March ACCOA Newsletter

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EXECUTIVE DIRECTOR- WENDY BAIN

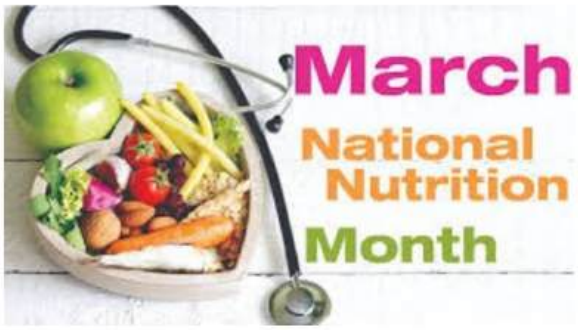
Our Programs:

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

"Top of the Mornin to ya!



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

I cannot believe we are into March already, where is spring? Happy St. Patty's Day. Speaking of, we will be serving the traditional St Patty's Day meal on March 17th. Come join us for corn beef, cabbage, potatoes, and carrots. Be sure to wear your GREEN! Please call Megan at the front desk at 989-736- 8879 to reserve your spot. We serve dinner from 4 pm to 5 pm. Suggested donations for 60+ are $4.50 and under 60 is an $8.00 fee.

I do want to apologize for the inconveniences and having to shut the building down for weather conditions and leaks. We do have to remember safety first. We have been working diligently with the contractors on this matter.

We have been awarded a grant to start working on getting wall decorations hung on our walls. We also will be able to purchase a Long Arm sewing machine and a laser cutter for the craft room. This grant was for $10,000 called the Alcona Creative Connection.

We have several events being held such as baby showers, birthday parties, and weddings.
If you are interested in hosting an event, please reach out to Rae our Event Planner and get your event booked.

Rae can be reached at 989-736-8879.

Stop by the Center and pick up a loaf of fresh bread or baked goods, that are always located in our front lobby!

Again, I want to remind you winter weather is still here for hopefully only a short time. As a reminder there could be a chance that ACCOA will have to close for inclement weather. This would mean no HDM meal service for the day or no In Home Service care for the day. Please tune it to your local TV and Radio stations for closures.

WATZ

WKJC 104.7
WNEM
ABC 12
WBKB 11

As always, if you have any questions or concerns please feel free to reach out to me directly. My Door is always open.

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

Women’s history month

First celebrated in 1978 during the suffrage movement and officially declared in 1987 to increase awareness of women’s contributions to society. "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.”- President Jimmy Carter.

Celebrating National Social Work Month

Social Work Month has been celebrated in the United States since 1963. The National Association of Social Workers (NASW) chose March as Social Work Month to honor the profession's contributions to society. The NASW also organizes events and campaigns to raise awareness about the invaluable work of Social Workers. Social Workers provide invaluable services to individuals, families, and communities. They have helped to improve the lives of millions of people and have been a driving force in advocating for social justice and equality.

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

Cold Weather Safety for Older Adults

Preventing unsafe exposure to cold outdoors

Here are some tips for keeping warm when the temperature drops outside:

1. Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
2. If you must go out on windy, cold, or damp days, don't stay outside for long.
3. Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
4. Keep warm blankets and extra cold-weather clothing in your car.
5. Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
6. Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
7. Wear a waterproof coat or jacket if it's snowy or rainy.
8. Change out of damp or wet clothes as soon as you can.

Staying warm indoors

- About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:
- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight — some body fat is necessary for staying warm.
- Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.
- You may be tempted to warm your room with a portable space heater, but some space heaters are fire hazards or can increase the risk of carbon monoxide poisoning.

Source: National Institute on Aging

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?

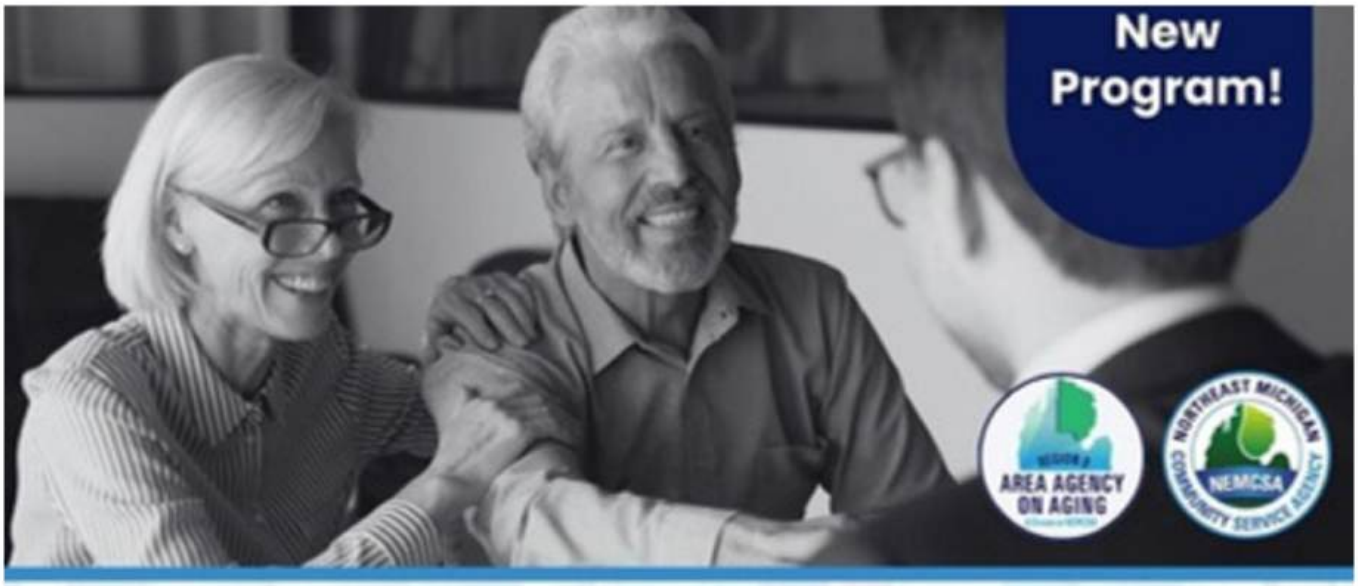
Volunteering is a powerful way to make a difference—not just in the lives of others, but in your own as well. It offers numerous benefits that enhance both physical and mental health, while also providing opportunities for personal growth and connection.

