March Newsletter 2025

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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

National day of Unplugging March 7th

A healthy tradition that should take place in every household at least once a month. Giving the gift of ones undivided attention if only for a day.

Unplug your phones, unplug your computers, unplug yourself from social media, from text messages, emails, and all things internet and plug yourself into your family for 24 hours.

· 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,

Spring is in the air!! We are getting closer to moving to our new location. At our February Board Meeting we were able to finalize Membership Fees for the Sunrise Community Center. This promotional price will be available if you sign up for a membership within the first 30 days of our opening day.

1. Alcona County Seniors - $15/month ($90/six months or $180/year)
2. Alcona County Non Seniors - $20/month ($120/six months or $240/year)
3. Out of County Seniors - $25/month ($150/six months or $300/year)
4. Out of County Non Seniors - $30/month ($180/six months or $360/year)
5. Alcona “Family” Memberships - (Three +) - $35/month ($210/six months or $420/year)
6. Out of County “Family” Memberships - (Three +) - $40/month ($240/six months or $480/year)
7. Organization Group Rates – Please contact Executive Director for discounted prices.

“Seniors” – 60 and older

“Non-Seniors” – 59 and younger

Daily passes will also be available:

1. Alcona County Residents (all ages) - $5
2. Out of County Residents (all ages) - $10
3. “Group” pass (up to four) - $20

If you have ideas or suggestions of events you would like to see at the new center, please feel free to reach out to us. We will continue with Euchre on Tuesdays, Bingo every other Monday, Quilting once a month, etc...)

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.

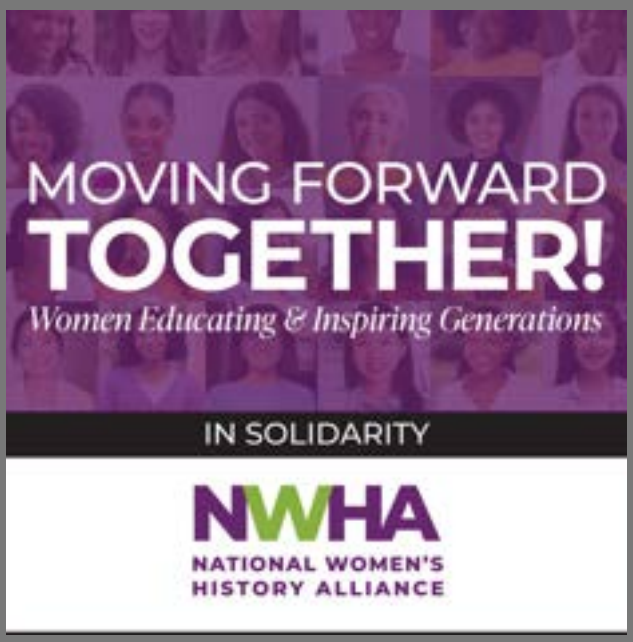
Personal Care

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

National Women's History Month

Shine

A Celebration of women's contributions to society, culture, and history. A moment to allow those women who have made an impact in their industries, their families and their communities to shine.



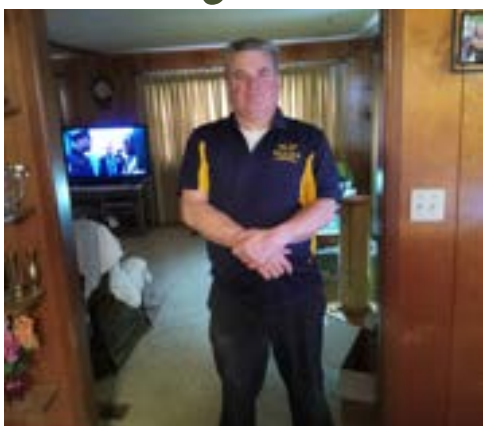
Support

Make sure you take the time to promote and invest in women-owned businesses this month and encourage others to do the same. We women must stand together and be proud of our strengths , sacrifices and successes!

Share

Share your stories of success, sacrifice, and perseverance to be who you are today and reach the goals you have achieved.
Honor those you know who should be celebrated for their achievements, and contributions .

Spotlight
Employee of the Month



Tony Malone is a substitute meal driver for ACCOA as well as our senior bus driver when needed. Tony likes to fish and spend time time in the woods and starting a hobby farm on his recently acquired property. We are so grateful for Tony's commitment to our center and thankful that he is a part of our family here at ACCOA.

Tom Renne is a substitute meal driver for ACCOA, in his spare time, he likes to fish, hunt, bowl. spend time with his wife Jan, and volunteer for commodities and pop up pantry. We are so grateful for his dedication to ACCOA and thankful that he is a part of our family here at ACCOA.

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*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.

Correction from the Editor

It was brought to my attention , in February's newsletter, there was a short message from Kinship and an error was made. **The groundhog needs to NOT see his shadow for an early spring to be declared.**

Thank you to a very special client that brought that to my attention and my sincere apologies for the error.

****Also please note in the Calendar below Meal suggested donation amounts will increase as of March 1st.**

Over 60 suggested donation is $4.50.

59 and younger the meal fee is $8.00

Kristie Nelson- Editor

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

MARCH

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) 736-8879

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Brats w/ Sauerkraut Cauliflower Baked Beans Mixed Fruit 3	Taco Salad Tortilla Chips Pineapple 4	Stuffed Peppers Corn Noodles Peaches 5	Pork Roast w/ Gravy California Vegetable Blend Scalloped Potatoes Pears 6
Copycat KFC Bowl Popcorn Chicken Corn Mashed Potatoes w/ Gravy Tropical Fruit 10	Chicken Alfredo Tossed Salad Apple 11	Chili Pickled Beets Macaroni Salad Mandarin Oranges 12	Corned Beef Cabbage Carrots Potatoes Jello 13
Fish and Chips Coleslaw Flavored Applesauce 17	Chicken Noodle Soup Ham Sandwich Orange 18	Hamburger Gravy w/ Mashed Potatoes Peas Strawberries 19	Turkey Terazzini Green Beans Fruit Salad 20
Chicken Sandwich 3 Bean Salad Potato Salad Grapes 24	Swedish Meatballs Broccoli Rice Banana 25	Potato Soup Turkey Sandwich Carrots Pineapple 26	Beef Tips w/ Gravy Brussel Sprouts Noodles Fruit Cocktail 27
Philly Cheesesteak Grilled Onions and Peppers Tator Tots Applesauce 31			

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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989-736-8879

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Monday - Thursday
(989) 736-8879

March Events 2025

Mon	Tue	Wed	Thu	Fri
3.	4. Euchre @12:30PM	5.	6.	7. ACCOA Closes @12PM
10. Bingo @ 2pm	11. Euchre @12:30PM	12.	13. Senior Commodi-ties @1pm	14.ACCOA Closes @12PM
17.	18 . Euchre @12:30PM	19. Pop up pantry @3pm	20.	21.ACCOA Closes @12PM
24. Bingo @ 2pm	25 Board Meeting @ 10AM Euchre @12:30PM	26.	27. Quilting Club @ 2PM	28.ACCOA Closes @12PM
31.				

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.

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

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

ST. PATRICK'S DAY CROSSWORD PUZZLE

Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____