

Montmorency County Senior News

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

Issue 30
July 2019



Independence Day is a federal holiday in the United States commemorating the Declaration of Independence of the United States on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject to the monarch of Britain and were now united, free, and independent states. The Congress had voted to declare Independence two days earlier, on July 2, but it was not declared until July 4.



MCCOA STAFF EXTENSIONS

Anna M. Rogers, Executive Director

arogers@montmorencycoa.org

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mkent@montmorencycoa.org

(989) 785-2580, extension 15

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MCCOA Board Members

Chairperson

William Beswick, Sr., Atlanta Center Representative

Vice-Chairperson

Elaine Ableidinger, Hillman Representative

Treasurer

Corleen Proulx: Atlanta Member at Large

Secretary

Betty Clark: Lewiston Member at Large

Trustees

Christine St. George, Lewiston Center Representative

Vickie Clayton, Hillman Member at Large

County Commissioner

Albert LaFleche

Office Hours

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

Email: info@montmorencycoa.org

Web: www.montmorencycoa.org

MCCOA 2019 Board Meeting Dates

JAN. 17, 2019 - MAR 21, 2019

MAY 16 2019 - JULY 18, 2019

SEPT 19, 2019 - NOV 14, 2019

Board meeting 10:00 am at

MCCOA office

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The MCCOA office and the Senior Centers will be closed Thursday, July 4th.

We want to wish everyone a Safe & Happy Holiday!





Eat Smart, Live Strong

DATE & TIME:

To learn more please attend one of the following presentations:

Tuesday, July 9 at the Hillman Senior Center

Wednesday, July 17 at the Atlanta Senior Center

Thursday, July 19 at the Lewiston Senior Center

These presentations are each scheduled for 4:30 p.m.

COST: FREE!

CONTACT:

Sandra Westover

(989)731-0272

westov13@msu.edu or

Anna Rogers (989)785-2580



Eat Smart, Live Strong is coming to Montmorency!

Eat Smart, Live Strong is 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 the series runs for four weeks.

Each participant will receive 1-3 incentives (examples: exercise bands, kitchen gadgets) & enjoy food demonstrations which include tastings.

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

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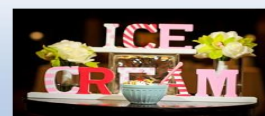


July 9, at 4:15 p.m., Hillman Center 431 Pineview Court, Hillman 989-742-3013

July 17, at 4:15 p.m., Atlanta Senior Center 11780 M-33 North, 989-785-3932

July 19, at 4:15p.m., Lewiston 50+ Club 2811 Kneeland, 989-786-3124

The Sundae Bar will be free to the people attending the congregate meal that day. Please make your reservations at www.montmorencycoa.org or by calling your local center.



*Compliments of the Montmorency County
Commission on Aging*

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

989-785-2580

Dear Senior Friends,

I'm hoping things are well with you. Summer has finally arrived! It's about time don't you think?

Our Turkey Dinner, Birthday & Anniversary celebrations for July: Atlanta, July 10th., Lewiston, July 16th., and Hillman, July 31st.

In July we will be having a "MAKE YOUR OWN ICE CREAM SUNDAE". Hillman: July 9th., Atlanta: July 17th., Lewiston, July 19th. Start building your delicious treat at 4:15pm. See attached information in the newsletter, or at your center on the flyer hanging up. The sundae bar is FREE to anyone attending the congregate meal that day.

In September, I will be celebrating with you "SENIOR CITIZEN DAY" at each of your centers. More on this in the August newsletter.

In closing, I wish you GOOD HEALTH & MUCH HAPPINESS!!

Cathy MCCOA Volunteer Coordinator.



*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 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*



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 MCCOA 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

Basic Tips

CLEAN



**CLEAN SURFACES,
UTENSILS AND
HANDS WITH SOAP
AND WATER.** If you're
at a picnic, bring moist
towelettes to use!



Wash all produce
under plain running
water before eating,
cutting or cooking,
even if you plan to
peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS.

When grilling, use
separate plates and
utensils for raw and
cooked meat and
poultry and ready-to-eat
foods (like raw
vegetables).

COOK



USE A FOOD THERMOMETER.

**Burgers:
160°F**



Just because your
burger is brown, not
pink, doesn't mean it's
safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY If not consuming after cooking.



Don't leave food at
room temperature for
longer than two
hours (or 1 hour if it's
above 90°F). If
planning a picnic,
perishable food
should be kept in an
insulated cooler
packed with ice or ice
packs.

DO YOU HAVE CONCERNS ABOUT FALLING?
MONTMORENCY COUNTY COMMISSION ON AGING
BRINGS OUR SENIORS CERTIFIED TRAINERS



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

2 hour session
per week
for 8 weeks

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes held on Wednesdays

July 10—August 28, 2019

10:00 a.m. to 12:00 p.m.

At Lewiston 50+ Club

2811 Kneeland, Lewiston

****CLASS SIZE IS LIMITED****

**PRE-REGISTRATION
REQUIRED**

To register contact:

MCCOA 989-785-2580

No charge to attend but donations
are always welcome!

A Matter of Balance: Managing Concerns About Falls
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A

Mobile Produce Food Pantry

Sponsored by the Montmorency
County Commission on Aging (MCCOA)

FIVE-Food Giveaways

Thursday, July 11, 2019

Thursday, August 15, 2019

Wednesday, Sept. 18, 2019

DISTRIBUTION TIME:

11:00 a.m. until food is gone.

