April
ACCOA Newsletter

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Our Motto:

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.

Our Programs:

housekeeping, meals on wheels, Personal care, Respite , and Kinship

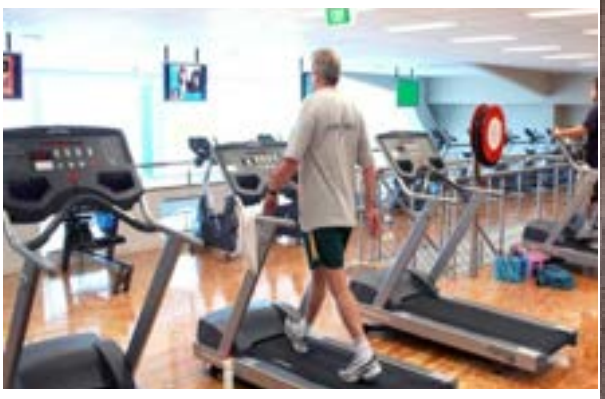
Newsletter editor- Kristie Nelson

What's Happening

April is Stress Awareness Month

Practice Self-Care: During Stress Awareness Month, prioritize self-care activities that help you relax and de-stress. This could include meditation, exercise, spending time outdoors, reading a book, or taking a warm bath. Make sure to take breaks from work or other obligations to engage in self-care activities that rejuvenate your mind and body.

AUTISM AWARENESS



· The ACCOA Gym is Open M-TH 8-5pm,
Friday 8-12pm 22 rotations around the gym equal 1 mile.

"If it doesn't challenge you,
it doesn't change you!" Work out today!

Letter from Director

Hello,
Here at ACCOA we are counting down the days to be in our new building!! Last month I shared the new membership costs with you for the Sunrise Community Center. We are now in the process of putting together rental costs for events at the new location. Once we have those finalized I will share with all of you.
If you do have questions on renting out space please feel free to reach out to Rae Emerson, our Event Planner at 989-736-8879.
May 7th is Older Michiganian's Day. This will be held on the south lawn in front of the Capitol Building in Lansing. This is your change to let legislators understand the critical needs of seniors in our community and all around Michigan. Let your voice be heard!
Just as a reminder it is very helpful to ACCOA if you would please call in advance if you are not going to be home to receive your Home Delivered Meals. This saves us from calling you, your emergency contacts, or 911 for
a wellness check. We are not allowed to bring the food back into ACCOA therefore, it is wasteful and costly.
ACCOA will be closed on Friday, May 2nd for a mandatory staff meeting.
Again, please remember my door is always open for questions or concerns.
I wish everyone a Happy Easter!

Sincerely,
Wendy Bain
Executive Director

IN MEMORY OF ...

Are you interested in placing a special message in memory of a loved one or friend?

Please send in your message and photos to nelsonk@alconaseniors.org

We will proudly and with honor display your heartfelt messages in our newsletter.

Perhaps you would like to share
a proud moment or a Special Occasion? Wedding? Anniversary? Graduation? Achievement? Birth?

Please send in any messages and photos to nelsonk@alconaseniors.org

We would be honored to share in your joy!

These are the Services We are able to provide...
THANKS TO YOUR DONATIONS!!
Congregate Meals

A hot, well-balanced meal is provided for our congregate participates. Each meals provides one-third of the daily required nutrients for senior citizens. Dinner is served at 4:00 pm. Please call ahead by 12pm to reserve a hot meal.

Home Delivered Meals

Hot meals, sack lunches, frozen meals and emergency meals are available for seniors who are homebound and unable to prepare meals. An assessment with our In-home Service Coordinator is required. These meals are prepared at the Lincoln Senior Center and delivered throughout the county by ACCOA employees.

Kinship

A Program to assist adults age 55 and up, raising relative children. Two requests per year may be made per child. This program is funded in part by the U.S. Administration on Aging through Michigan Aging and Adult Services Agency and Region 9 Area on aging. For more information, call 989-736-8879.

Respite

Provides companionship, supervision and assurance to elderly person while allowing the primary caregiver relief from his or her duties of homemaking. Meal prep and personal care.

Home-making

Provides assistance with routine activates to maintain a clean and safe environment for the older individual to live in. This includes light house-keeping, shopping, meal preparation and laundry.

Personal Care

Aiding with activities of daily living such as assistance with bathing, dressing, grooming, eating, and ambulatory needs

National Month of Hope

A TIME TO REFLECT ON RESILIENCE, HOPE, AND POSITIVE MINDSETS...

