December Newsletter 2024

ALCONA COUNTY COMMISSION ON AGING

December 2nd Bingo Players

INSIDE THIS ISSUE:

What's happening at the senior center?	2
Letter from the Executive Director	3
November Board Meeting Minutes	4-6
October Menu and Events Calendar	7-8
September Employee Spotlight	9
Business Ads	10-12
ACCOA/Sunrise Center Photos	13
Event flyers and Resources	14-21
Recipe & Crossword	22-23

Board of Directors:
President: Phil Potter
Vice- President: Delores Schlicker
Secretary: Dr. Robert Turek
Treasurer: Rolland Lynch
Director: Pam Mackinnon
Director: Leroy Pinder
Director: Kelly VonFintel
Commissioner: Carolyn Brummund

Staff:
Executive Director: Wendy Bain
Newsletter Editor: Megan Richter

What's happening at the Senior Center…

ACCOA IS HERE TO HELP……

WE HAVE SOME OF THE FOLLOWING MEDICAL EQUIPMENT TO LEND:

- Walkers (4-wheels—no-wheels)
- Hemi-Walkers
- Adult Incontinence products

PLEASE CALL THE CENTER AT *989-334-3466* TO CHECK WHAT WE HAVE AVAILABLE

PLEASE CALL US IF YOU HAVE MEDICAL EQUIPMENT TO DONATE
WE ARE IN NEED OF *ADULT INCONTINCENCE PRODUCTS SIZE: MEDIUM AND LARGE, AND LINERS*

EUCHRE– EVERY TUESDAY AT 12:30 SHARP!

—At ACCOA Dining hall

(Please arrive 10-15 minutes early to find a seat)

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

NOVEMBER GYM TALLEY

Laps: 1101

Miles: 254.5

Minutes exercising: 3441

We walked the distance to: Christmas, Michigan!!! The Small town of Christmas is approximately 253 Miles away from the ACCOA in the Upper Peninsula!

Letter from the Executive Director

First off, I would like to thank everyone who voted YES for the senior millage. This millage will continue to help subsidize the costs of our programs. We are still a donation driven center and your donations help with the cost of our programs. Donations are very important to ACCOA. For one, food cost & supplies have gone up tremendously over the past couple of years. For the fiscal year of 2024 we spent nearly $110,000 just in raw food costs to supply senior meals.

I would like to thank my team here at ACCOA, we have accomplished so much over the past year. Our Kinship program has grown from 3 families to 11 families. We deliver close to 100 meals a day through the Home Delivered Meal Program. We are actively serving between Homemaking, Respite, Personal Care, & Home Delivered Meals 196 clients.

Every day is one day closer to being able to move into our new building. We are getting very excited to make the move. Thank you all for showing your support to the new ACCOA/Sunrise Community Center.

I want to end with wishing everyone a very Merry Christmas and a Happy New Year. I hope that you all get to spend time with family and friends and enjoy the holiday spirit.

Sincerely,

Wendy Bain
Executive Director

Alcona County Commission on Aging

November 26, 2024 Regular Board Meeting

- Call to Order by President Potter at 10:01 am
- Pledge of Allegiance
- Invocation
- Roll call
    - Treasurer Rolland Lynch - Present
    - Director Pam MacKinnon - Present
    - Director Leroy Pinder - Present
    - President Phil Potter - Present
    - Secretary Dr. Robert Turek - Present
    - Member-at-Large Commissioner Carolyn Brummund – Present
    - Vice President Delores Schlicker – Present

      Also present – Executive Director Wendy Bain and six members of the public

- Approval of Agenda
    - Motion by MacKinnon, second by Lynch, to approve the Agenda as presented
        - Motion Passed

- Approval of Meeting Minutes
    - Motion by MacKinnon, second by Schlicker, to approve the October 22, 2024 Regular Meeting minutes as presented
        - Motion passed

- Motion by Schlicker, second by Lynch, to ratify the Executive Committee action of October 30, 2024 which states

  "Therefore, the ACCOA Executive Committee, via unanimous vote, appoints Kelly Von Fintel to the ACCOA Board of Directors effective immediately, to fill a vacant seat whose term is set to expire September 30, 2025."

