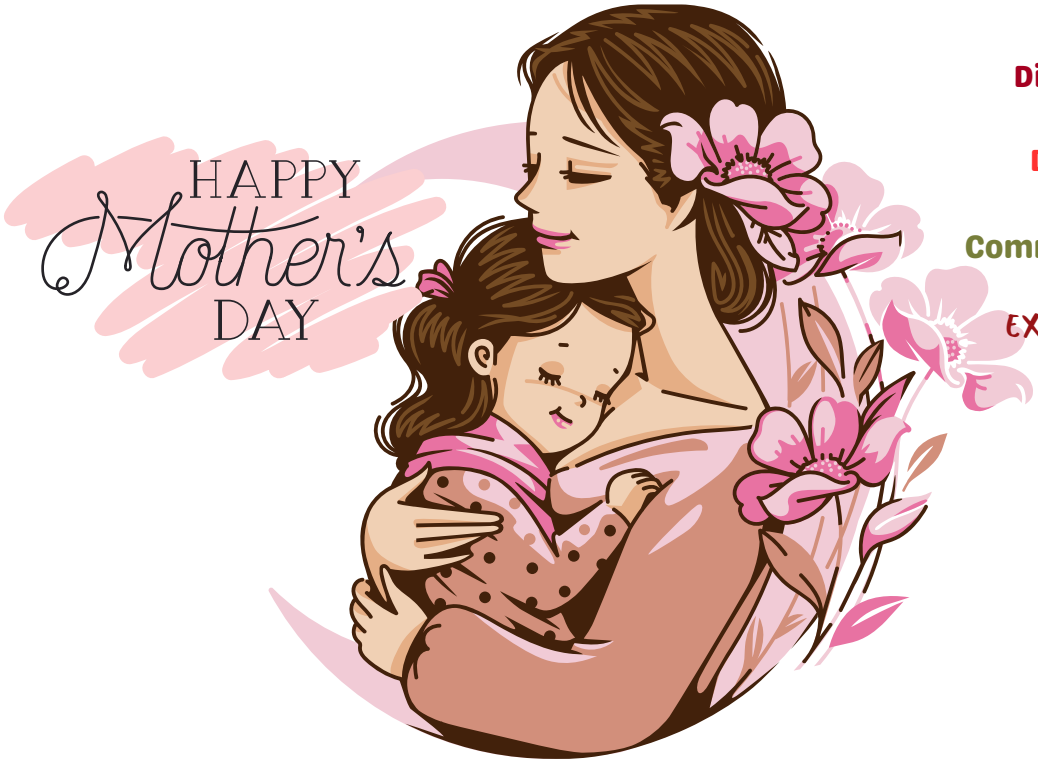
May ACCOA Newsletter



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EXECUTIVE DIRECTOR -WENDY BAIN

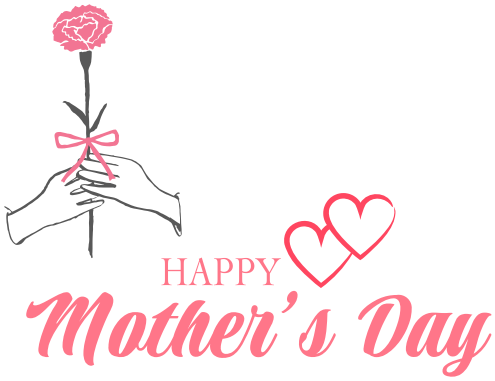
Our Programs:

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

What's Blooming!



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

" "May, more than any other month of the year, wants us to feel most alive." — Fennel Hudson

Letter from The ExecutiveDirector

Happy Spring, let's hope all those April showers bring May flowers. So here is what is happening at ACCOA & The Sunrise Center. We are pushing the 500 mark for members of our fitness portion of the center. We do have Silver Sneakers and One Pass up and running if you have these options through your insurance company. We are in the process of getting Gym Master up and running which will give you the ability to sign in and out and give you the ability to auto pay. Once we start to upload names into the system you will receive a welcome email.

