

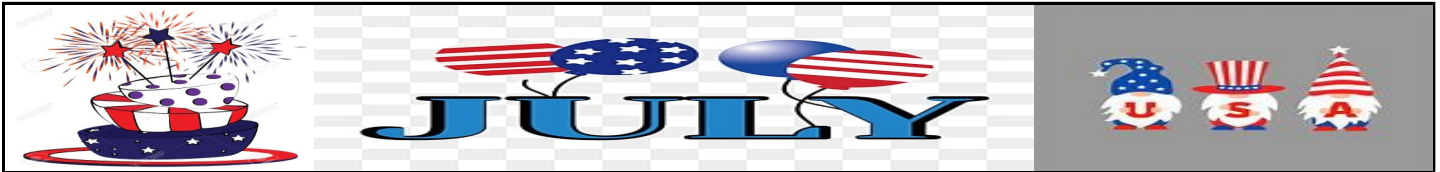
Montmorency County Senior News

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

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

July 2023

Issue 77



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

989-785-2580

MCCOA 2023 Board Meeting Dates

July 20, 2023

August 17, 2023

September 21, 2023

Board Meeting 5:30 pm at

MCCOA Office

DIRECTORS CORNER



Happy Fourth of July! Summer is in full swing and I hope you're spending it with your friends and family enjoying the weather. A reminder that the Senior Centers and the office are closed on Tuesday, July 4th.

We celebrated a very special day on June 20 in Atlanta! Tammy Oberski, our cook at the Atlanta Senior Center had her 30 year anniversary!! We are all so happy to have her, and we thank her for her dedication to our food program and seniors.

Project Fresh Coupons are running low. If you haven't already, please stop by the office to see if you qualify. At this time, I do not know if we will be able to get a second round of coupons.

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



**ALL CENTERS AND OFFICE
WILL BE CLOSED JULY 4TH**



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**



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

July 5th, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

July 21st, 2023

Hillman Contact: Barb Durflinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

FOODS FOR SENIORS

DAILY ROUTINE
Food Healthcare
PLACE YOUR TEXT HERE

MENU PER 1 DAY

LOREM IPSUM
800 mg CALCIUM FOODS

30 mg OF VITAMIN C

VITAMIN A

1g PROTEIN PER 1 kg BODY WEIGHT

SEEDS, NUTS, CEREALS

PLACE YOUR TEXT HERE

DRINK AVOID

TEA
BEER / ALCOHOL
COFFEE
SODA POP

FOOD FOR SENIORS AGE 50 YEARS UP

800 mg CALCIUM FOODS
120 mg PROTEIN FOODS
LOREM IPSUM IRON FOODS

YOGURT
MILK
GREENS
SMALL FISH
TOFU
BEANS
BROCCOLI
EGG
LIVER PIG

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 of 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 layouts.

SeniorAdvice

KAISER PERMANENTE presents

stay safe

ER visits peak in the summer months.

Avoid these five common summer-related accidents and illnesses.

- 1 sunburn**
Use a sunscreen with an SPF of 30+ and reapply every two hours
- 2 dehydration**
Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks
- 3 burns**
Use caution when dealing with flammable liquids, open flames, campfires and even barbecues
- 4 outdoor injuries**
Wear appropriate attire and safety gear during activities like bike riding and hiking; water recreation should be monitored by an adult who knows CPR
- 5 food poisoning**
Don't eat food left out of refrigeration for more than one hour when the temperature is above 90° F

What American President was born on July 4th?

Calvin Coolidge

How many stars and stripes are on American Flag?

50 stars and 13 stripes

Every 4th of July how many hot dogs are consumed?

150 Million

SWEET FACTS

FUN FOURTH OF JULY FACTS

CELEBRATION DAY
DID YOU KNOW? AMERICA CELEBRATES INDEPENDENCE DAY TWO DAYS LATE. CONGRESS ACTUALLY VOTED FOR THE DECLARATION OF INDEPENDENCE ON JULY 2ND!

YUM!
SOME OF THE MOST POPULAR 4TH OF JULY BBQ TREATS ARE POTATO SALAD, LEMONADE (GRANNY AGREES!), WATERMELON, HOT DOGS & POTATO CHIPS!

FIREWORKS
FIREWORKS WERE ORIGINALLY ENJOYED FOR THEIR SOUND. NOT THE DISPLAY! OVER TIME, SCIENTISTS LEARNED HOW TO MAKE BRIGHTER AND LONGER EXPLOSIONS!

FLAG
ACCORDING TO PROPER ETIQUETTE, THE AMERICAN FLAG IS NEVER SUPPOSED TO BE HELD UPSIDE DOWN, UNLESS AS A DISTRESS SIGNAL.

Sources: National Geographic.com, Yahoo.com, Facebook.com, http://www.eeater.com

GO CELEBRATE!

