May 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

Whats Happening

Celebrate your loved ones for who they are and all they do!

Memorial day!

mental health 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 All,

Happy Spring and Happy Mother's Day!! The week of May 5th-9th is Senior Action Week.Wednesday, May 7 is Older Michiganian's Day. We will be livestreaming here at ACCOA all day the "Flip the Script on Aging", held on the lawn at the Capitol Building. ACCOA will be serving coffee and cookies. The whole month of May is Older Americans Month. This is a time to celebrate older adults in our community. This is also the time to voice to legislators the need and continuation for the programs we as a COA serve to the seniors in Alcona County and around America. The programs we offer help to delay the cost of long term care for seniors.

The shortage of Direct Care workers in our community is affecting the care for seniors in Alcona County. As I have stated many times, we would not be able to function as a non-profit agency without the help of the Senior Millage, grant funders, and our donations from Alcona residents. Your donations are greatly needed and appreciated. You would be surprised at how a small donation can go a long way.If you pay $50.00 in ACCOA Senior taxes a year, that only covers 11 meals for the whole year. Last Fiscal Year we spent roughly $108,000 just a raw food costs. This year food costs have increased.

Also, I would like to express that our meal drivers are not able to be shoveling sidewalks, letting animals in and out, carrying Amazon boxes, these are liabilities. We are also unable to retrieve mail from mailboxes. Our drivers have to stick to their routes and make sure all meals are delivered in a timely manner. They both have two routes to complete though out the day.

Thank you to all of those that have been buying our fresh baked bread. We would eventually like to expand in the new building to have additional breads and baked goods.

Again, Happy Mother's Day and enjoy the spring weather. Remember, my door is always open please stop in or call any time.

Wendy Bain
Executive Director
Alcona County Commission on Aging

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

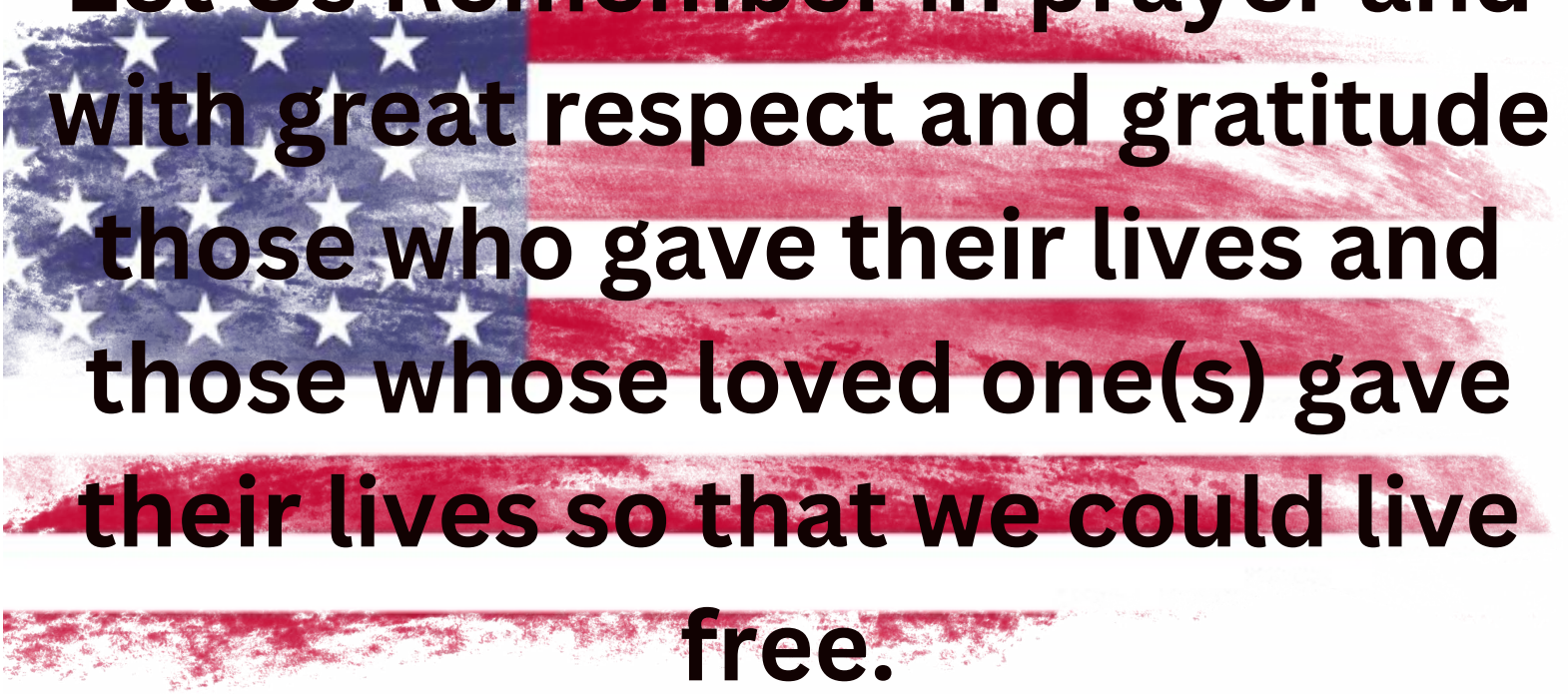
Provides assistance with routine activates to maintain a clean and safe environment for the older individual to live in. This includes light house-keeping, shopping, meal preparation and laundry.

