September ACCOA Newsletter

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.

Board of Directors

President -Open

Vice President- Delores Schlicker

Secretary- Dr. Robert Turek

Treasurer- Rolland Lynch

Director- LeRoy Pinder

Director - Kelly Vonfintel

Director - Ty Damon

Director -Laurie Szczesny

Commissioner- Carolyn Brummund

Executive Director -Wendy Bain

Our Programs:

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

Newsletter editor- Kristie Blackwood

SEPTEMBER'S FOCUS.....

- **The Sunrise side center is Open M-F 6am-9pm,**

"If it doesn't challenge you, it doesn't change you!"

Work out today!

Letter from The ExecutiveDirector

Happy Fall Everyone,

We made it through our first 6 weeks in our new facility.It is great to see so many community members enjoying the new facility. Just this week we have expanded our hours to 6:00 am until 9:00 pm, Monday through Friday. Eventually we will expand to additional weekend hours.
As most of you know we have also had many new items on our menu over the past couple months. We hope you have been enjoying them. If you have any meal ideas or suggestions, we are always open to try new things. Reach out to myself or Shay, our Kitchen Manager.
Board Elections are running September 1 through September 23rd. HDM clients will receive a ballet with their meal this week, along with, In Home Service Clients. Once you have filled out the Ballot it can be put in the envelope you will also receive and handed back to your DCW or HDM driver. They will then bring it to ACCOA and it will be put in a locked Ballot box until the evening of the count. You can also stop into ACCOA to fill out a Ballot. You must be 60 years old and have a NAPIS form filled out to vote.
ACCOA will be closed all day on Friday, September 5th for an ALL Staff Meeting. The Gym and Fitness area will be open from 7 am to 7pm on Friday, September 5th.
As always if you have and questions or concerns please feel to reach out to me directly. My door is always open.

Wendy Bain
Executive Director

ALCONA COUNTY
COMMISSION
ON AGING

"Promotional" Membership Cost:

1. Alcona Seniors - $15/month ($90/six months or $180/year)
2. Alcona 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)

Day Use/ Daily Passes

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

*Please reach out for discounted group rates and Home Town Hero rates.

We are now taking memberships. Effective August 1st. Please allow for some adjustments to take place over the next couple of months. We will be extending hours after September 1st (Labor Day). We have staff on hand at 6:00 AM until 9 PM Monday-Friday! We are also hoping to have the gym open on Saturday and Sunday in the future. We look forward to seeing you!

Hats off to American Workers and their Contribution to Our Country

What is the purpose of Labor Day?

Labor Day, celebrated on the first Monday in September, is an annual tribute to the social and economic achievements of American workers. It's a celebration of the contributions of workers to the country's strength, prosperity, and well-being. The holiday also marks the unofficial end of summer for many Americans.

Labor Day acknowledges the hard work, dedication, and sacrifices of American workers throughout history and in the present day.

Celebrating the Labor Movement:

.

The holiday has its roots in the late 19th century labor movement, which fought for better working conditions, fair wages, and reasonable hours.

Symbolic End of Summer:

.

Labor Day is widely recognized as the end of the summer season for many, with end-of-summer celebrations and activities.

Day of Rest and Relaxation:

.

For many, Labor Day provides a well-deserved day off to relax, spend time with family and friends, and enjoy the long weekend.

Community Celebrations:

.

Labor Day is often marked by parades, picnics, barbecues, and other community gatherings, fostering a sense of togetherness and celebration.

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 blackwoodk@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?

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

Are you 55 years of age or older and wish to volunteer in your community?

Consider becoming an AmeriCorps Seniors Volunteer and joining a network of wonderful volunteers serving in your community. We have three programs available to best suit your interests and circumstances:

For more information: wwww.nemcsa.org or call 1-877-222-9043

Empowering those 55+ to serve and thrive

Classroom Grandparent Program(FGP) -Volunteersservechildren withspecial 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

SEPTEMBER IS

KINSHIP CARE MONTH

What is Kinship Care?

Kinship care is the full time care, nurturing, and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child. This definition is designed to be inclusive and respectful of cultural values and ties of affection. It allows a child to grow into adulthood in a family environment.