DISTRITUION LOCATION:

Atlanta Senior Center

11780 M-33 North

Atlanta, Michigan 49709



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

JULY 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 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
1. Spaghetti W/Meat Sauce Tossed Salad California Blend Pears	2. Ham Sweet Potatoes Green Beans Pineapple	3. Hamburger Deluxe Baked Beans Prince Charles Blend Mixed Fruit		5. CLOSED
8. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	9. Cabbage Rolls Boiled Potatoes Squash Pears	10. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	11. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges	12. CLOSED
15. Country Steak Boiled Potatoes Peas & Carrots Pears	16. BBQ Chicken Potato Salad Broccoli Peaches Jello	17. Swedish Meatballs Over Noodles Beets Green Beans Applesauce Sundae Bar starts @ 4:15	18. Baked Fish Potato Wedges Coleslaw Mixed Fruit	19. CLOSED
22. Meatloaf Scalloped Potatoes Brussel Sprouts Peaches	23. Chicken Enchiladas Spanish Rice Tossed Salad Mixed Fruit	24. Steak Sandwich Potato Wedges Prince Charles Blend Pineapple	25. Pork Roast Mashed Potatoes Squash Applesauce	26. CLOSED
29. Beef Tips & Gravy Over Noodles Beets Brussel Sprouts Mandarin Oranges	30. BBQ Ribs Baked Potato Broccoli Pineapple	31. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	ATLANTA SENIOR CENTER 11780 M-33 North (989)-785-3932	CLOSED

EXERCISE CLASS

Monday, Wednesday, & Friday

9 a.m. Until 10 a.m.



Please stop by our Mobile Food Pantry on July 11th at 11a.m. Distribution will be held at the Atlanta Senior Center.



BUNCO

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.

COMMODITIES

Seniors
(40 lbs.)

July 22, 2019

10am-10:30am

Montmorency County Conservation Club

Every Second Tuesday of the month 7:00pm

JULY 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1. Spaghetti W/Meat Sauce Tossed Salad California Blend Pears	2. Ham Sweet Potatoes Green Beans Pineapple	3. Hamburger Deluxe Baked Beans Prince Charles Blend Mixed Fruit		5. <i>Closed</i>
8. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	9. Cabbage Rolls Boiled Potatoes Squash Pears Sundae Bar starts @ 4:15	10. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	11. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges	12. Closed
15. Country Steak Boiled Potatoes Peas & Carrots Pears	16. BBQ Chicken Potato Salad Broccoli Peaches Jello	17. Swedish Meatballs Over Noodles Beets Green Beans Applesauce	18. Baked Fish Potato Wedges Coleslaw Mixed Fruit	19. Closed
22. Meatloaf Scalloped Potatoes Brussel Sprouts Peaches	23. Chicken Enchiladas Spanish Rice Tossed Salad Mixed Fruit	24. Steak Sandwich Potato Wedges Prince Charles Blend Pineapple	25. Pork Roast Mashed Potatoes Squash Applesauce	26. Closed
29. Beef Tips & Gravy Over Noodles Beets Brussel Sprouts Mandarin Oranges	30. BBQ Ribs Baked Potato Broccoli Pineapple	31. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	Hillman Center 431 Pine View Court 989-742-3013	Closed

Commodities

Seniors

(40 lbs.)

July 22, 2019

11-11:30am

WEEKLY ACTIVITIES

Open at 1pm

Monday thru Thursday

Puzzles, Wi-Fi &

Library



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

JULY 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, select your center, complete form and click on RESERVE.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1. Spaghetti W/Meat Sauce Tossed Salad California Blend Pears	2. Ham Sweet Potatoes Green Beans Pineapple	3. CLOSED		5. Hamburger Deluxe Baked Beans Prince Charles Blend Mixed Fruit
8. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	9. Cabbage Rolls Boiled Potatoes Squash Pears	10. CLOSED	11. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	12. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges
15. Country Steak Boiled Potatoes Peas & Carrots Pears	16. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	17. CLOSED	18. Swedish Meatballs Over Noodles Beets Green Beans Applesauce	19. Baked Fish Potato Wedges Coleslaw Mixed Fruit <i>Sundae Bar Starts @ 4:15</i>
22. Meatloaf Scalloped Potatoes Brussel Sprouts Peaches	23. Chicken Enchiladas Spanish Rice Tossed Salad Mixed Fruit	24. CLOSED	25. Steak Sandwich Potato Wedges Prince Charles Blend Pineapple	26. Pork Roast Mashed Potatoes Squash Applesauce
29. Beef Tips & Gravy Over Noodles Beets Brussel Sprouts Mandarin Oranges	30. BBQ Ribs Baked Potato Broccoli Pineapple	31. CLOSED	Lewiston 50+Club 2811 Kneeland (989) 786-3124	

Exercise Class:

**Monday, Wednesday,
Thursday & Friday 10 am**

Come join us!



shutterstock - 316202471

Come stop by our Mobile Food Pantry on July 11th at 11a.m., Distribution will be held at the Atlanta Senior Center.

Commodities

Seniors
(40 lbs.)
July 22, 2019
9-9:30am

**Doors open at 4:00pm
every Wednesday**



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

Euchre:
Every Tuesday &
Thursday 1 p.m.