

Montmorency County Senior News

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

Issue 34

November 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

(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

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

November 21, 2019

January 16, 2020

March 19, 2020

May 21, 2020

Board meeting 10:00 am at

MCCOA office

**The MCCOA Office &
Senior Centers will be
closed November 28 & 29
for Thanksgiving.**

Have a Safe and Happy Holiday!

INSIDE THIS ISSUE

- Page 2. Veterans Day Party, Heating Assistance
- Page 3. Exc. Director's Corner, Alzheimer's Support Group
- Page 4. Matter of Balance Cathy's Corner
- Page 5. Atlanta Menu
- Page 6. Hillman Menu
- Page 7. Lewiston Menu

Veterans Day

Honoring All Who Served



celebrate



**Come dressed in uniform and have a group picture taken
with your fellow service men and women!**

Prize for Oldest Veteran

Prize for Longest Military Service of a Veteran

**VETERAN'S RECEIVE A FREE MEAL COMPLIMENTS OF
MONTMORENCY COUNTY COMMISSION ON AGING**

ATLANTA SENIOR CENTER-Wed, Nov 13

LEWISTON SENIOR CENTER—Tues, Nov 19

HILLMAN SENIOR CENTER-Wed, Nov 27

SEE YOU AT 4:00 P.M.!

Please join us for Dinner!

Reservations may be made: 785-2580



HEATING AND ENERGY ASSISTANCE INFORMATION

MCCOA can assist you in applying for energy assistance through our partnership with

Michigan Department of Health and Human Services (MDHHS).

If you qualify you may receive assistance from MDHHS for your first
time assistance with both your heat and electric.

Call for more information and/or assistance 989-785-2580



Montmorency County Commission on Aging

P.O. Box 788, Atlanta, Michigan 49709

Phone (989) 785-2580

www.montmorencycoa.org

The Michigan Energy Assistance Program (MEAP) is a preventative program
Designed to provide energy assistance to low-income households so that they
can reach energy self-sufficiency.

Executive Directors Corner:

Now that the weather is changing and in an effort to provide the best service to you without interruption, we would like to provide you with a gentle reminder to please make sure that your driveway and walkways are free of snow or debris to allow our staff safe access to your homes. I would like to thank you in advance for complying with this request.

Due to the long and cold Michigan winters that we encounter, we are working on ways to insure that you are safe in the event of a winter weather emergency. We have devised a system that would be able to assist us to determine the level of need that you might have if we were to experience such an emergency.

With our service summaries, participants will receive two colored, one-half sheets of paper. One is green and the other is red. The green states "All is well". The red one states "Help is needed". Their purpose is to assist emergency personnel in determining if you require assistance during a weather related emergency. You would place the appropriate sheet in a front facing window to the street or driveway that can easily be seen from a distance.

Please feel free to contact the office with any questions or if you have other suggestions that would benefit everyone involved with our services. Have a wonderful Fall and enjoy the beautiful colors!

Sincerely,

Anna M. Rogers
Executive Director

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 23, 2020

March 26, 2020

May 28, 2020

July 23, 2020

September 24, 2020

November 19, 2020

(1 week early due to holiday)

February 27, 2020

April 23, 2020

June 25, 2020

August 27, 2020

October 22, 2020

December 17, 2020

(1 week early due to holiday)

2:00 p.m.—3:00 p.m.

**(4th Thursday of each month) At
Montmorency County Commission on Aging**

**EVERYONE
IS WELCOME !**

No charge to attend. Donations are always welcome!

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 Friday's
January 10 to February 28, 2020**

**9:30 a.m. to 11:30 a.m.
At Hillman Senior Center
431 Pineview Court, Hillman**

**** 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

Cathy's Corner

Fall has arrived! We have such a beautiful array of colors in this area and I look forward to this every fall. I love living in Montmorency County! I hope you get a chance to travel around your neighborhoods, or even to look out the front or back yard of your home to enjoy the views of the trees changing.

Birthday and Anniversary Celebrations: Atlanta: November 13th, Lewiston: November 19th, Hillman: November 27th. If you come to the turkey dinner and it is your birthday month, you will receive a **FREE MEAL** voucher to use for any dinner you attend at your center. Please remember, when you sign up to come to turkey dinner and it is your birthday month, mark it next to your name. Remember, if you are a caregiver, celebrating your birthday or anniversary, you will be served first.

We will be celebrating Veterans Day at each center on turkey day. Veterans and their spouses eat **FREE** that day and a gift will be given to Veterans that served in the military. Prizes will be awarded to the **OLDEST VETERAN** and **LONGEST SERVICE OF A VETERAN** at each center. Please try to attend so we can honor you for your service!