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.

Nonprofit Grant Writing Workshop 201 - Advanced

This FREE workshop is designed for individuals who have attended a previous Develop Iosco non-profit grant writing workshop or have grant writing experience already.

We will be doing a deep dive into the Council of Michigan Foundations Common Grant Application. This application is used by many funders in the State of Michigan.

Attendees are encouraged to bring their organizations leaders, staff and/or volunteers. You will leave this workshop with a working draft grant proposal. Bring your laptops, or notebook and pens.

Thursday, March 19, 2026
5 - 8 PM

The Sunrise Center, ACCOA
807 N Barlow Rd., Lincoln

Presenter: Dr. Manuela Kress
Mid-Michigan Grant Writers

RSVP

with QR code or
on DI website
www.develop-iosco.org/grants-1

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National Nutrition Month

Originally started as National Nutrition week in 1973 and becoming a month long campaign in 1980, National Nutrition Month, is held annually in March and was created by the Academy of Nutrition and Dietetics. National Nutrition month is a campaign focused on making informed food choices and developing sound eating and physical activity habits. The 2026 theme is "Discover the Power of Nutrition". It emphasizes eating healthy, utilizing registered dietitian nutritionists (RDNs), and taking small, sustainable steps toward better health. The objective is to provide resources for making informed food choices, reducing the risk of chronic diseases , and promoting a better quality of life.

- **Tips for Participation:**
  - **Prioritize Whole Foods**: Opt for nutrient-dense foods over supplements.
  - **Increase Produce Intake**: Aim for more fruits and vegetables.
  - **Plan Meals**: Focus on healthy, budget-friendly meal preparation.
  - **Stay Active**: Incorporate regular exercise into daily routines.
  - **Hydrate**: Drink plenty of water.

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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

The Centers for Disease Control and Prevention (CDC) define developmental disabilities as impairments in physical, learning, language, or behavioral areas and include, but are not limited to: Autism Spectrum Disorders, Cerebral Palsy, Attention-Deficit/Hyperactivity Disorder, learning or intellectual disabilities, hearing loss, vision impairment, and other developmental delays. There are currently over 6 million individuals in the United States that have developmental disabilities

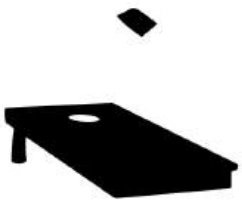
On February 26, 1987 President Ronald Reagan officially declared Proclamation 5613, making March “National Disability Awareness Month.” The proclamation called for individuals to provide understanding, encouragement, and opportunities to help persons with disabilities to lead productive and fulfilling lives.
Everyone wants and deserves to enjoy life and feel productive and secure. But in March, we take extra steps to raise awareness about the rights of people with disabilities and celebrate their contributions and achievements in society.

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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When the Weather Outside is Frightful...

The ACCOA is offering something delightful:

Hats, Mittens and Gloves, some so sweetly knitted and made with love. Some with kiddy designs and some with adults in mind.
if your interested and in need , come pick something out for yourself, your kids and your mate. All we ask in return is to donate.

A small nominal gift of $1, $5, perhaps $10 or more what ever you are able to do, so our center can continue to help folks like you all year through!
** If you can't donate but are in need of the gear or know a family who could use what is here, please take what you need , tis the season and that is why we are here.

