami &amp; Cheese Sub Sandwich</p>	<p>19. Smothered Pork Chop, Creamy Mushroom Gravy, Au Gratin Potatoes, Fresh Vegetable, Fruit</p>	<p>20. <b>Go Caroling Day</b> Baked Potato with Cheese, Beef Chili, Kidney Beans, Tomatoes, Saltine Crackers, Fruit</p>	<p>21. Baked Salmon, Hollandaise Sauce, Seasoned Rice, Vegetable Medley, Fruit</p>	<p>22. <b>Christmas Celebration</b> Ground Sirloin, Mashed Potatoes, Gravy, Sauteed Onions, Fresh Vegetable, Fruit, <b>Special Holiday Dessert</b></p>
<p>25. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</b></p> <p><b>Alternative Meal for Week:</b> Tuna Pasta Salad</p>	<p>26. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</b></p>	<p>27. <b>Make Cut Out Snowflakes Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit</p>	<p>28. <b>Card Playing Day</b> Chicken Alfredo with Broccoli, Breadstick, Fruit</p>	<p>29. <b>Countdown to Noon!</b> Assorted Appetizers, Fruit, Cheesecake Bites</p>

## Charlevoix Activity Calendar

### Charlevoix Senior Center Activities for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844</p>	<p>Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch Monday—Friday Tech Tuesdays @ Charlevoix Library by appt. only</p>	<p>Cornhole, Wii and other games on request. Smart TV Activities and Education available <b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p>	<p><b>3rd Annual COA Christmas Spirit Week is 12/18—12/22!</b></p>	<p>1. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>1p Games/Puzzles</b>, <b>12:30p Cardio Drumming</b>, <b>1:30p Open Pickleball</b></p>
<p>4. 9a Coffee Talk, Walkers, 12:15p Card Bingo, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles</b>, <b>3:30p Beginners/Intermediate Pickleball</b></p>	<p>5. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>12:30p Veteran's Social &amp; Free Lunch</b>, <b>1p Games/Puzzles</b>, <b>1p Mahjong</b>, <b>1p Movie/TV in COA Room</b>, <b>1:30 Advanced Pickleball</b>, 4p Yoga,</p>	<p>6. 9a Coffee Talk, Walkers, <b>10a Loom/Knitting Etc</b>, <b>10:15a Chair Yoga</b>, 12:30p Bridge, <b>1p Games/Puzzles</b>, <b>2p Beginners/Intermediate Pickleball</b></p>	<p>7. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1:30p Advanced Pickleball</b>, 2p Movie Day @Charlevoix Cinema Foot Clinic</p>	<p>8. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>1p Games/Puzzles</b>, <b>12:30p Cardio Drumming</b>, <b>1:30p Open Pickleball</b></p>
<p>11. 9a Coffee Talk, Walkers, 12:15p Card Bingo, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles</b>, <b>3:30p Beginners/Intermediate Pickleball</b></p>	<p>12. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1p Mahjong</b>, <b>1p Movie/TV in COA Room</b>, <b>1:30 Advanced Pickleball</b>, 4p Yoga</p>	<p>13. 9a Coffee Talk, Walkers, <b>10a Loom/Knitting Etc</b>, <b>10:15a Chair Yoga</b>, 12:30p Bridge, <b>1p Games/Puzzles</b>, <b>2p Beginners/Intermediate Pickleball</b></p>	<p>14. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1:30p Advanced Pickleball</b>, 2p Movie Day @Charlevoix Cinema, Foot Clinic</p>	<p>15. <b>Celebration Day Ice Cream Social</b> <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>12p Rosie the Riveter Presentation</b>, <b>1p Games/Puzzles</b>, <b>12:30p Cardio Drumming</b>, <b>1:30p Open Pickleball</b></p>
<p>18. 9a Coffee Talk, Walkers, 12:15p Card Bingo, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles</b>, <b>3:30p Beginners/Intermediate Pickleball</b> <b>Dress Like a Christmas Gift</b></p>	<p>19. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1p Mahjong</b>, <b>1p Movie/TV in COA Room</b>, <b>1:30 Advanced Pickleball</b>, 4p Yoga Foot Clinic <b>Holiday Jammie Day</b></p>	<p>20. 9a Coffee Talk, Walkers, <b>10a Loom/Knitting Etc</b>, <b>10:15a Chair Yoga</b>, <b>11a Hand Massages</b>, 12:30p Bridge, <b>1p Games/Puzzles</b>, <b>2p Beginners/Intermediate Pickleball</b> <b>Holiday Glitz &amp; Glam Day</b></p>	<p>21. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1:30p Advanced Pickleball</b>, 2p Movie Day @Charlevoix Cinema <b>Dress Like Your Favorite Holiday Character</b></p>	<p>22. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>1p Games/Puzzles</b>, <b>12:30p Cardio Drumming</b>, <b>1:30p Open Pickleball</b> <b>Ugly Holiday Sweater Day</b></p>
<p>25. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</b></p>	<p>26. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF CHRISTMAS</b></p>	<p>27. 9a Coffee Talk, Walkers, <b>10a Loom/Knitting Etc</b>, <b>10:15a Chair Yoga</b>, 12:30p Bridge, <b>1p Games/Puzzles</b>, <b>2p Beginners/Intermediate Pickleball</b></p>	<p>28. 9a Coffee Talk, Walkers, <b>1p Games/Puzzles</b>, <b>1:30p Advanced Pickleball</b>, 2p Movie Day @Charlevoix Cinema</p>	<p>29. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>1p Games/Puzzles</b>, <b>12:30p Cardio Drumming</b>, <b>1:30p Open Pickleball</b></p>