    - Motion passed (Director Von Fintel joins the meeting)

- Public Comment period – NEMCSA representative Tyler Sluck introduces himself to the Board

- Update of the New Building Project by Developer/Construction Manager Andy Shaw

- Report by Commissioner Brummund.

- Executive Director's report
    1. 3295 meals served in October, with 479 being Congregate.
    2. Down to one person on waiting list for In-Home Services
    3. White Chevy Colorado truck was sold for $1500 on November 5th.
    4. Thanksgiving Dinner was held on Thursday, November 21st and had 54 attendees.

DRAFT

5. Holiday Christmas Dinner will be held on December 19th. The Cub Scouts are scheduled to sing carols.
6. On October 2nd a bus trip was taken to Knaebe's Orchard. A small profit was made. More trips are being planned.
7. Both Northland Federal Credit Union and Dollar General in Harrisville chose to donate to the ACCOA for the month of November. Northland gave a list of senior items that the ACCOA was in need of and the Dollar General will be donating toys for the Kinship program.
8. Yearly required audit will be performed by Stephenson's beginning January 20, 2025.
9. Met with Superintendent Dan O'Connor regarding the new facilities features.
10. Employee Christmas party to be held December 13th from 10-1 to which the Board is invited to attend.

- Treasurer's Report
  - Motion by Schlicker, second by Pinder, to accept the Treasurer's Report as presented, subject to audit.
    - Roll Call Vote
      - MacKinnon - yes
      - Potter - yes
      - Pinder – yes
      - Turek - yes
      - Lynch – yes
      - Schlicker – yes
      - Von Fintel - yes
        - Motion passed

- Secretary's Report
  - Motion by Turek, second by MacKinnon, to approve and adopt the new "**Employee Arbitration Procedure And Agreement".**
    - Motion passed
  - John Nagy has submitted paperwork to apply to fill a vacancy on the Board. Background check will be performed and proceed from there.

- Committee Reports - Dr. Turek reported on some clarifying language that will be added to the upcoming yearly audit to be performed by Stephenson firm.

- Unfinished Business - None

- New Business –
  - Motion by Schlicker, second by Lynch, to donate the ACCOA sound system (microphones and speakers) to Gustin Township.
    - Motion Passed
  - Motion by Turek, second by Pinder, to have the Policies & Programs Committee confirm, with both NEMCSA and the local Health Department, the procedures and changes

required to possibly withdraw from government funding for food programs, and then make recommendations to the Board as to how to proceed in that direction.

- Motion Passed

- Public Comment Period – Comments by Judy French regarding the need to retain the focus on Seniors when providing food options at the new site. Comments by Sue Nagy regarding the willingness of participants to pay increased fees provided they have been notified in advance.

- Director Final Comments – Discussion regarding the efforts to make the public aware of suggested donations being needed if receiving either Congregate or Home Delivered Meals.

- Motion by Turek, second by Lynch, to enter into closed session, at the request of the involved employee, to discuss a personnel matter.
  - Motion passed at 11:13 am

- Motion by Turek, second by MacKinnon, to exit closed session and reconvene
  - Motion passed at 1:21 pm

- Motion by Turek, Second by Pinder to proceed as was discussed in closed session
  - Motion passed

- Motion by Turek, second by MacKinnon to adjourn at 1:22 pm

Meeting adjourned until the 10 am, January 28, 2025 Regular Board Meeting.