On May 22nd we will start to serve congregate meals on Fridays from 11:30 am to 12:30 pm. This meal is open to the public. At this time, we are unable to do take-outs. The meals cost is a suggested donation of $4.50 for seniors aged 60 and older. The meal cost for 59 & under is $8.00 this is not a suggested donation this is the fee for the meal. These meals are open to the public and everyone is welcome. We will also continue to serve congregate dinners from 4 pm to 5 pm Monday through Thursday. Same costs as above and again these meals are open to the public.

ACCOA will be hosting the Alcona High School Prom this Saturday, May 2. We are honored to be hosting this event and thank you to Alcona Schools for choosing ACCOA as your venue for this special event.

On Tuesday, May 12th at 6:00 the Village of Lincoln will be holding a NEMCOG Economic Development meeting here at ACCOA, 807 N Barlow in Lincoln. The meeting will start at 6 PM in the dining hall. This meeting is in regards are the revival of the village of Lincoln.

Just as a reminder we do have euchre every Tuesday at 12:30 pm, Bingo every other Monday at 2 pm this month it will be on the 4th and 18th. We have sewing on Thursdays in the craft room. Cardio Drumming, Pickle ball, Line Dancing and many other fitness activities. If interested, please all Megan at 989-736-8879 for times and days.

Alcona County, Lincoln location at Cole's Appliance warehouse will be holding their pantries on May 7th and May 20th this month. Due to receiving emergency funds they are able to hold 2 panties this month.

As always, my door is always open if you have questions, concerns or suggestions.

Wendy Bain

ExecutiveDirector

ACCOA/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

PLATFORM FOR LEGISLATIVE ACTION

OLDER MICHIGANIANS DAY: MAY 13, 2026

AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN

Rebalance State Medicaid Expenditures to Support Home and Community-Based Services (HCBS)

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 30% of LTSS funding was allocated to HCBS while 70% 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. Federal H.R.1 contains a waiver option for states to expand HCBS, which would extend Medicaid HCBS to individuals without requiring an institutional level of care (ILOC). This would build on the strengths of the MI Choice program and expand access to beneficiaries statewide. Expansion of MI Choice eligibility would allow earlier, more targeted HCBS to individuals who have not yet reached an ILOC threshold, preventing a more costly nursing home admission. This would ultimately help to rebalance Medicaid long-term care expenditures by increasing Medicaid support towards HCBS. **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%. ACTION: Urge legislative support for expanding access to HCBS for Medicaid beneficiaries not requiring an institutional level of care, authorized by H.R.1 (Public Law 119-21, Section 71121).**

Increase Access to Non-Medicaid Home and Community-Based Services

In Michigan, there are currently 6,635 seniors on waiting lists for essential non-Medicaid in- home services provided through Michigan's Bureau of Aging, Community Living, and Supports (ACLS Bureau) in Aging Services. These funded services include home-delivered meals, in-home personal care, homemaking, and respite care. These services delay or prevent the need for more costly long-term care intervention, and individuals who remain on waiting lists are found to be 5 times more likely to be forced into an institutional setting prematurely. **ACTION: Support the Silver Key Coalition's request for an $8 million increase for Aging in- home services in the MDHHS FY27 budget. ACTION: Support the Silver Key Coalition's request for a $2 million increase for Aging home-delivered meals in the MDHHS FY27 budget.**

PLATFORM FOR LEGISLATIVE ACTION

SENIOR ACTIONWEEK: MAY 11-MAY 15,2026
OLDER MICHIGANIANS DAY: MAY13, 2026

AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN

Modernize and Enhance Access to MI Choice

MI Choice is an in-home service program that enables close to 16,000 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. Most older adults (88%) want to age in their homes and communities, and MI Choice makes that possible. MI Choice 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. As the state plans for the future of the Medicaid program, MI Choice must be modernized and expanded to continue to serve residents.

ACTION: Urge the legislature to modernize and enhance MI Choice by continuing to support and grow MI Choice accessibility statewide.
ACTION: Continue to support MI Choice as an important statewide option in the Long-Term Supports and Services Continuum of Care.

Support Unpaid Family and Informal Caregivers

Unpaid family and informal 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 unpaid caregivers is even more important to assist older adults in their homes. Without continued family and friend-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 to expand AAA caregiver support programs, providing respite, education, and resources to sustain the unpaid workforce that underpins Michigan's long-term care system. ACTION: Urge the Legislature to pass bipartisan House Bill 5214, to provide financial relief to unpaid family caregivers through a state income tax credit of up to $2,000 per year.