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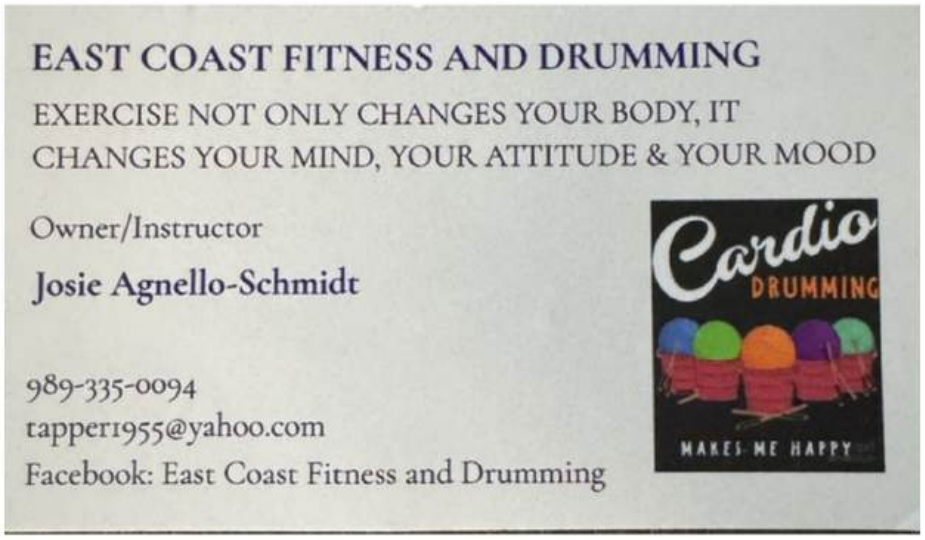
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Half page ad - $85/yr or $15 per month
Full page ad - $125/yr or $25 per month

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:
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TAI CHI FOR ARTHRITIS AND FALL PREVENTION

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:**
  - Starting March 4 - June 10, 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

Hello Beautiful Tai Chi Participants.
We will be starting back on March 4th - notice the new time - noon. Hopefully we will have a little less noise in the gym.
If you have already participated - you don't have to re-register.
If you no longer want to participate - please let us know - and I can take you off the registration list.
We will review the first 6 forms we learned in December and January - so don't worry if you missed any classes - we will be reviewing everything we have learned so far.
Thank You to Area Agency on Aging for sponsoring this class for the Spring.
Kind Regards
Liz McNichols

CHAIR YOGA

CLASSES AT THE SUNRISE CENTER - TUESDAYS
6 CLASSES $30 OR $8 PER CLASS

March 3rd 3:30pm
March 10th 3:30pm
March 24th 3:30pm
March 31st 3:30pm
April 7th 3:30pm
April 14th 3:30pm

Questions - Contact Liz
989-335-1777 or
harrisvilleyoga1@gmail.com

YOGA FOR EVERY BODY

CLASSES AT THE SUNRISE CENTER - TUESDAYS
6 CLASSES $30 OR $8 PER CLASS

March 3rd5:15pm
March 10th5:15pm
March 24th 5:15pm
March 31st 5:15pm
April 7th 5:15pm
April 14th th 5:15pm

ACCOA/Sunrise Center Events
For March 2026:

Board Meeting
March 16 at 10:00 am

Euchre
every Tuesday at 12:30 prompt

Region 9 Input meeting
Sunrise center -Dining room
March 11 3:00pm -5:00 pm

Expansion Grant Writing Workshop
Sunrise center- Conference rm 1
March 19 5:00 pm - 8:30pm

Basketball meets:
Wednesdays at 6PM
Fee: $5 for non-members

Bingo
March 9th and 23rd at 2:00 pm

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

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

Volleyball meets:
Fridays at 6:30-7:30PM
Fee: $5 for non-members

Yoga for everybody &
Chair yoga is now available on Tuesdays
(limited space, please register with Liz McNichols -989-335-1777)
Fee:$8 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
Fish Almondine Baked Potato Vegetable Fruit 2	Sloppy Joes Tater Tots Vegetable Fruit 3	Homemade Chicken Parmesan, Spaghetti Vegetable Fruit 4	Stuffed Green Peppers Macaroni Salad Vegetable Fruit 5
Chicken Strips, Potato Wedges, Vegetable, Fruit 9	Pork Chop, Red Skin Potatoes, Vegetable, Fruit	Homemade Mostaccioli Vegetable Fruit 11	Homemade Turkey Casserole,Stuffing, Vegetable, Fruit 12
Chili Cheese Dog, Potato Salad, Vegetable, Fruit 16	Homemade Cabbage Stew,Corn Beef, Roll, Fruit, Dessert 17	Homemade Pizza Tossed Salad, Fruit 18	Homemade Meatloaf Potatoes Vegetable Fruit 19
Orange Chicken Fried Rice, Vegetable Fruit 23	Taco Salad Tortilla Chips Mexican Rice Fruit 24	Homemade Lasagna Vegetable, Fruit 25	Homemade BBQ Chicken Macaroni and Cheese Vegetable Fruit 26
Chicken ala King Noodles Vegetable Fruit 30	Homemade Swedish Meatballs Rice, Vegetable, Fruit 31		

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
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HOW MANY WORDS CAN YOU MAKE FROM

SHAMROCK

Using each letter only once, see how many different words can you make out of "SHAMROCK." Write as many words as you can on the lines below.

1. _____
2. _____
3. _____
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