Personal Care

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

Remembering the Fallen

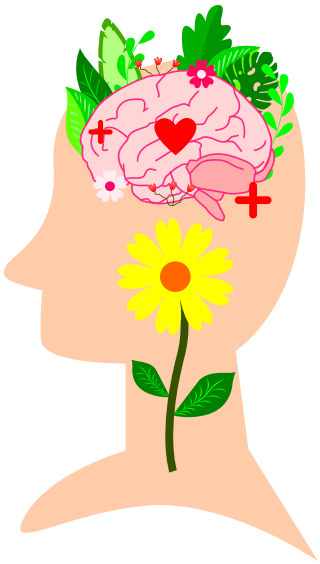
"We must remember that the highest form of appreciation is not to utter the words but to live by them." John F. Kennedy



Let Us Remember in prayer and with great respect and gratitude those who gave their lives and those whose loved one(s) gave their lives so that we could live free.

"This nation will remain the land of the free only so long as it is the home of the brave."

Mental Health Awareness



We are always talking about our physical health. Are we in good physical shape? Everyone says they need to focus on exercising more, eating better, and learning to let things go, but how often do we discuss are concern for our brain health? Our Mental well-being? Perhaps that is where most of us fail. Maybe if we all focused on our mental health a little more, and other aspects of our lives a little less, we would all find our world a little less detached and devastating. A grand focus on mental health could quite possibly change the world!

Spotlight

Employee of the Month

The staff here at the ACCOA has chosen Wendy Bain our Executive director as our Spotlight Employee of the Month. Wendy is happily married and has one son and two beautiful granddaughters that she loves to talk about and spend time with. In Wendy's spare time not only does she spend it with her family, but she is an avid antique and thrift shopper extraordinaire.

We are proud to have Wendy as our director and grateful to have someone who makes communicating with your boss such a joy. She always makes us feel welcome and appreciated. As a leader, Wendy leads by example as a team player.

VOLUNTEER OPPORTUNITIES

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

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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*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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989-312-5772 - by appointment only

BLENDED THERAPEUTIC MASSAGE
~60 min: $60 90 min: $90
Swedish/deep tissue fusion massage with a full hot steam towel treatment.

SCENT OF THE MONTH MASSAGE PACKAGE
~ 90 min: $98
Your 90 minute session begins with the current month's 60 minute Aromatherapy Blended Therapeutic Massage accompanied by 30 minutes of luxurious hot coconut oil & shea butter hand and arm treatment AND a foot and calf exfoliation and emollient massage to transport you to St. Elsewhere! Heavenly!
--make this CBD based with all components CBD (lotion/eco-fin paraffin and scrub) for an additional $20 ($118)

HOT STONE THERAPY
~ 60 min: $70 90 min: $105
This massage unique techniques that incorporate hot basalt river stones, warmed lotion and massage to unravel tension in the body for a highly relaxing experience.

STRESS-LESS CBD MASSAGE
~60 min: $75 90 min: $105
Engage the deeply nourishing benefits of CBD with massage. We are proud to offer you our special CBD (cannabidiol) hemp lotion. This lotion is non-psychoactive; does not produce the body high. Hemp is known to have significant medical benefits for joints and soft tissues. You can diminish tension, pain, injuries, and chronic ailments while hydrating your skin!

