February Newsletter

ALCONA COUNTY COMMISSION ON AGING

Board of Directors:

President: Phil Potter
Vice- President: Delores Schlicker
Secretary/ Treasurer: Dr. Robert Turek
Director: Fairman Bockhorst
Director: Rolland Lynch
Director: Pam Mackinnon
Director: Michael Szczepanowski
Commissioner: Carolyn Brummund

Staff:

Executive Director: Wendy Bain

Congregate meal participants showing their Lions pride before the big game

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SPECIAL POINTS OF INTEREST:

- Congregate Birthday/ Valentines dinner!
- Bingo twice a month
- Euchre every Tuesday at 12:30 sharp
- Biweekly Blood Pressure clinic
- Open craft days 8th, 12th,22nd

What's happening at the senior center….

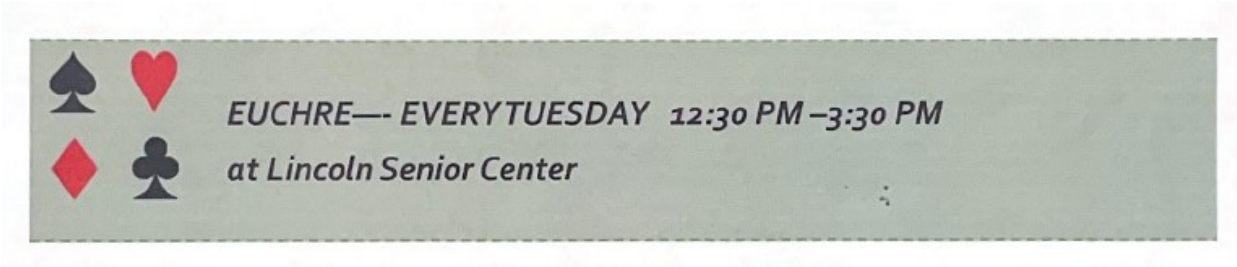
ACCOA IS HERE TO HELP……

WE HAVE SOME OF THE FOLLOWING MEDICAL EQUIPMENT TO LEND:

- **WALKERS**
- **COMMODE RISERS**
- **SHOWER CHAIR**
- **WHEEL CHAIR**
- **TRANSFER BOARDS AND MORE!**

PLEASE CALL MEGAN AT 989-334-3466

PLEASE CONTACT US IF YOU HAVE MEDICAL EQUIPMENT IN GOOD CONDITION TO DONATE



THE ACCOA GYM IS OPEN
M-TH 8-5 and F 8-12
22 Rotations around the gym = 1 mile

MON - THURS
MEALS SERVED AT 5 PM
PLEASE CALL BY 11am FOR RESERVATIONS
No Membership required
989-334-3466

February 2024

OVER 60, SUGGESTED DONATION IS $3.00 PER MEAL
Under 60, meals are $6.00
HOME DELIVERED MEALS CALLED IN BY 8:00 a.m. Monday - Thursday
(989) 334-3470

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			Chicken Chop Suey Rice Carrots Mixed Fruit 1
Fish Almondine Red Potatoes Broccoli Mandarin Oranges 5	Taco Salad Chips Peaches 6	Turkey Stuffing / Gravy Green Beans Tropical Fruit 7	Pork Roast Baked Potato Cauliflower Pears 8
Country Fried Steak Mashed Potato Peas & Carrots Applesauce 12	Meat Pizza Tossed Salad Pineapple 13	Beef Tips Rice Broccoli Jello 14	Chicken Mostocolli Green Beans Mixed Fruit 15
Pork Chop w/ Applesauce Potato Lyonnaise Green Beans Peaches 19	Garden Chicken Rice Pilaf Corn Pears 20	Sausage Gravy Biscuit Spudsters Stewed Tomatoes Tropical Fruit 21	Salsbury Steak Potato Medley Broccoli Mandarin Oranges 22
Stuffed Pepper Buttered Noodles Mixed Vegetables Pineapple 26	Beef Stew Biscuit Three Bean Salad Mixed Fruit 27	Popcorn Chicken Garden Rice Broccoli Peaches 28	Ham Augratin Potatoes Corn Applesauce 29

All Meals include milk, bread, and butter according to guidelines
Menu is subject to change due to food availability
Federal and state grants cover only a portion of the meals we provide. Donations are important to ACCOA

For congregate meals: We would like to Celebrate those who have Birthdays in February on the 14th along with celebrating Valentines day!