### Medicare: Choosing Doctors and Other Providers

Depending on your coverage, you will have different considerations when choosing health care providers like doctors, hospitals, or medical equipment suppliers. Let's review some of these factors, so you can get your care covered at the lowest cost.

Even with this information in hand, remember to trust yourself and your feelings when choosing your health care providers. For instance, just because a provider is in network doesn't mean they will be a good fit for you. You may have to try multiple providers before finding one who you trust and who fits your needs.

Michigan Medicare/Medicaid Assistance Program (MMA) can help with navigating this! Please contact them today for assistance! Call MMA at 1-800-803-7174 or Kevin Clements at 231-237-0103 to make changes.

### Protect yourself from pharmacy and prescription drug fraud, errors, and abuse.

Medicare pharmacy or prescription drug fraud occurs when Medicare is billed for a prescription that you did not receive, or if you are purposefully given a different medication than the one your doctor prescribed. Examples of suspected pharmacy or prescription drug fraud, errors, or abuse include:

- A provider billing Medicare for drugs you never received.
- A pharmacy providing you with expired drugs or automatically refilling a prescription you no longer need and billing Medicare.
- A pharmacy providing you with less medication than you were prescribed.
- A company offering you "free" or "discount" prescription drugs without a prescription and then billing Medicare.

Always read your Explanation of Benefits (EOB) from your prescription drug plan to make sure you recognize the names of the providers and prescriptions listed on the notice.

If you suspect potential pharmacy or prescription drug fraud, errors, or abuse, contact your local agency. Call MMA at 1-800-803-7174 or Kevin Clements at 231-237-0103

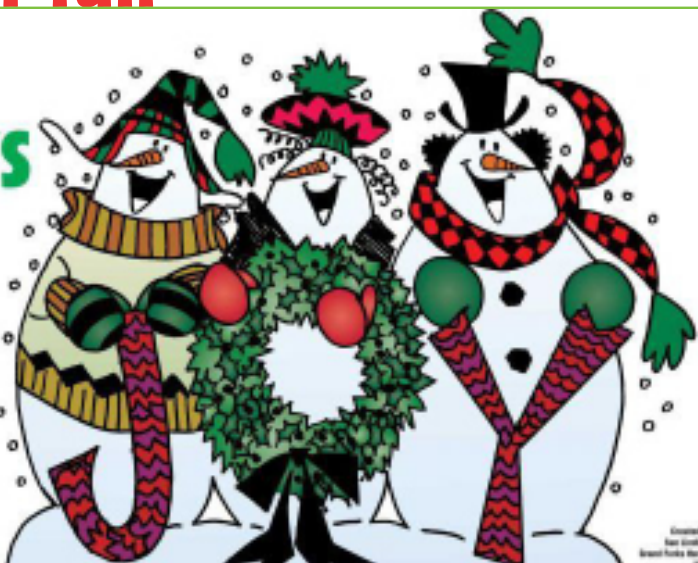
Safe Haven Sponsored Breakfast Club Menu December 2023 (8a—9a) Menu Subject to Change  
**TUESDAYS & FRIDAYS ONLY—IN CHARLEVOIX ONLY**  
 (Available only when the Charlevoix Senior Center is OPEN)  
 Charlevoix Senior Center: 547-5361  
**FREE TO THE COMMUNITY FOR DINE IN & TAKE OUT**

Safe Haven Breakfast Club Menu

<p>5. <b>Hot Breakfast:</b> Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers &amp; Onions</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p>1. <b>FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p>12. <b>Hot Breakfast:</b> Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo, served with Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p>8. <b>FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p>19. <b>Hot Breakfast:</b> French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p>15. <b>FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p>26. <b>NO BREAKFAST:</b> Charlevoix County Offices, COA Offices and Senior Centers are all CLOSED today in Observance of Christmas</p>	<p>22. <b>FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
	<p>29. <b>FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>

## Just for fun

# HAPPY HOLIDAYS WORD SEARCH



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

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- |              |                |                 |            |
|--------------|----------------|-----------------|------------|
| 1. Happy     | 5. Family      | 9. Shopping     | 13. Santa  |
| 2. Holidays  | 6. Friends     | 10. Candy canes | 14. Songs  |
| 3. Christmas | 7. Presents    | 11. Cookies     | 15. Movies |
| 4. Vacation  | 8. Decorations | 12. Milk        | 16. Fun    |

**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.

Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun Activities planned like the Tai-Chi, Cardio Drumming, 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.