If you watched the National Address to Congress last month you might be feeling a ray of hope that we will start to see a break in the rising cost of living and feel a little relief in our minds and pocketbooks. Of course you may have also seen that within the walls of Congress there is a section that was bleak and unwilling to find any positivity in the changes being made. To that I say, “It is up to each one of us to be the change we strive to see, be resilient to whatever change comes our way, find hope in the efforts being made, and be a positive light for others to follow.” -KLNelson

Spotlight

Employee of the Month

Lahnaya is our HR administrator and a fantastic addition to our facility. We are so grateful to have her. Lahnaya is married and a mother of 8 children. Lahnaya enjoys spending time with her kids, reading, writing, and gardening outside of work.

Rae is our newest face here at ACCOA. Rae is our Events Coordinator for our new building. Rae and her spouse of 28 years run Performance golf cart in Black River. Rae loves spending time with her dogs and loves to garden outside of work. We are super excited to have her join our team.

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Talk to a Northland Team Member about a FLEX-RIDE LOAN or visit northlandcu.com/auto

*APR is Annual Percentage Rate. The Base Annual Percentage Rate is the lowest rate offered and can vary based on credit worthiness, relationship level, age of vehicle and terms of the loan. Your rate can be higher depending on credit performance; financing up to the retail value of the auto is available. Rates are subject to change without notice. For example, monthly payments for a $20,825 Flex Ride loan (which includes an $825.00 program fee) for 36 months at 4.99 %APR would be $358 a month for 35 months; and a payment of $10,664 for the 36th month.

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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 $12 check which will cover a years' worth of advertisement. Please put on the check memo: "Newsletter". If your agency is a nonprofit 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

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Broker/Owner

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ALPENA Senior Citizens CENTER

dementia together

TRANSFORMING DEMENTIA CARE

Empowering through the SPECAL® Approach

A Symposium for Families, Caregivers, and Professionals

DESCRIPTION:

Please join the Alpena Senior Center and Dementia Together for a day of learning the best approach of caring for those living with dementia, the SPECAL® Method. This symposium will feature educational sessions, practice of tools, and a discussion about compassion fatigue at no charge. Lunch will be provided. This symposium is made possible by the Michigan Health Endowment Fund.

Use of the SPECAL® Method can bring about immediate and sustainable improvements in the quality of life for the person living with dementia, along with everyone involved in their care.

THE SPECAL® METHOD HAS BEEN SHOWN TO:

- Increase the person's confidence and thereby slow the rate of deterioration.
- Reduce the need for medication.
- Enable the person to stay in their own home for significantly longer. Minimize
- the distress seen all too often during and after a transition to a different care setting.

DATE:

Friday, April 4th

TIME:

9:00 AM - 4:00 PM

LOCATION:

Alpena Community College Granum Theatre
655 Johnson St. Alpena, MI, 49707

REGISTRATION REQUIRED:

shorturl.at/UpjLf

CONTACT:

(989) 356-3585
BJ Sander
Annie Hepburn

NO ONE HAS TO WALK THE DEMENTIA JOURNEY ALONE.

The Alpena Senior Citizens' Center is a member of the Dementia Together SPECAL® Network, committed to make *living well with dementia*, the expectation, not the exception.

April Celebrates

April 18-20
Good Friday / Easter

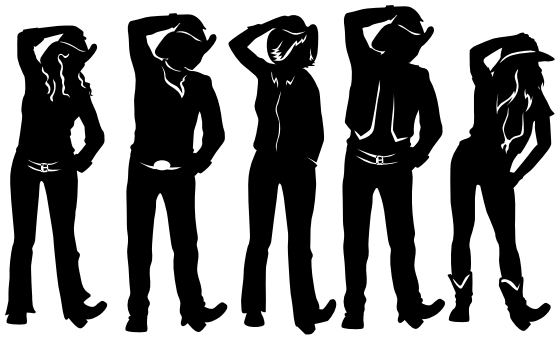
The mourning of the Lord's death on the cross to save humanity and the resurrection are both remembered on this sacred weekend. This Easter take time to give thanks for the blessings you have received.

Autism Awareness Month

Highlighting the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as a dignified part of society.

Stress Awareness Month

A time to recognize the impact stress has on our lives and take steps to manage it effectively. Practice mindfulness, exercise, eat healthy, practice self-care. Read a book, take a bath, go for a walk, take deep breaths.