DRAFT

MON - THURS
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
No Membership required
989-334-3466

December 2024

OVER 60, SUGGESTED DONATION IS $3.00 PER MEAL
Under 60, meals are $6.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989) 334-3466

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Hamburger Succotash Tator Tots Mandarin Oranges 2	Baked Chicken Peas and Carrots Garden Rice Banana 3	Fish Filet Mixed Vegetables Roasted Potatoes Peaches 4	Sloppy Joes Coleslaw Onion Rings Cinnamon Apples 5
Stuffed Cabbage Cauliflower Buttered Noodles Tropical Fruit 9	Beef and Barley Soup Ham Sandwich Crackers Apple 10	Chicken Cordon Bleu Brussel Sprouts Rice Pilaf Mixed Fruit 11	Salisbury Steak Buttered Carrots Mashed Potatoes Pears 12
Popcorn Chicken Broccoli Macaroni Salad Fruit Salad 16	Spaghetti w/ Meat Sauce Tossed Salad Grapes 17	Chicken Stew Biscuit Applesauce 18	Holiday Ham Dinner Corn Scallop Potatoes Dinner Roll Dessert 19
Stuffed Peppers Green Beans Buttered Noodles Strawberries 23	 24	25	Chicken Pot Pie Soup Turkey Sandwich Crackers Pudding 26
Beef Chop Suey Vegetable Stir Fry Rice Pineapple 30	 31	1	2

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

MON - THURS
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
No Membership required
989-334-3466

PLEASE RSVP FOR CONGREGATE CHRISTMAS DINNER (served on 12/19 @4PM) BY 12/11 to ensure food availability

OVER 60, SUGGESTED DONATION IS $3.00 PER MEAL
Under 60, meals are $6.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989) 334-3466

December Events 2024

Mon	Tue	Wed	Thu	Fri
2. Bingo @ 2PM	3. Euchre @12:30 PM	4.	5. Winter Craft @2PM	6. ACCOA closes @12PM
9. Quilting Club @ 2PM	10. Euchre @12:30 PM	11. New to Medicare Webinar @10-11AM	12. Senior Commodities @1-2PM	13. ACCOA CLOSED ALL DAY FOR EMPLOYEE CHRISTMAS PARTY
16. Bingo @ 2PM	17. Euchre @12:30 PM	18. Pop up Pantry @3PM	19. **Holiday Ham Dinner Served at 4PM** RSVP BY 12/11	20. ACCOA closes @12PM
23.	24. ACCOA CLOSED ALL DAY	25. ACCOA CLOSED ALL DAY	26..	27. ACCOA closes @12PM
30.	31. ACCOA CLOSED ALL DAY	January 1st ACCOA CLOSED ALL DAY	January 2st	January 3rd ACCOA closes @12PM

For questions regarding Senior Commodities formally known as Golden Groceries please call the Food Bank of Eastern Michigan at 1-810-396-0238 or 1-810-396-0206.

PLEASE RSVP FOR HOLIDAY HAM DINNER BY 12/11 TO ENSURE FOOD AVAILABILITY

ACCOA EMPLOYEE SPOTLIGHT

"Brains, like hearts, go where they are appreciated."

--Robert McNamara, Fmr. American Secretary of Defense

Cyndi Morrison is the In-Home Services Coordinator at the Senior Center. She has been an Alcona county resident for 34 years. Cyndi has worked at the ACCOA for a year in January. She said her favorite part of working here is interacting with Clients as well as providing resources that may be helpful to keep seniors with-in their homes and safe. When Cyndi isn't working she enjoys listening to podcasts and gardening. Fun fact about Cyndi she has 2 Guinea Pigs (Chicken Nugget and Oreo). Cyndi is also a mom and she said "being a mom is one of the greatest accomplishments of my life". We greatly appreciate Cyndi and all the hard work she does for this community.

Shay Golla is the Kitchen Manager at the Senior Center. She moved here from San Antonio, TX in May 2018 . Shay has worked at the ACCOA since February 2024. She said her favorite part of working at the ACCOA is the fact " that I get to work with some amazing people. It really feels like family here." When Shay isn't working she enjoys traveling! In the last two years shay has been to four countries and countless cities. At home Shay lives with her husband Justin and her daughter Keanna, a tortoise named Pooka, 4 cats (Mimi, Monki, El Guapo, and Jimi), a dog named Peta and a Bearded Dragon named Winnie. Shay's mom Elizabeth is also in the area. We greatly appreciate Shay and all the hard work she does for this community.

