

May 2024

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,
Boyer 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



MAY, THE MONTH OF SUNSHINE, BLOOMING FLOWERS AND ENDLESS POSSIBILITIES. ~

MAY 2024 NOTABLE DATES

- 1 **May Day**
- 2 **Day of Reason**
- 3 **No Pants Day**
- 4 **Play Outside Day**
- 5 **Laughter Day**
- 6 **No Diet Day**
- 7 **Concert Day**
- 8 **Have a Coke Day**
- 9 **Lost Sock Day**
- 10 **Clean Up Your Room Day**
- 11 **Brunch for Lunch Day**
- 12 **Mother's Day**
- 13 **Apple Pie Day**
- 14 **Dance Like A Chicken Day**
- 15 **Chocolate Chip Day**
- 16 **Mimosa Day**
- 17 **Pizza Party Day**
- 18 **No Dirty Dishes Day**
- 19 **Plant Something Day**
- 20 **Be a Millionaire Day**
- 21 **Strawberries and Cream Day**
- 22 **Solitaire Day**
- 23 **Lucky Penny Day**
- 24 **Road Trip Day**
- 25 **Wine Day**
- 26 **Paper Airplane Day**
- 27 **Memorial Day**
- 28 **Hamburger Day**
- 29 **Paperclip Day**
- 30 **Mint Julep Day**
- 31 **Macaroon Day**

Director's CORNER



What does living on a fixed income mean, exactly?

Living on a fixed income generally applies to older adults who are no longer working and collecting a regular paycheck. Instead, they depend mostly or entirely on fixed payments from sources such as Social Security, pensions, and/or retirement savings. There is very little flexibility in the amount of income they receive each month. Approximately 40% of older Americans rely solely on their Social Security income to get by, which averages about \$1,657 monthly.

In times of economic instability—such as soaring inflation—living on a fixed income becomes especially challenging. As expenses rise, their ability to pay for them stays the same. For older adults on a tight budget, an unexpected medical emergency or household repair can tip the scales and lead to financial disaster that's hard to recover from.

What can seniors on a fixed income do to combat rising prices?

1. **Eliminate debt:** Older Americans are carrying more unpaid financial obligations than ever before. Median total debt for older-adult households with debt was \$31,300 in 2016—more than 2.5 times what it was in 2001. If you're a senior on a fixed income, it can be overwhelming trying to keep up with snowballing credit card payments. That's why credit counseling may be a solution worth exploring. Working one-on-one with a trained counselor can help you get your debt under control and create a manageable repayment plan. Securing a lower monthly payment, and ultimately getting rid of your credit card debt altogether, can free up extra funds to apply toward other expenses.

2. **Create a budget calendar:** Tracking your finances is important at any age and income bracket. But when you

live on a fixed or limited income, it's essential to know exactly where your money is going. A budget calendar is a visual tool that allows you to see what your income is each month, when it will arrive, and what your expenses are. This helps you gain a clearer picture of your financial activity—so you're less inclined to spend money you simply don't have. A budget calendar also gives you a greater sense of control over your finances, which can help you feel less worried about money. Making your own budget calendar is easy and something you can do on your own (a simple wall calendar will do just fine). Learn how to create a budget calendar here.

3. **See if you qualify for food assistance:** In 2019, more than 5 million older Americans did not have reliable access to nutritious food. And as grocery store prices rise, the issue of food insecurity among seniors will only get worse. SNAP, or the Supplemental Nutrition Assistance Program, offers a financial safety net to older adults who might not otherwise get enough to eat. This need-based program serves many seniors living on a low fixed income. Adults who qualify receive monthly financial benefits loaded onto an Electronic Benefits Transfer (EBT) card. This card can be used just like a credit or debit card at Walmart, other grocery retailers, and even farmers markets to purchase eligible food items.

NCOA has made it simple for you with BenefitsCheck-Up. <https://benefitscheck-up.org/>

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
Arlene Wilson, CNA
OPEN, CNA/Homemaker
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

COA Advisory Committee
Wanda Carr - Chair; Harry Wilson, Cathy Kessler, Vice Chair, Sharon Misiak, Janet Kalbfell; Board Liaison Josh Chamberlain

June - August 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

Boyer Area Senior Center:
Open M-F 9a-2p
Krista Goldsmith, Site Coordinator
Gretchen, Rick, Paul Food Service & HD Meals
411 E. Division, PO Box 964
Boyer 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, Amy Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



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.

Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for May 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Boyerne Area Center 411 East Division St, Boyne City 231-582-6682 Site Coordinator: Krista Activities are subject to Change.</p>	<p>The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.</p>	<p>1. Wear your Hawaiian Attire Day!, 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Coconut Bowling/Hula Hoop Contest, 12p Reg Sprik Book Talk & Presentation, 1pm Knit/Crochet/Sewing, 2p Card/Table Games</p>	<p>2. 9a Line Dancing, 12:30p Mixed Media Painting Class with Boyne Arts Center, 3p Cards & Games, Foot Clinic</p>	<p>3. Kentucky Derby Day—Wear your Hat and Derby Attire! 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, Pick Your Ponies Contest, 11:30a Music by \$1 & Jukebox, 12:30p Card Bingo, 2p Cards & Games</p>
<p>6. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 12:30 BINGO, 1p Melanoma Skincare Presentation, 2p Cards/Table Games, 2:30p Garden Club</p>	<p>7. 9a Line Dancing, 11a Pass the Sombrero Game & Pinata Party, 12:30p BINGO, 1p Great Lakes Awareness Presentation, 2p Cards/Table Games</p>	<p>8. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 12:30 Guest Kit Tholen—Chx County prosecuting Attorney, 1pm Cupcake Decorating Class, 2p Card/Table Games</p>	<p>9. 9a Line Dancing, 12:30p National Lost Sock Presentation & Craft, 2p Cards & Games,</p>	<p>10. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p Card Bingo, 1p Spring Wreath Craft, 2p Cards & Games</p>
<p>13. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 11a Frog Jumping Contest, 12:30 BINGO, 1p Tai Chi with Gretchen, 2p Cards/Table Games</p>	<p>14. 9a Line Dancing, 11a Hand Massages, 12:30p BINGO, 1p Movie & PB&J Popcorn, 3p Cards/Table Games, Foot Clinic</p>	<p>15. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music b Lucky Stars, 12:30p Ellis Island by Ed May Presentation, 1p Card/Table Games</p>	<p>16. 9a Line Dancing, 11a National BBQ Day Activity, 12:30p Balloon Volleyball, 1:30p What's Cooking Preentation, 2p Cards & Games</p>	<p>17. Celebration Day! 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Mushroom Hunt, 11a Music by OJ, 12:30p Card Bingo, 1p Cards for a Cause Craft, 2p Cards & Games</p>
<p>20. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 12:30 BINGO, 1p Tai Chi with Gretchen, 2p Cards/Table Games, 2:30p Garden Club</p>	<p>21. 9a Line Dancing, Music by MI Sands, 12p Special Treat, 12:30p BINGO, 1p Craft and Presentation for World Bee Day, 3p Cards/Table Games Foot Clinic</p>	<p>22. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 11a Drop & Shop Event, 12:30p National Blood Pressure Presentation, 1pm Make your own Popsicles Class, 2p Cards/Table Games</p>	<p>23. 9a Line Dancing, 11a National Lucky Penney Day & Wishing Well Drawing, 12:30p Cards & Games, 1p World Turtle Day Craft, Foot Clinic</p>	<p>24. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p Card Bingo, 1p Spring Scavenger Hunt, 2p Movie & Popcorn</p>
<p>27. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE MEMORIAL DAY HOLIDAY.</p>	<p>28. 9:30a Veteran's Social, 11a Music by MI Sands, 12:30p BINGO, 1p Ladies Tea Party—Come Dressed for Tea Time,</p>	<p>29. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volley Ball, 12:30p BINGO, 1pm Birdhouse Decorating Class, 2p Cards/Table Games</p>	<p>30. 9a Line Dancing, 11a Music by Lucky Stars, 12:30p Movie & PB&J Popcorn, 2p Cards/Table Games</p>	<p>31. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Balloon Volleyball, 12:30p Card Bingo, 1p Greased Lightning Car Race, 2p Cards/Table Games</p>