Come out to the ACCOA and test your skills!
Sign up for Beginners line dancing with
instructor/Choreographer Gaylynn Brenoel !

Every Monday for 4 weeks starting **April 14th**
Classes will run from **2:30-3:30 pm**
Cost is $5 per person/per class

If interested please call Rae, Our ACCOA Events Coordinator at **989-736-8879 EXT 115 or 989-335-8806 to sign up!

MON - THURS
MEALS SERVED BEGINNING AT 4PM
THRU 5 PM
PLEASE CALL BY NOON
FOR RESERVATIONS
No Membership required (989)736-8879

OVER 60, SUGGESTED DONATION IS $4.50 PER MEAL
Under 60, meals are $8.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989)736-8879

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Sweet & Sour Chicken Stir Fry Vegetables Rice Apple 1	Hamburger Carrots French Fries Mandarin Oranges 2	Vegetable Beef Soup Turkey Sandwich Tropical Fruit 3
Pork Chop Scandanavian Vegetables Garden Rice Applesauce 7	Chicken Bacon Ranch Pizza Tossed Salad Banana 8	Goulash Peas Pineapple 9	Fish Sandwich w/ Cheese Coleslaw Macaroni Salad Strawberries 10
Country Fried Steak Brussel Sprouts Roasted Potatoes Mixed Fruit 14	Taco Salad Chips Peaches 15	Chicken Mostaccioli Broccoli Cinnamon Apples	Easter Ham Corn Scalloped Potatoes Dessert 17
Sausage Gravy & Biscuits Stewed Tomatoes Cottage Cheese Hash Browns Fruit Salad 21	Salisbury Steak Peas & Carrots Macaroni & Cheese Grapes 22	Beef Stroganoff Cauliflower Pears 23	Popcorn Chicken 3 Bean Salad Potato Salad Jello 24
Chicken Cordon Bleu California Vegetables Rice Pilaf Pineapple 28	Roast Beef Mixed Vegetables Stuffing Oranges 29	Lasagna Green Beans Flavored Applesauce 30	

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

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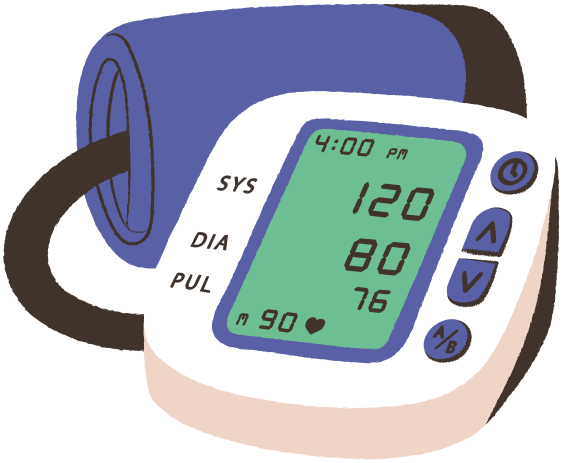
Monday - Thursday
(989)736-8879

April Events 2025

Mon	Tue	Wed	Thu	Fri
	1. Euchre @12:30PM	2.	3.	4. ACCOA Closes @12PM
7. Bingo @ 2pm	8. Euchre @12:30PM	9.	10. Senior Commodi-ties @1pm	11.ACCOA Closes @12PM
14. Line Dancing @2:30-3:30	15 . Euchre @12:30PM Prescription Takeback Event @4-5PM	16. Pop up pantry @3pm	17.	18.ACCOA Closed all day for Good Friday
21. Bingo @ 2pm Line Dancing located upstairs @2:30-3:30	22. Board Meeting @ 10AM Euchre @12:30PM	23.	24. Quilting Club @ 2PM	25.ACCOA Closes @12PM
28. Line Dancing @2:30-3:30	29. Euchre @12:30PM	30.		

