

# Montmorency County Senior News

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

Issue 32

September 2019



## MCCOA Board Members

### Chairperson

William Beswick, Sr., Atlanta Center Representative

### Vice-Chairperson

Elaine Ableidinger, Hillman Representative

### Treasurer

Corleen Proulx: Atlanta Member at Large

### Secretary

Vacant: Lewiston Member at Large

### Trustees

Vacant: Lewiston Center Representative

Vickie Clayton, Hillman Member at Large

### County Commissioner

Albert LaFleche

## MCCOA STAFF EXTENSIONS

**Anna M. Rogers, Executive Director**

[arogers@montmorencycoa.org](mailto:arogers@montmorencycoa.org)

(989) 785-2580, extension 12

**Maureen Kent, Registered Nurse**

[mkent@montmorencycoa.org](mailto:mkent@montmorencycoa.org)

(989) 785-2580, extension 15

**Angie Weaver, In Home Coordinator**

[aweaver@montmorencycoa.org](mailto:aweaver@montmorencycoa.org)

(989) 785-2580, extension 10

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

Email: [info@montmorencycoa.org](mailto:info@montmorencycoa.org)

Web: [www.montmorencycoa.org](http://www.montmorencycoa.org)

## **MCCOA 2019 Board Meeting Dates**

SEPT 19, 2019 - NOV 21, 2019

**Board meeting 10:00 am at**  
**MCCOA office**

## HOLIDAY NOTICE

**The MCCOA office and the  
Senior Centers will be  
closed Monday,  
September 2nd, 2019.**

**We want to wish everyone  
a Safe & Happy Weekend!**

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## WAYS WE HAVE HELPED.....

**In July 2019, the Montmorency County Commission on Aging provided these services for the Seniors of Montmorency County.....**

**Our Nutritional Program: We served 848 congregate meals.**

**Our In-Home Services Program: 12 new and 11 total assessments for July provided 68.75 hours of Respite Care Services, 535 hours of Homemaker Services, 100.75 hours of Personal Care Services and delivered 2529 Meals on Wheels.**

**Medical Transports**

**12 totaling 663 miles.**

Thank you

Brenda Gayer-Cook for the donation of medical equipment



## Atlanta, Hillman & Lewiston Senior Citizens

### **PRESCRIPTION DRUG DISPOSAL CONTEST**

**BETWEEN ATLANTA, HILLMAN AND LEWISTON  
SENIOR CITIZENS CENTERS**

**4:30 to 5:00 p.m. on**

**Tuesday, September 10 at Hillman Senior Center**

**Thursday, September 12 at Atlanta Senior Center**

**Tuesday, September 17 at the Lewiston 50+ Club**

#### **CONTEST INFORMATION**

- Officer on site to collect.
- No liquids or syringes.
- Bring at time/date above.
- Center to have the most pounds of prescriptions returned - WINS!

#### **GRAND PRIZE**

**GIFT BASKET for YOUR SENIOR  
CITIZEN'S CENTER**

Compliments of

**MONTMORENCY COUNTY  
COMMISSION ON AGING**

SPONSORED BY THE MONTMORENCY COUNTY COMMISSION ON AGING

In cooperation with the CATHOLIC HUMAN SERVICES and the MONTMORENCY COUNTY SHERIFF DEPARTMENT





## IT IS TIME TO LOOK AT YOUR PRESCRIPTION DRUG PLAN COVERAGE

DO YOU ASK YOURSELF THESE QUESTIONS  
ABOUT YOUR COVERAGE?

- Am I in the right insurance program for my prescription drugs?
- How do I make sure my plan will cover my drugs?
- What can I do when I'm in the "donut" hole?

Please call  
Karen or Nadine  
to set up an  
appointment

**989-785-2580**

WALK-INS WELCOME  
IF THERE IS SPACE  
AND TIME AVAILABLE

**KAREN BALCOM &  
NADINE RADULSKI**  
Are currently accepting  
appointments on the  
following dates  
and locations:

**Thursday, October 24  
Tuesday, November 5  
Lewiston 50+ Club**

**Tuesday, October 29  
Wednesday, November 6  
Hillman Senior Center**

**Tuesday, October 22  
Wednesday, November 13  
Atlanta Senior Center**

Sponsored by Montmorency County Commission on Aging.  
For more information please call 1-989-785-2580.  
Or visit our website at [www.montmorencycoa.org](http://www.montmorencycoa.org)



### Senior Project Fresh/Market Fresh

Senior citizens of **Montmorency County** may

Apply for \$20 in coupons for use at any Michigan Farmers Market that displays :  
"PROJECT FRESH ACCEPTED HERE".

MCCOA has applications and coupons available at the Atlanta office

11463 McArthur Rd, Atlanta, MI

8:00 am to 5:00 pm

Please call 785-2580 with any questions.

