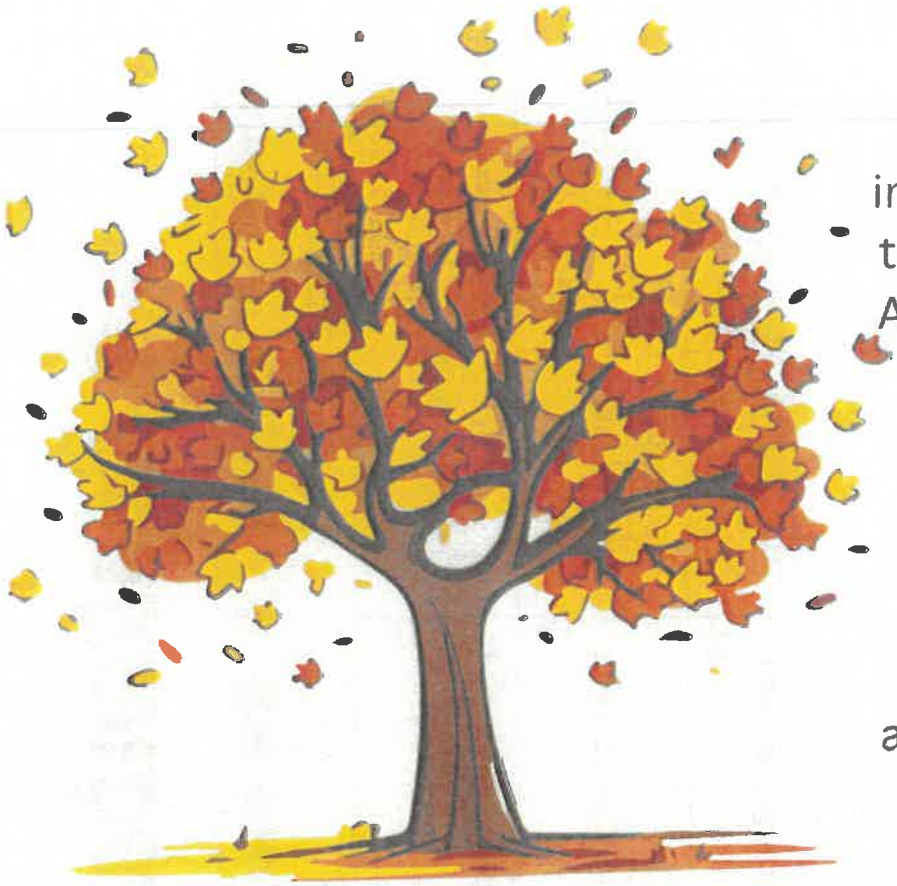
September Newsletter



Our Mission: The ACCOA 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.

BOARD OF DIRECTORS

President-Ryan Mendyka
Vice President-Delores Schlicker
Treasurer-Ken Kosal
Director-LeRoy Pinder
Director-Rolland Lynch
Director-Mike Szczepanwoski
Director-Karina Sharboneau
Commissioner-Carolyn Brummund
Executive Director-Wendy Bain

hello FALL

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday CONGREGATE LUNCH ONLY	Saturday
		1 BBQ Chicken	2 Beef and Vegetable Stir-Fry	3 Pulled Pork Sandwich	4 Baked Potato	5
6	7 CLOSED	8 Baked Chicken Breast	9 Herb Pork Loin	10 Meatloaf	11 Baked Fish	12
13	14 Chicken Alfredo	15 Tenderloin Tips	16 Ham and Beans	17 Swiss Steak	18 Beef Stew	19
20	21 Turkey Tetrazzini	22 BBQ Pulled Chicken	23 Baked Lemon Pepper Fish	24 Spaghetti w/ Meat Sauce	25 Beef Chili	26
27	28 Chicken Pot Pie	29 Turkey Stroganoff	30 Italian Chicken			

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

LETTER FROM THE EXECUTIVE DIRECTOR

Hello All,

Welcome Fall. It is hard to believe summer is behind us already.

July 21st was our one-year anniversary in our new building. This center is available to all; it is not restricted to only ALCONA county citizens. We are planning on having a Community Day on Saturdaay, Sept. 19th. The event will take place from 8:00AM to 1:00PM. We will have silent auction items and door prizes throughout the event. We will be giving tours and will have available to purchase a hot dog and chips for $5.00 and soda for $1.00. Again, this is not limited to only Alcona County residents!

