

Montmorency County Senior News

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August 2023

Issue 78



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

989-785-2580

MCCOA 2023 Board Meeting Dates

August 17, 2023

September 21, 2023

October 19, 2023

**Board Meeting 5:30 pm at
MCCOA Office**

MCCOA BOARD MEMBERS

Randy Wiscombe, Chairperson

Don Edwards, Vice Chairperson

Corleen Proulx, Treasurer

Linda Kline, Secretary

Vacant, Lewiston Trustee

Don Edwards, County Commissioner

Vacant, Atlanta Trustee

Vacant, Hillman Trustee

DIRECTORS CORNER



I hope everyone is enjoying their summer! A reminder that we have a food pantry open to all ages at our main MCCOA office on M-32 in Atlanta. The pantry hours are Tuesday through Thursday from 10 am-4 pm. If an emergency arises outside of those times, please feel free to stop by or call the office at 989-785-2580 and we will do our best to accommodate you. We get new food items monthly. Some of our current offerings are:

Black Beans	Walnuts
Rice	Vegetable Soup
Navy Beans	Canned Salmon
Cream of Wheat	Saltine Crackers
Peanut Butter	Pasta Sauce
Green Beans	Dates

The **Matter of Balance** Class is returning in the fall of 2023!! Call us at 989-785-2580 to learn more and reserve your spot now!

MCCOA STAFF

Harmony Lewis, Director

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Jeanne Steele-Brady, Registered Nurse

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Nicole Morisset, In Home Coordinator

nmorisset@montmorencycoa.org

Susan Takash, Administrative Assistant

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HOT WEATHER SAFETY
Tips to Beat the Heat

H₂O to go
Drink two to four cups of water every hour.

Avoid
Avoid drinks with caffeine or large amounts of sugar.

Be Cool
When possible go to places with air conditioning.

Limit
Avoid lengthy, strenuous activity.

Dress Down
Wear light colored and loose fitting clothing.

Shade
Limit exposure to direct sunlight. Limit outdoor work to mornings and evenings and rest often in a shaded area.

SAFETY FIRST



What's Happening

Lewiston

Monday: Bunco 5:30

Wednesday: Bingo 4:00

Thursday: Dominos 5:30

Tues & Thurs: Euchre 5:30

Mon, Wed , Thurs and Friday: Exercise class
10am



Atlanta

Thursday: Bunco or Bingo
(Alternating weeks) 1:00 to 4:00

Wednesday: Euchre 2 to 4 pm

Tuesday: Thunder Bay Quilt Guild 10
to 12:30

Mon, Wed and Fri: Exercise Class 9
to 10:15 am

Hillman

Monday thru Thursday: Puzzles, Wi-Fi and
Library Open at 1:00

Friday: Line dancing and Quilting, Game
Day at 1:00

Sunday: Euchre at 1:30

Every 4th Saturday: Euchre Tournament at
6:00



Montmorency County Pop-Up Produce Markets

For the second year, the NEMI Healthy Food Initiative is bringing fresh produce to sites in Montmorency county. This program brings fresh, healthy, local and Michigan grown produce directly to the senior population with pop-up produce markets each week on Tuesday in the parking lot of the Lewiston 50 Plus Club from 9am - 10:30am and the Hillman Senior Citizen Center from 12n - 1:30pm. Atlanta area seniors are encouraged to use the market on Saturday from 10am - 3pm in downtown Atlanta as it is the same produce supplier, Rose City Greenhouse, as our Tuesday markets.

Throughout the growing season, Rose City Greenhouse will have a variety of fruits and vegetables available for purchase. All produce is grown locally and throughout Michigan and as the growing season progresses the product list will continually expand. Cash, check, credit/debit cards, Senior Project Fresh, WIC Project Fresh and SNAP are all accepted. Everyone, regardless of age, are welcome to participate. Markets are held each week through the first part of October. Rose City Greenhouse is a third generation family owned and operated farm and greenhouse in Rose City, MI that takes pride in fresh, high quality produce. Along with the pop-up markets at the Montmorency, Alcona and Ogemaw county senior centers, they operate produce and greenhouse operations in Rose City, Tawas, and Grayling along with farm markets in Grayling, Atlanta and St Helen.

This initiative is funded in part by the Americana Foundation and coordinated by the Northeast Michigan Healthy Food team who envision a region where local food and farming are an avenue for wealth creation and economic development; where healthy, fresh food is available to all residents in convenient, affordable and accessible ways; and where farmers are connected to communities.

For more information reach out by email to healthyfoodnemi@gmail.com or our Facebook page NE Michigan Healthy Food Project.



For safety, this will be a drive up distribution. Please remain in your vehicle. May pick up for more than one family. No Income requirements. May begin earlier to lessen traffic.

First come - First served. Limited supply.

ATLANTA - 10:30 to 1:00

First Wednesday of the Month

ATLANTA THUNDER BAY EAGLES

10982 M-32, Atlanta

August 2, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

August 16, 2023

Hillman Contact: Barb Durlinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

FOOD ASSISTANCE FOR SENIORS

There are resources available to help hungry senior citizens access the food they need!

