# Montmorency County Senior News

11463 McArthur Road, P.O. Box 788, Atlanta, MI 49709

Issue 38
March 2020

**Office Hours**
**Monday - Friday**
**8:00 a.m. - 5:00 p.m.**

Email: info@montmorencycoa.org
Web: www.montmorencycoa.org

**MCCOA 20120 Board Meeting Dates**

March 19, 2020

May 12, 2020 July 16, 2020

September 17, 2020 November 19, 2020

**Board meeting 10:00 am at**

**MCCOA office**

**MCCOA STAFF EXTENSIONS**

**Anna M. Rogers, Executive Director**

arogers@montmorencycoa.org

(989) 785-2580, extension 12

**Maureen Kent, Registered Nurse**

mkent@montmorencycoa.org

(989) 785-2580, extension 15

**Angie Weaver, In Home Coordinator**

aweaver@montmorencycoa.org

(989) 785-2580, extension 10

**MCCOA Board Members**

Chairperson
William Beswick, Sr., Atlanta Center Representative

Vice-Chairperson
Elaine Ableidinger, Hillman Representative

Treasurer
Corleen Proulx: Atlanta Member at Large

Secretary
Janice Burtch: Lewiston Member at Large

Trustees
Vacant: Lewiston Representative

Vickie Clayton, Hillman Member at Large

County Commissioner
Don Edwards

## HEALTHY EATING FOR OLDER ADULTS

**Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fate-free dairy: includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt (sodium) and added sugars.**

**Eating right doesn't have to be complicated. Start with these recommendations from the Dietary Guidelines for Americans:**

- **Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.**
- **Vary protein choices with more fish, beans and peas.**
- **Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible.**
- **Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep you bones healthy.**
- **Make the fats you eat polyunsaturated and monounsaturated fats. Switch from solid fats to oils when preparing food.**

**Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day—this even can be broken into three 10 minutes sessions throughout the day.**

**For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually incr4ease this time as they become stronger. And always check with a health-care provider before beginning a new physical activity program.**

## March Dates

National Colorectal Cancer Awareness Month

National Kidney Month

National Nutrition Month

National Women's History Month

March 19 - Spring Begins

March 21 - Common Courtesy Day

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# EMPLOYMENT/JOB FAIR!

## The Montmorency County Commission on Aging (MCCOA)

**WILL BE HOSTING A JOB FAIR ON**

**SATURDAY, MARCH 28 FROM 9 A.M.—12 P.M.**

**At 11463 McArthur Road, Atlanta**

**POSITIONS AVAILABLE: In-Home Provider/Home Health Aid (Homemaking, Personal Care, Respite), Food Service Staff and Home Delivered Meal Drivers**

**Part-Time, Full Time and Contingent Positions.**
**Generous starting wage and benefits,**
**Mileage reimbursement, travel pay,**
**signing bonus and training offered.**

**PLEASE JOIN US TO LEARN MORE!**

MMAP NAVIGATING HEALTH CARE

**RECOGNITION AWARD**

**The MMAP counselors in Region 9, which is the north east corner of Michigan received a Certificate of Recognition of the Highest Percent of Medicare population served from October 1, 2019 through December 31, 2019.**

**Our MMAP counselors here at MCCOA are Karen Balcom and Nadine Radulski**

## INCOME TAX INFORMATION FOR 2019 TAX RETURNS

Documents to bring to appointments:

- Picture ID
- Social security card for all persons listed on return
- 2018 tax return
- Heat bills from 2019
- Documentation for all income
- Medical supplemental insurance papers
- Summer and winter property tax statements for 2019
- Miscellaneous expenses: mortgage interest paid, medical dental charitable donations
- Educational scholarships and expense receipts
- Healthcare statements 1095A, B, C or marketplace exemption
- Actual check for direct deposit information.

Alpena: AARP volunteers, Call 989-356-3585 after February1st for information on times and dates available.

Hillman Library: AARP volunteers, Call 989-742-4021 after January 13th to set up appointment. The appointments will then start 2/4/2020 and will be on Tuesday 9-3 and Thursday 9-3

## Cathy's Corner

Hello My Dear Senior Friends,

Hopefully you are dealing with this winter okay. We have only had a few very cold days, otherwise it has been pretty mild. Please be safe when you are out and about.