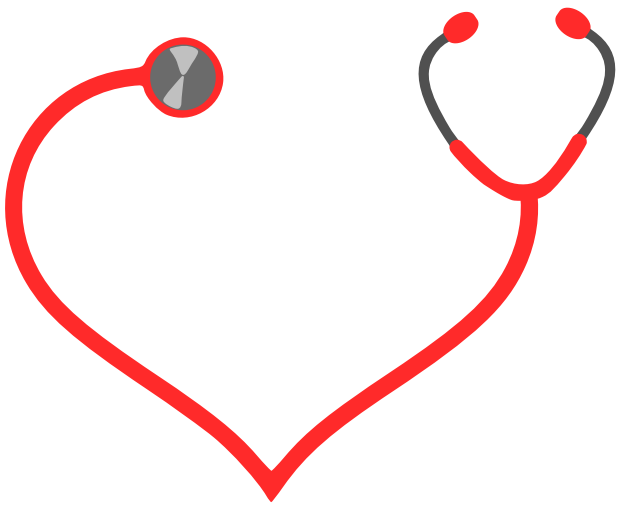
Partners in Prevention will be at ACCOA providing the Prescription Takeback Event on April 15th from 4-5PM
Blood Pressure Clinic every other Tuesday with Kristie or Megan.
Stop by the front desk for more info!

Blood Pressure Checks



ACCOA is offering free blood pressure checks to our Seniors every other Tuesday from 1-2pm !

See Kristie or Megan for further details.....



The AARP provides FREE tax preparation in Alpena and Oscoda. Appointments are required. For the Alpena site please call (989)278- 8104. The Alpena site is located at the ST. PAULS LUTHERAN CHURCH located at 727 S 2ND AVE, ALPENA, MI, 49707- 3852. For the Oscoda site please call (989) 278- 8739. The Oscoda site is located at the Robert Parks Library at 6010 N SKEEL AVE, OSCODA, MI, 48750-1577. Alcona County does not have a volunteer to do Tax preparation. The AARP is hoping to find a volunteer for next year

How to dispose of old medication

Don't flush them!

Flushing old medication can cause problems with municipal water treatment systems, as well as ground water contaminiation.

Don't throw them away!

Throwing expired medication away can lead to ground water contamination, unauthorized use, and other environmental concerns.

Don't put liquid meds in the sink!

Liquid medication will cause the same problems as flushing- either seeping into the groundwater or being ingested by wildlife through a municipal water system.

Don't leave them in the cabinet!

Leaving expired or unused medicine in the cabinet can lead to theft, unauthorized use, accidental use, and/or overdose. Once you're done with a medication, please dispose of it properly.

Medicine Drop Box

Always dispose of unwanted, unused, and expired medicines in a secured medicine drop box. These are usually located at pharmacies, health clinics, and the Sherrifs department.

Prescription Takeback Event

ACCOA

Tuesday, April 15

4:00pm - 5:00pm

Up North Prevention

Alcona County

FREE E-Waste Recycling Day

Drop Off at the ARA Site

(Fairgrounds in Lincoln)

Saturday April 26, 2025

10:00 AM to 2:00 PM

Recycle Alcona County, Inc.
is a Non-Profit Organization,
Staffed by Volunteers and Benefiting the
Citizens and the Environment of Alcona County

For additional Info Call: 989-724-5077

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- Tablets
- Keyboards / Mice / Cords

Printers/Copiers/Fax
- Ink Cartridges

Non-PCB Ballasts

Batteries
- Nickel Cadmium
- Lithium Ion
- Alkaline

Smart Phones

Lamps w/o Bulbs

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

Easter Riddle Me This

Match the riddle with the answer. Person with most correct answers wins!

1. What does the Easter bunny do after taking a shower? _____
2. What kind of beans won't grow in your garden? _____
3. How do you find all the loot on Easter? _____
4. What kind of bunny can't hop? _____
5. Why shouldn't you tickle an Easter egg? _____
6. What kind of music does the Easter bunny like? _____
7. Why are rabits so good at math? _____
8. What do you get when you cross a rabbit with a shellfish? _____
9. How do you send Easter greetings? _____
10. What kind of jewelry does the Easter bunny wear? _____
11. Where do bunnies hang out? _____
12. What is the Easter bunny's favorite sport? _____
13. How do you catch the Easter bunny? _____
14. Who is the Easter Bunny's favorite movie actor? _____
15. Why won't Easter eggs go out at night? _____

A. Because they multiply fast

B. 14-carrot gold

C. Jelly beans

D. Rabbit De Niro

E. Because it might crack up

F. They don't want to get "beat up"

G. He uses a hare dryer

H. By hare mail

I. A chocolate bunny

J. Make noises like a carrot

K. Hip hop

L. The hare salon

M. Basket-ball

N. Eggs marks the spot

O. The Oyster Bunny