OLDER MICHIGANIANS DAY

The Honorable
Michigan State Senate
PO Box 30036
Lansing MI 48909-7536

The Honorable Governor
Gretchen Whitmer
P.O. Box 30013
Lansing, MI 48909

The Honorable
House of Representatives
P.O. Box 30014
Lansing, MI 48909-7514

Dear Legislator:

As we approach Senior Action Week, May 11-15, including **Older Michiganians Day on May 13**, we are asking for your support in the FY27 budget. Older adults – the fastest growing segment of the population - face many issues that impact their ability to stay independent in their homes, as most want to do, and funding and resources are not keeping up with these needs. The Area Agencies on Aging Association, aging network partners, and advocates for seniors across the state are urging legislators to **take action and ensure funding in the budget for critical supports and services in the following areas:**

- **Modernize and Enhance Access to MI Choice** by continuing to support MI Choice Accessibility statewide and keep it as an option in the Long-Term Supports and Services Continuum of Care.
- **Rebalance State Medicaid Expenditures to Support Home and Community-Based Services (HCBS)** by rebalancing state expenditures between (HCBS) and institutional care by funding Medicaid LTSS to at least 53%, matching the national average, and by supporting H.R.1 (Public Law 119-21, Section 71121) to allow Medicaid beneficiaries not requiring an institutional level of care access to HCBS.
- **Increase access to Home and Community-Based Services (HCBS)** by supporting the Silver Key Coalition's request for an **$8 million increase** for ACLS Bureau in-home services and for a **$2 million increase** for home-delivered meals.
- **Assist family and informal caregivers** by supporting a **permanent $5 million appropriation** distributed to area agencies on aging (AAAs) so they can continue to develop Caregiver Resource Centers and pass the **Caring for MI Family Tax Credit** to provide tax relief of up to $2,000 per year for family caregivers.

We are grateful for your continued support and all that you do for older adults, especially with your help in addressing these important issues as we *Champion Healthy Aging*. For more details on Senior Action Week's platform of legislative action, visit 4ami.org or call {local CEO) at {phone number}.

Sincerely,

_____ (Signed) _____ (County/Zip)

_____ (Print Name) **Additional comments on back

OLDER MICHIGANIANS DAY

Additional Comments (optional):

Emergency Response Guide

Remember when you are in immediate danger, 911 is your first lifeline

COVID-19 PANDEMIC

Important items to have available:

- N95 Masks
- Disposable Gloves
- Hand Sanitizer
- Lysol Spray
- Disinfectant Wipes
- Thermometer
- Air Purifiers
- Oximeters
- Covid-19 Testing
- Covid-19 Vaccination

WHO CAN HELP

- Area Agencies on Aging
- Covid-19 testing sites

POWER OUTAGE

Important items to have available:

- Emergency Food Supplies/Water
- Alternative Location
- Flashlights
- Crank Radio
- Medication Kit
- Generator

WHO CAN HELP

- Energy Companies
- American Red Cross

CHEMICAL SPILL

Important items to have available:

- Duct Tape for Doors and Windows
- Emergency Food Supplies/Water
- Alternative Location

WHAT TO KEEP IN YOUR EMERGENCY KIT

PLANNED CHECKLIST

Essential Items You Need to Take:

- Vital Papers: License or State ID, Birth Certificate, Insurance Papers, Mortgage Papers or Lease, etc.
- Your Basic Emergency Supply Kit: Provides basic-living necessities for a few days. Each disaster also has specific items that are important to have on hand. See each disaster illustration for specific items.