Dates for turkey dinners, birthdays and anniversaries; Atlanta: March 11th, Lewiston: March 17th, Hillman: March 25th.

If it is your birthday month, PLEASE PUT "BIRTHDAY" NEXT TO YOUR NAME WHEN YOU SIGN UP FOR TURKEY DINNER. YOU WILL RECEIVE A BIRTHDAY CARD AND A FREE MEAL VOUCHER COMPLIMENTS OF MCCOA. Thank you so much.

In April MCCOA will be hosting a **SPRING GATHERING EVENT.** Atlanta: April 15, Hillman: April 22, Lewiston: April 23. We will be having a painting party and regular bingo with prizes and great food. The fun begins at **3:30 p.m**. and dinner will be served at 5:00 p.m. Please be sure to pre-register by 11:00 a.m. that day at the center that you will be attending; you can go to all three if you wish!

In closing, I wish you Good Health and Happiness!!

Cathy, MCCOA Volunteer Coordinator

Attendance can save you up to 10% on automobile insurance!

**NEW DATE!!**

**May 6 and May 7, 2020, 9:00 a.m. to 1:00 p.m.**

**Location: MCCOA Office**

For anyone 50 and older wanting to drive longer and safer.
You do not need to be an AARP Member to attend.
Payment due at first class by check, money order or cash
$15.00 AARP Member

**PRE-REGISTRATION IS REQUIRED.**
**Please call the MCCOA Office to signup.**

*Montmorency County Commission on Aging*
11463 McArthur Road • P.O. Box 788
Atlanta, Michigan 49709
Phone (989) 785-2580
www.montmorencycoa.org

# Beware of Social Security Phone Scams

Securing today and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

**If you receive a suspicious call:**

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT *OIG.SSA.GOV***

## What to look out for

The caller says there is a **problem** with your Social Security number or account.

Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.

Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.

Callers threaten you with arrest or other legal action.

## Be Alert

Social Security may call you in some situations but will **never**:

- Threaten you
- Suspend your Social Security Number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer

## Be Active

Protect yourself and your friends and family!

- If you receive a questionable call, just hang up and report the call at ***oig.ssa.gov***
- Learn more at ***oig.ssa.gov/scam***
- Share this information with others

**Social Security Administration** | Publication No. 05-10535 | January 2020 | Produced at U.S. taxpayer expense

# Alzheimer's Support Group

**Led by trained medical professionals**

**MONTMORENCY COUNTY COMMISSION ON AGING**

**This monthly support group is to provide family, caregivers and friends with social and educational support when dealing with the effects of Alzheimer's disease or dementia.**

**January 15, 2020**
**February 19, 2020**
**March 18, 2020**
**April 15, 2020**
**May 20, 2020**
**June 17, 2020**
**July 15, 2020**
**August 19, 2020**
**September 16, 2020**
**October 21, 2020**
**November 18, 2020**
**December 16, 2020**

**2:00 p.m.—3:00 p.m.**

**(3rd Wednesday of each month) At**
**Montmorency County Commission on Aging**
**11463 McArthur Road**

**EVERYONE IS WELCOME!**

**No charge to attend. Donations are always welcome!**

# MARCH 2020 ATLANTA SENIOR CENTER MENU

## PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Soup and Salad bar opens at 4:00 p.m., soup $1.00 & salad bar $1.00. Dinner is served at 5:00 p.m. with a suggested donation of $3.50 for seniors 60 years and older; the meal cost for under 60 is $6.00.

MENU IS SUBJECT TO CHANGE Reservations may now be made on-line at:

www.montmorencycoa.org, Select your center, complete form and click on RESERVE.