CONGREGATE MEAL SITES



HOME-DELIVERED MEAL SERVICES



SENIOR FARMERS' MARKET NUTRITION PROGRAM



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

CHILD AND ADULT CARE FOOD PROGRAM



FOOD COMMODITIES

EMERGENCY FOOD ASSISTANCE PROGRAM



FOOD BANKS

PROGRAMS OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)



FOOD PANTRIES



MOBILE MARKETS



CHURCH FOOD PROGRAMS



SENIOR COMMUNITY CENTERS

NO SENIOR SHOULD EVER GO HUNGRY!

www.thegeriatricdietitian.com

8 Tips for Fall Prevention at Home



Approximately 1 in 3 people age 65 and over fall each year, increasing to 32-42% for those over 70 years of age. Falls are the number one reason that seniors end up in the emergency room and falls can lead to disability, loss of independence, or even premature death. In addition to the health impacts, there are high costs associated with falls - one fall can cost thousands of dollars in care for hospitalization and ongoing medical care, caregivers (including family members who provide care) and loss of work. Costs associated with falls are projected to increase to 240 billion by year 2040 in the U.S. Prevention is key - read below to find ways your loved one can avoid in-home falls.

1



IMPROVE LIGHTING

- Be sure entryways, hallways, and areas frequently navigated are well-lit.
- Position accessible on/off switches.
- Use nightlights, motion lights, clap lights, remote-controlled lights, & timed lights.

2



RUGS & FLOORING

- Secure loose rugs to the floor, or remove all together.
- Install ramps or grab bars.
- Install non-skid strips or non-skid floor wax.
- Wear proper shoes, slippers, or grip-socks.

3



SMART TECHNOLOGY

- Use sensors that can be worn and pressed to alert emergency contacts.
- Use smart home (verbal audio) assistants.
- Use fall-detectors that utilize technology to help seniors if they fall.

4



BATHROOM

- Add grab bars near the toilet and in the shower.
- Use non-slip mats and rugs in and outside of the tub.
- Zero-entry tubs can be installed to ease tub entry.
- Shower seats can prevent falls.
- A tall toilet seat increases stability.

5



MINIMIZE CLUTTER

- Arrange belongings and furniture in a way that is easy to navigate.
- Clear out clutter and put unnecessary items into storage.
- Be sure paths are wide and clear.

6



REGULAR CHECK-INS

- Schedule a friend, family member, or caregiver to call, text or visit regularly.
- Keep a regular schedule of visitors and caregiver check-ins to ensure safety.

7



PETS & VISITORS

- Secure pets in a designated area.
- Put a bell on the pet's collar to help be aware of location when active.
- Use a play pen or designated area for young grandchildren.

8



ACCESSIBILITY

- Move items off high shelves & into more accessible locations.
- Arrange belongings into one central area.
- Maintain clear walkways.
- Consider rearranging items & changing furniture layout.

House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
 C A N H O L L O W W A L L A T
 P O T I E C L D A E T S D E B
 E A L W I N D O W S I L L B C
 T S N O I T A D N U O F D E H
 S D E R N G U T T E R I I D I
 R R O H C N A L L A W R S R M
 O F F I C E A R C A D E A O N
 O C R E T T I D A R A E S O E
 D O C T A E B L E G L S T M Y
 E R L A D R D E I R E C O T H
 A R T I S R I N S N T A V A K
 O I T A P U L L E D G P E C I
 N D S I T T I N G A R E A T O
 T O W O D N I W R E M R O D H
 D R A I N P I P E E T F L O O
 N E H C T I K R O A F A N A T
 T R O O L F I S H U T T E R C

DORMER WINDOW
 DRAINPIPE
 FIRE ESCAPE
 FLOOR
 FOUNDATIONS
 GARAGE
 GUTTER
 HAT RACK
 HOLLOW WALL
 KITCHEN
 OFFICE
 PATIO
 SHUTTER
 SITTING AREA
 STOVE
 STUDIO
 TURRET
 WALL ANCHOR
 WELL
 WINDOWSILL

ARCADE
 BATHROOM
 BEDROOM

BEDSTEAD
 CEILING
 CHIMNEY

COLONNADE
 CORRIDOR
 DOORSTEP



August 2023 ATLANTA SENIOR CENTER MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING






Doors will open at 4:30 p.m. for Congregate meals . Dinner 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 Call in reservations must be made before 11 am at **(989) 785-3932.**

At this time walk-in reservations are restricted.