Kinship Care's Growth in Recent Years

Kinship Care has existed since the beginning of families. In history, the idea of relatives helping to care for children was common place when geography was not a barrier. Today, many cultures and families still utilize informal kinship care to care for children. Sometimes, it is only for short time periods, other times children move in with relatives permanently. The reasons for kinship care is as varied and diverse as families are but some of the reasons that children may live with relatives include:

deployment of parents in the military
parental mental/physical illness or substance abuse
death of a parent
poverty; the parent's work requirements
incarceration
family violence, a relative's concern for health, safety, and well-being of the child

Regardless of the reason that children move in with relatives, the number of kinship families is on the rise. In Michigan, approximately 52,000 children live in kinship families.

Are you a Kinship Caregiver?

We can help! Call 989-736-8879 ask for Kristie

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

KNOW THE 12 SUICIDE WARNING SIGNS

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL MEANS
- INCREASED ANGER OR RAGE
- EXTREME MOOD SWINGS
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

5 STEPS TO HELP SOMEONE AT RISK

1. ASK.
2. KEEP THEM SAFE.
3. BE THERE.
4. HELP THEM CONNECT.
5. FOLLOW UP.

***Remember, your AFA EAP provides confidential support to you, your loved ones and flying partners. Don't hesitate to call us at 800-424-2406.

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Sunrise Side Massage Therapy

1260 N Hubbard Lake Rd, Lincoln, MI 48742

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)
~ Three - 60 minute massages for $165
~ Three - 90 minute massages for $255
~ Six - 60 minute massages for $330
~ Six - 90 minute massages for $510

Packages, Series & Gift Certificates Available

Sunrise Side Reflexology

1260 N Hubbard Lake Rd, Lincoln
between Ritchie and Trask Lake Roads

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 chronic ailments with non-psychoactive hemp derived CBD while exfoliation and hydrating. ***(add $10)***

The soles of our feet have much larger pores than the rest of our body. This means they are a little like sponge, soaking up the healing energy compounds in the oil and quickly getting them into our bloodstream.

According to the ancient practice of reflexology, every area of the body ends in your feet. By stroking the feeling [illegible] the corresponding organs in the body's organs. This helps [illegible] your feet it's possible that these efforts may have a more beneficial effect on the rest of the body.

SERIES OF REFLEXOLOGY SESSIONS
(one person only, not to be shared)
~ Three - 60 minute reflexology sessions for $135
~ Six - 60 minute massages for $260

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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Please put on the check memo: "Newsletter/size of ad". If your agency is a nonprofit the fee will be waived.

Checks can be mailed to the address below: Alcona County Commission on Aging
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Labor Day

By Lili Pluto

People work. People play.
That's why we have Labor Day.
Plumbers, bakers, painters, vets,
Fishermen with giant nets.
Firefighters, engineers,
Barbers snipping with their shears.
Teachers, waiters, nurses, cooks,
Authors writing thrilling books.
Carpenters and deputies,
People who take care of bees.
No matter what it is you do,
There's one thing that's always true.
Every worker needs to rest.
I hope your Labor Day's the best!

KINSHIP CARE PROGRAM

A program to assist adults age 55 and up, raising relative children.

Guidelines:

- ✔ Two requests per year may be made per child.
- ✔ There is a limit of $300 per request.
- ✔ Requests for Clothing, Tutoring, Music Lessons, Sports, School Outings, Camps and more.

For more information contact:

Alcona County Commission on Aging

Phone: 989.736.8879

ALCONA COUNTY COMMISSION ON AGING

This program is funded in part by the U.S Administration on Aging through Bureau of Aging, Community Living, and Supports (ACLS Bureau) and NEMCSA Region 9 Area Agency on Aging.

WHAT IS KINSHIP CARE?

"Kinship care is the full time care, nurturing and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child"

(Child Welfare League of America, 2011)

2.68 MILLION

in the United Sates reside in kinship care arrangements. An estimated 52,000 are in Michigan

KIDS

Data retrieved from the Annie E Casey Foundation

WHY IS KINSHIP CARE NEEDED?

Children enter into kinship care for a variety of reasons, including poverty, death of a parent, parental mental/physical illness or substance abuse, incarceration, or the deployment of a parent in the military

Information provided by Michigan State University Kinship Care Resource Center

WHY KINSHIP CARE?

The benefits of kinship caregiving include the maintenance of cultural traditions and family relationships as well as increased stability and safety for the child

Don't go back without a backpack and proper supplies!!!

