WELCOME

OCTOBER

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

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

May this wonderful month bring you happiness, success, peaceful days, new opportunities, and countless blessings in every moment

ALCONA COUNTY
COMMISSION
ON AGING

Deer Widows Craft Market

Join us for a delightful and unforgettable fall market experience. Featuring a wonderful selection of seasonal goods, including ACCOA's freshly baked bread, crafts, and locally sourced items!

Saturday, November 14th, 2026

10:00AM-3:00PM

INTERESTED CRAFTERS OR BUSINESSES $25 PER SPACE AND $10 PER TABLE.
TABLES ARE LIMITED...YOUR OWN TABLES ARE WELCOME

To reserve your space, please call Rae at 989-736-8879 ext. 115

Located at 807 N. Barlow Rd. Lincoln, MI 48742

LETTER FROM THE EXECUTIVE DIRECTOR

Hello All-Happy Halloween!

I just want to remind everyone that the center is available to all; it is not restricted to only Alcona County citizens. We had a Community Day on Saturday Sept. 19. It was great to see so many people that have never been to the center! We gave tours, handed out door prizes, served lunch and had silent auction items. We raised $940.00 for our senior services. Thank you to everyone who attended. Also, a huge thanks to my staff and board members who volunteered their time to make this event possible.

A reminder that **October is Breast Cancer Awareness** month. Please stop in on October 13 wearing your pink to honor those who have fought breast cancer, whether you know a survivor or know someone who lost the fight.

ACCOA/Sunrise Center will be closed at 1:00pm on Friday October 2nd and will also be closed Saturday October 3rd. We are having our wells flushed and are unable to have water supply for 24 hours. Thank you for your patience with this matter.

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

We had our board elections Sept. 1 through Sept. 22nd. Welcome to John Stanaszek and Yance MacNeill who will be joining us at the October board meeting. Also, welcome to Delores Schlicker on her continuing service!

We will be holding our 2nd annual Deer Widow Craft Fair on Saturday, November 14. If you are interested in a vendor spot, please reach out to Rae, our Event Planner at (989) 736-8879. The event will be at the ACCOA from 10 - 3.

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

Wendy Bain
Executive Director

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Tai Chi for Arthritis and Fall Prevention helps people with or without arthritis improve mental and physical balance, which helps significantly reduce the fear of falls experienced by older adults.

- Exhibits fun and gentle
- Exercise for the body and mind.
- Improves mobility, balance, and health.
- Classes suitable for all abilities.
- Step by step instruction makes it EASY to learn.
- Classes taught by certified Tai Chi instructors.

UPCOMING WORKSHOP:

- Location:
  - Alcona County Commission on Aging
  - 200 West Fifth Avenue
  - Harrisville, MI 48740
- Last Day to Register for Workshop:
  - Sunday, December 10, 2023
- Time:
  - 12:00 p.m. - 1:00 p.m.

REGISTRATION FILLS QUICKLY, SO PLEASE REGISTER EARLY.

REGISTER AT:
Liz McNamara
989.335.1777
harrisvilleyoga1@gmail.com

Harrisville Yoga

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

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday CONGREGATE LUNCH ONLY	Saturday
				1 Pot Roast	2 Smokey Potato Soup	3
4	5 Pork Chop w/ Mushroom Gravy	6 Lasagna	7 Stuffed Cabbage Roll	8 Oven Roasted Pork	9 Chicken Tortilla Soup	10
11	12 Herb Pork Loin	13 Oven Fried Chicken	14 Lemon Baked Fish	15 Meatloaf	16 Chicken & Rice Soup	17
18	19 Tenderloin Tips w/ Wild Rice	20 Ham & Beans	21 Chicken Alfredo	22 Swiss Steak	23 Beef Stew	24
25	26 Turkey Tetrazzini	27 BBQ Pulled Chicken	28 Spaghetti	29 Lemon Pepper Fish	30 Chili Con Carne	31