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Bingo @ 2	6 Euchre @ 12:30 Commodities @ 1-2 Blood pressure clinic @ 2	7	8 Open crafts @12 PM til 3:30	9
12 Open crafts @12 PM til 3:30	13 Euchre @ 12:30	14 Medicare Webinar @ 10AM Valentines activities @2 PM Birthday/ Valentines congregate dinner Served @4:30	15	16
19 Bingo @ 2	20 Euchre @ 12:30 Blood pressure clinic @ 2	21 Pop-Up Pantry @3	22 Open crafts @12 PM til 3:30	23
26	27 Euchre @ 12:30 BOARD MEETING @ 10 AM	28	29	

Questions? Call Megan at (989)-334-3466

ACCOA EMPLOYEE SPOTLIGHT

"Brains, like hearts, go where they are appreciated."
--Robert McNamara, Fmr. American Secretary of Defense

TOP TWO NOMINEES FROM JANUARY

Joy has been in the area since the end of March 2010. She has been married since 2011 for almost 13 years. Joy is an active member of the Family Heritage Baptist Church. She started working here just before the pandemic. Nominations for Joy included things like “(she) always makes sure we are fed”, “helps others”, and “She's open to suggestions, willing to listen”.

Megan has been a Lincoln resident since 2015. At home she lives with her folks and their 3 dogs. Last spring she graduated from Central Michigan University with a Bachelors degree in Exercise Science. She just started worked at the senior center recently. Nominations for Megan included things like “Makes the best popcorn” and “willing to help everyone”.

ACCOA VOLUNTEER SPOTLIGHT

"Brains, like hearts, go where they are appreciated."
--Robert McNamara, Fmr. American Secretary of Defense

TOPNOMINEE FROM JANUARY

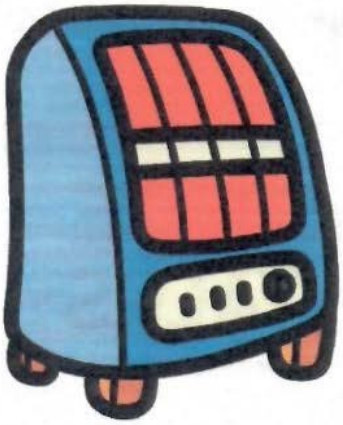
Delores has lived in Alcona County all of her life. She went to the Alcona Schools as a child. She has a beautiful farm with livestock. She just recently got a new tractor for her farm. Her mother Helen started the ACCOA back in 1973 and just over 50 years later Delores is very active in community events in Alcona County. Some of the Nominations for Delores included “Always there, very social and makes one feel wanted” and “She goes beyond and above to help anyone that she can. She always makes everyone feel welcome with a smile and she jokes around and is so fun to be around”, and “Loves this place”.

Slips, Trips, and Falls

and other winter safety tips from the Health and Safety Committee

Avoiding Slips, Trips and Falls on Slick Surfaces

- Be aware of the surfaces you are walking on.
- Wear appropriate boots/shoes.
- Slow down and take your time when walking on slick surfaces. Avoid them if possible.
- And remember..... Walk like a penguin!



Space Heater Safety

- Check with your supervisor to see if space heaters are allowed in your building.
- Keep it at least 3 feet from anything flammable.
- Don't leave unattended- turn off when leaving, even for just a minute.
- Keep out of the reach of children and pets.
- Plug directly into the outlet- not a surege protector.
- Make sure to have a working smoke and carbon monoxide alarm.
- Look for signs of malfuntion.

30 DAYS TO CUT THE CLUTTER

AssuredPartners

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐
Kitchen Pantry	Kitchen Cupboards	Kitchen Drawers	Under the Kitchen Sink	Junk Drawer
Day 6 ☐	**Day 7 ☐**	**Day 8 ☐**	**Day 9 ☐**	**Day 10 ☐**
Reduce Cleaning Supplies	Fridge & Freezer	Linen Closet	Bedroom Closets	Nightstands & Drawers
Day 11 ☐	**Day 12 ☐**	**Day 13 ☐**	**Day 14 ☐**	**Day 15 ☐**
Shoes	Master Bathroom	Guest Bathroom	Medicine Cabinet	Makeup
Day 16 ☐	**Day 17 ☐**	**Day 18 ☐**	**Day 19 ☐**	**Day 20 ☐**
Under the Beds	Old Toys	Desk Drawers	TV Cabinets	Laundry Room
Day 21 ☐	**Day 22 ☐**	**Day 23 ☐**	**Day 24 ☐**	**Day 25 ☐**
Old Magazines & Newspapers	Paperwork	Art & Craft Supplies	Holiday Decorations	DVDs & CDs
Day 26 ☐	**Day 27 ☐**	**Day 28 ☐**	**Day 29 ☐**	**Day 30 ☐**
Car Glove Box	Garage Shelves	Boardgames	Purse or Wallet	Old Electronics

NAME

Clearing clutter can help you feel happier and more relaxed.