July 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
3. Spaghetti w/ Meat Sauce Tossed Salad Green Beans Pears	4. CLOSED 	5. BBQ Pork Sandwich Potato Wedges Malibu Blend Pineapple	6. Baked Chicken Baked Potato Broccoli Peaches 	7. CLOSED
10. Beef & Broccoli Over Rice Normandy Blend Mandarin Oranges	11. Chili Dog Potato Wedges Green Beans Mixed Fruit	12. Birthday Turkey Dinner Cake & Ice Cream 	13. Cabbage Rolls Boiled Potatoes Squash Pears 	14. CLOSED
17. Meatloaf Scalloped Potatoes Peas Pears	18. BBQ Chicken Potato Salad California Blend Peaches	19. Beef Stroganoff Over Noodles Spinach Beets Mandarin Oranges	20. Pork Chops Mashed Potatoes Green Beans Applesauce 	21. CLOSED
24. Ham Scalloped Potatoes Squash Pineapple	25. Swedish Meatballs Over Noodles Beets Spinach Applesauce	26. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	27. Country Fried Steak Mashed Potatoes Carrots Mixed Fruit 	28. CLOSED
30. Goulash Tossed Salad Normandy Blend Mixed Fruit	31. Pork Roast Mashed Potato Prince Charles Blend Applesauce		Atlanta Senior Center 11780 M33 North 989-785-3932	

EXERCISE CLASS

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

Wednesdays

Euchre 2-4
Atlanta Sr. Center

COMMODITIES

Seniors
(40 lbs.)
July 25, 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

July 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
3. Spaghetti w/ Meat Sauce Tossed Salad Green Beans Pears	4. CLOSED 	5. BBQ Pork Sandwich Potato Wedges Malibu Blend Pineapple	6. Baked Chicken Baked Potatoes Broccoli Peaches	7. CLOSED
10. Beef & Broccoli Over Rice Normandy Blend Mandarin Oranges	11. Chili Dog Potato Wedges Green Beans Mixed Fruit	12. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	13. Cabbage Rolls Boiled Potatoes Squash Pears	14. CLOSED
17. Meatloaf Scalloped Potatoes Peas Pears	18. BBQ Chicken Potato Salad California Blend Peaches	19. Beef Stroganoff Over Noodles Spinach Beets Mandarin Oranges	20. Port Chops Mashed Potatoes Green Beans Applesauce	21. CLOSED
24. Ham Scalloped Potatoes Peas Pears	25. Swedish Meatballs Over Noodles Beets Spinach Applesauce	26. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	27. Country Fried Steak Mashed Potatoes Carrots Mixed Fruit	28. CLOSED
30. Goulash Tossed Salad Normandy Blend Mixed Fruit	31. Pork Roast Mashed Potato Prince Charles Blend Applesauce	Soup and Salad Bar Available for \$1.00 each. Starts at 4:00	Hillman Center 431 Pine View Ct 989-742-3013	

Commodities
Seniors
(40 lbs.)
July 25th, 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

July 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
3. Spaghetti w/ Meat Sauce Tossed Salad Green Beans Pears	4. Closed 	5. CLOSED	6. BBQ Pork Sandwich Potato Wedges Malibu Blend Pineapple	7. Baked Chicken Baked Potato Broccoli Peaches
10. Beef & Broccoli Over Rice Normandy Blend Mandarin Oranges	11. Chili Dog Potato Wedges Green Beans Mixed Fruit	12. CLOSED	13. Chicken Parmesan Spaghetti Tossed Salad California Blend Peaches	14. Cabbage Rolls Boiled Potatoes Squash Pears
17. Meatloaf Scalloped Potatoes Peas Pears	18. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	19. CLOSED	20. Beef Stroganoff Over Noodles Spinach Beets Mandarin Oranges	21. Pork Chops Mashed Potatoes Green Beans Applesauce
24. Ham Scalloped Potatoes Squash Pineapple	25. Swedish Meatballs Over Noodles Beets Spinach Applesauce	26. CLOSED	27. BBQ Chicken Potato Salad California Blend Peaches	28. Country Fried Steak Mashed Potatoes Carrots Mixed Fruit
30. Goulash Tossed Salad Normandy Blend Mixed Fruit	31. Pork Roast Mashed Potato Prince Charles Blend Applesauce		Soup and Salad Bar available for \$1.00 each. Starts at 4:00	Lewiston 50 + Club 2811 Kneeland 989-786-3124

Commodities

Seniors

(40 lbs.)

July 25th, 2023

12:00—12:30

Exercise Class:

Monday, Wednesday,
Thursday &

Friday at 10a.m.

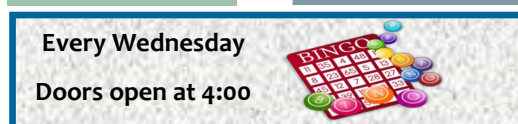
Come Join Us!



Every Wednesday

Doors open at 4:00

Eachre:
Every Tuesday &
Thursday 5:30



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am