June ACCOA Newsletter

Hello Summer

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Our Programs:

Housekeeping, Home delivered meals, 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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" "May, more than any other month of the year, wants us to feel most alive." – Fennel Hudson

Letter from The ExecutiveDirector

WOW is summer finally around the corner? 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 do have Silver Sneakers and One Pass 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. We hope to have this up and running within the next couple weeks. You will also notice some pricing changes as we now have couple's option, family options, and have removed the out of county vs in county.

Last week we started to serve 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 and 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.

ACCOA hosted the Alcona High School Prom on Saturday, May 2. We were honored to be the host for this event. Thank you to Alcona Schools for choosing ACCOA as your venue for this special event. It was a beautiful turnout all of the students looked fabulous.

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 1st, 15th, and 29th. We have sewing on Thursdays in the craft room. Alcona County, Lincoln location at Cole's Appliance warehouse will be holding their pantry on June 17th this month.

A huge shout out to LeRoy Pinder and Ty Damon. Ty has been working hard on getting wall art gathered and LeRoy has been making custom frames. Soon you will be seeing local art hanging on our walls.

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

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

Wendy Bain
Executive Director

ALCONA COUNTY
COMMISSION
ON AGING

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

National Safety Council Celebrates this June, the 30th Anniversary of National Safety Month, dedicated to keeping people safe from the workplace to anyplace.
Since 1996, NSM has offered free resources to help prevent injuries and save lives. Let's make people safer this June and all year long!

The 2026 theme for National Safety Month is "Moving Safety Forward," with weekly focuses on holistic worker health, road safety, and preventing slips, trips, and fall.

National Safety Month (NSM) is an annual month-long observance in the United States each June. During National Safety Month, individuals and organizations participate by making efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities.

The "3 C's of Safety" commonly refer to either C**ompliance, Competence, and Commitment** for workplace safety management or Check, Call, and Care for emergency first-aid situations. These frameworks promote proactive hazard management, accountability, and rapid, effective responses to ensure a secure environment.

1. **Workplace Safety: Compliance, Competence, Commitment**

This approach builds a robust, proactive safety culture:

- **Compliance:** Meeting the basic legal requirements and regulations, such as OSHA standards.
- **Competence: E**nsuring employees are properly trained and educated to perform tasks safely.
-
- **Commitment**
- Creating a company-wide culture where management and staff are dedicated to safety, going beyond just regulations.
-

2. Emergency Safety: Check, Call, Care

The Red Cross uses these steps for managing emergencies: American Red Cross

- **Check:** Survey the scene for safety and assess the victim (ensure you are not putting yourself in danger).
- **Call:** Call 000 or emergency services immediately for professional assistance.
- **Care:** Provide necessary care for the victim until medical professionals arrive (e.g., CPR, stopping bleeding). Platinum Safety & Training

3. Alternative Interpretations

- Coordination, Cooperation, Communication: Used to manage overlapping safety duties between contractors, subcontractors, and staff.
- Care, Caution, Courtesy: The "3 C's" used for defensive driving to ensure safety on the road.

