

Montmorency County Senior News

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

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September 2022

Issue 67



Office Hours

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

989-785-2580

MCCOA 2022 Board Meeting Dates

September 15, 2022

October 20, 2022

November 17, 2022

Board meeting 5:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Elaine Ableidinger, Chairperson

Geyer Balog, Vice Chairperson

Corleen Proulx, Treasurer

Marian Weber, Secretary

Janet Demeulenaere, Hillman Member at Large

Richard Perry, Lewiston Member at Large

MCCOA STAFF

Harmony Lewis, Director

Hlewis@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse

Jsteelebrady@montmorencycoa.org

Nicole Morisett, In Home Coordinator

Nmorisett@montmorencycoa.org

Susan Takash, Administrative Assistant

Stakash@montmorencycoa.org



September Dates

9/5/22 Labor Day

9/11/22 Ntl. Grand-
Parents Day

9/21/22 Ntl.

Alzheimer's Day

MCCOA Offices and Centers will
be closed Monday 9/5 for the
Labor Day Holiday

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Would you like to help a senior in need ?

**We are looking for volunteers to help transport
Seniors to medical appointments and Senior
Companions.**



POSITIONS AVAILABLE

IN HOME PROVIDERS

**Working in the clients homes helping with home-
making, personal care and respite.**

(Full and Part Time positions available)

NOW HIRING



Director's Corner

Fall is upon us, and with fall, we know what's coming next...WINTER. I'm going to share with you some tips and reminders for the upcoming months. With store shortages and delayed responses from service technicians, now is the time to start planning for colder weather. Do you heat with propane or wood? How much propane do you have? Some propane companies will have a 10-15 day wait for refill. How much firewood do you have stored? Have you had your furnace serviced recently? Do you have a snow shovel on hand? When was the last time you checked the batteries in your smoke detector/carbon monoxide detector? How many extra batteries do you have on hand? Do you have a rechargeable flashlight? Check your over the counter medicine and restock if necessary. Do you have bottled water in case of a power outage? These are questions to ask yourself before the weather gets cold. Home Delivered meal recipients will begin receiving shelf stable meals in the upcoming months and emergency frozen meals as well to account for any closures we may have due to weather.



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
September 7th

HILLMAN - 11 Until Gone
Third Wednesday of the Month
PATCHWOOD PLAZA
14797 State Street South, Hillman
September 21st
Hillman Contact: Barb Durlflinger
989-742-2790
Atlanta Contact: Zuesha Lunsford
989-590-7612

Fresh Produce “Pop-Up Markets”!



In an effort to bring fresh, healthy, local and Michigan grown produce directly to senior citizens of Montmorency and Alcona Counties, senior pop-up produce markets will be held weekly at the Lewiston, Atlanta, Hillman and Lincoln Senior centers from July through mid October. Seniors can purchase fresh produce at their respective senior center locations on a designated day and time. Each Pop-Up Market will be open for approximately one hour every Tuesday. The schedule is as follows: **Lewiston Center 9a-10a, Atlanta Center 11a-12n, Hillman Center 1p-2p, Lincoln Center 3p-4p**

Each Tuesday through the growing season, Rose City Greenhouse and Allen's Produce will have produce available for purchase. The product list will expand weekly as the growing season progresses.

Allen's Produce is a family owned and operated farm in Ogemaw County and takes pride in fresh, locally and Michigan grown produce for their customers. Some early season products are sourced from farms in southern Michigan, but the majority of the produce will be grown within 60 miles of Montmorency and Alcona County residents! This means that the produce will be fresher, taste better, last longer and the dollars spent will help grow our local economy.

Cash, Senior Project Fresh, WIC Project Fresh coupons are accepted, along with SNAP benefits for those who qualify.

Steve Wright, Healthy Food Coordinator in Alpena, Alcona and Montmorency counties will be available to talk to seniors about the program. Gauging participation in the program will help determine interest and amount of produce available each week.

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

This initiative is part of the Healthy NE Michigan project funded by Blue Cross Blue Shield of Michigan, Blue Cross Blue Shield of Michigan Foundation, the Michigan Health Endowment Fund and the W. K. Kellogg Foundation.

**September 2022 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 11am at **(989) 785-3932**.

At this time walk-in reservations are restricted.