Items to include in your Basic Emergency Supply Kit:

- Water and non-perishable food items for several days
- Extra cell phone battery or charger
- Battery powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in place
- Moist towlettes, garbage bags, and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities.
- Can opener (if kit contains canned foods)
- Local maps
- First aid kit
- Cash (in case power and electronic payment methods are unavailable)
- Maps: official evacuation routes, alternate routes, and a list of shelters. You can find a list of open shelters at www.redcross.org/find-help/shelter
- Car keys and keys to the place you are going (if applicable)

Medical Emergency

Important items to have available:

- Emergency Number - 911
- First Aid Kit
- Lifeline Services
- Generators for Oxygen Aided patients or Battery Pack
- CPR Training/Mouth Shield

WHO CAN HELP

- Local Hospital/EMS
- Urgent Care

SNOWSTORM

Important items to have available:

- Blankets
- Emergency Food Supply/Water
- Shovels
- Winter Clothing
- Salt/Sand
- Snowblower

WHO CAN HELP

- Local Fire Department
- American Red Cross
- 211
- Warming Centers

TORNADO

Important items to have available:

- Emergency Food Supply/Water
- Basement/Other Shelter in Place
- Flashlights
- Crank Radio
- Medication Kit
- Generator
- Cellphone/Charger
- Alternative Location

WHO CAN HELP

- American Red Cross

EXTREME HEAT

Important items to have available:

- Generator
- Fans
- Coolers/Dry Ice
- Water
- Emergency Food
- Shelf Stable Meals
- Alternative Location

WHO CAN HELP

- American Red Cross
- Cooling Centers

FIRE

Important items to have available:

- Emergency Route
- Fire Drill Practice
- Fire Extinguishers (Kitchen and Other Types)
- Fire Ladder
- Fire Blankets
- Fire/Smoke Detectors
- Fireproof Safety Boxes

WHO CAN HELP

- Local Fire Department
- American Red Cross
- 211
- Insurance Company

FLOODING

Important items to have available:

- Emergency Food Supplies/Water
- Emergency Numbers: Contractors/Human Service Organizations
- Flashlights
- Crank Radio
- Medication Kit
- Generator
- Cleaning Supplies

WHO CAN HELP

- Local Fire Department
- American Red Cross
- 211
- Insurance Company

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY NEMCSA

Organizations and Resources

Federal Disaster Assistance:
www.disasterpreparedness.gov

American Red Cross:
www.redcross.org

211 Northeast Michigan:
www.211nemichigan.org

NEMCSA:
www.nemcsa.org

National Nurses Week is celebrated each year from May 6 through May 12, ending on the birthday of Florence Nightingale, the founder of modern nursing.

The week recognizes the critical role nurses play in patient safety, recovery, and quality of life across the healthcare system.

From hospitals to home health care, nurses provide clinical expertise, compassion, and stability for patients and families alike.

The American Nurses Association (ANA) leads the national recognition of Nurses Week each year.

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

Memorial Day is a reminder of the brave men and women who served our country and gave their lives for our freedom.

It's not just a day off; it's a time to think about why we remember these heroes. For veterans, it's a chance to honor those who are no longer here.

Use this day to show how grateful we are for their bravery, and as a promise that we'll always remember their courage and sacrifice.

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!

New Program!

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.**

History of Mother’s Day

Around 1870, Julia Ward Howe called for Mother's Day to be celebrated each year to encourage pacifism and disarmament amongst women. It continued to be observed in Boston for about ten years under her sponsorship, but lost popularity afterward.

In 1907, Anna Jarvis held a private Mother's Day celebration in memory of her mother, Ann Reeves Jarvis, in Grafton, West Virginia. Ann Jarvis had been a peace activist during the Civil War and organized "Mother's Day Work Clubs" to improve health and cleanliness. Her daughter Anna Jarvis launched a quest for Mother's Day to be more widely recognized. Her campaign was later financially supported by John Wanamaker, a clothing merchant from Philadelphia.

In 1908, Jarvis was instrumental in arranging a service in the Andrew's Methodist Episcopal Church in Grafton, West Virginia, which was attended by 407 children and their mothers. The church has now become the International Mother's Day Shrine. It is a tribute to all mothers and has been designated as a National Historic Landmark.

US President Woodrow Wilson signed a proclamation in 1914 designating Mother's Day as a national holiday to honor mothers, to be held on the second Sunday of May.

MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE IS AN AWARD-WINNING PROGRAM DESIGNED TO HELP YOU AVOID FALLS, GAIN STRENGTH, AND MOVE WITH MORE CONFIDENCE.

PARTICIPANTS WILL LEARN TO:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

WHO SHOULD ATTEND?

