A.C.C.O.A February NEWSLETTER 2025

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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: Housekeeping Meals on Wheels Personal care Respite Kinship

Newsletter Editor: Kristie Nelson

What's Happening

THIS MONTHS MESSAGE BOARD OF RESOURCES, UPDATES AND ACTIVITIES

- Ground Hogs day February 2nd
- Valentine's Day February 14th
- Presidents Day February 17th
- 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 the Director

WOW, where did January go? As we move into February, our excitement to move into the new building is getting more real by the day. Our move in date is March 31. I would like to thank Brad & Lucy Cole for all of their generosity towards ACCOA.

I would like to touch base on some important issues. Over the past year our HDM and Congregate meal programs have increased but, our donations are still down. ACCOA functions from millage funds, grants, and donations. The overall cost of a meal is $13.12 and we currently charge $3.00 per meal for people 60 and over. Your donations are greatly appreciated and help keep our programs going.

The new building is not the result of increased property tax, nor was this building paid for through millage funds. This building and 8 homes are strictly being built from a $12.5-million-dollar grant that was awarded to ACCOA through the state of MI.

Our team here at ACCOA has been brainstorming on all the activity and events we can hold once we are in our new building. We are open to suggestions and ideas you may have. Activity ideas, support groups, fitness classes you would like to see, what hours you would most likely use the gym or fitness room. Do you prefer activities in the AM or PM? Feel free to email me with any suggestions or ideas you may have; they will be greatly appreciated. bainw@alconaseniors.org If you are interested in volunteering at the new center please fill out an application on our website or stop in and see Megan for an application. Our website is: Alconaseniors.org

Please do not hesitate to email me, call, or stop in. My door is always open.

Sincerely,

Wendy Bain

Wendy Bain
Executive Director

The Month of February Celebrate and Remembers

Feb 2, 2025

Holding on to the familiar and having faith in it…

Just the like the ground hog we wait to see every February, hoping that he will see his shadow and we will have an early spring, a young child grasps at the chance that the loved one who his taking them in will be someone they can count on, and their love and affection will be something they can believe in.

It is up to each one of us to not only take responsibility, but to be responsible. Understand that your love and affection is greatly needed and finding a trust in you is vital. –*Kinship is Key*

The Perfect Gift!

The greatest gift you can give to your family and the ones you love is Time!

The one constant in all of our lives, is how busy we are. The days' fly by and suddenly your little babies are grown adults and are busily making lives of their own. Life is passing you by and the time you could have spent with your loved ones suddenly becomes time you wish you would have spent with them. You and your loved ones have missed an entire lifetime of opportunity to enjoy life with one another.

Your soul focus has been on work and maintaining a lifestyle and you have lost focus on what truly matters in the world, your family. Stop and make time, before it's too late!

February 17, 2025

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!

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.

A Special thank You to Our Everyday Heroes

This month's every day heroes are our Seniors who have spent a lifetime leading by example, so that we might follow their path and learn to carry ourselves with the dignity and honor they did in the lives we have left to live.

We also extend our heartfelt gratitude to those who donated medical supplies to our center such as: wheelchairs, shower seats, walkers, and more. These items our provided at no cost to our seniors who cannot financially acquire such items and are greatly in need of them.

ACCOA thanks you all for your generosity, kindness, and your shining examples of true leadership.

***These are the folks that make the difference and make what we do just a little easier. With their heartfelt giving they enable us to help so many more in our community.

EMPLOYEE SPOTLIGHT

Jill Creswell is one of the RN's here at ACCOA. Jill performs in home assessments and some case management needs for our senior clients. Jill is outstanding at what she does, and we are lucky to have her. When Jill is not working, she enjoys estate sales, spending time with her family and traveling west with her husband for the dryer weather. Jill and her husband have two sons and three grandchildren. Jill's family would not be complete without their springer spaniel that keeps Jill and her husband close at hand due to separation anxiety. We thank you Jill for all you do and this month we shine the spotlight right on you.