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

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cardio Drumming 9:30 AM Line Dancing 1 PM Pilates 6PM	2	3 Zumba 9:30 AM
4	5 Bingo 2PM Cardio Drumming 6 PM	6 Euchre & Mahjong 1 PM	7 Cardio Drumming 6PM Pilates 7PM	8 Cardio Drumming 9:30 AM Line Dancing 1 PM Pilates 6PM	9	10 Zumba 9:30 AM
11	12 Cardio Drumming 6 PM	13 Euchre & Mahjong 1 PM Don't forget to wear your pink	14 Cardio Drumming 6 PM Pilates 7PM	15 Cardio Drumming 9:30 AM Line Dancing 1 PM Pilates 6PM	16	17 Zumba 9:30 AM
18	19 Bingo 2PM Tai Chi 12 noon-1PM Cardio Drumming 6 PM	20 Euchre & Mahjong 1 PM	21 Tai Chi 12 noon-1PM Cardio Drumming 6 PM Pilates 7PM	22Cardio Drumming 9:30 AM Line Dancing 1 PM Pilates 6PM	23	24 Zumba 9:30 AM
25	26 Tai Chi 12 noon-1 PM Cardio Drumming 6 PM	27 Board Meeting 10AM Euchre & Mahjong 1 PM	28 Tai Chi 12 noon-1PM Cardio Drumming 6 PM Pilates 7PM	29 Cardio Drumming 9:30 AM Line Dancing 1 PM Pilates 6PM	30	31 Zumba 9:30 AM

***QUILTERS EVERY THURSDAY 9AM-3PM

Fun Facts

The name October comes from octo,the Latin word for "eight," because it was the eighth month in the early Roman calendar before January and February were added.

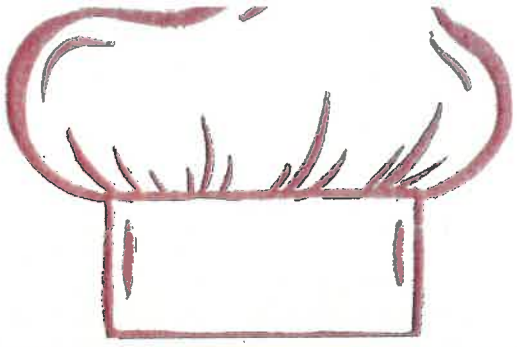
October Calendar

October 1: International Coffee Day
October 10: World Mental Health Day
October 9: Leif Erriksson Day
October 12: Canadian Thanksgiving, Columbus Day, and Indigenous People's Day
October 19: St. Luke' Little Summer
October 24: United Nations Day
October 31: Halloween (all Hallows" Eve)

October's birthflowers are the cosmos and the calendula or marigold. Cosmos are a symbol of joy, life and love and peace.The calendula represents missing grace, grief or chagrin in the language of flowers.

The October birthstone is the opal, which symbolizes faithfulness and confidence. Gem-quality opals are known for their play of color, caused by the diffraction of light. Common opals do not shimmer. Opals symbolize hope and purity and were once thought to improve eyesight or enhance intuition. Throughout history, the gem's reputation has oscillated between standing for luck and standing for lack of luck. According to some, those born in October are immune from any possible negative effects.

October is a great time for stargazing. October's full moon, Hunter's Moon will arrive on October 2nd. Keep an eye out for Draconid meteor shower on October 9th, and the Orionid meteor shower on October 21-22.



Sweet & Salty Zucchini Bread Cookies

Ingredients

3 1/3 cups all-purpose flour
1/3 cup cornstarch
1 1/2 tsp. baking powder
1 1/4 tsp. baking soda
1 1/2 tsp. Kosher salt
1 1/4 cups butter (2 1/2 sticks), room temperature
1 1/2 cups brown sugar
3/4 cup granulated sugar
2 large eggs
1 Tbsp. vanilla extract
1 cup grated zucchini
3/4 cup Chopped peanuts
3/4 cup broken pretzels

Directions

Preheat oven to 350 degrees F. In a medium bowl, whisk flour, cornstarch, bakir powder, baking soda, and salt.

In a large bowl, with mixer, beat butter, brown sugar, and granulated sugar unt creamy. Beat in eggs, 1 at a time. Beat in vanilla, followed by flour mixture. Fold i zucchini, chopped peanuts, and pretzels.

By scant 1/3-cup scoopfuls, scoop dough onto 2 large cookie sheets, spacing about 1" apart. Bake 20 to 25 minutes or until bottoms are golden brow Cool on sheets on wire racks.

hottie
PILATES

ALL LEVELS PILATES CLASSES

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NEW · WEDNESDAYS
7:00 PM
YOGA ROOM

THURSDAYS
6:00 PM
GYM

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807 Barlow Rd, Lincoln MI

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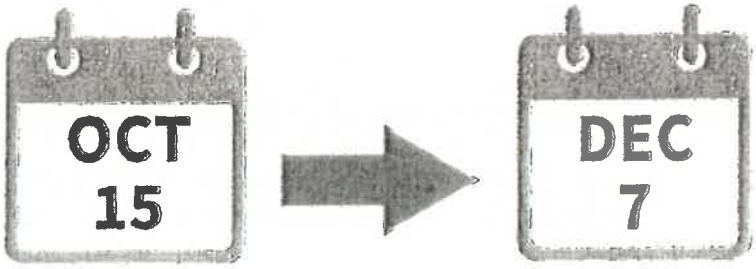
DROP-IN	5-CLASS PASS	10-CLASS PASS

REGISTER AT
hottiepilates.punchpass.com

Gym membership required · Mats provided, but limited
Bring your own mat if you have one — a thicker mat is recommended
Follow Hottie Pilates on Facebook

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options. Choose or change your Medicare health and prescription drug plans for the coming year.