SAUNA FAR INFRARED WITH CHROMATHERAPY
--15min - $8
--30min - $16
--45min - $24

ECO-FIN PARAFFIN DIP & MASSAGE
~ 30 minutes ~ Hands or Feet: $30
~ 60 minutes ~ Hands and Feet: $60

AROMATHERAPY ~ Essential Oil Enhancement Add-On $5

BLENDED MASSAGE SESSIONS SERIES
(one person only, not to be shared)
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~ Three - 90 minute massages for $255
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~ Six - 90 minute massages for $510

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Sunrise Side Reflexology

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989-312-5772

By Appointment Only

REFLEXOLOGY
~ 60 min - $50
Reflexology uses gentle pressure on specific points along your feet (and possibly on your hands or ears as well) to help you feel better. The benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, eliminate toxins, stimulate the central nervous system, prevent migraines, clean up urinary tract conditions, speed-up recovery after injury or surgery, help relieve sleep, and that helps your body work better. It's also known as zone therapy.

REFLEXOGY *PLUS*
~ 75 min - $65
Finish your 60 Reflexology appointment with an Exfoliating Foot Scrub and nourishing lotion application to revitalize and protect your skin with aromatherapy benefits:

Choose from:
~ ***Grapefruit*** - Boost Circulation and reduces inflammation. Works as a natural energizer and mood booster.
~ ***Peppermint*** - Relieves muscle and joint pain. Great for colds, sinus and has other respiratory benefits. Increases energy. Improves skin health as well.
~ ***Lavender*** - Relaxing, Calming and Peaceful. Great for mind and body functions. Aids in better sleep. Lowers inflammation. Speeds in healing. Reduces pain.
~ **CBD** - Diminish tension, pain and chromic ailments with non-psychoactive hemp derived CBD while exfoliation and hydrating. ***(add'l $10)***

The soles of our feet have much larger pores than the rest of our body. This means they act a little like sponge, soaking up the healthgiving compounds in the oils and quickly feeding them into our bloodstream.

According to the ancient practice of reflexology, every nerve line in the body ends in your feet. Specialists in reflexology maintain that certain areas of the feet correspond to the body's organs. That is why essential oils on your feet, it's possible that these oils may have a stronger, more beneficial effect on certain areas of the body.

SERIES OF REFLEXOLOGY SESSIONS
(one person only, not to be shared)
~ Three - 60 minute reflexology sessions for $165
~ Six - 60 minute massages for $270

Reflexology is not just a "foot rub;" it's a loud and persistent invitation for the Body to return to Wholeness.

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May Celebrates

Mother's day

A day to celebrate moms for all the care and love they give to all of us every day.

Memorial day

A Remembrance of those brave soldiers who gave their lives so that we could live ours being free.

Mental Health Awareness

a moment to reflect on your self awareness of your own mental health and to be respectful of those dealing with their own mental health concerns.

PLATFORM FOR LEGISLATIVE ACTION

SENIOR ACTION WEEK: MAY 5 - MAY 9, 2025
OLDER MICHIGANIANS DAY: MAY 7, 2025

1. EXPAND ACCESS TO MI CHOICE

MI Choice is an in-home service program that enables over 15,000 Medicaid-eligible seniors and adults with a disability who meet eligibility requirements, to receive Long-term Services and Supports (LTSS) in their home rather than a nursing facility. Not only do most older adults (88%) want to age in their homes and communities, but the MI Choice program is also 62% less expensive than a Medicaid nursing facility. MI Choice supports individuals by providing an extensive array of person-centered, in-home services and supports including assistance with activities of daily living, nursing services, home-delivered meals, home modifications, respite care, transportation, adult day care and more. To support participants in the program, a risk pool assists in covering additional costs. This risk pool has been underfunded and doesn't cover the need. In addition, the difference between revenue and cost, or margin rate, along with the administration rate are not in line with other state Medicaid programs.

Michigan ranks near the bottom in the proportion of taxpayer dollars spent by states to provide long-term care through home and community-based services (HCBS) versus institutional care. In Michigan during Fiscal Year 2023, only 29% of LTSS funding was allocated to HCBS while 71% went to institutional settings – far below the national average of 53% of LTSS funding going towards HCBS. Supporting access to MI Choice would bring Michigan more in line with most states in allocating at least half of LTSS funding to HCBS.

