July ACCOA Newsletter

America

1776

God Bless the USA

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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.

Our Programs:

Housekeeping, Home delivered meals, Personal care, Respite, and Kinship

Newsletter editor- Kristie Blackwood

What's Sparking?

The Sunrise Side Center is Open M-THUR 6 am-8 pm
Fridays 6 AM-9 PM & Saturdays 8 AM-12 PM

Letter from The ExecutiveDirector

Happy 4 of July!!! Where is this summer going? This is what is happening at ACCOA & The Sunrise Center.

The gym continues to stay busy every day. We have Cardio Drumming, Pickle Ball, Zumba, Corn hole, Line Dancing and many more activities. We offer Silver Sneakers and One Pass if you have these options through your insurance company.

We are serving congregate meals on Fridays from 11:30 am to 12:30 pm. 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.

As most people know, the nutritional guidelines have changed. We have to follow these guidelines so please bear with us as we will be changing up our menus. We love your feedback so if there are meals you love or dislike please let us know so we can adjust our future menus.

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 13 and 27th. We have sewing on Thursdays in the craft room.

ACCOA/Sunrise Center will be closed on Friday July 3 and Saturday, July 4 to celebrate the 4 of July holiday.

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

Wendy Bain

Executive Director

MEMBERS: We are very close to having Gym Master (automated sign in system) up and running. Once we have your name in the system you will receive a welcome email. You will then have the option to set up your banking information for auto pay.

When you arrive to the center you will now either log in using a barcode from your phone or you can actually sign in on the kiosk that will be available outside the fitness office. If you need assistance, please feel free to ask Janet or Brielle.

We accept Silver Sneakers & Renew (One Pass) please check with your insurance
company to see if it is available to you.

Also, note that we have made some pricing adjustments.

1. Senior Citizens - $25.00 per month/ Senior Couple - $40.00 per month

2. Non-Senior Citizens - $35.00 per month/ Non-Senior Couple $55.00 per month

**** Couples must share the same address

4. Family rate is the adult rate plus $5.00 per child ages 11-18

EXAMPLE - Single Parent $35.00 plus $5.00 per child (ages 11-18)
Two Parent - $55.00 plus $5.00 per child (ages 11-18)

HOURS:
Monday through Thursday 6 AM to 8 PM.
Friday 6 AM to 9 PM
Saturday's 8 AM to 12:00 PM.

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

America Celebrates 250 Years

On July 4, 2026, the United States will celebrate its Semiquincentennial, marking 250 years of independence and freedom since the signing of the Declaration of Independence in 1776.

Independence Day, commonly known as the Fourth of July, is the national holiday commemorating the adoption of the Declaration of Independence on July 4, 1776. It marks the historic moment when the 13 American colonies severed their political ties to Great Britain, establishing the United States as an independent, sovereign nation.

While the Continental Congress actually voted to declare independence from Great Britain on July 2, 1776, it took two more days to finalize the wording of the document. The formal adoption of the Declaration of Independence on July 4 is celebrated as America's birthday.

Primarily drafted by Thomas Jefferson, the document boldly asserted that all people have natural rights, including "Life, Liberty and the pursuit of Happiness," and outlined the grievances that justified the colonies' separation.

The document was officially signed by 56 delegates, though the signing didn't actually occur on July 4; most delegates signed it on August 2, 1776.

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

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

Disability Pride Month is observed every July to celebrate disabled individuals, honor disability culture, and push for equal rights and inclusion. It specifically commemorates the anniversary of the Americans with Disabilities Act (ADA), which was signed into law on July 26, 1990

The widely recognized Disability Pride Flag, designed by Ann Magill, uses a charcoal background to represent those lost to ableism. The diagonal stripes represent cutting across the barriers the disabled community faces, with each color symbolizing a different lived experience:

- Red: Physical disabilities
- Gold: Cognitive and intellectual disabilities
- White: Invisible and undiagnosed disabilities
- Blue: Emotional and psychiatric disabilities (e.g., anxiety, depression, mental illness)
- Green: Sensory disabilities (e.g., deafness, blindness, audio processing)

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

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.**

SHOP SMART **SAVE BIG**

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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
- Medicare / Medicaid
- DHHS Applications
- 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.

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Interested in advertising here??

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

Leather & Western Apparel

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Owner/Instructor

Josie Agnello-Schmidt

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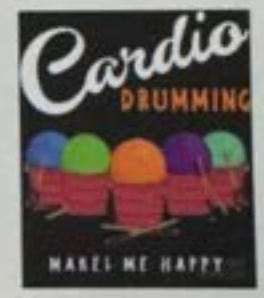
tapper1955@yahoo.com
Facebook: East Coast Fitness and Drumming



ACCOA

SUNRISE Market

FARMERS MARKET

FRESH • LOCAL • COMMUNITY

Fresh food, local products, and community connections every Tuesday at the ACCOA Sunrise Market.

- Locally grown produce
- Preserves and baked goods
- Handcrafted items and more!

Join us in our *upcoming markets!*

STARTING
JUNE 9TH, 2026
TIL MID OCTOBER 2026

TUESDAYS,
FROM 3:00PM–6:00PM

LOCATED AT
807 N Barlow Rd
Lincoln, MI 48742

QUESTIONS OR INTERESTED IN BECOMING A VENDOR?

Contact the center at
989-736-8879

HAZARDOUS WEATHER NOTICE
If there is hazardous weather, the market will be **CANCELLED FOR THE DAY.**

We can't wait to see you at the market!

ACCOA/Sunrise Center's
Routine Classes/ Community Connections

Board Meeting
JULY 28TH @ 10 AM

Bingo
JULY 13th and 27th at 2:00 pm

Corn Hole
Fridays at 6 PM

Euchre
every Tuesday at 12:30 sharp

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

ACCOA SUNRISE MARKET
Farmers market on Tuesdays, starting June 9th-til mid October
3pm-6PM
located behind the center

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

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

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

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

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Oven Baked Fish	2 Rice & Black Bean Stuffed Peppers	3 CONGREGATE ONLY LUNCH **CLOSED**	4
5	6 Baked Chicken Breast	7 Stroganoff	8 Herbed Pork Loin	9 Lemon Fish	10 CONGREGATE ONLY LUNCH Chicken Pasta Salad	11
12	13 Sloppy Joe	14 Grilled Chicken Breast Sandwich	15 Meatloaf	16 Chef Salad	17 CONGREGATE ONLY LUNCH Honey Mustard Chicken Breast	18
19	20 Lemon Chicken	21 BBQ Pork Chop	22 Spaghetti w/ Meat Sauce	23 Italian Herb Baked Fish	24 CONGREGATE ONLY LUNCH Chicken Salad Sandwich	25
26	27 Pulled Pork	28 Beef & Vegetable Stir-Fry	29 BBQ Chicken Thigh	30 Turkey Tetrazzini	31 Baked Potato	

MENU SUBJECT TO CHANGE. Federal and state grants cover a portion of the meals we provide. Donations are important to ACCOA.

Guests age 60 and over: suggested donation is $4.50 per meal. Guests under 60: meals are $8.00.

Please call by 12 PM for dinner reservations. Lunch is from 11:30-12:30PM & served at the center only. Dinner is from 4-5pm. No membership is required. 989-736-8879

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

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

Name: _____ Date: _____

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

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

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