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Interested in having your business ad here? Please send a copy of your advertisement (business card would be best) with a $10 check which will cover a years' worth of advertisement. Please put on the check memo: "Newsletter". If your agency is a non-profit the fee will be waived. Checks can be *mailed to the address below*:

Alcona County Commission on Aging

PO Box 218

207 Church street

Lincoln, MI 48742

WANDERING WINDS FARM
SPRUCE MICHIGAN
WANDERING WINDS FARM + BAKERY
Artisan Bakery | Fruit Preserves
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wanderingwindsfarm@gmail.com
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6196 F-41 Spruce, MI 48762

Interested in having your business ad here? Please send a copy of your advertisement (business card would be best) with a $10 check which will cover a years' worth of advertisement. Please put on the check memo: "Newsletter". If your agency is a non-profit the fee will be waived.

Interested in having your business ad here? Please send a copy of your advertisement (business card would be best) with a $10 check which will cover a years' worth of advertisement. Please put on the check memo: "Newsletter". If your agency is a non-profit the fee will be waived.

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Lund
J.C. MFG.
MirroCraft
ShoreMaster

(989)727-2797

VIKING MARINE

4968 N Hubbard Lake Rd. — HUBBARD LAKE, MI —
Spruce, MI. 48762
vikingmarine-hubbardlake.com

Alcona Animal Clinic
411 W. Millen St. - Box 308
Lincoln, MI 48742
(989) 736-8890
Fax: (989) 736-7203
Walk-in Hours HAVE CHANGED.
Walk-ins 8:30-9:30am Wednesday & Friday
Saturday ~ Call for availability
APPOINTMENT ONLY ON:
Monday, Tuesday and Thursday

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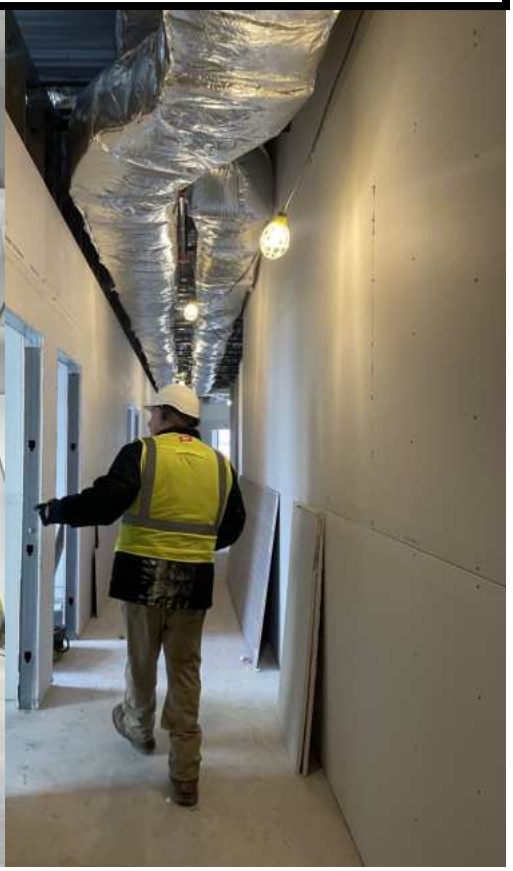
Harrisville, MI 48740

Check out these pictures of the ACCOA/ Sunrise Community center!



VOLUNTEER OPPORTUNITIES

For adults 55+ in Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon Counties

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY
NEMCSA

AmeriCorps Seniors

For more information: visit www.nemcsa.org or call 1.877.222.9043

Classroom Grandparent Program (FGP)

Volunteers serve children with special or exceptional needs in supervised classrooms and Head Start Centers.