Help is available!

Kimberly Fleming
Admin Assistant
SHIP Counselor

SHIP
State Health Insurance Assistance Program

989-736-8879 ext 4
flemingk@alconaseniors.org

ALCONA COUNTY COMMISSION ON AGING

ACC
The Association of Lifelong Learners

COMMISSION ON AGING

Association of Lifelong Learners and ACCOA

Presents

How to Keep Your Brain Healthy

October 22, 2026, 12PM

At ACCOA

By

Dr. John Ratey, MD

How to Keep Your Brain Healthy
by
Dr. John Ratey

The Association of Lifelong Learners at ACC and the Alcona County Commission on Aging (ACCOA)/Sunrise Center invites the public to attend a program titled "How to Keep Your Brain Healthy" presented by Dr. John Ratey, MD. This will be held on October 22, 2026, at 12:00 -1:00 pm at the ACCOA facility, 807 N Barlow Rd., Lincoln, MI 48742.

Dr. John Ratey, MD is an Associate Clinical Professor of Psychiatry at Harvard Medical School and an internationally recognized expert in Neuropsychiatry. He has published over 60 peer-reviewed articles, and 12 books published in 20 languages, including the groundbreaking ADD-ADHD "Driven to Distraction" series with Ned Hallowell, MD.

Their latest release, ADHD 2.0 (2021) explores new science and strategies. With the publication of his bestseller, "Spark-The Revolutionary New Science of Exercise and the Brain."

Dr. Ratey has established himself as one of the world's foremost authorities on the brain-fitness connection in areas such as ADHD, Autism, Aging and Cognition.

Dr. Ratey is a summer resident of Harrisville and can frequently be found working out at the Sunrise Center.

More information can be found on his website

Website: https://www.johnratey.com/

VOTE NOVEMBER 3, 20

Scan Me

MILLAGE RENEWAL INFORMATION for Alcona Community Schools

What will this renewal do?

- Provide programs for students with moderate to severe cognitive impairments at **Pied Piper School.**
- Provide programs for Early Childhood Special Education (ECSE) programs for preschool-age students (ages 3-5).
- Provide Early On programming for infants and toddlers with disabilities (ages Birth-3), including Tot SPOT and related program offerings.
- Since the last millage renewal in 2016, **the AMA ESD has provided $12,131,272 in direct financial assistance** to special education programs operated by local school districts within the AMA ESD service area.

What services are supported by the millage for Alcona Community Schools?

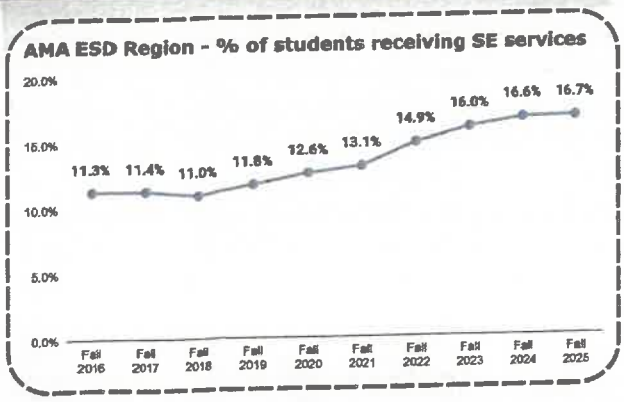
- Physical Therapy, Occupational Therapy, Speech Therapy, School Psychological Services, Teacher Consultant Services, Post-Secondary Planning, Social Work Services, Behavior Services, and Early Intervention Services.