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for May 2024 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
<p>East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda</p>	<p>1st Friday Open Gym Walking 9a-1p. Exercise Room open all day everyday. ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>1. Dress Hawaiian! 9:30a Coffee Hour, 12p Medicare 101 Fraud Presentation, 12:30p Card Bingo</p>	<p>2. 9a Hair Cuts \$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards</p>	<p>3. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing</p>
<p>6. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>7. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre</p>	<p>8. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>9. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards, Foot Clinic</p>	<p>10. Mother's Day Celebration, 11:30a Music OJ Adkins, 12p Rosie the Riveter Presentation, 12:30p Card BINGO, 50/50 Drawing</p>
<p>13. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>14. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre</p>	<p>15. 9:30a Coffee Hour, 12p Hidden In plain Sight Trailer, 12p Chamber Chat with Mary, 12:30p Card Bingo</p>	<p>16. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards</p>	<p>17. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>20. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>21. 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre, Foot Clinic</p>	<p>22. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>23. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Hand Massages, 12:30p Texas Hold-em or Cards</p>	<p>24. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing</p>
<p>27. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE MEMORIAL DAY HOLIDAY.</p>	<p>28. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre</p>	<p>29. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>30. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards</p>	<p>31. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing</p>

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu May 2024 (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>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>Alternative Meal for Week: Chicken Salad Croissant</p>	<p>Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.</p>	<p>1. Hawaiian Day Huli Huli Chicken, Sesame & Soy Marinated Boneless Chicken Thigh, Seasoned Rice, Fruit, Vegetable, Soup Du Jour</p>	<p>2. Breakfast for Lunch French Toast Sticks, Sausage Links, Diced Hashbrowns, Warm Applesauce</p>	<p>3. Derby Day Kentucky Hot Brown Macaroni & Cheese, Corn Bread, Soup Du Jour, Peach Crisp</p>
<p>6. Chicken Breast with Gravy, Au Gratin Potatoes, Green Beans, Soup Du Jour, Fruit</p> <p>Alternative Meal for Week: Cottage Cheese, Fresh Fruit & Veggie Tray</p>	<p>7. Taco Tuesday Taco Kit, Lettuce, Tomato, Cheese, Taco Meat, Rice, Flour Tortilla Wraps, Fruit</p>	<p>8. Tuna Melt on an English Muffin, Sliced Tomato, Soup Du Jour, Fruit</p>	<p>9. Lost Sock Day Sweet & Sour Pork, Oriental Vegetables, Brown Rice, Mini Spring Roll, Fruit</p>	<p>10. Mother's Day Celebration Mom's Meatloaf, Party Potatoes, Cherry Pie, Soup Du Jour</p>
<p>13. Breaded Chicken Sandwich, Tater Tots, Mayo, Soup Du Jour, Fruit</p> <p>Alternative Meal for Week: Shrimp Pasta Salad</p>	<p>14. Dance Like a Chicken Day Roasted Pork Loin w/ Gravy, Scalloped Potatoes, Vegetable Medley, Side Salad, Fruit</p>	<p>15. Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Michigan Asparagus, Soup Du Jour, Fruit</p>	<p>16. Mimosa Day Chicken Breast with a Lemon Caper Sauce, Seasoned Rice, Garden Vegetable, Fruit</p>	<p>17. Cooks Choice, Potato, Fresh Vegetable, Soup Du Jour, Fruit</p>
<p>20. Be a Millionaire Day Sloppy Joe w/Cheese, Sweet Potato Fries, Garden Vegetable, Soup Du Jour, Fruit</p> <p>Alternative Meal for Week: MI Smoked Fish Dip & Crackers</p>	<p>21. Ham Carbonara, Creamy Alfredo, Pasta, Green Peas, Fruit</p>	<p>22. Solitaire Day Teriyaki Chicken Salad with Fresh Strawberries, Poppy Seed Dressing, Soup Du Jour</p>	<p>23. Lucky Penny Day Liver & Onions or Beef Fritter, Mashed Potatoes & Gravy, Garden Vegetables,</p>	<p>24. Kick off to Summer BBQ! Hot Dog, BBQ Chicken Drumstick, Baked Beans, Ice Cream Cup, Soup Du Jour, Fruit</p>
<p>27. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED</p> <p>Alternative Meal for Week: Corned Beef & Swiss Sandwich</p>	<p>28. National Hamburger Day Cooks Choice, Potato, Fresh Vegetable, Soup Du Jour, Fruit</p>	<p>29. Paperclip Day Cheesy Chicken Broccoli Rice Casserole, Breadstick, Soup Du Jour, Fruit</p>	<p>30. Mint Julep Day Beef Tips & Onions, Mashed Potatoes & Gravy, Mixed Vegetable, Fruit</p>	<p>31. Italian Stromboli, Pepperoni, Ham Salami, Pasta Marinara, Fresh Vegetables, Soup Du Jour, Fruit</p>