***Schedule of 20 hours per week.**
***Non-taxable stipend of $4.00 per hour.**
***Mileage reimbursement to and from service.**
***Supplemental/excess insurance during service**
***Annual recognition event.**

income eligibility requirements apply

Retired Seniors Volunteer Program (RSVP)

America's largest volunteer network for people age 55 and older with over 300,000 volunteers tackling tough issues in their communities

***Placements tailored to your skills and interests.**
***Flexible schedule.**
***Supplemental/excess insurance during service.**
***Mileage reimbursement.**
***Annual recognition event.**

You choose how and where you'd like to serve!

excludes Otsego county

Senior Companion Program (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization

***Schedule of 20 hours per week.**
***Non-taxable stipend of $4.00 per hour.**
***Mileage reimbursement to and from service.**
***Supplemental/excess insurance during service**
***Annual recognition event.**

income eligibility requirements apply

Michigan Assistive Technology Program

Community Connections for Assistive Technology (CCAT) Grant

What is Assistive Technology (AT)?

AT is any tool, software, or app that can help people with disabilities, including older adults, do what they want to do.

What is the Community Connections for Assistive Technology (CCAT) Grant?

The CCAT grant serves older adults and people with disabilities in rural Northern Michigan and the thumb area. Michigan Assistive Technology Program (MATP) specialists will visit people in their home or community to demonstrate and provide **free** assistive devices for hearing, vision, mobility, or other daily tasks. With the right AT, individuals can stay connected, participate in community activities, and maintain independence.

What Counties does the CCAT Grant serve?

The CCAT Grant serves the following counties:

- Alcona
- Alpena
- Antrim
- Arenac
- Benzie
- Charlevoix
- Cheboygan
- Claire
- Crawford
- Emmett
- Gladwin
- Gratiot
- Huron
- Kalkaska
- Iosco
- Isabella
- Leelanau
- Manistee
- Missaukee
- Montmorency
- Ogemaw
- Oscoda
- Otsego
- Presque Isle
- Roscommon
- Sanilac
- Tuscola
- Wexford

Interested? Contact MATP or Fill out this Form:

Phone: 800-578-0280
Michigan Relay 711
Email: AT@MyMDRC.org
Google Form: https://bit.ly/CCAssistiveTech
Website: MyMDRC.org/assistive-tech

NEMCSA NO COST Weatherization Assistance Program

Proudly serving the following counties: Alcona | Alpena | Arenac | Cheboygan | Crawford | Iosco | Montmorency Ogemaw | Oscoda | Otsego | Presque Isle

STUDIES HAVE SHOWN THAT WEATHERIZING YOUR HOME CAN RESULT IN AN AVERAGE OF 15% TO 40% REDUCTION OF FUEL USAGE WHICH IN TURN WILL LOWER YOUR UTILITY BILLS.

THE WEATHERIZATION ASSISTANCE PROGRAM PROVIDES SERVICES FREE OF CHARGE TO ELIGIBLE HOMEOWNERS AND RENTERS, WORKING ON ALL TYPES OF HOUSING.

Services that may be offered

Insulation Services, including: Attic, foundation, wall or sill box

Furnace tune up or replacement

Home Energy Audit

Services continued: Weather stripping, caulking, door repair or replacement, window assessment, carbon monoxide detector installation, and much more!

Please Note: The Weatherization Assistance Program does not include funding for structural (roofs and windows), plumbing, mold or electrical repairs.
To clarify, this is not an emergency or a home repair program.

Email

WEATHERIZATION@NEMCSA.ORG

More info

Call us today!
989-358-4700

Reach us on the web: https://www.nemcsa.org/services/weatherization-program/weatherization-program.html

Unsure when to call 911?