FOR HOME DELIVER 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. Hamburger Deluxe Potato Wedges Prince Charles Blend Peaches	2. Closed
5. Closed 	6. BBQ Ribs Baked Potato Peas & Carrots Pineapple	7. Hot Beef Sandwich Mashed Potatoes Prince Charles Blend Mixed fruit	8. Chicken Ala King Over Biscuits Broccoli Coleslaw Mandarin Oranges	9. Closed
12. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	13. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	14. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	15. Beef Pepper Steak Over Brown Rice Broccoli Beets Pineapple	16. Closed
19. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	20. Swedish Meat- balls Over Noodles Beets Green beans Mixed Fruit	21. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	22. Pork Roast Mashed Potatoes Malibu Blend Applesauce	23. Closed
26. Salisbury Steak Mashed Potatoes Peas & Carrots Peaches	27. Boiled Ham Cabbage, Carrots & Potatoes Pineapple	28. BBQ Chicken Macaroni and Cheese Northwest Blend Coleslaw Peaches	29. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit	30. Closed

EXERCISE CLASS

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



Remember to Stay Safe. Use your Mask when you are around People.

COMMODITIES

Seniors
(40 lbs.)
September 20, 2022
1:00 - 1:30

BUNKO

Please call Carol at
(989) 785-3843
To make sure there is
a partner available
(Every other Thursday)
1:00p.m. until

**Montmorency County
Conservation Club**

Every second Tuesday
of the month 7:00p.m.




September 2022 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. Hamburger Deluxe Potato Wedges Prince Charles Blend Peaches	2. Closed
5. Closed 	6. BBQ Ribs Baked Potato Peas & Carrots Pineapple	7. Hot Beef Sand- wich Mashed Potatoes Prince Charles Blend Mixed fruit	8. Chicken Ala King Over Biscuits Broccoli Coleslaw Mandarin Oranges	9. Closed
12. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	13. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	14. BBQ Chicken Macaroni and Cheese Northwest Blend Coleslaw Peaches	15. Beef Pepper Steak Over Brown Rice Broccoli Beets Pineapple	16. Closed
19. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	20. Swedish Meatballs Over Noodles Beets Green beans Mixed Fruit	21. Oven Fried Chick- en Baked Potato Mixed Vegetables Peaches	22. Pork Roast Mashed Potatoes Malibu Blend Applesauce	23. Closed
26. Salisbury Steak Mashed Potatoes Peas & Carrots Peaches	27. Boiled Ham Cabbage, Carrots & Potatoes Pineapple	28. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	29. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit	30. Closed

Commodities

Seniors

(40 lbs.)

September 20, 2022

2:00—2:30

WEEKLY ACTIVITIES

Open at 1pm

Monday thru
Thursday

Puzzles, Wi-Fi &
Library

**Hillman Sr. Center
Board of Directors**

Meeting

Every Third Thursday 3pm

Line Dancing and Quilting
Wednesdays at 10 am

Game Day Fridays at 2 pm

Remember to Stay Safe. Use your Mask when you
are around People.



September 2022 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

Monday	Tuesday	Wednesday	Thursday	Friday
Lewiston 50 + Club 2811 Kneeland 989-786-3124		Closed	1. Chicken Alfredo Over Pasta Tossed Salad Normandy Blend Pears	1. Hamburger Deluxe Potato Wedges Prince Charles Blend Peaches
5. Closed 	6. BBQ Ribs Baked Potato Peas & Carrots Pineapple	7. Closed	8. Hot Beef Sandwich Mashed Potatoes Prince Charles Blend Mixed fruit	9. Chicken Ala King Over Biscuits Broccoli Coleslaw Mandarin Oranges
12. Meatloaf Scalloped Potatoes Brussel Sprouts Pears	13. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	14. Closed	15. Oven Fried Chick- en Baked Potato Mixed Vegetables Peaches	16. Beef Pepper Steak Over Brown Rice Broccoli Beets Pineapple
19. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	20. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	21. Closed	22. Swedish Meatballs Over Noodles Beets Green beans Mixed Fruit	23. Pork Roast Mashed Potatoes Malibu Blend Applesauce
26. Salisbury Steak Mashed Potatoes Peas & Carrots Peaches	27. Boiled Ham Cabbage, Carrots & Potatoes Pineapple	28. Closed	29. BBQ Chicken Macaroni and Cheese Northwest Blend Coleslaw Peaches	30. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit

Commodities

Seniors
(40 lbs.)

September 20, 2022
12:00—12:30

Exercise Class:

Monday, Wednesday,
Thursday &
Friday at 10a.m.



Euchre:

Every Tuesday &
Thursday 1p.m.

Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)
10:00 am

Remember to Stay Safe. Use
your Mask when you are
around People.



Doors open at
4:00p.m.
Every Wednes-

