April ACCOA Newsletter

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EXECUTIVE DIRECTOR -WENDY BAIN

Our Programs:

Housekeeping, Meals on wheels, Personal care, Respite , and Kinship

Mission Statement: Alcona County Commission on Aging promotes dignity, independence, and well-being to the Senior Citizen population of Alcona County. We will achieve this by initiating and coordinating programs that anticipate and meet the ever-changing needs of our Senior Citizen community while keeping them connected and active with the community as a whole.

Newsletter editor- Kristie Blackwood

Hippity Hoppity Easter's on its way

The Sunrise Side Center is Open M-F 6am-9pm

"The pain you feel today will be the strength you feel tomorrow"

Letter from The ExecutiveDirector

It's April. Hopefully spring is here. This past week has been pretty rough for all of Alcona County. I want to say this Community Center was put to use to do exactly what it was intended to do. Bring this community together. At one point 98% of Alcona County was without power. We opened the Center back up on Wednesday morning at 6 am. Showers were available to the public until 9 pm that evening. The Red Fork out of Greenbush came in and cooked soups and we served to the public that evening FREE soups. We also had food donated from the Hubbard Lake Food Pantry. We tried to reach out to all of our clients by doing phone call wellness checks.

Thursday we opened back up at 6 am and were offering showers to the public until 9 pm. We had left over soups that we served throughout the day and evening. We also tried reaching back out to our clients for wellness checks that we were unable to get in touch with Wednesday.

Friday showers were still available to the public. Consumers Energy donated 40 pizzas, Angel Chef out of Houghton Lake donated chicken pot pies and ACCOA and a local couple Bob and Cindy made spaghetti and garlic bread. We had several local residents donate treats and cookies. We served this FREE meal to the public at 6 pm Friday night. We served between 300 -350 community members. This was the truly a great turn out to see all of the community members come together. As this dinner was going we had people working out in the fitness center and the gym and also a Corn Hole Tournament going on. It was great to see the community come together after the devastating week we all endured.

Saturday we extended our hours from 8 am to 5 pm. We served about 25 more meals from the left overs, and still had the showers available.

I deeply want to thank from the bottom of my heart all of those who helped keep the community center up and running during this devastating time.

Alcona County Sheriff's Department
ACCOA Staff
Craig Johnston – County Commissioner
Scott Rice – EMS Director
Kathy Realy -- 911 Director
MI State Police

All of the community members who donated Food & desserts
Keri and her crew from The Red Fork
Angel Chef – Houghton Lake
Hubbard Lake Food Pantry
Community Volunteers
Consumers Energy

We have a great Community that came together during this time of need.

Wendy Bain
Executive Director

Sunrise Center Membership Fees

2026 Membership Cost:

1. Alcona Seniors - $20/month ($120/six months or $220/year)
2. Alcona Non Seniors - $25/month ($150/six months or $275/year)
3. Out of County Seniors - $30/month ($180/six months or $330/year)
4. Out of County Non Seniors - $35/month ($210/six months or $385/year)
5. Alcona "Family" Memberships (Three +) - $40/month ($240/six months or $440/year)
6. Out of County "Family" Memberships (Three +) - $45/month ($270/six months or $495/year)

Day Use/ Daily Passes

1. Alcona Residents (all ages) - $7
2. Out of County Residents (all ages) - $12
3. "Group" daily pass (up to four) - $25

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

Our Fitness/Gym hours are:

Monday through Friday 6 AM to 9 PM. Saturdays 8-12pm

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 activities 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

Stress Awareness Month is an annual event observed every April since 1992, dedicated to increasing public awareness about the causes, effects, and management of stress.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to ‘fight or flight’ mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

That heart pounding, fast breathing sensation is adrenaline; as well as a boost of energy, it enables us to focus our attention so we can quickly respond to a situation.

In the modern world, the ‘fight or flight’ mode can still help us survive dangerous situations, such as reacting swiftly to a person running in front of our car by slamming on the brakes.

The challenge is when our body goes into a state of stress in inappropriate situations. When blood flow is going only to the most important muscles needed to fight or flee, brain function is minimised. This can lead to an inability to ‘think straight’; a state that is a great hindrance in both our work and home lives.

If we are kept in a state of stress for long periods, it can be detrimental to our health. The results of having elevated cortisol levels can be an increase in sugar and blood pressure levels, and a decrease in libido.

ALCONA COUNTY
COMMISSION
ON AGING

Looking for a great way to Advertise your Business or Event ...

The **"ACCOA Newsletter"** has the perfect spot for you!