Be sure to call 911 if:

- Medical Emergencies: If experiencing symptoms such as chest pain, difficulty breathing, sudden confusion, or any signs of a stroke or heart attack.
- Falls or Injuries: After a fall that results in severe pain, immobility (cannot get up without assistance), or potential fractures.
- Fire or Smoke: If there is a fire or the smell of smoke, even if not visible.
- Home Intrusion: If there is a break-in or intruder in the home.
- Severe Allergic Reactions: If experiencing symptoms like swelling, difficulty breathing, or hives after exposure to an allergen.
- Uncontrolled Bleeding: If bleeding cannot be stopped with pressure and is severe.
- Mental Health Crisis: If there are thoughts of self-harm or harm to others.
- Natural Disasters: During floods, or other disasters.
- Carbon Monoxide Alarm: If a carbon monoxide detector goes off, indicating unsafe levels.

After an emergency ACCOA is here to help:

- Home delivered meals could help relieve the stress of cooking
- In-home services could provide light housekeeping, personal care, and respite services
- Guidance on navigating benefits and assistance programs
- Support for caregivers and family members
- Assistance with mobility devices and incontinence supplies

Know the symptoms of a heart attack.

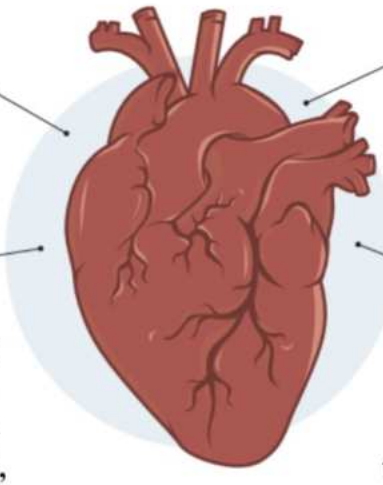
Call 911 immediately if you suspect you or someone you are with is having a heart attack. Do not drive yourself or someone else to he hospital. Call 911.

The most common symptoms of a heart attack:

The occurrence of any of these symptoms WITHOUT exertion

Pain that spreads to the shoulders, neck, jaw, arms or back

Profound fatigue which may last several days before the heart attack



Chest discomfort associated with **lightheadedness, fainting, sweating, nausea or shortness of breath**

Uncomfortable pressure, fullness, squeezing, or **pain** in the center of the chest lasting over a few minutes or recurring.

Your heart doesn't beat just for you. Get it checked.

rwjbh.org/heart

The less common symptoms of a heart attack:

There are less common yet serious warning signs of a heart attack, especially if they appear alongside typical symptoms. These new, subtle, and unexplained symptoms should be taken seriously.

- **Stomach or abdominal pain**
- **Nausea or dizziness**
- **Shortness of breath**
- **Unexplained anxiety, weakness or fatigue**
- **Palpitations, cold sweat or paleness**

RWJBarnabas HEALTH

KNOW THE SIGNS OF STROKE

Every minute counts. For any sign of stroke, **CALL 911** and **B.E. F.A.S.T.**

BALANCE
trouble walking, stumbling, falling, feeling dizzy or spinning sensation

EYES
vision loss, blurry vision, double vision

FACE
one side of the face is weak or numb, the face appears uneven, drooping

ARM
weakness or numbness in the arm (or leg), especially if it is only on one side of the body

SPEECH
slurred speech, trouble getting words out, speaking gibberish

TIME
call 911 immediately

ALCONA COUNTY COMMISSION ON AGING
INVITES YOU TO JOIN US FOR

Congregate

HOLIDAY HAM

dinner

THURSDAY DINNER SERVED AT 4PM*

DEC 19

For those aged 60 and over it is a suggested $3 donation, For those aged 59 and under it is a $6 cost.

Dinner served will be Ham, corn, scalloped potatoes, Dinner Roll, and a Dessert

207 S CHURCH ST LINCOLN, MI 48742 |TO RSVP CALL 989-334-3466

Please RSVP by December 11th

REGION 9 AREA AGENCY ON AGING

CAREGIVER PROGRAMS

CAREGIVING LOOKS DIFFERENT FOR EVERYONE, WE HAVE PROGRAMS TO HELP NO MATTER WHERE YOU ARE ON YOUR JOURNEY.