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for May 2024—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844</p>	<p>Tech Tuesdays @ Charlevoix Library by appt. Only</p> <p>Thursdays—2p Charlevoix Cinema Matinee</p>	<p>1. Wear your Hawaiian Attire Day, 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>2. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>3. Kentucky Derby Day—Wear your Hats and Derby Attire, 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles/Euchre/Open Pool, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>6. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 11:45a Stroke Awareness Presentation, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>7. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie Day w /Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</p>	<p>8. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>9. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>10. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>13. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>14. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w /Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>15. 9a Coffee Talk, Walkers, 10a Hidden in Plain Sight Presentation, 12:30 Advance Care Planning Series, 12:30p Bridge, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>16. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30P Tai Chi, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball, Foot Clinic</p>	<p>17. Celebration Day Ice Cream Social 11:45a 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12p Geezer Band, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>20. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>21. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w /Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>22. 9a Coffee Talk, Walkers, 11a Hand Massages & Advisa Care Presentation, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>23. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30P Tai Chi, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>24. Wear Summer Attire! 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>27. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE MEMORIAL DAY HOLIDAY.</p>	<p>28. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w /Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>29. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>30. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30P Tai Chi, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>31. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>

Medications: Dementia Safety

If you are living with dementia or caring for a person living with dementia below are some of the common dementia medication risks and tips to help.

Early Stages - Risks

- Forgetting to take or taking too much medication. Forgetting to refill prescriptions.
- Mixing up medications like taking morning medications at night.
- Organization mistakes like putting too many of one pill into one pillbox slot.

What Caregivers Can Do

People in early stages typically need ways to help organize medications. The amount of help needed will depend on the person.

Watch for signs. For example, are the number of pills in the bottle not going down? Is their behavior out of the ordinary? Talk to their doctor or pharmacist. They can review the medications with you and how they're supposed to be taken. Learn what each medication is for and what could happen if mistakes are made.

Create a routine. It will help them remember to take medications on time and in the right way, like with food. Write it down and keep it in a place where they'll see it.

Monitor from a distance. If they organize their own pills, watch carefully to see how they're organizing their medications. You can also organize nonmedical home health services for ongoing support.

Use reminders. Call to remind them or leave post-it note reminders.

Tips

- Keep a steady supply. Enroll in a pill refill service or have medications dropped off.
- Do it together. Meet once per week to help organize pills. Or, line up something in your routine with their medication time.
- Make it simpler. Some examples include:
 - Automated pill dispensers or pill boxes with alarms or locks for dosing.
 - Get blister packs from the pharmacy.
 - Set alarms with labels like "give mom morning pills."

Safety Tip

Medications should be regularly reviewed by a doctor or pharmacist to check for safety risks like duplicate medications, drug interactions, or side effects like dizziness.

Safe Haven Sponsored Breakfast Club Menu May 2024 (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>7. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>3. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>14. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo & Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>10. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>21. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>17. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>28. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>24. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
	<p>31. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>

Just for fun

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

MERRY MONTH OF MAY Word Search



- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- GARDEN
- GEMINI
- GREEN
- LADYBUG
- LAWNMOWER
- MAYPOLE
- MEMORIAL DAY
- MOM
- MOTHER'S DAY
- PIÑATA
- PLANT
- SEEDS
- SPRING
- SUNSHINE
- TAURUS
- TEACHER

Beaver Island Activities and Update
Contact Lonnie at the BI COA for
more information at (231) 448-2124
or Email to
allen@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 & Now the Wild Strawberry Cafe.

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.