**FOR HOME DELIVER MEAL CANCELLATIONS PLEASE CALL (989)785-2580**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2. Meatloaf<br>Au Gratin Potatoes<br>Green Beans<br>Mixed Fruit | 3. Grilled Chicken Sandwich<br>Macaroni Salad<br>Northwest Blend<br>Peaches | 4. Baked Ham<br>Sweet Potatoes<br>Peas<br>Pineapple | 5. Roast Beef<br>Mashed Potatoes<br>Carrots<br>Mandarin Oranges | 6.<br>CLOSED |
| 9. Swedish Meatballs Over Noodles<br>Brussel Sprouts<br>Wax Beans<br>Pears<br>National Meatball Day! | 10. Pork Chops<br>Mashed Potatoes<br>Squash<br>Applesauce | 11.BIRTHDAY TURKEY DINNER<br>CAKE & ICE CREAM<br> | 12.Hamburger Deluxe<br>Baked Beans<br>Prince Charles Blend<br>Mangos<br>Potato Chip Day! | 13.<br>CLOSED |
| 16. Chicken Stir Fry<br>Over Rice<br>Northwest Blend<br>Pineapple | 17. Corn Beef<br>Cabbage, Carrots & Potatoes<br>Watergate Salad<br> | 18. Hot Pork Sandwich<br>Mashed Potatoes<br>Green Beans<br>Applesauce | 19. Goulash<br>Tossed Salad<br>California Blend<br>Pears | 20.<br>CLOSED |
| 23. Liver & Onions<br>American Home Fries<br>Prince Charles blend<br>Mandarin Oranges | 24. Wet Burrito<br>Spanish Rice<br>Tossed Salad<br>Pears | 25. BBQ Chicken<br>Potato Salad<br>Broccoli<br>Peach Crisp | 26. BBQ Pork Chop<br>Baked Potato<br>Brussel Sprouts<br>Pineapple | 27.<br>CLOSED |
| 30. Spaghetti w/ Meat Sauce<br>Tossed Salad<br>California Blend<br>Peaches | 31. Pork Roast<br>Mashed Potatoes<br>Carrots<br>Applesauce | | ATLANTA SENIOR CENTER<br>11780 M-33 North<br>(989)-785-3932 | CLOSED |

## EXERCISE CLASS

Monday, Wednesday, & Friday

9 a.m. Until 10 a.m.

Sunday,
March 8, 2020

**COMMODITIES**

**Seniors**

**(40 lbs.)**

**March 23, 2020**

**10am-10:30am**

## BUNKO

Please call Carol at
(989) 785-3843
To make sure there is a partner available
(Every other Thursday)
1:00 p.m. until 4:00 p.m.

**Montmorency County Conservation Club**

Every Second Tuesday of the month 7:00pm

**MARCH 2020 HILLMAN SENIOR CENTER MENU**

**PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**

Soup and Salad bar opens at 4:00 p.m., soup $1.00 & salad bar $1.00. Dinner is served at 5:00 p.m. with a suggested donation of $3.50 for seniors 60 years and older; the meal cost for under 60 is $6.00.

MENU IS SUBJECT TO CHANGE. Reservations may now be made before 11 A.M. on-line at: www.montmorencycoa.org, Select your center, complete form and click on RESERVE.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2. Meatloaf<br>Au Gratin Potatoes<br>Green Beans<br>Mixed Fruit | 3.Grilled Chicken Sandwich<br>Macaroni Salad<br>Northwest Blend<br>Peaches | 4. Baked Ham<br>Sweet Potatoes<br>Peas<br>Pineapple | 5. Roast Beef<br>Mashed Potatoes<br>Carrots<br>Mandarin Oranges | 6.<br>*Closed* |
| 9. Swedish Meatballs Over Noodles<br>Brussel Sprouts<br>Wax Beans<br>Pears<br>National Meatball Day! | 10.Pork Chops<br>Mashed Potatoes<br>Squash<br>Applesauce | 11. BBQ Chicken<br>Potato Salad<br>Broccoli<br>Peach Crisp | 12. Hamburger Deluxe<br>Baked Beans<br>Prince Charles Blend<br>Mangos<br>Potato Chip Day! | 13.<br>Closed |
| 16. Chicken Stir Fry<br>Over Rice<br>Northwest Blend<br>Pineapple | 17.Corn Beef<br>Cabbage, Carrots & Potatoes<br>Watergate Salad<br> | 18.Hot Pork Sandwich<br>Mashed Potatoes<br>Green Beans<br>Applesauce | 19. Goulash<br>Tossed Salad<br>California Blend<br>Pears | 20.<br>Closed |
| 23. Liver & Onions<br>American Home Fries<br>Prince Charles Blend<br>Mandarin Oranges | 24. Wet Burrito<br>Spanish Rice<br>Tossed Salad<br>Pears | 25.BIRTHDAY TURKEY DINNER<br>CAKE & ICE CREAM<br> | 26. BBQ Pork Chop<br>Baked Potato<br>Brussel Sprouts<br>Pineapple | 27.<br>Closed |
| 30. Spaghetti w/Meat Sauce<br>Tossed Salad<br>California Blend<br>Peaches | 31. Pork Roast<br>Mashed Potatoes<br>Carrots<br>Applesauce | | **Hillman Center**<br>**431 Pine View Court**<br>**989-742-3013** | 28.<br>Closed |