WHO ARE CAREGIVERS?

A caregiver is anyone who provides help to another person in need.

WHO WE SERVE:

- Older Adults
- Family Caregivers
- Kinship Caregivers
- Healthcare Professionals

OUR PROGRAMS

KINSHIP CARE PROGRAM
For relative care providers (55+) caring for related children (under 18). Helps with expenses such as recreational activities, school supplies, clothing, needed furniture, and more.

TRUALTA
Online resource to help manage care at home. Packed with educational resources, planning tools, and tips to make you a better caregiver.

DEMENTIA CONSULTATIONS
Provides Caregivers with tools and strategies to better handle the unique caregiver challenges they face as dementia caregivers.

POWERFUL TOOLS FOR CAREGIVERS
Six-week workshop designed to reduce stress, improve communication, deal with difficult emotions, and more.

DEMENTIA CAREGIVER SERIES
Three-part series that offers a better understanding of Dementia, dementia-related behaviors, staging, and more.

CAREGIVER WEBINAR SERIES
Via Zoom, on the second Friday of each month from 1:00 pm-2:00 pm.

CAREGIVER RESOURCE CENTER
Online website offering a vast variety of resources and information for caregivers.

SELF-CARE MODULE
Four-session workshop designed to help family caregivers take care of themselves while caregiving.

IN-PERSON CONFERENCES
Full day event to share knowledge, connect to local resources, enhance caregiver skills, and improve self-care.

NEWSLETTERS AND GUIDEBOOKS
Provides family caregivers with resources, information, and helpful tips to reduce caregiver burnout and fatigue.

CAREGIVER SUPPORT GROUPS
An informal gathering of caregivers to provide support, information, and a place for acceptance and understanding.

CONTACT US: 989.358.4616 mainvilleb@nemcsa.org

REGION 9 AREA AGENCY ON AGING

CAREGIVER PROGRAMS

Caregiving looks different for everyone, we have workshops to help no matter where you are on your journey.

- Powerful Tools for Caregivers
- Dementia Caregiver Series
- Caregiver Webinars
- Self-Care Module
- Newsletters and Guidebooks
- Trualta
- Kinship Care Program
- In-Person Conferences

CONTACT US

PHONE NUMBER: 989.358.4616

WEBSITE: www.nemcsa.org

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY NEMCSA

REGION 9 AREA AGENCY ON AGING

QUILTING CLUB

BEGINNERS WELCOME; Terri from Wagon Wheel Creative works will be teaching

9 DECEMBER 2:00PM

BRING YOUR UNFINISHED SQUARES AND OR QUILTS

CONGREGATE MEAL SERVED @4-5PM

More Information :

Call Megan
989-334-3466
Located @ ACCOA Dining hall

Berry Chicken Salad

For a colorful and protein-packed lunch, this easy recipe repurposes leftover shredded or chopped chicken into a salad that replaces classic grapes with fresh, antioxidant-rich berries.