### MUST MEET INCOME GUIDELINES

For one person - not to exceed \$22,459.00

For two people - not to exceed \$30,451.00



*Do you have questions  
concerning  
Medicare and Medicaid?*

*Are you new to Medicare?*

*Call MCCOA at 989-785-2580 to  
speak with a counselor;  
Karen or Nadine*

*We can help you understand:*

*New health care options*

*Medicare & Medicaid*

*Prescription drug coverage*

*Apply for Medicaid or a Medicare  
Savings Program*

*Identify and report Medicare and  
Medicaid fraud and scams*

*Montmorency County Commission  
on Aging*

**11463 McArthur Road, P.O. Box 788  
Atlanta, MI 49709  
989-785-2580**







## Eat Smart, Live Strong

Atlanta Senior Center  
11780 M-33, Atlanta, MI  
Friday Sept. 13th - Oct. 4th  
(weekly)  
10:30—Noon

Hillman Senior Center  
421 Pineview Ct.  
Friday Oct 11th - Nov 1st  
(weekly)  
10:30—Noon

Lewiston Senior Center  
2811 Kneeland Rd.  
Wed. Sept 18th - Oct 9th  
(weekly)  
Noon—1:30

**COST:**  
Free! Free! Free!

**CONTACT:**  
Sandra Westover  
westov13@msu.edu  
(989)731-0265



In partnership with MCCOA - MSU Extension is offering Eat Smart, Live Strong—a program aimed to improve fruit and vegetable consumption and physical activity. It has social and interactive sessions for adults age 55 and older. Participants will gain the skills needed to make healthy behavior changes. Each session is about one hour and a half. The series will run for 4 consecutive weeks.

Join Sandra Westover for a fun class on how to improve your health and well-being. Topics include increasing fruit and vegetables in tasty ways, and engaging in safe physical activity. Participate in discussions with your community on topics such as how to budget your food dollars. Taste new foods and take home of healthy recipes and giveaways!

Photo credit (left) ©istock.com/Mallivan (top) ©istockphoto.com/Rawpixel

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual

## Mobile Produce Food Pantry

Sponsored by the Montmorency  
County Commission on Aging (MCCOA)

### **Food Giveaways**

**Thursday, August 15, 2019**  
**Wednesday, Sept. 18, 2019**

**DISTRIBUTION TIME:**  
**11:00 a.m. until food is gone.**

**DISTRIBUTION LOCATION:**  
**Atlanta Senior Center**  
**11780 M-33 North**  
**Atlanta, Michigan 49709**



**MUST provide proof of ID, MUST  
bring own containers, income qualified  
and be a resident of Montmorency County.**

**Montmorency County Commission on Aging**  
**P.O. Box 788 • Atlanta, Michigan 49709**  
**Phone (989) 785-2580**

**SEPTEMBER 2019 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 TO CHANGE Reservations may now be made on-line at:

[www.montmorencycoa.org](http://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
	3. Philly Steak Sandwich Potato Wedges Green Beans Blueberries	4. Pork Chops Baked Potato w/sour cream Beets Applesauce	5. Cabbage Rolls Potatoes Carrots Mixed Fruit	6. <b>CLOSED</b>
9. Spaghetti Tossed Salad Broccoli Pineapple	10. Pulled Pork Sandwich Macaroni Salad Bake Beans Spinach Applesauce	11. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	12. Swedish Meatballs w/Noodles Squash Green Beans Pears <div>Prescription Drug Disposal 4:30-5:00</div>	13. <b>CLOSED</b>  <div>Eat Smart Live Strong 10:30-12</div>
16. Country Steak Mashed Potatoes Brussel Sprouts Peaches	17. Pork Roast Sweet Potatoes Prince Charles Veggies Applesauce	18. Tacos Corn Refried Beans Pineapple	19. Chicken Parmesan w/Spaghetti Wax Beans Blueberries	20. <b>CLOSED</b>  <div>Eat Smart Live Strong 10:30-12</div>
23. Chicken Alfredo w/Spaghetti Tossed Salad Green Beans Baked Apples	24. Wet Burrito Spanish Rice Stewed Tomatoes Peaches	25. Meatloaf Baked Potato w/sour cream Carrots Blueberry Crisp	26. Fish Macaroni & Cheese Coleslaw Peas & Carrots Pineapple	27. <b>CLOSED</b>  <div>Eat Smart Live Strong 10:30-12</div>
30. Kielbasa w/Kraut Boiled Potatoes Beets Blueberries	<u><a href="#">Prescription Drug Disposal Contest</a></u> Thursday, September 12, 4:30-5:00pm. The center with the most pounds of prescription drugs returned—WINS!!!	<b>ATLANTA SENIOR CENTER 11780 M-33 North (989)-785-3932</b>	<u><a href="#">Mobile Food Pantry</a></u> Wednesday, September 18, at the Atlanta Senior Center at 11:00am	<b>CLOSED</b>

**EXERCISE CLASS**

Monday, Wednesday, & Friday

9 a.m. Until 10 a.m.