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

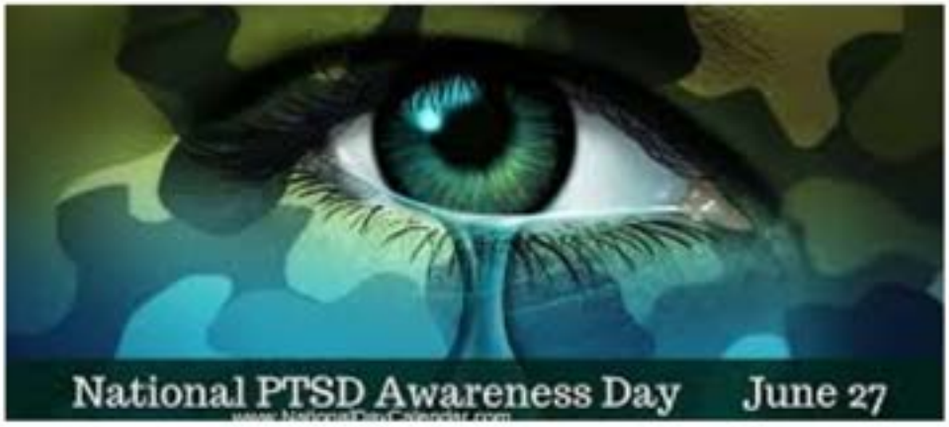
Organizations and Resources

Federal Disaster Assistance:
www.disasterpreparedness.gov

American Red Cross:
www.redcross.org

211 Northeast Michigan:
www.211nemichigan.org

NEMCSA:
www.nemcsa.org



National PTSD Awareness Day 2026 is observed on Saturday, June 27, 2026. The day aims to raise public awareness about the causes, symptoms, and treatment of Post-Traumatic Stress Disorder (PTSD), which affects millions, including veterans and survivors of trauma, by reducing stigma and encouraging those affected to seek support.

PTSD in some form or another has long been documented in humans. The earliest known literature about the disorder is a poem from 50 BC. Hippocrates narrated a traumatic battle experience about a soldier who was haunted by PTSD-like combat flashbacks. PTSD has consistently been mentioned since then, notably during the Hundred Year's War between England and France, and even in the literature of Shakespeare — including Romeo and Juliet.

A new understanding of PTSD came with the Civil War in the 1800s, as the disorder became widespread in the traumatized country. PTSD was known under a variety of names, including "railway spine." It was in 1915 that some understanding of PTSD was formally introduced into medical literature, under the name "shell shock."

World War 1 threw the disease into the spotlight, and rudimentary treatments, like electric shock therapy, were attempted. It wasn't until the 1950s that more modern treatments, like group therapy, were introduced.

The Vietnam War issued in, yet again, a new understanding of the disorder. This coincided with research done by psychologists on both Holocaust victims and rape victims, which helped prove that many kinds of trauma can lead to PTSD.

Today, it's considered largely treatable, so we've made a lot of progress. The Senate recognized June 27 as National PTSD Awareness Day at the urging of Senator Kent Conrad. Conrad wanted to honor a North Dakota National Guard member who had committed suicide after two tours of duty in Iraq. In 2014, the entire month of June was designated National PTSD Awareness Month by the Senate.

ALCONA COUNTY
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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

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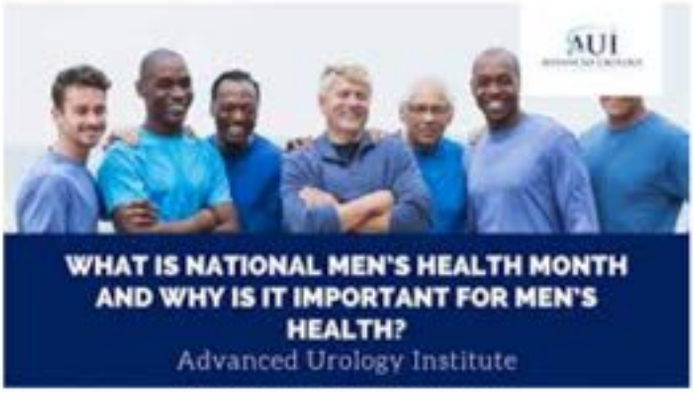
Call Kristie Blackwood at 989-736-8879



Why Men's Health Matters:

The reality is concerning: statistics show men tend to lag behind women in preventive healthcare. According to the Centers for Disease Control and Prevention (CDC), men are 41% more likely to die prematurely (before age 65) compared to women [Source Opens in new tab or window]. This gap is partly due to fewer doctor visits and a tendency to delay screenings. Men are also more likely to engage in risky behaviors like smoking and excessive alcohol consumption, further impacting their health outcomes.