If your child is in need of a backpack filled with school supplies for this school year please contact:

ACCOA's Kinship Coordinator

Kristie Blackwood @989-736-8879

*** First come first serve while supplies last ***

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

Starting September 4th
Every Thursday
Classes will run from **1:00-2:00 pm**
Cost is $5 per person/per class

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

TURNING 65 SOON? NEED TO REVIEW
YOUR MEDICARE ADVANTAGE PLAN OR
DRUG(PART D) PLAN ?

Medicare can be very overwhelming... the "flashy ads" and misinfor- mation can be confusing and misleading. But, it doesn't have to be! Learn and ask questions at one of our "Let's Talk about Aging" webinars

OPEN ENROLLMENT 2026 STARTS 10/15/25

This Free education is available
at ACCCOA-SUNRISE CENTER or from the comfort of your own home via webinar!
SEPTEMBER 10– 10 a.m.
OCTOBER 8 -10 a.m.
NOVEMBER 12– 10 a.m.

CALL TO SIGN UP TO ATTEND IN PERSON AT THE SUNRISE CENTER-LINCOLN ON ONE OF THE DATES ABOVE 989-736-8879 EXT 4

OR

SEND YOUR EMAIL ADDRESS TO FLEMINGK@ALCONASENIORS.ORG TO RECEIVE THE LINK SO YOU CAN WATCH FROM HOME.

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

SEPTEMBER

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
1	Swedish Meatballs California Vegetables Rice Pears 2	Chickena laKing Carrots Roasted Red Potatoes Mixed Fruit 3	Chili Pickled Beets Macaroni Salad Cornbread Applesauce 4
Stuffed Cabbage Cauliflower Buttered Noodles Pineapple 8	Baked Spaghetti Tossed Salad Oranges 9	Orange Chicken Stir Fry Vegetables Fried Rice Egg Roll Pineapple 10	Country Fried Steak Green Beans Mashed Potatoes Gravy Jello 11
Brats Sauerkraut 3 Bean Salad Baked Beans Peaches 15	Chicken Sandwich Coleslaw French Fries Apple 16	Herbed Baked Fish Brussel Sprouts Scalloped Potatoes Grapes 17	Beef Stew Roll Strawberries 18
Pork Roast w/ Gravy Corn Rice Pilaf Tropical Fruit 22	Taco Salad Tortilla Chips Banana 23	Chicken Parmesan Vegetable Blend Flavored Applesauce 24	Meatloaf Peas and Onions Mashed Potatoes Mandarin Oranges 25
Smothered Chicken Broccoli Rice Fruit Salad 29	Cheese Ravioli Tossed Salad Garlic Bread Cinnamon Apples 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
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
No Membership required
(989)736-8879

To cancel meals for the day please call: 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

September

Monday	Tuesday	Wednesday	Thursday	Friday
1. **Closed for Labor day**	2. Euchre @ 12:30 Sharp	3.	4. Line Dancing @ 1PM Contact Rae ext 115	5. **ACCOA side Closed for all Staff meeting**
8. Bingo @ 2PM	9. Euchre @ 12:30 Sharp	10.	11	12
15. Cardio Drumming @ 5:30 (Mondays & Wendnesdays)	16. Euchre @ 12:30 sharp	17.	18. Quilting club @ 2PM Community Scam and Fraud Awarness event @ 5PM	19.
22 Bingo @ 2PM	23. Board Meeting @10AM Euchre @ 12:30 Sharp	24.	25.	26.
29.	30. Euchre @12:30 sharp			

Line Dancing is back on Thursdays at 1 PM in the gymnasium it is $5 per person, contact Rae, the events coordinator, for more information at 989-736-8879 ext 115

Alcona County Commission on Aging
August 26, 2025 Regular Board Meeting

· Call to Order by President Schlicker at 10:06 am
· Pledge of Allegiance
· Roll call
o Treasurer Rolland Lynch – Present
o Director Leroy Pinder – Absent excused (enters meeting at 10:54)
o Director Laurie Szczesny – Present
o Director Ty Damon - Present
o President Delores Schlicker – Present
o Secretary Dr. Robert Turek – Present
o Director Kelly Von Fintel – Present
o Member-at-Large Commissioner Carolyn Brummund – Present
Also present – Executive Director Wendy Bain, and seven members of the public

· Approval of Agenda
o Motion by Damon, seconded by Von Fintel, to approve the Agenda as amended
§ Motion Passed

· Approval of Meeting Minutes
o Motion by Damon, seconded by Von Fintel, to approve the July 22, 2025 Regular Meeting minutes
§ Motion passed

· Public Comment Period – None

· Update of the New Building Project by Andy Shaw

· Report by Katlyn Franks, NEMCSA Financial Services Analyst as well as by Wendy Bain, for Kim Fleming, ACCOA Region 9 AAA Representative
o Two grants awarded from NEMCSA, one for Cardio Drumming ($2427) and one for Respite Care ($9110)
o Sept 11th is Region 9 AAA meeting for Directors held at PACE offices in Alpena
o Wendy and Megan will be attending a Consumers Energy funded "Grant Writing" workshop, as well as NEMCSA initiated training later this year regarding obtaining funding.