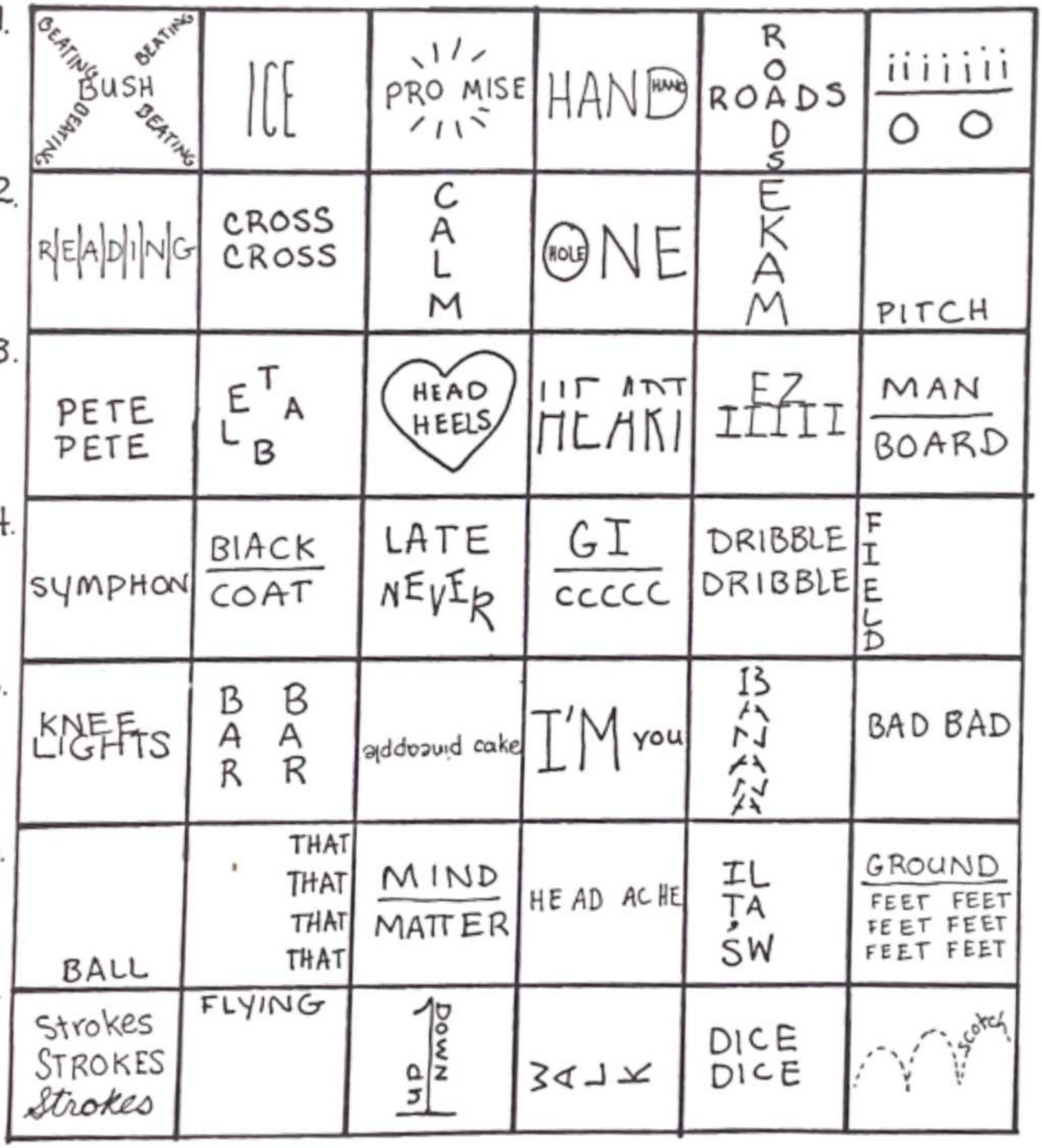
Ingredients

- ¼ cup olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 teaspoon sugar
- ½ teaspoon dried tarragon
- 1½ cups chopped or shredded leftover chicken (about 1 breast)
- 1 cup quartered fresh strawberries or whole fresh blueberries
- ½ cup fresh or frozen peas, thawed
- ¼ cup chopped celery
- Torn salad greens or spinach

Instructions

1. Whisk the first three ingredients together in a large bowl. Season with salt and pepper to taste.
2. Add chicken, berries, peas, and celery, and stir well to combine.
3. Scoop chicken salad over salad greens or spinach for a fresh and filling lunch.

Wordle Donated by local senior



We're on the web!!
Alconaseniors.org

ALCONA COUNTY COMMISSION ON AGING

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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.

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