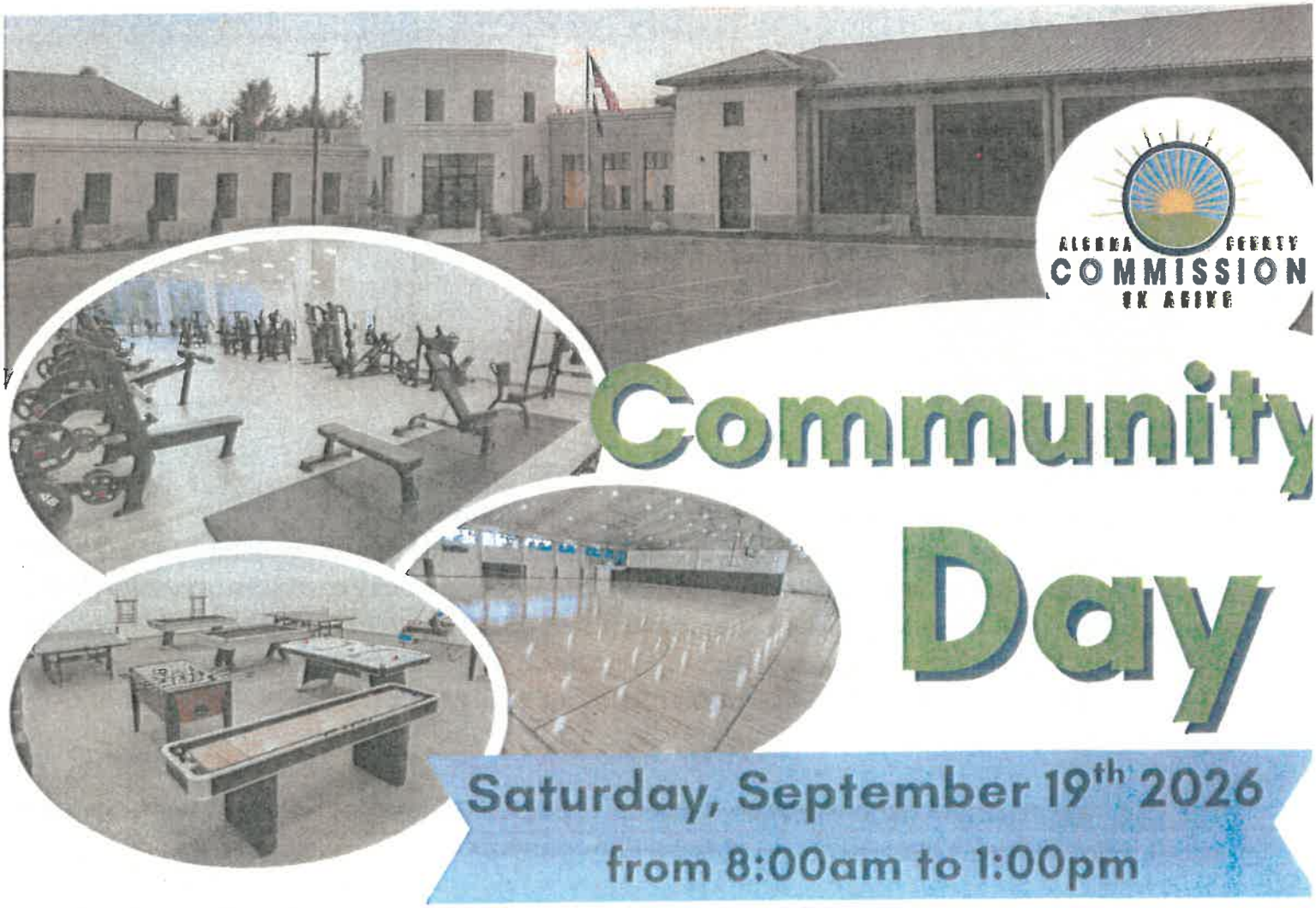
ACCOA/Sunrise Center will be closed on Saturday, Sept. 5 & Monday, Sept. 7 in observance of the Labor Day holiday. Please have a safe holiday weekend.

REMINDER: We do take Silver Sneakers and One Pass for the Sunrise fitness area. You can either call your insurance to see if you are covered or you can stop in at the fitness desk and Janet or Brielle can check your coverage.

We are having a board election in September. Ballots will be available from Sept. 1-Sept. 22 @ 5PM One ballot per person. This is not a millage vote, this is for ACCOA board members. To vote you must be 60 years old, be a client to our services such as, In Home Services, Home Delivered Meals, or Congregate Meals. You must have an updated NAPIS form on file with ACCOA and be an Alcona County resident. If you have questions, please call us at 989-736-8879.

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

Wendy Bain,
Executive Director



ALCONA COUNTY COMMISSION ON AGING

Community Day

Saturday, September 19th 2026
from 8:00am to 1:00pm

- **Door Prizes and Silent Auction**
- **Hot Dog and Chips for $5.00**
  Soda for $1.00
- **Building Tours throughout the day**

ACCOA Sunrise Center
807 N Barlow Rd, Lincoln, M

Special Offer!
Get a **Punch Card** for only **$50!**
($70 value)

Alcona County and surrounding counties all welcome!

ACCOA/Sunrise Center's
Routine Classes/ Community Connections

Board Meeting
September 22 @
10AM

Bingo
Sept.21st at 2:00 PM

Euchre
every Tuesday at 1 sharp

Line Dancing:
Starting Sept. 10 &
every Thurs. 1:00

Mahjong:
Tues. 1 PM

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
Call or Text Josie to register at 989-335-0094
class: Mon/Wed register 5:30pm /6:00pm start
crt
Thurs. 9:30 AM

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

BINGO

GAMES

Join us September 21

PRIZES | FUN

Every other Monday
@ 2 PM

@ACCOA
Dinning hall

ALGOMA COUNTY
COMMISSION

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?