· Report by Commissioner Brummund – There is a new Treasurer and Deputy Treasurer and a new Prosecuting Attorney will be fully on board next week.

· Executive Director's report
o 2476 meals served in July, 307 being Congregate.
o Ty has made initial grant application for an up to $250,000 grant from Consumer's Energy for the purpose of "Community Beautification" encompassing such things as raised garden beds, a gazebo, paved walkways and comprehensive landscaping throughout. He is also pursuing grant opportunities for a generator for the complex.
o Wendy and Patti are working on bringing back a Blood Bank/Draw program

o "Hometown Heroes" being offered a 10% discount on yearly gym memberships include personnel such as Fire Departments, Police Officers/Deputies, 911, Emergency Personnel and First Responders.
o More events being scheduled by Rae including weddings, meetings, baby showers and other events
o In need of more Direct Care Workers. Twenty-eight people now on waitlist.
o Change of daily Congregate Meal to lunchtime occasionally as well as occasional breakfasts being considered. Friday nights as well.
o Saturday August 2nd was the date for the Annual fundraiser for WXTF radio station and went "great".
o 121 Alcona resident gym memberships have been sold (63 of which are age 60+) as well as 15 out-of-county memberships and 26 day passes.
o Former Director Pam MacKinnon donated two "Bouncy Houses" for use for birthday party rental. Insurance requirements will be researched.
o Beginning Tuesday September 2, gym hours expand to 6 am – 9 pm. Weekend hours to be added later.
o ACCOA portion of complex will be closed on Friday September 5th for a required all-staff meeting. Gym side will be open.
o Bus has been advertised online for 10 days, and was prepped, repaired and detailed by Len Bobick and his staff. It will be placed on auction sites.

· Treasurer's Report
o Motion by Turek, seconded by Damon, to accept the Treasurer's Report as provided, subject to audit.
· Motion passed

· Director Szczesny presents some recommendations for changes to the Treasurer's Report.
o Motion by Damon, second by Turek, to have Rolland, Laurie and Wendy meet, potentially including input from accountant, to discuss potential upgrades to Treasurer's Report, and then report back to the Board.
§ Motion passed

· Committee Reports
o Nominating Committee – Laurie, on behalf of the Committee, presents to the Board a slate of eight candidates for the upcoming yearly election.
§ Motion by Damon, second by Laurie, to accept the list of candidates as presented
· Motion passed

o Finance Committee – report submitted. Ty reviews the multi-page report he authored, along with a list of recommended actions that the Board authorize be taken.
§ Motion by Damon, seconded by Laurie, to accept the list of recommended actions proposed by the Finance Committee in regards to Building Project construction matters.
· Motion passed

§ Ty reviews a letter from AAA CU in which they decline to offer the ACCOA a Line of credit.

o Personnel Committee – report submitted

· Unfinished Business

o Ty reports that efforts at decorating the Sunrise Center are proceeding, with more promotion being needed to get more interest.

o Motion by Turek, seconded by Lynch, to give President Delores Schlicker the full settlement authority which had previously been given to Phil Potter to settle an outstanding legal matter if required

§ Motion passed

· New Business –

o Motion by Damon, seconded by Pinder, to offer a 10% discount on yearly gym memberships to previously mentioned Emergency and Law Enforcement personnel "Hometown Heroes".

§ Motion passed

· Public Comment Period – Sharon Morgan brings up a question on available first aid. Wendy replies that there are First Aid stations present with more being added. Defibrillation units also on premises. Stephanie Ford speaks about the possibility of yoga and other classes being offered. Andy Shaw speaks about the features being offered on the Gym Master program very soon to be implemented.