**Commodities Seniors**
(40 lbs.)
March 23, 2020
11-11:30am

**WEEKLY ACTIVITIES**
Open at 1pm
Monday thru Thursday
Puzzles, Wi-Fi & Library

Sunday, March 8, 2020

**Hillman Sr. Center Board of Directors Meeting**
Every Third Thursday
3pm

EVERY TURKEY DINNER

**Every Wednesday: LINE DANCING 10AM-12PM & QUILTING CLASS 10AM-2PM**

# MARCH 2020 LEWISTON SENIOR CENTER MENU
## PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Soup and Salad bar opens at 4:00 p.m. soup $1.00, & salad bar $1.00 charge. Dinner is served at 5:00 p.m. with a suggested donation of $3.50 for seniors 60 years and older; the meal cost for under 60 is $6.00.

MENU IS SUBJECT TO CHANGE. Reservations may now be made before 11am on-at: www.montmorencycoa.org, select your center, complete form and click on RESERVE.

**For home deliver meal cancellations please call (989)785-2580**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2. Meatloaf<br>Au Gratin Potatoes<br>Green Beans<br>Mixed Fruit | 3.Grilled Chicken Sandwich<br>Macaroni Salad<br>Northwest Blend<br>Peaches | 4.<br>CLOSED | 5. Baked Ham<br>Sweet Potatoes<br>Peas<br>Pineapple | 6. Roast Beef<br>Mashed Potatoes<br>Carrots<br>Mandarin Oranges |
| 9. Swedish Meatballs Over Noodles<br>Brussel Sprouts<br>Wax Beans<br>Pears<br>National Meatball Day! | 10. Pork Chops<br>Mashed Potatoes<br>Squash<br>Applesauce | 11.<br>CLOSED | 12. BBQ Chicken<br>Potato Salad<br>Broccoli<br>Peach Crisp | 13. Hamburger Deluxe<br>Baked Beans<br>Prince Charles Blend<br>Mangos<br>Potato Chip Day! |
| 16. Goulash<br>Tossed Salad<br>California Blend<br>Pears | 17.BIRTHDAY TURKEY DINNER<br>CAKE & ICE CREAM<br> | 18.<br>CLOSED | 19. Hot Pork Sandwich<br>Mashed Potatoes<br>Green Beans<br>Applesauce | 20. Corn Beef<br>Cabbage, Carrots & Potatoes<br>Watergate Salad<br> |
| 23.Liver & Onions<br>American Home Fries<br>Prince Charles Blend<br>Mandarin Oranges | 24. Wet Burrito<br>Spanish Rice<br>Tossed Salad<br>Pears | 25.<br>CLOSED | 26. Chicken Stir Fry<br>Over Rice<br>Northwest Blend<br>Mixed Fruit | 27.BBQ Pork Chop<br>Baked Potato<br>Brussel Sprouts<br>Pineapple |
| 30.Spaghetti w/ Meat Sauce<br>Tossed Salad<br>California Blend<br>Peaches | 31.Pork Roast<br>Mashed Potatoes<br>Carrots<br>Applesauce | CLOSED | | **Lewiston 50+Club**<br>**2811 Kneeland**<br>**(989) 786-3124** |

**Exercise Class:**
**Monday, Wednesday, Thursday & Friday 10 am**

**Come join us!**

Doors open at 4:00pm every Wednesday

Sunday, March 8, 2020

**Commodities**
**Seniors**
**(40 lbs.)**
**March 23, 2020**
**9-9:30am**

**Euchre:**
**Every Tuesday & Thursday 1 p.m.**

**Lewiston 50 + Club Board of Directors Meeting**
**(3rd Monday)**
**11:00am**