## Services and Activities

## Include:

- *Congregate Meals*
- *Home Delivered Meals*
- *Homemaking*
- *Respite Care*
- *Personal Care*
- *Medical Equipment Loan*
- *Information and Assistance*
- *Kinship Programs*
- *MMAP Counseling*
- *Emergency Address Signs*
- *Computer, Printers and Wi-Fi*
- *Euchre*
- *Bingo*
- *And much more!*

Lincoln Senior Center
807 N Barlow
Lincoln, MI 48742
Dinner Served
Monday thru Thursday at 4 – 5PM! Call 989-736-8879 to reserve your dinner.

PLEASE CALL BY 12 PM TO RESERVE YOUR DINNER!

Alcona County Commission on Aging
P.O. Box 218
Lincoln, MI 48742

ALCONA COUNTY COMMISSION ON AGING

# Alcona County Commission on Aging

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989-736-8879

## Our Story

On November 5th 1973, Alcona County Commission on Aging began with the vision of serving the residents of Alcona County. Helen Sharboneau, ACCOA's first Executive Director, laid the foundation of the values we still hold firm to today. She believed in the values of service and service to one's community.

Since 1973 to now, ACCOA mission is 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.

Who's Is Eligible?

Services are available to residents of Alcona County who are 60 years of age or their spouse who are 60 years or older

Is There A Charge?

Programs administrated by the Commission on Aging rely heavily on donations for support. We are also funded by state and federal grants along with a county wide millage.

Although clients are not charged a fee for any of our services, there are suggested donation amounts for each service to help maintain the programs.

## Congregate meals

A hot, well-balanced meal is provided for our congregate participates. Each meals provides one-third of the daily required nutrients for seniors citizens. Dinner is served at 4-5PM. Please call ahead by 12PM to reserve a hot meal.
Suggested donations for meals for seniors 60 and over is $4.50.

The **Cost** for meal participates who are 59 or younger is $8.00

## 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 care

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 Agency on For more information call 989-736-8879.

## IN-HOME SERVICES

In-Home Services consist of a variety of services including homemaking, respite and personal care. These services are available to seniors of Alcona County who have had an assessment from our Social Worker and are bound to be in need of assistance to maintain an independent lifestyle. To schedule an assessment call 989-736-8879.

## Homemaking

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.

## Respite care

Provides companionship, supervision and assurance to elderly person while allowing the primary caregiver relief from his or her duties.

## Personal Care

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