· Director Final Comments & Concerns-

o Director Damon thanks those running for Director positions and emphasizes the need to advertise the candidates and the election.

o Director Pinder relates positive comments he has heard regarding the quality of the Building. Director Szczesny, Wendy and Commissioner Brummund offer similar positive sentiments they have heard.

o Secretary Turek comments on the performance of Andy with the construction timeline, as well as his appreciation of those willing to run for the Board and the need to include those who do not win seats to be asked to serve on committees.

o Treasurer Lynch comments that he has never seen so many applicants to be on the Board in his fifteen years.

· Motion by Lynch, seconded by Pinder, to adjourn

§ Motion passed at 11:42 pm

Meeting adjourned until the 10 am, September 23, 2025 Regular Board Meeting.

_____

Dr. Robert Turek, Board Secretary

SENIOR COMMODITIES

Senior Commodities
Pantry Date

11 September 2025

for Seniors in Need

For Alcona County Seniors in need of food.

Pick-up Location
At Coles Appliance Warehouse

POP-UP PANTRY

Pop-Up Pantry Date

17 September 2025

for Families in Need

For Alcona County Residents in need of food.

Pick-up Location

At Coles Appliance Warehouse

American Heart Association.

Self-care isn't selfish

Taking care of yourself can help you recharge.
But you don't need a trip to the spa to reduce stress.
Try these proven activities anytime, anywhere.

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QUILTING CLUB

18 SEPTEMBER
2:00PM

BRING YOUR UNFINISHED SQUARES

BRING YOUR UNFINISHED QUILTS

BEGINNERS & EXPERIENCED QUILTERS WELCOME

CONGREGATE MEAL SERVED @4-5PM

More Information :
Call Megan
989-736-8879
Located @ ACCOA
Craft Room

Need an

ELECTRICIAN?

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Oscoda MI 48750 **www.JENTELECTRIC.net**

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- Electrical Inspections
- Pool / Spa / Jacuzzi Wiring
- Circuit Breakers
- Old House Wiring
- Outdoor Lighting
- Outlets / Switches / Fixtures
- Service Upgrades
- Recessed & Track Lighting
- Ceiling / Attic / Exhaust Fans
- AND MORE

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- ✔ Quality Workmanship
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- ✔ Licensed
- ✔ Insured

Labor Day TRIVIA

PICK THE ANSWER YOU THINK IS CORRECT FOR EACH QUESTION

1. THE FIRST LABOR DAY CELEBRATION WAS IN WHAT YEAR? _____
   A. 1900 B. 1754
   C. 1882 D. 1999

2. WHEN IS LABOR DAY CELEBRATED? _____
   A. FIRST MONDAY IN SEPTEMBER B. THIRD TUESDAY IN SEPTEMBER
   C. SEPTEMBER 4TH D. AUGUST 31ST

3. WHAT IS THE PURPOSE OF LABOR DAY? _____
   A. TO END SUMMER B. CELEBRATE CREDIT UNIONS
   C. TO HONOR WORKING AMERICANS D. ONE MORE COOK OUT BEFORE FALL

4. LABOR DAY MARKS THE UNOFFICIAL END OF WHAT? _____
   A. FIREWORKS B. HOT DOG SEASON
   C. SWIMSUIT WEATHER D. POPSICLE SEASON

5. HOW LONG WAS A WORK DAY UNTIL THE ADAMSON ACT IN 1916? _____
   A. 12 HOURS / 7 DAYS B. 2 HOURS / 7 DAYS
   C. 8 HOURS / 4 DAYS D. 18 HOURS / 7 DAYS

6. WHAT CITY HAS THE BIGGEST LABOR DAY PARADE? _____
   A. BOSTON B. NEW ORLEANS
   C. LAS VEGAS D. NEW YORK CITY

7. WHAT COLOR IS FAMOUS FOR NOT BEING WORN AFTER LABOR DAY? _____
   A. BLACK B. GREY
   C. WHITE D. TAN

8. WHAT AMERICAN SPORT NORMALLY STARTS AFTER LABOR DAY? _____
   A. BASEBALL B. FRISBEE GOLF
   C. BASKETBALL D. FOOTBALL

9. WHAT NATIONAL FOOD CHAIN FIRST OPENED ON LABOR DAY 1955? _____
   A. WAFFLE HOUSE B. WENDYS
   C. IHOP D. TACO BELL

10. WHAT IS THE LARGEST WORKFORCE INDUSTRY IN THE UNITED STATES? _____
   A. HEALTH CARE B. ENTERTAINMENT
   C. FOOD D. RETAIL

NAME: _____ SCORE: _____