Region 9 Area Agency on Aging Webinar Series

CALL NEMCSA @ 989-358-4616 TO REGISTER

Healthy Living Webinar:

February 14, 2024: Mindful Cooking and Nutrition
March 13, 2024: Managing Work-Life Balance:
April 10, 2024: Managing Stress and Mental Health

Caregiver Webinar Series:

February 9, 2024: Importance of Planning Ahead for Legal Matters
June 14, 2024:
July 12, 2024: Creating Healthy Boundaries
August 9, 2024: Preparing for Loss Death, Dying and Grieving
September 13, 2024: Maintaining Health During Challenging Times
October 11, 2024:
November 8, 2024: Gratitude Explosion

Dementia Webinar Series:

March 8, 2024: Dementia Research and Policy of 2024
April 12, 2024: Couples Living with Dementia: Partner Influences on Health and Well-Being
May 10, 2024: Healthy Aging Brain and Utilizing Computer Technology

Michigan Medicare Assistance Program (MMAP)

The Michigan Medicare Medicaid Assistance Program (MMAP) is part of the State Health Insurance Program (SHIP). Free, confidential counseling and assistance is available for people with Medicare.

Each year MMAP, through its dedicated staff and volunteers, provides invaluable service to Michigan's communities including:

- Counseling people with Medicare through the annual prescription drug plan enrollment period.
- Connecting with seniors who have limited incomes to help them save money on healthcare costs.
- Educating the community about health insurance issues.

For more information contact Kitty at:

- **Phone:** 989.358.4612
  Email: *glomskic@nemcsa.org*
  MMAP's toll-free helpline: 1.800.803.7174
  MMAP's Website: *www.mmapinc.org*

WEBINAR BEING BROADCAST IN ALCONA COUNTY
AT ACCOA/LINCOLN FEBRUARY 14TH 10 A.M.
CONTACT MEGAN IF YOU PLAN TO ATTEND.

Open craft days!

February 8th, 12th, and 22nd
We will be having open craft days! Bring in your current craft project or make some ornaments for our holiday tree!

Free activity for anyone who would like to participate

12pm-3pm

Please call Megan at 989-334-3466 if you have any questions

Bacon Mushroom Mac and Cheese

A beloved classic comfort food is elevated so that the whole family will enjoy it.

Ingredients

6 ounces dried whole-wheat corkscrew pasta

2 teaspoons olive oil and 1 teaspoon olive oil (extra virgin preferred), divided use

1/2 medium onion, diced

2 medium garlic cloves, minced OR 2 teaspoons bottled minced garlic

2 cups button mushrooms, sliced

1 tablespoon dried Italian seasoning, crumbled, and 1 tablespoon dried Italian seasoning, crumbled, divided use

1/2 teaspoon pepper

3 tablespoons water

1 cup fat-free plain Greek yogurt

1 cup shredded low-fat mozzarella cheese

3 tablespoons shredded or grated Parmesan cheese

3 slices uncured, nitrate-free turkey bacon, cooked and diced

3 tablespoons whole-wheat panko (Japanese-style bread crumbs)

Directions: **Preheat the oven to 400˚F.**

Prepare the pasta using the package directions, omitting the salt. Set aside. Reserve 1/4 cup pasta water.

In a medium skillet, heat 2 teaspoons oil over medium-low heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes, or until the onion is soft but not brown, stirring frequently. Cook the mushrooms, 1 tablespoon Italian seasoning, and the pepper for 2 minutes, stirring occasionally. Pour in the water. Cook for 2 minutes.

In a large bowl, stir together the yogurt and both cheeses. Add the yogurt mixture, turkey bacon, pasta, and reserved pasta water to the mushroom mixture in the skillet, stirring to combine. Remove from the heat. Transfer to an 8-inch square or 13 x 9 x 2-inch baking dish.

In a small bowl, stir together the panko and the remaining 1 tablespoon Italian seasoning and 1 teaspoon oil. Sprinkle over the pasta mixture. Bake for 10 minutes, or until the panko is golden brown.