- Anyone concerned with falling.
- Anyone interested in improving balance, flexibility and strength.
- Anyone who has fallen.
- Anyone who has restricted activities because of a fear of falling.

LOCATION:

Alcona County Commission on Aging

807 North Barlow Road
Lincoln, MI 48742

TIMES:

10:00 a.m. to 12:00 p.m.

DATES:

Beginning May 18, 2026, through June 15, 2026, runs for 4-weeks on every Monday and Wednesday.

Register at: 989.335.1777 harrisvilleyoga1@gmail.com

FREE TO ATTEND.
SPACE IS LIMITED,
REGISTER EARLY.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Harrisville Yoga

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY
NEMCSA

REGIONAL AREA AGENCY ON AGING
A Division of NEMCSA

Organ and Tissue Donation: Uncovering Myths and Mysteries

- **Join us for an enlightening event where we demystify organ and tissue donation...**
- **Learn about the importance of this life-saving mission, dispel common myths, and ask questions about the process!**

GIFT of LIFE MICHIGAN
ORGAN AND TISSUE DONATION

Date: Friday, May 15, 2026
Time: 7:00 p.m.

Location:
Lost Lake Woods Club Auditorium
4243 Lost Lake Trail
Lincoln, Mi

Presenters:

Karen Bender, RN,
HDA Referral Specialist
Gift of Life Michigan
248-417-8576
Kbender@golm.org

Leslie Casperson, MSN, RN
Hospital Donation Advocate for
MyMichigan Medical Center Alpena
Gift of Life Michigan
231-632-1183
lcasperson@golm.org

Sponsored by the LLWC Members Committee

For more information, please contact LLWC member, Karen Bender

Mother's Day Dinner

Let's gather together for a feast filled with good food and laughter

7 May 2026	807 N Barlow Rd
4 PM – 5 PM	Lincoln MI 48742

Congregate menu:

Turkey with Mashed Potatoes

PLEASE RSVP FOR DINNER

989-736-8879 EXT 0

ALCONA COUNTY
COMMISSION
ON AGING

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We can answer any questions you have regarding your rights, the law, accessibility, resources, support groups, applications and more!

We Help With:

- SSI / SSDI
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- Assistive Technology
- Housing & Basic Needs

CALL TODAY! 989-835-4041

ACCESS.
INCLUSION.
COMMUNITY.

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

YOUTH MENTAL HEALTH FIRST AID

Mental Health FIRST AID

NATIONAL COUNCIL FOR MENTAL WELLBEING

MAY 12
8:30AM TO 5:00PM
FULLY IN PERSON

ALCONA SENIOR CENTER
807 N. BARLOW RD.
LINCOLN, MI

NO CHARGE - A $170 VALUE!

CECS AVAILABLE FOR SOCIAL WORKERS

STIPEND AVAILABLE FOR AREA SCHOOL STAFF & BOARD MEMBERS

WHO SHOULD ATTEND
- PARENTS/CAREGIVERS
- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- ADULTS WORKING WITH YOUTH

$25 GIFT CARD EMAILED TO ALL WHO FINISH THE WORKSHOP AND COMPLETE THE FOLLOW-UP SURVEY.

REGISTER HERE
BY 3PM ON 05/08

HTTPS://TINYURL.COM/MUBWZ447

TEACHES YOU HOW TO IDENTIFY, UNDERSTAND, AND RESPOND TO SIGNS OF MENTAL HEALTH AND SUBSTANCE USE CHALLENGES AMONG YOUTH.

Funding thanks to SAMHSA's Mental Health Awareness and Training Grant Award #1H79SM080444G-01

SAMHSA
Substance Abuse and Mental Health Services Administration

PARTNERS IN PREVENTION

HELPS OUR COMMUNITY RAISE CHILDREN WHO ARE SAFE, LOVED, AND RESILIENT; AND HELPS ADULTS INCREASE KNOWLEDGE AND SKILLS TO ADDRESS LIFE'S CHALLENGES

WWW.PARTNERSINPREVENTIONNEMI.ORG | 989-356-2880 | PROGRAMS@NEMCPI.ORG

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

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401 W. Hubert R
Spruce, Michigan 487

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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The Alcona County Opioid Settlement Committee & Up North Prevention present:

Naloxone Training

Learn how to respond to an opioid overdose emergency, the science behind naloxone, and gain insight into opioid addiction.