Lori Newland is an in-home direct care worker here at ACCOA. Lori does a fantastic job taking care of our seniors who receive services through ACCOA. Lori is a mom, grandma, and wife, and when she is not working she loves to garden and go biking. We are so proud to have Lori out there in the community representing ACCOA and giving her all to every senior she cares for. We thank you Lori for all your hard work and this month our spotlight is directed on you.

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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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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Alcona County Commission on Aging

PO Box 218

207 Church street

Lincoln, MI 48742

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Bakery + Farm Store Open Seasonally
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wanderingwindsfarm@gmail.com
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6196 F-41 Spruce, MI 48762

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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ON - THURS
MEALS SERVED BEGINNING AT 4PM
THRU 5 PM
E CALL BY NOON
IERVATIONS
No Membership required 989-334-3466

FEBRUARY

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
Beef Stew Stew Vegetables Biscuit Tropical Fruit Salad 3	Chicken Cordon Bleu Mixed Vegetables Rice Pilaf Apple 4	Pork Tips with Gravy Brussel Sprouts Stuffing Pears 5	Cheeseburger Cauliflower Fries Mandarin Oranges 6
Chicken Tenders Broccoli Macaroni and Cheese Peaches 10	Meat Lovers Pizza Tossed Salad Orange 11	Country Fried Steak Corn Roasted Potatoes Flavored Applesauce 12	Chili Cheese Dogs Pickled Beets Onion Rings Mixed Fruit 13
Orange Chicken Stir Fry Vegetables Fried Rice Egg Roll Pineapple 17	Stuffed Cabbage Vegetable Blend Buttered Noodles Banana 18	Pulled Pork Sandwich Coleslaw Potato Salad Jello 19	Salisbury Steak Mixed Vegetables Au Gratin Potatoes Fruit Salad 20
Sloppy Joes 3 Bean Salad Macaroni Salad Grapes 24	Turkey Peas Mashed Potatoes w/ Gravy Strawberries 25	Chicken and Dumplings Carrots Mandarin Oranges 26	Spaghetti with Meat Sauce Green Beans Cinnamon Apples 27

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

THURS
MEALS SERVED BEGINNING
I THRU 5 PM
LL BY NOON
/ATIONS
No Membership required
989-334-3466

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

Happy Valentine's Day

February Events 2025

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

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.

ALCONA COUNTY
COMMISSION
ON AGING

WINTER CRAFT MARKET

Shake off that winter slumber and dive into the world of crafts!

February 15th 2025

10:00 AM - 3:00 PM

INTERESTED CRAFTERS SPACE IS LIMITED
$15 PER TABLE AND A DONATION OF A CRAFTED ITEM

To reserve your table please call Megan at 989-736-8879 or email richterm@alconaseniors.org

Located upstairs at 207 S Church St
Lincoln, MI 48742

❤ Love is in the Air!

Here at the ACCOA, we are not just co-workers managing our individual positions, we are a team, even more than that, we are a family.

We do not just come in to work an eight hour shift and go home. We come in with a purpose in our hearts and a love for what we do. When we go home at night our love for the people we take care of stays with us, it doesn't end at the exit door.

All of our clients hold a special place in each one of our hearts. We love our Seniors, we love our Kinship families, and we love the joy we see in all of their faces when we do the job that we do and are able to help in even the smallest of ways.

For all of us, every moment that we are able to make a difference in a client's life is a proud moment and an effort worth giving.

Valentine's Day

LACCOHTEO	_____
NELEAVTIN	_____
HTEESWTAER	_____
DRE	_____
PCUDI	_____
RHATE	_____
SERO	_____
DIMEAR	_____
VELO	_____
WFRLOE	_____
RRBFAUEY	_____
NADCY	_____
WROAR	_____
KIPN	_____
ELVO SRDBI	_____
ECSRET	_____
RINEFD	_____

Word Scramble

Created By Danielle of Family Centsability http://familycentsability.com

ANSWERS: CHOCOLATE, VALENTINE, SWEETHEART, RED, CUPID, HEART, ROSE, ADMIRE, LOVE, FLOWER, FEBRUARY, CANDY, ARROW, PINK, LOVE BIRDS, SECRET, FRIEND