

Montmorency County Senior News

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

Email: hlewis@montmorencycoa.org, web www.montmorencycoa.org

June 2023

Issue 76



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

989-785-2580

MCCOA 2022 Board Meeting Dates

June 15, 2023

July 20, 2023

August 17, 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

Elaine Ableidinger, Hillman Trustee

Vacant, Lewiston Trustee

Don Edwards, County Commissioner

Vacant, Atlanta Trustee

MCCOA STAFF

Harmony Lewis, Director

hlewis@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse

jsteelbrady@montmorencycoa.org

Nicole Morisett, In Home Coordinator

nmorisett@montmorencycoa.org

Susan Takash, Administrative Assistant

stakash@montmorencycoa.org

DIRECTORS CORNER



As many may have heard, our Carry out meal option was discontinued as of June 1, 2023. This was a wonderful, safe option that was instituted during the Covid-19 pandemic to ensure that our at-risk participants were able to get a hot meal without having to worry about a crowded senior center or social distancing.

The Covid restrictions have since been lifted, and life is returning to "normal" and the ACLS Bureau has issued new guidance regarding these meals. They are now considered a Home Delivered Meal, and as such, require an assessment by our nursing staff, and recertification every six months. Any participant who is using the carry-out option is welcome to call the administration office at 989-785-2580 to start a Home Delivered Meal registration, but unfortunately due to short staff resources and current funding we will not be able to accommodate a carry-out option.



**HAPPY
FATHER'S
DAY**



What's Happening

Lewiston

Monday: Bunco 5:30

Thursday: Dominos 5:30

Tues & Thurs: Euchre 5:30

Wednesday: Bingo 4:00

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

**June 10th: Texas Hold em Poker. Doors open at
12:00 noon and game starts at 1:00**

**June 24th: Lewiston Derby Downs. Doors
open at 5:00 and races starting at 6:00.**



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**

**June 7th: Elections for the board of Direc-
tors**



COMING SOON!

Fresh Produce "Pop-Up Markets"

In an effort to bring fresh, healthy, local and Michigan grown produce directly to our seniors, senior pop-up produce markets will be held weekly on Tuesdays in the senior center parking lots beginning in late June. Seniors and the general public can purchase fresh produce using cash, check, credit cards, Bridge cards or Senior Project Fresh coupons.

Each Pop-Up Market will be open for approximately two hours, one day per week. The schedule is being finalized, but through-out the growing season Allen's Produce, LLC will have a variety of fruits and vegetables available for purchase. Early in the season, some quantities will be limited but they anticipate having early squash, strawberries and cherries available in June, with the product list expanding to include cucumbers, onions, green beans, corn, tomatoes, peppers, herbs, cabbage, peaches, blueberries, cauliflower, eggplant and much, much more as the growing season progresses through mid October.

Allen's Produce is a family owned and operated farm in Rose City that takes pride in fresh, locally grown produce for their customers. Some early season products are sourced from farms in southern and NW Michigan, but the majority of the produce will be grown within 10 miles of Ogemaw County residents! This means that the produce will be fresher, taste better, last longer and the dollars spent will help grow our local economy.

For questions and more information, contact Steve Wright, Healthy Food Coordinator, healthyfoodnemi@gmail.com or call 989-464-5556.

This initiative is funded in part by Americana Foundation and coordinated by the Healthy NEMI Food Project 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 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

June 7th, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

June 21st, 2023

Hillman Contact: Barb Durflinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

SUMMER SAFETY TIPS FOR SENIORS

- DRINK PLENTY OF WATER
- EAT FRESH FOOD
- AVOID ALCOHOL AND CAFFEINE
- AVOID USING STOVE AND OVEN
- STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM
- USE SUNSCREEN TO AVOID SUNBURN
- AVOID STRENUOUS ACTIVITIES, GET RESTED
- KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING
- TAKE COOL SHOWERS AND BATHS
- PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK
- WEAR SUNGLASSES OUTDOOR
- WEAR LIGHT-COLORED LOOSE CLOTHING