Taking Action: Simple Steps for Big Wins

Men's Health Month is a springboard, but prioritizing your health is a lifelong commitment. Here are some actionable tips to get you started, along with some additional details on the benefits:

Schedule Regular Checkups:

Think of it as a yearly maintenance plan for your body. Talk openly with your doctor about your health history, concerns, and lifestyle habits. Preventive care for men is crucial for early detection and treatment of potential health issues. A 2023 study published in the Journal of the American Medical Association found that regular checkups can significantly reduce a man's risk of developing chronic diseases like heart disease and diabetes [Source: https://jamanetwork.com/ Opens in new tab or window].

Know Your Numbers:

Blood pressure, cholesterol, and blood sugar levels are crucial health indicators. Regular screenings help you and your doctor identify potential health risks early on. High blood pressure, for example, is a major risk factor for heart disease, stroke, and kidney disease. Early detection and treatment can significantly improve health outcomes.

Embrace Preventative Screenings:

Don't shy away from screenings for prostate cancer, colorectal cancer, and other age-appropriate checks. Early detection often leads to better treatment outcomes.

According to the American Cancer Society, a recent study suggests that regular prostate cancer screenings can significantly reduce a man's risk of dying from the disease [Source Opens in new tab or window]. Early detection of colorectal cancer can also greatly improve the chances of successful treatment.

Move Your Body:

Physical activity isn't just about aesthetics. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous activity each week. This improves overall health, boosts energy levels, and can even reduce stress. Exercise strengthens your heart and lungs, helps manage weight, and improves mood.

A 2022 study published in Medicine & Science in Sports & Exercise found that regular physical activity can significantly reduce the risk of depression in men [Source Opens in new tab or window].

Fuel Up Right:

Diet plays a critical role in maintaining a healthy weight and reducing your risk of chronic diseases. Focus on whole foods, fruits, vegetables, and lean protein sources. Don't forget to stay hydrated! A healthy diet provides your body with the essential nutrients it needs to function optimally. Eating a balanced diet can help you maintain a healthy weight, reduce your risk of heart disease, type 2 diabetes, and certain cancers.

Prioritize Mental Wellbeing:

Men are less likely to seek help for mental health concerns. Talking to a doctor or therapist is a sign of strength, not weakness. Taking care of your mental health for men is just as important as your physical health.

A recent study published in JAMA Psychiatry found that men with untreated depression were more likely to develop heart disease [Source Opens in new tab or window]. Taking care of your mental health can improve your overall well-being, relationships, and work performance.

Build a Support System:

Surround yourself with positive influences who encourage healthy habits. Talk openly with friends, family, and even connect with men's health support groups – you're not alone! Having a strong support system can provide you with encouragement, motivation, and accountability on your health journey.

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.**

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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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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:
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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 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

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
NEW! Extended Hours for 2026!

LOCATED
BEHIND THE CENTER.

Are you interested
IN BECOMING A VENDOR?
Contact Laurie Szczesny from the Northeast Michigan Healthy Food Initiative at lszczesny@nemihfi.org

LOCATED AT
807 N Barlow Rd
Lincoln, MI 48742

ACCOA/Sunrise Center's
Routine Classes/ Community Connections

Board Meeting JUNE 23RD @ 10 AM

Bingo
June 1st, 15th and 29th
at 2:00 pm

Euchre
every Tuesday at
12:30 sharp

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

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

JUNE 2026

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

MENU SUBJECT TO CH ANGE.
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

Beach Summer
Word Search

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

SUNSCREEN
UMBRELLA
WAVES
SWIMSUIT
FRISBEE
SANDALS
SURFBOARD
TOWEL
SHOVEL
SUNGLASSES
LIFEGUARD
DECKCHAIR
BUCKET
BEACHBALL
SEASHELL
SWIMMING
CASTLE
SPLASH
FLOAT
OCEAN