Rates effective January 1, 2026:

Full page ads -$125/yr or $25 per month
Half Page ads- $85/year or $15 per month
Quarter page ads- $65/yr or $12 per month
Business card ads- $45/yr or $10 per month

Gym Banner ads- $1000/yr or $200 per month

Ready to submit your advertisement?
Call Kristie Blackwood at 989-736-8879

AUTISM AWARENESS MONTH

Autism Awareness Month, observed each April, serves as a vital opportunity to foster greater understanding and acceptance of individuals on the autism spectrum. Autism Spectrum Disorder (ASD) encompasses a range of developmental conditions that influence communication, social interactions, learning, and sensory experiences. The term "spectrum" reflects the diverse ways individuals experience autism- some may require significant support, while others live independently, showcasing strengths in areas like memory and creativity.

Raising awareness is crucial for dispelling myths, reducing stigma, and promoting early diagnosis and tailored support. It encourages the creation of inclusive environments where autistic individuals can thrive. This is particularly important for older adults who may have gone undiagnosed, allowing them to finally gain insight into their experiences

.

Supporting those on the spectrum involves simple yet impactful actions, such as practicing patience, respecting sensory preferences, using clear communication, promoting community inclusion, and listening to autistic voices. Awareness efforts during April and beyond can include educating oneself about neurodiversity, sharing resources, wearing blue, or supporting advocacy organizations. By working together, we can cultivate communities that embrace understanding and respect for all individuals.

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.

Empowering those 55+ to serve and thrive

Why Volunteer?

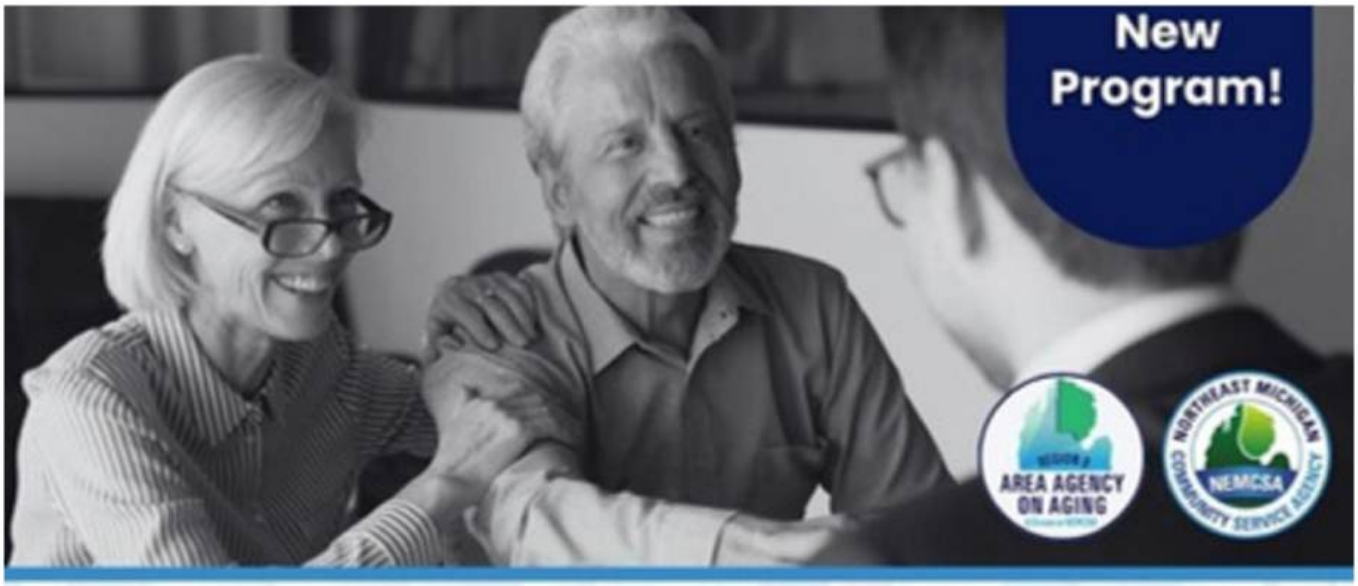
Volunteering is a powerful way to make a difference—not just in the lives of others, but in your own as well. It offers numerous benefits that enhance both physical and mental health, while also providing opportunities for personal growth and connection.

Benefits of Volunteering:

- Boost Your Physical and Mental Well-being: Volunteering has been linked to lower rates of depression, increased life satisfaction, and even a longer life. Engaging in regular volunteer activities can help reduce stress, keep you physically active, and improve your overall mood.
- Find Purpose and Build New Skills: Giving back to your community fosters a sense of purpose and accomplishment. Along the way, you'll gain valuable skills that can enrich your personal and professional life.
- Strengthen Relationships: Volunteering nurtures both new and existing connections. Whether you're working alongside like-minded individuals or engaging with those you serve, you'll build meaningful relationships that enhance your social life.