ACTION: Urge the legislature to fully fund the risk pool with an appropriation directly from the Medicaid HCBS budget line, requiring about $5 million in GF.
ACTION: Urge MDHHS to increase the margin rate to at least 1% and increase the administration rate to 9%.
ACTION: Urge MDHHS to address non-financial administrative issues through a workgroup process.
ACTION: Urge the legislature to bring equity between HCBS and institutional care by rebalancing Medicaid LTSS funding to at least the national average of 53%

PLATFORM FOR LEGISLATIVE ACTION

SENIOR ACTION WEEK: MAY 5 - MAY 9, 2025
OLDER MICHIGANIANS DAY: MAY 7, 2025

2. INCREASE ACCESS TO HOME AND COMMUNITY-BASED SERVICES

In Michigan, there are currently 6,970 seniors on waiting lists for essential non-Medicaid in-home services provided through Michigan's Bureau of Aging, Community Living, and Supports (ACLS Bureau). These funded services include home delivered meals, in-home personal care, homemaking, and respite care that delay or prevent the need for more costly long-term care interventions.

ACTION: Support the Silver Key Coalition's request for a $8 million increase for ACLS in-home services in ACLS' FY26 budget.
ACTION: Support the Silver Key Coalition's request for a $2 million increase for home delivered meals in ACLS' FY26 budget.

3. SUPPORT FAMILY AND INFORMAL CAREGIVERS

Family caregivers provide essential care to older adults and loved ones. It is estimated that 1.73 million Michiganians provide an estimated 1.1 billion hours of voluntary care worth approximately $19.6 billion per year and are the largest source of long-term services and supports in the country. With the continuing direct care workforce shortage, support for caregivers is even more important to assist older adults in their homes. Without continued family-provided help, the cost to Michigan's health and Long-Term Services and Supports systems will skyrocket.

ACTION: Urge the legislature to support a permanent $5 million appropriation in the FY26 budget distributed to AAAs to support continued development of AAA Caregiver Resource Centers, caregiver educational opportunities, services and supports with a focus on health equity.
ACTION: Urge the legislature to pass the Caring for MI Family Tax Credit to provide tax relief of up to $5,000 per year for family caregivers.

The Area Agencies on Aging Association of Michigan also supports the Alzheimer's Association's request for an additional $2 million in annual funding for Michigan's Dementia Unit to help expand services for people with dementia and their caregivers.

happy Mother's day

On May 11th, make sure you take the time to call your mom, celebrate your mom, and perhaps if you are close by, spend the day with your mom.

Celebrate your mom!

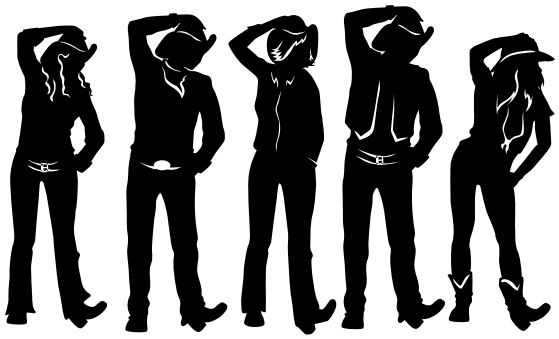
"Mother is she who can take the place of all others but whose place no else can take."

ENGAGING YOUTH AND ENHANCING THEIR LIVES

MAY is *National* FOSTER CARE MONTH

This special recognition began with Ronald Reagan in 1988 and has been observed in May every year since. There are more than 391,000 children in the foster care program and we must continue to support the goal of providing children with a safe and supportive home to live in when it is no longer safe for them to live with their biological families. We must be the force that stands against abuse, neglect, and unsafe living conditions and gives these children a fighting chance to live a peaceful and normal life where they can flourish and grow into respectable and responsible adults.

"Every child is one caring adult away from being a success story."