17 Extraordinary Facts About Iced Tea

- Fact # 1. First place to grow & sell tea commercially in the United States was South Carolina in 1775
- Fact # 2. Oldest sweet tea recipe found in print was from 1879
- Fact # 3. Iced Tea accounts for 84% of all tea consumed in the United States
- Fact # 4. Prohibition actually helped increase popularity of it
- Fact # 5. After WWII 99% of tea Americans consumed was black tea
- Fact # 6. Long Island Iced Tea doesn't actually contain tea
- Fact # 7. It used to be full of Alcohol
- Fact # 8. Largest serving of tea world record is held by Lipton
- Fact # 9. Spiked in interest after the World's Fair
- Fact # 10. People started drinking it out of tall glasses
- Fact # 11. Behind water, tea is the most consumed drink in the world
- Fact # 12. Using tea leaves can actually keep mosquitoes at bay
- Fact # 13. June is considered National Iced Tea Month
- Fact # 14. In the US over 1.4 million pounds of tea is consumed every month
- Fact # 15. Tea was introduced into America by the Dutch East India Company
- Fact # 16. Over 90 thousand pounds of tea was dumped during the Boston Tea Party in 1773
- Fact # 17. South Carolina tea was adopted as the Official Hospitality Beverage by the SC General Assembly in 1995

Sponsored by QuoteMyMedicare.org

June's Pinboard

Probably named after Juno, the Roman goddess of marriage who was married to the king of all gods, Jupiter.

Each month has a special flower and birthstone. June's flowers are honeysuckle and rose and its birthstones are pearl, moonstone and alexandrite.

June has the longest day of the year. You won't see the sun go down until around 10p.m.

June has two zodiac signs: Gemini and Cancer.

Things to do:

- camp outdoors
- pick strawberries and make jam
- use a large white sheet and torch to attract moths
- use a sheet under a tree, then shake the tree and see what invertebrates have fallen onto it

Texting FOR Seniors

- BFF** - best friend fell
- BTW** - bring the wheelchair
- TTYL** - talk to you louder
- BYOT** - bring your own teeth
- LMDO** - laughing my dentures out
- FWIW** - forgot where I was
- IMHAO** - is my hearing aid on?
- OMMR** - on my massage recliner
- ROFLACGU** - rolling on the floor laughing and can't get up

WHAT MATTERS MOST TO SENIORS IN THE UNITED STATES?

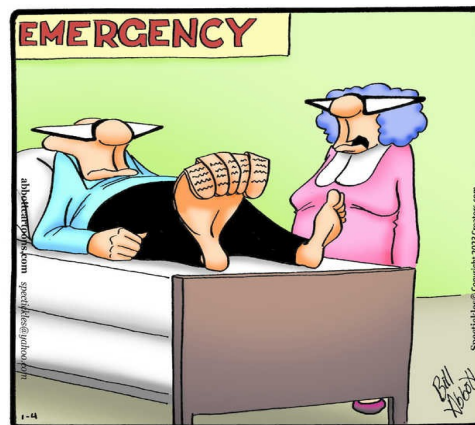
HEALTH: 60% expect their health to stay the same over the next five to 10 years at the same time 65% report they have two or more chronic health conditions

WEALTH: NEARLY HALF OF RETIRED SENIORS HAVE ACCESS TO PENSIONS 47% PLAN TO RELY ON SOCIAL SECURITY AS THEIR PRIMARY SOURCE OF RETIREMENT INCOME

COMMUNITY: WHILE A MAJORITY OF SENIORS FEEL THEIR COMMUNITY IS RESPONSIVE TO THEIR NEEDS, THERE IS ROOM FOR IMPROVEMENT 71% SAID BETTER TRANSPORTATION OPTIONS FOR SENIORS 26% SAID AFFORDABLE HEALTH CARE SERVICES 23% SAID MORE AFFORDABLE HOUSING 23%

OUTLOOK: "AGE IS A STATE OF MIND" 86% OF SENIORS SAY THEY ARE CONFIDENT ABOUT MAINTAINING A HIGH QUALITY OF LIFE 28% OF SENIORS AGREE 27% OF ADULTS AGED 18-59 AGREE

Learn more from the 2013 United States of Aging Survey: www.aging.org/UnitedStatesofAging Join the conversation on Twitter at #USofAging



"Aside from the foot, do you think my parking's getting better?"