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

Cathy MCCOA Volunteer Coordinator

NOVEMBER 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
ATLANTA SEN- IOR CENTER 11780 M-33 North (989)-785-3932				1. CLOSED
4. Polish Sausage Sauerkraut Boiled Potatoes Mixed Vegetables	5. Chicken w/ Mushrooms Buttered Noodles Brussel Sprouts Carrots	6. Lasagna Tossed Salad Broccoli Peaches	7. Roast Pork Mashed Potatoes Peas & Carrots Applesauce	8. CLOSED
11. Meatloaf Scalloped Potatoes Peas & Carrots Mixed Fruit 	12. Baked Ham Sweet Potatoes Green Beans Pineapple	13. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	14. Beef Pepper Steak Over Rice Normandy Blend Mandarin Oranges	15. CLOSED
18. Goulash Tossed Salad Broccoli Mixed Fruit	19. Chicken Pot Pie Tossed Salad Cauliflower Peaches	20. Baked Pork Chop Roasted Potatoes Mixed Vegetables Applesauce	21. Beef Stew Tossed Salad Normandy Blend Pears	22. CLOSED
25. Smothered Pork Chop Mashed Potatoes Brussel Sprouts Applesauce	26. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	27. Baked Chicken Rice Pilaf Green Beans Coleslaw		29. CLOSED

EXERCISE CLASS

Monday, Wednesday, & Friday

9 a.m. Until 10 a.m.



OPEN ENROLLMENT DATES FOR YOUR PRESCRIPTION DRUG PLAN

November 13, 2019

Call for your appointment today 785-2580

T-FAP

November 20, 2019

12-2 pm



COMMODITIES

Seniors
(40 lbs.)

November 11, 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

NOVEMBER 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
Hillman Center 431 Pine View Court 989-742-3013	T-Fap November 20th 12:30-2pm VFW Hall	Billiards room open to the public from 12-5pm Come enjoy a game of pool.		1. <i>Closed</i>
4. Polish Sausage Sauerkraut Boiled Potatoes Green Beans	5. Chicken w/ Mushrooms Butter Noodles w/Parsley Brussel Sprouts Carrots	6. Lasagna Tossed Salad Broccoli Peaches	7. Roast Pork Mashed Potatoes Peas & Carrots Applesauce	8. <i>Closed</i>
11. Meatloaf Scalloped Potatoes Peas & Carrots Mixed Fruit 	12. Baked Pork Chop Roasted Potatoes Mixed Vegetables Applesauce	13. Chicken Pot Pie Tossed Salad Cauliflower Peaches	14. Beef Pepper Steak Over Rice Normandy Blend Mandarin Oranges	15. <i>Closed</i>
18. Goulash Tossed Salad Broccoli Mixed Fruit	19. Baked Chicken Rice Pilaf Green Beans Coleslaw	20. Beef Stew Tossed Salad Normandy Blend Pears	21. Baked Ham Sweet Potatoes Mixed Vegetables Pineapple	22. <i>Closed</i>
25. Smothered Pork Chop Mashed Potatoes Brussel Sprouts Applesauce	26. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	27. HAPPY BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  Veterans Day Celebration		29. <i>Closed</i>

Commodities

Seniors

(40 lbs.)

Nov. 11, 2019

11-11:30am

WEEKLY ACTIVITIES

Open at 1pm

Monday thru Thursday

Puzzles, Wi-Fi &

Library

OPEN ENROLLMENT DATES FOR YOUR

PRESCRIPTION DRUG PLAN

Wednesday, November 6, 2019

Call for your appointment today 785-2580

Hillman Sr. Center

Board of Directors

Meeting

Every Third Thursday
3pm



EVERY TURKEY DINNER

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




NOVEMBER 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-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
Lewiston 50+ Club 2811 Kneeland (989) 786-3124		CLOSED		1. Beef Stroganoff Over Noodles Beets Peas & Carrots Mandarin Oranges
4. Polish Sausage Sauerkraut Boiled Potatoes Mixed Vegetables Pineapple	5. Chicken w/ Mushrooms Buttered Noodles Brussel Sprouts Carrots Mandarin Oranges	6. CLOSED	7. Lasagna Tossed Salad Broccoli Peaches	8. Roast Pork Mashed Potatoes Green Beans Applesauce
11. Meatloaf Scalloped Potatoes Peas & Carrots Mixed Fruit 	12. Baked Pork Chops Roasted Potatoes Mixed Vegetables Applesauce	13. CLOSED	14. Chicken Pot Pie Tossed Salad Cauliflower Peaches	15. Beef Pepper Steak Over Rice Normandy Blend Mandarin Oranges
18. Goulash Tossed Salad Broccoli Mixed Fruit	19. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	20. CLOSED	21. Baked Ham Sweet Potatoes Green Beans Pineapple	22. Liver & Onions Oven Potatoes Peas & Carrots
25. Smothered Pork Chop Mashed Potatoes Brussel Sprouts Applesauce	26. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	27. CLOSED		

Exercise Class:
 Monday, Wednesday,
 Thursday & Friday 10 am
 Come join us!



Doors open at
 4:00pm
 every Wednesday



Euchre:
 Every Tuesday &
 Thursday 1 p.m.

**OPEN ENROLLMENT DATES FOR YOUR
 PRESCRIPTION DRUG PLAN**
 Tuesday, November 5, 2019
 Call for your appointment today 785-2580

T-FAP
 November 20, 2019
 10am-12pm
 Lewiston 50+ Club

Commodities
Seniors
 (40 lbs.)
 November 11, 2019

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