For home delivered meal cancellations please call (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
Atlanta Senior Center 11780 M33 North 989-785-3932	1. Pork Roast Mashed Potatoes Peas Applesauce	2. Stuffed Peppers Boiled Potato Carrots Pineapple	3. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges 	4. CLOSED
7. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	8. Liver & Onions American Fries Peas Pears	9. Birthday Turkey Dinner Cake & Ice Cream 	10. Meatloaf Scalloped Potatoes Prince Charles Blend Applesauce 	11. CLOSED
14. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce	15. Chicken Alfredo Over Pasta Tossed Salad Normandy Blend Peaches	16. Swiss Steak Mashed Potatoes Peas & Carrots Mandarin Oranges	17. Sloppy Joes Potato Wedges Green Beans Mandarin Oranges 	18. CLOSED
21. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	22. Roast Beef Mashed Potatoes Glazed Carrots Pears	23. Chicken Enchilada Spanish Rice Northwest Blend Pineapple	24. Lasagna Tossed Salad California Blend Mixed Fruit 	25. CLOSED
28. Veal Parmesan Spaghetti Tossed Salad Mixed Vegetables Mandarin Oranges	29. Baked Ham Sweet Potatoes California Blend Pineapple	30. Roast Chicken Mashed Potatoes Malibu Blend Peaches	31. Hamburger Deluxe Baked Beans Normandy Blend Pears	

EXERCISE CLASS

Monday, Wednesday, & Friday
 9:00 am—10:15 am

Wednesdays

Euchre 2-4
 Atlanta Sr. Center

COMMODITIES

Seniors
 (40 lbs.)
 August 22, 2023
 1:00 - 1:30

BUNCO/BINGO

Please call Cathy at (989) 350-5636 for Bunco or Linda for Bingo at (989) 785-6594

To make sure there is a partner available

(Every other Thursday)

1:00p.m. until 4:00 p.m.

Thunder Bay Quilt Guild

10 - 12:30 Tuesday
 Please call Pam Achatz
 For more info
 989-742-4558

August 2023 HILLMAN SENIOR CENTER MENU


PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:30 p.m. for Congregate meals . Dinner 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. Call in reservations must be made before 11 A.M at **(989)742-3013.**

At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday	
Hillman Center 431 Pine View Ct 989-742-3013	1. Pork Roast Mashed Potatoes Peas Applesauce	2. Stuffed Peppers Boiled Potato Carrots Pineapple	3. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges	4. Closed	
	7. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	8. Liver & Onions American Fries Peas Pears	9. Roast Chicken Mashed Potatoes Malibu Blend Peaches	11. CLOSED	
	14. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce	15. Chicken Alfredo Over Pasta Tossed Salad Normandy Blend Peaches	16. Swiss Steak Mashed Potatoes Peas & Carrots Mandarin Oranges	17. Sloppy Joes Potato Wedges Greens Beans Mandarin Oranges	18. CLOSED
	21. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	22. Roast Beef Mashed Potatoes Glazed Carrots Pears	23. Chicken Enchilada Spanish Rice Northwest Blend Pineapple	24. Lasagna Tossed Salad California Blend Mixed Fruit	25. CLOSED
	28. Veal Parmesan Spaghetti Tossed Salad Mixed Vegetables Mandarin Oranges	29. Baked Ham Sweet Potatoes California Blend Pineapple	30. Birthday Turkey Dinner Cake & Ice Cream 	31. Hamburger Deluxe Baked Beans Normandy Blend Pears	Soup and Salad Bar Available for \$1.00

Commodities
Seniors
(40 lbs.)
August 22, 2023
2:00—2:30

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

Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Wednesday 9

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am
Game Day Fridays at 1pm

EUCHRE TOURNAMENT
EVERY 4TH SATURDAY 6 PM

August 2023 LEWISTON SENIOR MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:00 p.m. for Congregate meals. Dinner 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. Call in reservations must be made before 11 A.M. at **(989)786-3124.**

At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
Lewiston 50 + Club 2811 Kneeland 989-786-3124	1. Pork Roast Mashed Potatoes Peas Applesauce	2. CLOSED	3. Stuffed Peppers Boiled Potato Carrots Pineapple	4. Baked Fish Roasted Potatoes Carrots Pineapple
7. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	8. Liver & Onions American Fries Peas Pears	9. CLOSED	10. Chicken Alfredo Over Pasta Tossed Salad Normandy Blend Peaches	11. Meatloaf Scalloped Potatoes Prince Charles Blend Applesauce
14. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce	15. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	16. CLOSED	17. Swiss Steak Mashed Potatoes Peas & Carrots Mandarin Oranges	18. Sloppy Joes Potato Wedges Green Beans Mandarin Oranges
21. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	22. Roast Beef Mashed Potatoes Glazed Carrots Pears	23. CLOSED	24. Chicken Enchilada Spanish Rice Northwest Blend Pineapple	25. Lasagna Tossed Salad California Blend Mixed Fruit
28. Veal Parmesan Spaghetti Tossed Salad Mixed Vegetables Mandarin Oranges	29. Baked Ham Sweet Potatoes California Blend Pineapple	30. CLOSED	31. Roast Chicken Mashed Potatoes Malibu Blend Peaches	Soup and Salad Bar available for \$1.00 each. Start Soup at 4:00

Commodities

Seniors

(40 lbs.)

August 22, 2023

12:00—12:30

Exercise Class:

Monday, Wednesday,
Thursday &

Friday at 10a.m.

Come Join Us!



Every Wednesday

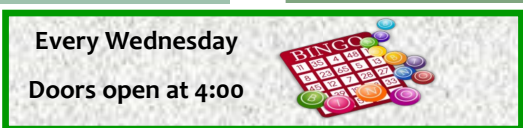
Doors open at 4:00



Euchre:

Every Tuesday &

Thursday 5:30



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am