June 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. Pulled Pork Sandwich Potato Wedges Broccoli Pineapple 	2. CLOSED
5. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	6. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	7. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	8. BBQ Chicken Macaroni & cheese Northwest Blend Coleslaw Pineapple 	9. CLOSED
12. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce	13. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	14. Birthday Turkey Dinner Cake & Ice Cream 	15. Beef Tips & Gravy Over Noodles Broccoli Beets Pears 	16. CLOSED
19. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears	20. Oven Fried Chicken Baked Potato Winter Blend Peaches	21. Salisbury Steak Mashed Potatoes Carrots Applesauce	22. Baked fish Roasted Potatoes Coleslaw Mandarin Oranges 	23. CLOSED
26. BBQ Ribs Baked Potato Prince Charles Blend Pineapple	27. Lasagna Tossed Salad Broccoli Pears	28. Chicken w/ Mushrooms Rice Pilaf Green Beans Tossed Salad Peaches	29. Swedish Meatballs Over Noodles Mixed Vegetables Beets Mixed Fruit 	30. CLOSED

EXERCISE CLASS

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

Wednesdays

Euchre 2-4
Atlanta Sr. Center

COMMODITIES

Seniors
(40 lbs.)
June 20, 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

June 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	Soup and Salad Bar Available for \$1.00 each. Starts at 4:00		1. Pulled Pork Sand- wich Potato Wedges Broccoli Pineapple	2. CLOSED
5. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	6. Homemade Pizza Tossed Salad Winter Blend Mandarin Oranges	7. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	8. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Pineapple	9. CLOSED
12. Sausage & Sauer- kraut Boiled Potatoes Mixed Vegetables Applesauce	13. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	14. Chicken w/ Mush- rooms Rice Pilaf Green Beans Tossed Salad Peaches	15. Beef Tips & Gravy Over Noodles Broccoli Beets Pears	16. CLOSED
19. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears	20. Oven Fried Chicken Baked Potato Winter Blend Peaches	21. Salisbury Steak Mashed Potatoes Carrots Applesauce	22. Baked fish Roasted Potatoes Coleslaw Mandarin Oranges	23. CLOSED
26. BBQ Ribs Baked Potatoes Prince Charles Blend Pineapple	27. Lasagna Tossed Salad Broccoli Pears	28. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	29. Swedish Meatballs Over Noodles Mixed Vegetables Beets Mixed Fruit	30. CLOSED

Commodities
Seniors
(40 lbs.)
June 20, 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

June2023 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	Soup and Salad Bar available for \$1.00 each. Starts at 4:00		1. Chicken Alfredo w/ Pasta Tossed Salad California Blend Peaches	2. Pulled Pork Sandwich Potato Wedges Broccoli Pineapple
5. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	6. Homemade Pizza Tossed salad Winter Blend Mandarin Oranges	7. CLOSED	8. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	9. BBQ chicken Macaroni & Cheese Northwest Blend Coleslaw Pineapple
12. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce	13. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	14. CLOSED	15. Chicken w/ Mushrooms Rice Pilaf Green Beans Tossed Salad Peaches	16. Beef Tips & Gravy Over Noodles Broccoli Beets Pears
19. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears	20. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	21. CLOSED	22. Salisbury Steak Mashed Potatoes Carrots Applesauce	23. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges
26. BBQ Ribs Baked Potato Prince Charles Blend Pineapple	27. Lasagna Tossed Salad Broccoli Pears	28. CLOSED	29. Oven Fried chicken Baked Potato Winter Blend Peaches	30. Swedish Meatballs Over noodles Mixed Vegetables Beets Mixed Fruit

Commodities

Seniors

(40 lbs.)

June 20, 2023

12:00—12:30

Exercise Class:

Monday, Wednesday,
Thursday &

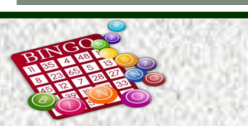
Friday at 10a.m.

Come Join Us!



Every Wednesday

Doors open at 4:00



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am