A.C.C.O.A January
NEWSLETTER 2025

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BOARD OF DIRECTORS

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Executive Director: Wendy Bain

[=]

OUR MISSION

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:

MEALS ON WHEELS

HOUSEKEEPING

PERSONAL CARE

RESPITE

KINSHIP

Newsletter Editor: Kristie Nelson

What's Happening!

THIS MONTHS MESSAGE BOARD OF RESOURCES, UPDATES AND ACTIVITIES

- World Day of Peace is celebrated on January 1st
- National Law Enforcement Appreciation day is Celebrated on January 9th
- January is National Blood Donor Month
- The ACCOA Gym is Open M-TH 8-5pm, Friday 8-12pm 22 rotations around the gym equals 1 mile, so fulfill your New Year's Resolution and starting working out today!

ACCOA CHRISTMAS 2024 FILLED WITH LOVE, JOY AND SO MUCH MORE!

CHEERS TO EVERYONE THAT GAVE THEIR ALL TO MAKE THIS CHRISTMAS SO MUCH FUN!

Our 2024 Work Christmas party was a much needed unwind filled with laughter and fun after a busy year of re-building the foundation of the ACCOA Senior Center and making it better than it has ever been! We could not be more proud of our team! (***pic on the right***)

Our first annual Christmas Giving tree event hosted by the ACCOA's Kinship program was a huge success this year! (***pic on the left***) Seven families were adopted this year by some very special local businesses and local residents who went beyond measure for each and every family. We are so grateful for all of their kindness and generosity this year. Stay apprised on future Kinship events and programs throughout 2025 on our new Kinship website: **accoa-kinship.com**!

Letter from the Executive Director

Happy New Year!!!! I first want to thank my ACCOA team.

We have accomplished so much over the past year. We have a great team who is always willing to pitch in where needed to keep ACCOA functioning daily. I would also like to send out a sincere THANK YOU to all of our supporters and donors. ACCOA's programs are grant driven, your donations also help keep programs in place. Your ongoing support helps tremendously. The cost of food has risen greatly over the past couple of years and our Food Program is our biggest program.

We here at ACCOA are looking forward to 2025. We have so many new opportunities coming our way this spring when our new ACCOA/Community Center opens.

Our Kinship program has skyrocketed. We went from 3 families to 11 families. If you're interested in this program, please reach out to Kristie Nelson @ 989-335-1528.

Please stay tuned for BIG things in 2025. Thank you again for all of your support.

Sincerely,

Wendy Bain

Executive Director

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 989-334-3466.

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

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!

A.C.C.O.A Kinship

Family Game Night

GAMES, PIZZA CANDY TRAIL MIX BAR

Looking for a place to take the kids and have some family fun, come hang out at the **ACCOA!** Play a few games, build a bag of trail mix, eat some pizza, get a raffle ticket and win one of 4 door prize giveaways.

January 23, 2025 4:30pm-6:30pm

RSVP by January 14th @ accoa-kinship.com or Call 989-335-1528

LOCATION: ACCOA Senior Center - 207 S Church street

Lincoln, MI 48742

MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE IS AN AWARD-WINNING PROGRAM DESIGNED TO HELP YOU AVOID FALLS, GAIN STRENGTH, AND MOVE WITH MORE CONFIDENCE.

LOCATION:
Online, via Zoom

TIMES:
1:00 p.m. to 3:00 p.m.

DATES:
Beginning January 15, 2025, through March 5, 2025, runs for 8-weeks on every Wednesday

PARTICIAPANTS WILL LEARN TO:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

WHO SHOULD ATTEND?

- Anyone concerned with falling.
- Anyone interested in improving balance, flexibility and strength.
- Anyone who has fallen.
- Anyone who has restricted activities because of a fear of falling.

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

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alconachiropractic@gmail.com
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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 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

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Artisan Bakery | Fruit Preserves
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wanderingwindsfarm@gmail.com
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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

Rod Kilbourn
Broker/Owner

byce real estate llc

" Serving You With Pride"

105 Traverse Bay Rd.
Lincoln, MI 48742
E-Mail:rodk@bycerealestate.com

Off: (989) 736-8171
Res: (989) 464-8348
Fax: (989) 736-8150

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

January

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
		1	Vegetable Soup Ham Sandwich Tropical Fruit 2
Sausage Gravy w/ Biscuits Stewed Tomatoes Cottage Cheese Spudsters Peaches 6	Lasagna w/ Meat Sauce Tossed Salad Orange 7	Chicken Chop Suey Vegetables Rice Pineapple 8	Brats Sauerkraut Coleslaw Tator Tots Pears 9
Pork Chops Carrots Macaroni and Cheese Applesauce 13	Chicken w/ Gravy Broccoli Rice Pilaf Banana 14	Fish Sandwich Cauliflower Macaroni Salad Mixed Fruit 15	Meatloaf Green Beans Mashed Potatoes Mandarin Oranges 16
Boneless Chicken Wings Carrots and Celery Sticks Fries Jello 20	Chili Crackers Apple 21	Beef Stroganoff Peas Noodles Strawberries 22	Corn Dogs Pickled Beets Onion Rings Mandarin Oranges 23
Goulash Mixed Vegetables Fruit Salad 27	Taco Salad Tortilla Chips Grapes 28	Broccoli and Cheese Soup Turkey Sandwich Cinnamon Applesauce 29	Chicken Gyro Greek Pasta Salad Potato Wedges Fruit Cocktail 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

MON - THURS
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AT 4PM THRU 5 PM
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FOR RESERVATIONS
No Membership required
989-334-3466

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CALLED IN BY 8 AM
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(989) 334-3466

January Events 2024

Happy New Year!

Mon	Tue	Wed	Thu	Fri
		1.	2.	3 ACCOA Closed at 12 pm
6.	7.Euchre @12PM	8.	9. Senior Commodities @1pm	10. ACCOA Closed at 12 pm
13.Bingo @ 2PM	14Euchre @12PM	15 Pop up pantry @3pm	16	17 ACCOA Closed at 12 pm
20	21Euchre @12PM	22	23. Board Mtg. 10 am	24. ACCOA Closed at 12 pm
27Bingo@2pm	28.Euchre @12PM	29.	30. Quilting Club @ 2pm	31. ACCOA Closed at 12 pm

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.

NEW YEARS TRADITIONS

Make Some Noise

- In Thailand, it was once tradition to fire guns to frighten off demons.
- In China, firecrackers routed the forces of darkness.
- In Denmark, they throw plates and glasses against each other's front doors to banish bad spirits.
- In the early American colonies, the sound of pistol shots rang through the air.
- In the United States today, many watch the ball drop in New York's Times Square.

Eat Some Food

- In Spain, people attempt to eat 12 grapes during these 12 strokes of midnight! Tradition says that if they succeed before the chimes stop, they will have good luck for all 12 months of the coming year.
- In the southern US, black-eyed peas and pork foretell good fortune. See our recipe for Hoppin' John!
- In Scotland—where Hogmanay is celebrated—Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles!
- The Irish enjoy pastries called bannocks.
- Germans and Pennsylvania Dutch eat sauerkraut on New Year's Day for good luck in the coming year.
- Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.

Have a Drink

- Wassail, a punch-like drink named after the Gaelic term for "good health," is served in some parts of England.
- Spiced "hot pint" is the Scottish version of Wassail. Traditionally, the Scots drank to each other's' prosperity and also offered this warm drink to neighbors along with a small gift.
- In Spain, Cava (a sparkling white wine) is often served to guests for making toasts.

"Write it on your heart that every day is the best day in the year." —Ralph Waldo Emerson

HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.

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

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TRADITION

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