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).

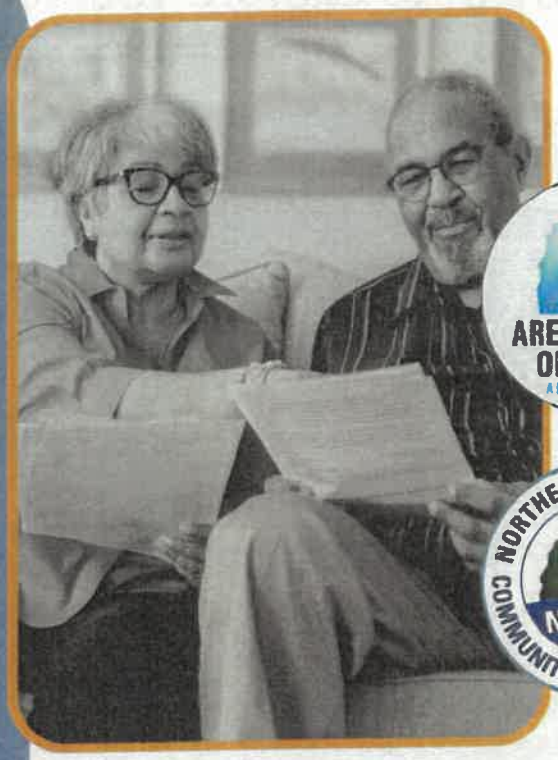
Join us in making a difference—and experience the benefits for yourself!

State Health Insurance Assistance Program (SHIP)

Confidential Counseling for Confident Choices.

Person-Centered • One-on-One • Unbiased

SHIP-certified counselors provide counseling to individuals to help beneficiaries understand their coverage options and answer questions about Medicare benefits, supplemental insurance, prescription drug plans, and enrollment periods.



Services SHIP can Provide:

- Medicare enrollment assistance.
- Medicare and Medicaid coordination.
- Discussion on cost savings options, like the Medicare Savings Program and the Low-income subsidy, also known as Extra Help.
- Spot and report potential Medicare fraud or scams.
- Prescription drug coverage options.
- Billing questions.
- Enroll in or change plans.
- Benefits explanation and more!

Eligibility:

- SHIP services support people with limited incomes, Medicare beneficiaries under the age of 65 with disabilities, and individuals who are dually eligible for Medicare and Medicaid.

"You shouldn't have to decide between food or medication to be healthy and live."

Contact Us:

Statewide:
1-800-803-7174

Local:
989-358-4611

Email:
nwdne@nemcsa.org

This project has been made possible through a grant awarded to NEMCSA Region 9 Area Agency on Aging by the Michigan Department of Health and Human Services.

Person-Centered Options Counseling (PCOC)

Planning Starts With Knowing Your Options

Person-Centered • Confidential • Unbiased

Meet with a trained Person-Centered Options Counselor (PCOC) to explore your long-term care options and create a step-by-step plan for the future.

We can help you:

- Learn about services in your community.
- Compare options based on your personal needs and preferences.
- Understand benefits, costs, and eligibility.

Topics include:

- Personal care at home, meals, transportation, and home modifications.
- Assisted living, nursing home, and independent living.
- Medicare/Medicaid and long-term care coverage.
- Caregiver support such as respite, training, and family support.
- Legal planning.

Eligibility:

- Open to adults age 18 or older, regardless of income, assets, or disability status.
- No income or asset requirement.
- Must be a resident of Northern Michigan.

REGION 9 AREA AGENCY ON AGING
A Division of NEMCSA

NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY
NEMCSA

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989-358-4611

Email:
nwdne@nemcsa.org

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APPLIANCE & HOME FURNISHINGS
SINCE 1962

LINCOLN, TAWAS CITY & WEST BRANCH
(989) 736-8360
SAME DAY, NEXT DAY DELIVERY AVAILABLE
WWW.COLESAPPLIANCE.COM

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

ALCONA CHIROPRACTIC

Vitamins & Supplements

Robert J Turek, DC

989.724.5052
alconachiropractic@gmail.com
445 S US 23
Harrisville, MI 48740

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newd@core.com
Phone: 989-724-6393
Fax: 989-724-5279

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Pizzas, Burgers, Sandwiches, Entrees, & more!

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Off: (989) 736-8171
Res: (989) 464-8348
Fax: (989) 736-8150

DISABILITYnetwork
Mid-Michigan

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.

989-835-4041

FALL Word Search

CIDER PRESERVES AUTUMN RAIN CANDY CORN BONFIRES GOURD

CORNUCOPIA INDIAN QUILT FESTIVAL FOLIAGE PILGRIMS

W	N	P	R	B	L	W	V	A	I	P	O	C	U	N	R	O	C	N	S
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SUPERSTARWORKSHEETS