Learn to save a life, and help give someone a second chance!

Alcona Senior Center
807 N. Barlow Rd Lincoln

May 14 5:30 - 6:30 PM

Instructor Donna Hardies, Up North Prevention

www.upnorthprevention.org

More information

Contact Les 989-736-8534 EXT 4313

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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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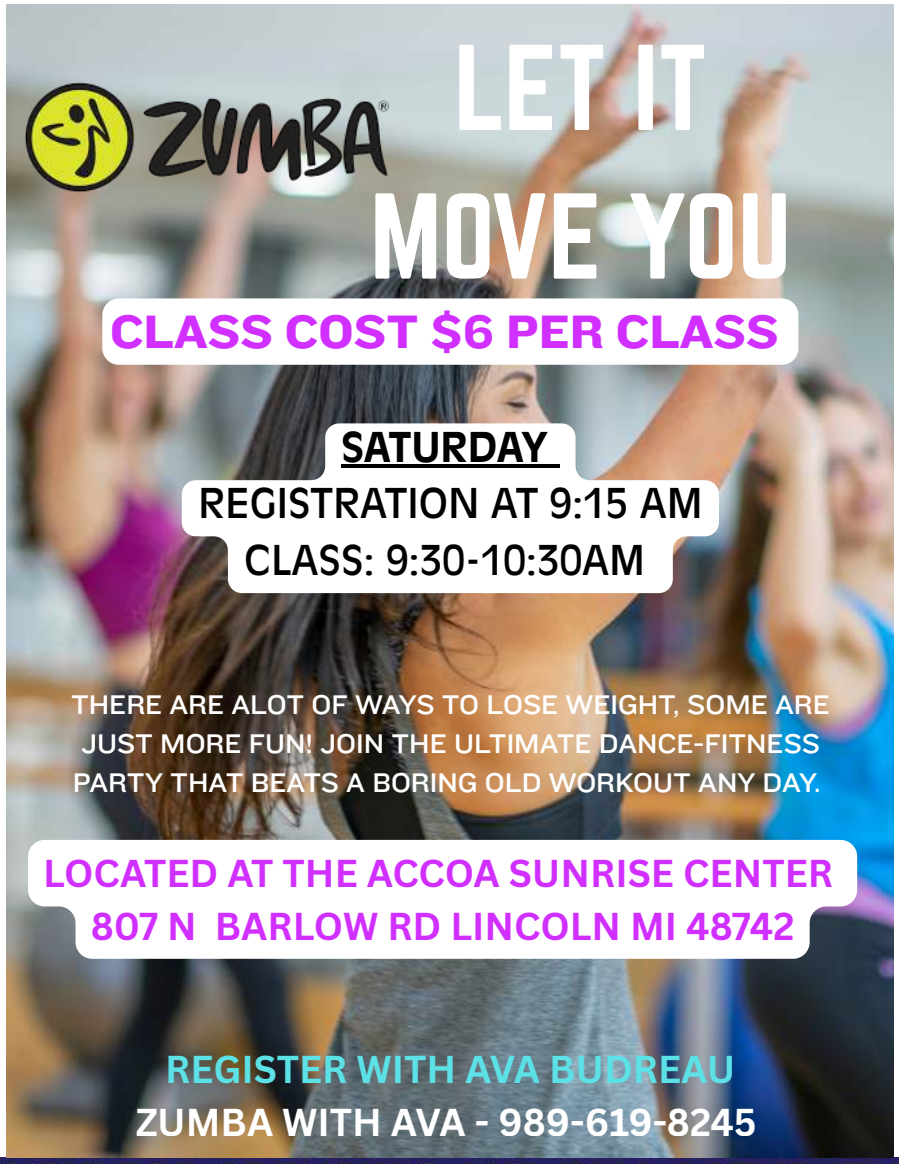

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

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 (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 ON AGING

ACCOA/Sunrise Center Events For May 2026:

Board Meeting
MAY 26TH at 10:00 am

Bingo
May 4th and 18th at 2:00 pm

Euchre
every Tuesday at 12:30 sharp

Matter of Balance
Starting Monday, May 18th through to June 15th
10am- 12pm
Register with Liz 989-335-1777
Cost: $0
* attend at least 5 of the 8 classes to be completed