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 4 PM THRU 5 PM CALL BY NOON TO RESERVE YOUR MEAL 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**
			Garden Chicken Brussel Sprouts Roasted Potatoes Tropical Fruit Salad 1
Corn Dogs Cauliflower Tator Tots Mandarin Oranges 5	Taco Salad Chips Orange 6	Chicken Tenders Broccoli Macaroni and Cheese Banana 7	Mother's Day Dinner Turkey w/ Gravy Green Beans Mashed Potatoes Dessert 8
Stuffed Cabbage Corn Buttered Noodles Mixed Fruit 12	Chicken Parmesan Tossed Salad Grapes 13	Cheeseburger Three Bean Salad Fries Pears 14	Swedish Meatballs Mixed Vegetables Rice Peaches 15
Reuben Sandwich Sauerkraut Peas Onion Rings Pineapple 19	Beef Chop Suey Stir-Fry Vegetables Fried Rice Apple 20	Chicken Gyro Cucumber Salad Greek Pasta Salad Mixed Fruit 21	Pork Roast with Gravy Carrots Stuffing Cinnamon Apples 22
 26	Pulled Pork Sandwich Pickled Beets Macaroni Salad Kiwi 27	BBQ Chicken Coleslaw Potato Salad Flavored Applesauce 28	Brats Peas and Carrots Baked Beans Jello 29

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 STARTING AT 4PM UNTIL 5 PM CALL BY NOON FOR RESERVATIONS 989-736-8879

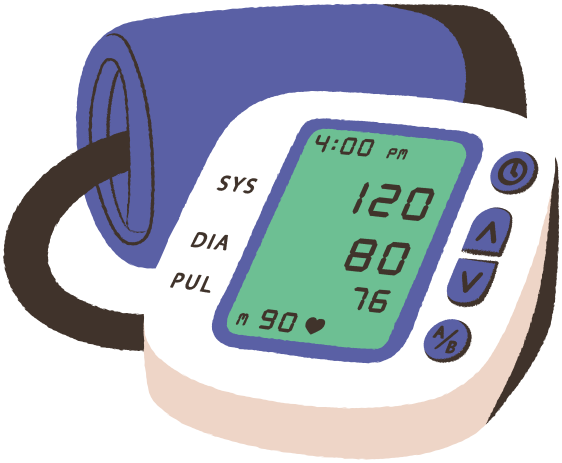
OVER 60, SUGGESTED DONATION IS $4.50 PER MEAL Under 60, meals are $8.00 HOME DELIVERED MEALS CALLED IN BY 8 AM Monday - Thursday (989)736-8879

2025

Mon	Tue	Wed	Thu	Fri
			1.	2. ACCOA Closed for all staff meeting
5. Bingo @ 2pm Line Dancing @2:30-3:30	6. Euchre @12:30PM	7.	8. Senior Commodities @1pm	9. ACCOA Closes @12PM
12. Secretary of State 10-2:30	13 . Euchre @12:30PM	14.	15.	16. ACCOA Closed @12PM
19. Bingo @ 2pm	20. Euchre @12:30PM	21. Pop up pantry @3pm	22. Quilting Club @ 2PM	23. ACCOA Closes @12PM
26. Closed for Memorial day	27. Board Meeting @10AM Euchre @12:30PM	28.	29.	30.

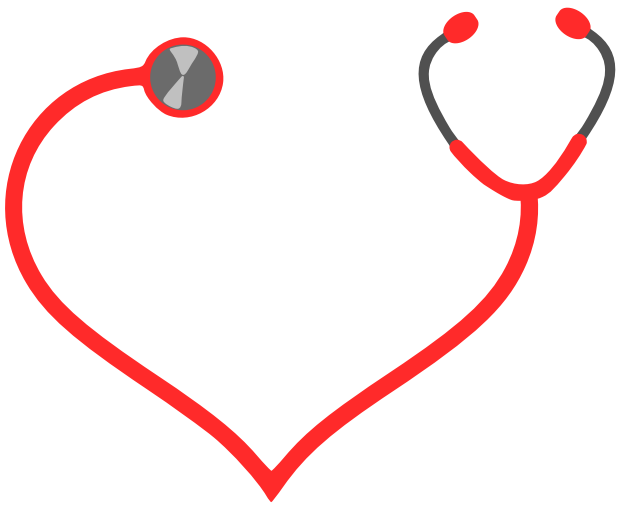
Blood Pressure Clinic every other Tuesday with Kristie or Megan.
Stop by the front desk for more info!

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.....



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