Calories: 180 Per Serving **Protein:** 11g Per Serving **Fiber** 21g Per Serving

Cost Per Serving $1.45

Dietary Exchanges
1 1/2 starch, 1 lean meat

NUTRITION FACTS	
Calories	180
Total Fat	6.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	14 mg
Sodium	201 mg
Total Carbohydrate	22 g
Dietary Fiber	21 g
Sugars	3 g
Protein	11 g

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VALENTINE'S DAY

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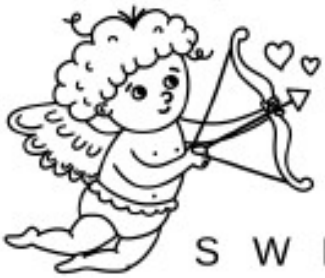

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WORD LIST

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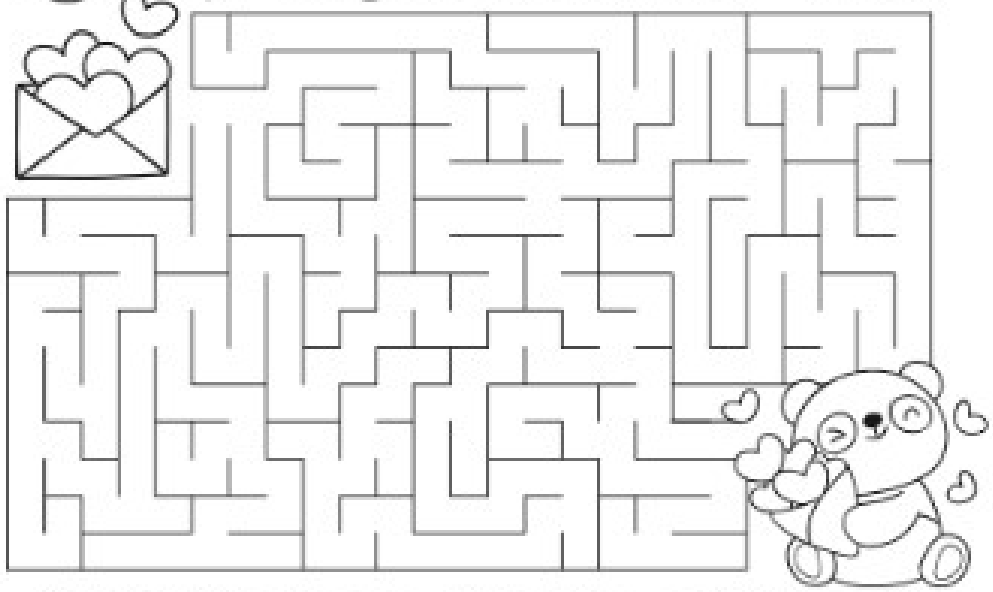
CUPID
DECORATE
FEBRUARY
FLOWERS
GIFT
HEART
KISS
LOVE
PINK
RED
ROSE
SWEETHEART
TEDDY
VALENTINE

Homemade GIFTS MADE EASY

VALENTINE

ACTIVITY PAGE



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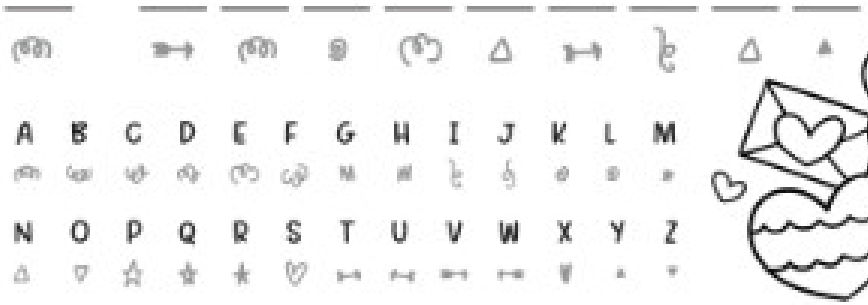
WHAT DO YOU CALL A VERY SMALL VALENTINE?



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

Be Mine
Candy
Card
Chocolate
Cupid
February
Flowers
Friends
Gift
Heart
Love
Pink
Red
Sweet
Valentine

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We're on the web!!
Alconaseniors.org

Alcona County Commission on Aging

ACCOA
207 S Church ST.
P.O. 218
Lincoln, MI 48742

Phone: 989-334-3466

MISSION STATEMENT: To Promote dignity, independence and well-being to the senior population of Alcona County, by initiating and coordinating programs that anticipate and meet the ever-changing needs of our Senior community.

Celebrating monthly birthdays

New at the senior center we are celebrating Birthdays for the whole month on a dedicated day. For January we celebrated Tuesday 1/30. These two ladies celebrated their birthdays in January. In February we will be celebrating birthdays for the month on February 14th.