**COMMODITIES**

**Seniors  
(40 lbs.)**

**September 16, 2019  
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



## SEPTEMBER 2019 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
	3. Veal Parmesan Spaghetti Tossed Salad Green Beans Pears	4. Pulled Pork Sandwich Potato Salad Brussel Sprouts Mandarin Oranges	5. Turkey Pot Pie Scandinavian Blend Broccoli Salad Applesauce	6. <i>Closed</i>
9. Pork Chop Suey Over Rice Stir Fry Blend Mandarin Oranges	10. Spaghetti w/Meat Sauce Tossed Salad Beets Pears <div style="text-align: right; color: red; font-size: small;">Prescription Drug Disposal 4:30-5:00</div>	11. BBQ Chicken Baked Potato Northwest Blend Peach Cobbler	12. Baked Fish Oven Potatoes Coleslaw Fresh Fruit	13. <i>Closed</i>
16. Beef & Broccoli over Rice Stir Fry Blend Pineapple	17. Chicken Alfredo w/Pasta Tossed Salad Northwest Blend Peaches	18. Salisbury Steak Mashed Potatoes Carrots Mixed Fruit	19. Pork Roast Roasted Potatoes Squash Baked Apples	20. <i>Closed</i>
23. Meatloaf Scalloped Potatoes Scandinavian Blend Applesauce	24. Beef Tips w/Gravy Over Noodles Beets Spinach Mixed Fruit	25. <b>HAPPY BIRTHDAY</b> <b>TURKEY DINNER</b> <b>CAKE &amp; ICE CREAM</b> 	26. Ham Sweet Potatoes Brussel Sprouts Pineapple	27. <i>Closed</i>
30. Pork Chops Au Gratin Potatoes Spinach Applesauce	<u><a href="#">Prescription Drug Disposal Contest</a></u> Tuesday, September 10, 4:30- 5:00pm. The center with the most pounds of prescription drugs returned—WINS!!!	<u><a href="#">Mobile Food Pantry</a></u> Wednesday, September 18, at the Atlanta Senior Center at 11:00am	<b>Hillman Center</b> <b>431 Pine View</b> <b>Court</b> <b>989-742-3013</b>	<i>Closed</i>

#### Commodities

##### Seniors

(40 lbs.)

September 16,  
2019

11-11:30am

#### WEEKLY ACTIVITIES

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

**HAPPY  
LABOR  
DAY**

#### Hillman Sr. Center

#### Board of Directors

#### Meeting

Every Third Thursday  
3pm

**BAKE  
SALE**  
  
**EVERY TURKEY DINNER**

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

**SEPTEMBER 2019 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-line at: [www.montmorencycoa.org](http://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
	3. Country Fried Steak Mashed Potatoes Normandy Blend Peaches	4. <b>CLOSED</b>	5. Bake Chicken Rice Pilaf Mixed Veggies Pears	6. Beef Tips & Gravy Over Noodles Green Beans Squash Pineapple
9. Liver & Onions Oven Fried Potatoes Beets Mixed Fruit	10. Meatloaf Mashed Potatoes Corn Mandarin Oranges	11. <b>CLOSED</b>	12. Veal Parmesan Spaghetti Tossed Salad Carrots Pears	13. Tuna Noodle Casserole Peas Squash Pineapple
16. Baked Ham Sweet Potatoes Brussel Sprouts Applesauce	17. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  Prescription disposal 4:30-5:00	18. <b>CLOSED</b>  Eat Smart Live Strong Noon-1:30	19. Baked Fish Oven Fries Coleslaw Mixed Fruit	20. Pork Chops Mashed Potatoes Green Beans Peaches
23. Spaghetti Cauliflower Tossed Salad Garlic Bread Pears	24. Ham & Cheese Sub Potato Salad Carrots Pineapple	25. <b>CLOSED</b>  Eat Smart Live Strong Noon-1:30	26. Beef Pepper Steak Over Rice Mixed Veggies Beets Mixed Fruit	27. Taco's Spanish Rice Refried Beans Peaches
30. Pork Loin Creamed Potatoes Peas Applesauce	<a href="#">Prescription Drug Disposal Contest</a> Tuesday, September 17, 4:30-5:00pm. The center with the most pounds of prescription drugs returned—WINS!!!	<b>CLOSED</b>	<a href="#">Mobile Food Pantry</a> Wednesday, September 18, at the Atlanta Senior Center at 11:00am	<b>Lewiston 50+ Club</b>  <b>2811 Kneeland</b>  <b>(989) 786-3124</b>

**Exercise Class:**

Monday, Wednesday,  
Thursday & Friday 10 am



**Euchre:**

Every Tuesday &  
Thursday 1 p.m.

**Commodities**

Seniors  
(40 lbs.)  
September 16, 2019  
9-9:30am

**Lewiston 50 + Club**  
**Board of Directors**

Meeting  
(3rd Mon.)  
11:00am

Doors open at 4:00pm  
every Wednesday