Research from institutions like the Harvard T.H. Chan School of Public Health and the National Institutes of Health confirms that even a few hours of volunteering each week can have a profound impact on your health and happiness. For seniors, in particular, volunteering can help combat isolation, offering mental health benefits and a stronger sense of community (US News and World Report).

Join us in making a difference—and experience the benefits for yourself!



Region 9 Area Agency on Aging

Person-Centered Options Counseling

Free one-on-one options counseling that provides interactive, unbiased choices about long-term services to adults aged 18 and over.

Services are available to any adult, their family members, and caregivers who support them, regardless of income, assets or disability status.

Program Benefits:

- Supports navigating complex care options.
- Provides reliable information and resources.
- Simplifies program services, eligibility, and paperwork.
- Offers unbiased guidance so you can make informed decisions.

The naming of the celebration as “Easter” seems to go back to the name of a pre-Christian goddess in England, Eostre, who was celebrated at beginning of spring. The only reference to this goddess comes from the writings of the Venerable Bede, a British monk who lived in the late seventh and early eighth century. As religious studies scholar Bruce Forbes summarizes: “Bede wrote that the month in which English Christians were celebrating the resurrection of Jesus had been called Eosturmonath in Old English, referring to a goddess named Eostre. And even though Christians had begun affirming the Christian meaning of the celebration, they continued to use the name of the goddess to designate the season.”
Bede was so influential for later Christians that the name stuck, and hence Easter remains the name by which the English, Germans and Americans refer to the festival of Jesus’ resurrection.

HAPPY EARTH DAY

APRIL 22

Earth Day, celebrated on April 22 each year, is a time to recognize the importance of protecting our planet and caring for the environment we all share. The day encourages individuals and communities to take small steps that make a positive impact on the Earth.

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We provide services in Alcona, Arenac, Bay, Clare, Gladwin, Gratiot, Iosco, Isabella, Midland, Ogemaw, Roscommon and Saginaw counties.

YOU HAVE OPTIONS!

The transition program is open to anyone living in a nursing facility who requests to return to their own home or to find a less restrictive, more independent environment.

We provide a wide variety of support services so you can get back into your community:

Adaptive Equipment, Clothing & Furniture, Rent & Housing Assistance, Food Purchasing, Access Ramps, Recreational Opportunities, and much more!

We provide services in Alcona, Arenac, Bay, Clare, Gladwin, Gratiot, Iosco, Isabella, Midland, Ogemaw, Roscommon and Saginaw counties.

989-835-4041

NEW TO MEDICARE

JOIN OUR PODCAST

ON LINE OR IN PERSON OFFERED 2ND WEDNESDAY OF EACH MONTH 10 A.M.

IN PERSON: ACCOA LINCOLN SR. CENTER
807 N. BARLOW RD., LINCOLN, MI

next Podcast Live @ ACCOA
APRIL 8 and MAY 13

Prefer to view join Podcast at home? Call to register & receive the zoom link
CALL TO REGISTER 989-736-8879 EXT 4

CONTACT: Kim Fleming, on site SHIP Counselor (no charge) with Questions on your current plan, Life Event changes (retirement) & New enrollment

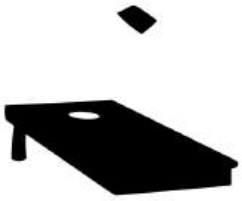
SHIP
State Health Insurance Assistance Program
Navigating Medicare

Drop in
Social and Competitive
Cornhole Tournments

Social Tournaments $10

Competitive tournaments $15

Every Friday at 6:00pm



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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:

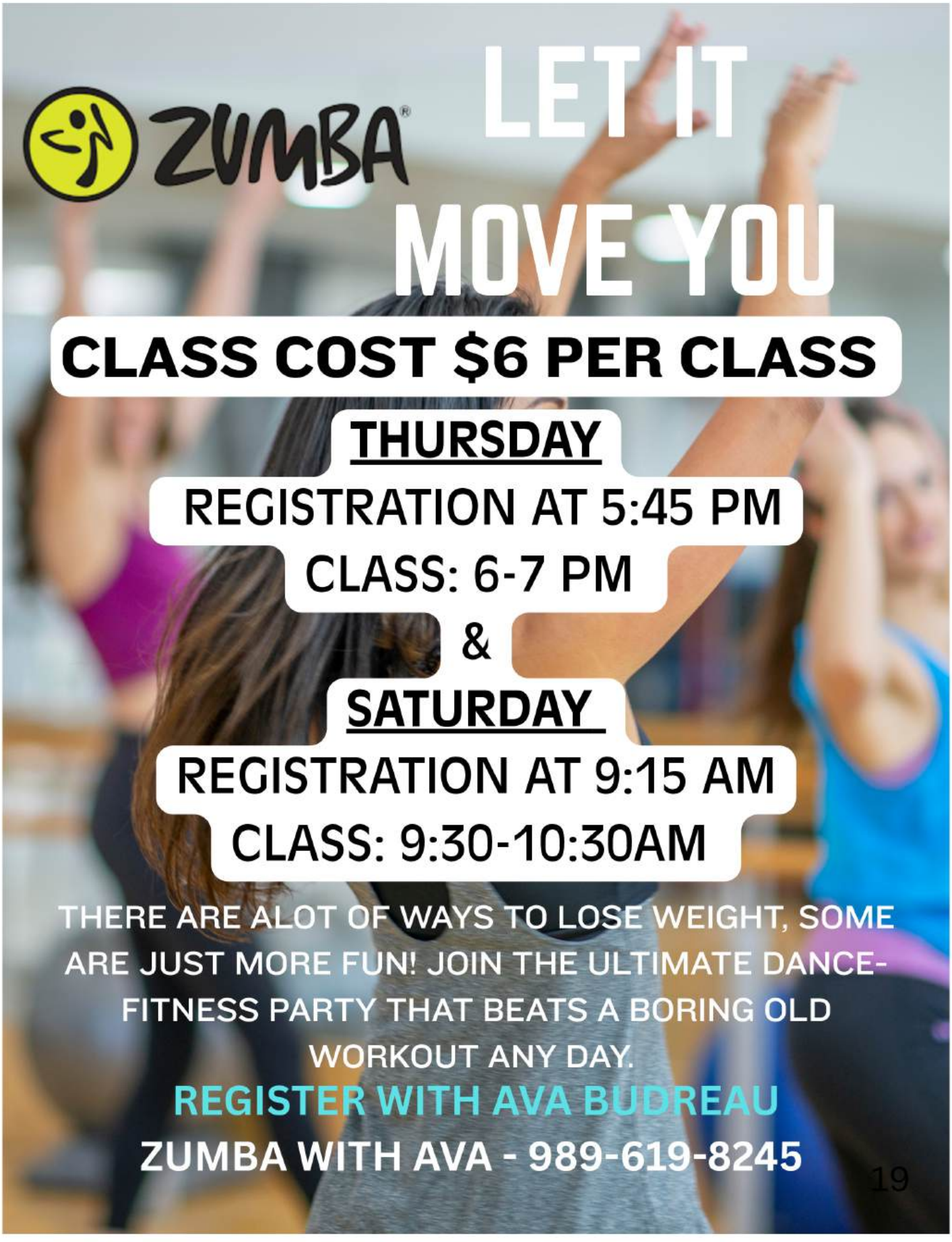
Choose from:
~ ***Grapefruit*** - Boost Circulation and reduces inflammation. Works as a natural energizer and mood booster.
~ ***Peppermint*** - Relieves muscle and joint pain. Great for colds, sinus and has other respiratory benefits. Increases energy. Improves skin health as well.
~ ***Lavender*** - 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 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 health-giving 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. Thus by applying essential oils to 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 $135
~ 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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CLASS: 9:30-10:30AM
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CLASS COST $6 PER CLASS

THURSDAY

REGISTRATION AT 5:45 PM

CLASS: 6-7 PM

SATURDAY

REGISTRATION AT 9:15 AM

CLASS: 9:30-10:30AM

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Social Tournaments $10

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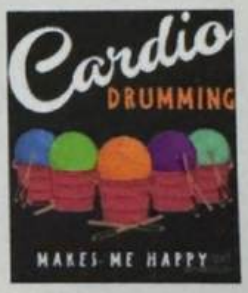

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Business card ad - $45/yr or $10 per month
Half page ad - $85/yr or $15 per month
Full page ad - $125/yr or $25 per month

If your agency is a nonprofit the fee will be waived.
Checks payable to: Alcona County Commission on Aging
Please put on the check memo:
"Newsletter & size of the ad"
Mail ad and check to:
PO Box 218
Lincoln, MI 48742

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Lincoln, MI 48742
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Fax 989-736-7203
staff@alconaanimalclinic.com

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Tai Chi for Arthritis and Falls Prevention helps people with or without arthritis improve mental and physical balance, which helps significantly reduce the rate of falls experienced by older adults.