Tai Chi
Starting Monday, April 27th through to June 8th 12pm-1pm
Cost: $0
Register with Liz 989-335-1777

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

YOUTH MENTAL HEALTH FIRST AIDE
May 12 8:30AM-5PM
register by 5/08/26

NALOXONE TRAINING EVENT
MAY 14TH 5:30-6:30P

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

Cardio Drumming
Fee: $6 per class
class: Mon/Wed register 5:30pm /6:00pm start
class: Tues/Thurs register 9:00am /9:30 am start

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

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

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

ACCOA Events Calender for May

Alcona Prom-Saturday May 2nd 4-11pm

NEMCOG ECONOMIC DEVELOPMENT RECOVERY PLAN MTG- May 12th 6-9 pm ACCOA Dining Room

Friday Lunch Specials!

STARTING MAY 22ND!

Join us for a delightful lunch from 11:30 AM to 12:30 PM!

Location: ACCOA Dining room 807 N Barlow Rd, Lincoln MI

Upcoming Menus:

Friday, May 22: Chef Salad. Friday, May 29: Chicken Salad on a Croissant.

Pricing:

Seniors (60+): Suggested donation of $4.50, Under 60: $8.00 cost per person.

Please note: Take-out is not available at this time.

We look forward to sharing a meal with you!

To register for lunch, please call 989-736-8879 ext 0 so we may have enough food prepared for everyone.

ALCONA COUNTY COMMISSION ON AGING

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Chicken w/ Roasted Potatoes	5 Spaghetti & Meatballs w/ Salad	6 Chicken Sandwich w/ Potato Wedges	7 **Mother's Day Dinner** Turkey w/ Mashed Potatoes	8	9
10	11 Chicken Chop Suey w/ Rice	12 Brats w/ Sauerkraut and Baked Beans	13 Tuna Salad Sandwich	14 Chicken Tenders w/ Macaroni & Cheese	15	16
17	18 Enchiladas w/Rice	19 Sub Sandwich	20 Taco Salad w/ Tortilla Chips	21 Turkey Tetrazzini w/ Pasta	22 **Lunch** Chef's Salad w/ a Roll	23
24	25 **Closed for Memorial Day**	26 Chef's Choice	27 Chicken Parmesan w/ Pasta	28 Sausage and Sauerkraut	**Lunch** 29 Chicken Salad on a Croissant w/ Macaroni Salad	30
31						

MENU SUBJECT TO CHANGE. FEDERAL AND STATE GRANTS COVER A PORTION OF THE MEALS WE PROVIDE. DONATIONS ARE IMPORTANT TO ACCOA.

OVER 60, SUGGESTED DONATION IS $4.50 PER MEAL. Under 60, meals are $8.00

LUNCH SERVED 11:30A-12:30P

DINNER SERVED 4P-5P

PLEASE CALL BY 12PM FOR DINNER RESERVATUIONS. NO MEMBERSHIP IS REQUIRED.

FOR LUNCH, CALL NO LATER THAN THURSDAY.

989-736-8879

All meals are served with a vegetable, a fruit, bread and milk. According to guidelines.

TO CANCEL MEALS FOR THE DAY PLEASE CALL: 989-736-8879

MEMORIAL DAY WORD SEARCH

S P W L I U F A O N B F U S N
N C P S Y M R W E H G H C P F
R R G P A E E K M E N D P P D
G P S K S M E H W R A Z F B H
X A E C O O D K H O S S L L O
Y R R A L R O H I S A A R U L
W A V M D I M V T D L C A E I
Y D I E I A L B E B U R V Y D
M E C R E L R S T S T I E M A
A P E I R D E A O L E F O X Y
V F P C S A S V F D X I F B B
M K U A K Y P H M L M C L K L
F K N H D B E T T X S E A M N
G N X Y Z X C B D E R P G P A
P I R N Z N T N Z U L O M H B

MEMORIAL DAY	AMERICA	PARADE	BLUE	SALUTE
SACRIFICE	HEROS	RED	HOLIDAY	SOLDIERS
FREEDOM	SERVICE	WHITE	FLAG	RESPECT