- Tai Chi is fun and gentle.
- Exercise for the body and mind.
- Improves mobility, balance, and health.
- Classes are tailored to your abilities.
- Step-by-Step instruction makes it EASY to learn!
- Classes are taught by certified Tai Chi Instructors.

UPCOMING WORKSHOP:

- **Location:**
  - Alcona County Commission on Aging
    807 North Barlow Road
    Lincoln, MI 48742
- **Dates (Every Monday):**
  - Starting April 27 - June 8, 2026
- **Time:**
  - 12:00 p.m. - 1:00 p.m.

REGISTRATION FILLS QUICKLY, SO PLEASE REGISTER EARLY.

REGISTER AT:
Liz McNichols
989.335.1777
harrisvilleyoga1@gmail.com

Harrisville Yoga

COMMISSION

Tai Chi Wednesday, April 15th & 22nd from 12pm-1pm, Starting April 27th, Tai Chi is switching to Mondays!

ACCOA/Sunrise Center Events For April 2026:

Board Meeting
APRIL 28TH at 10:00 am

Euchre
every Tuesday at 12:30 prompt

Bingo
April 6th and 20th at 2:00 pm

Expansion Grant Writing Workshop
Sunrise center- Conference rm 1
April 9 5:00 pm - 8:30pm

Corn Hole
Fridays at 6 PM
Social $10
Tournament $15

Line Dancing:
Thursdays 1:00pm -2:30pm
Fee: $5 per class

Pickleball meets:
Monday, Wednesday & Friday
9:00-11:00 am and Tues &
Thurs 6:00 pm-8:00pm

Zumba
Register with AVA BUDREAU
- 989-619-8245-
THURSDAY
REGISTRATION AT 5:45 PM
CLASS: 6-7 PM
SATURDAY
REGISTRATION AT 9:15 AM
CLASS: 9:30-10:30AM
COST $6 PER CLASS

Cardio Drumming
Fee: $6 per class
class: Monday/Wednesday 5:30pm Registration/6:00pm start
class: Tuesday/Thursday 9:00am Registration/9:30 am start

Contact Rae (events coordinator) for further details or to book for an event : 989-736-8879

MON - THURS
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
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
		Homemade Barbeque Chicken Macaroni and Cheese Vegetable Fruit 1	Ham Scalloped Potatoes Roll Vegetable Fruit 2
Chicken a la King Rice Vegetable Fruit 6	Sausage Gravy and Biscuits Hashbrowns Vegetable Fruit 7	Beef Barley Soup Ham and Cheese Sandwich Fruit Crackers 8	Homemade Lasagna Vegetable Fruit 9
Pork Roast Mashed Potatoes w/ Gravy Vegetable Fruit 13	Taco Salad Tortilla Chips Mexican Rice Fruit 14	Corn Dogs Potato Salad Vegetable Fruit 15	Beef Stew Biscuit Fruit 16
Pulled Pork Sandwich Tator Tots Vegetable Fruit 20	Hamburger Stroganoff Vegetable Fruit 21	Chilli Cornbread Crackers Fruit 22	Pizza Tossed Salad Fruit 23
Goulash Vegetable Fruit 27	Copycat KFC Bowl Popcorn Chicken Mashed Potatoes w/ Gravy Vegetable Fruit 28	Fish Almondine Rice Pilaf Vegetable Fruit 29	Cheeseburger Potato Wedges Vegetable Fruit 30

All Meals include milk, bread, and butteraccordingtoguidelines

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

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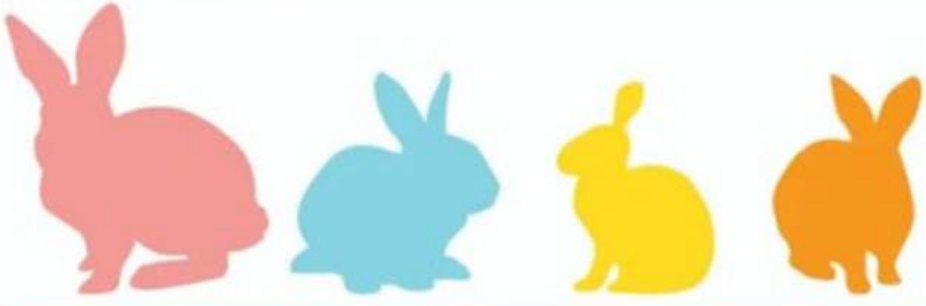
Under 60, meals are $8.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989)736-8879

Easter Emoji Game

Try to guess the Easter words and phrases written with emojis.
The person with the most correct answers wins!



Total
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