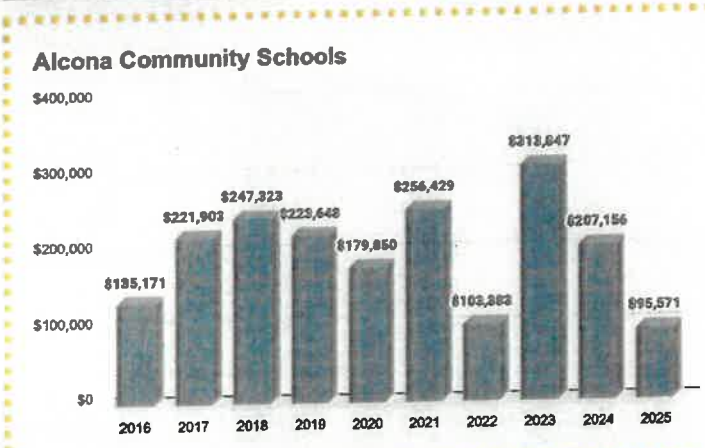
Since the last renewal, what has been the direct financial assistance provided to Alcona Community Schools?

- In the 10 years since the last renewal, Alcona Community Schools has received **$1,984,281** from this millage.

What is the total estimated annual cost of services and financial assistance Alcona Community Schools will receive if the millage is renewed?

- Pied Piper and Early Childhood Special Education: **$420,059**
- Related Services and Early Intervention Programming: **$542,302**
- Direct Financial Assistance: **$95,571**
- **Total: $1,057,932**





This graph highlights ten years of annual direct financial assistance allocated to ACS to offset instructional costs associated with special education services.

989-354-3101 www.amaesd.org

VOTE NOVEMBER 3, 20

ALCONA COMMUNITY SCHOOL

SPECIAL EDUCATION MILLAGE RENEWA

THIS IS A RENEWAL

- This is a **renewal** of the millage originally approved in 1989 and subsequently renewed in 1994, 1997, 2007, and 2016.
- The 1.2872 renewal is **lower** than the 1.3318 mills that voters passed in 2016.
- If the millage renewal were to fail, **Alcona Community Schools** would face increased costs to provide the state- and federally-mandated special education programs and services required by law.
- Based on the 1.2872 renewal, for a home with a Taxable Value of $75,000, the costs would be $96.54/year or $8.05/month. For a home with a Taxable Value of $50,000, the costs would be $64.36/year or $5.36/month.

What is the Ballot Language?

Shall the currently authorized millage ra limitation of 1.2872 mills ($1.2872 on ea $1,000 of taxable valuation) on the amou of taxes which may be assessed against property in Alpena-Montmorency-Alco Educational Service District, Michigan, provide funds for the education of studer with a disability, be renewed for a period 10 years, 2027 to 2036, inclusive; t estimate of the revenue the intermedia school district will collect if the millage approved and levied in 2027 approximately $3,536,404 from loc property taxes authorized herein (this is renewal of millage that will expire with t 2026 tax levy)?

Paid for by the AMA ESD, 2118 US 23 S, Alpena, MI 49707

In 1962, the Michigan Legislature created Intermediate School Districts to strengthen collaboration among local schools and enhance student opportunities across the state. The **AMA ESD** partners with **Alpena Public Schools, Alcona Community Schoo Atlanta Community Schools, and Hillman Community Schools**. Our service area is one of the largest among all intermediate school districts in Michigan, covering almost 1,500 square miles.

APS

BREAST CANCER AWARENESS DAY

History of Breast Cancer Awareness Day

In 2009 the House and Senate unanimously passed a resolution to recognize o day of Breast Cancer Awareness Month, October, as specifically devoted to metastatic breast cancer. The best part is how the proposal reached the floors Congress to begin with. A group of nine patients and their families had travele to Washington DC and picketed and demonstrated, and these brave souls wer able to catch the attention of the right people to initiate a vote.

But this is no time to fall into complacency, now that the word is out. As state by the Metastatic Breast Cancer Network, it is up to every MBC patient and those who love and support them to find ways to make use of this day-to further our cause to support those living with the disease and demand resear to find treatments to extend our lives. So learn the facts and stand strong wi your family, on National Metastatic Breast Cancer Awareness Day.

Join us Tuesday, October 13, 2026

in recognition of Breast Cancer Awarenes

Please wear your best pink attire
for a chance to win a prize!!

Stay for dinner!

Oven Fried Chicken
Mac & Cheese
Mixed Veggies
Orange

Please RSVP 989-736-8879

ACCOA

Alcona County Commission On Aging

EMERGENCY FLUORESCENT SIGNS ORDER FORM

Your sign will be made when the order form and payment is received. Your sign will include the green reflective plate and numbers on both sides.

Please send or bring back the order form and $25.00 per sign to:

A.C.C.O.A.

807 N Barlow Rd

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Lincoln, MI 48742

For more information, please call 989-736-8879

Date order placed (or mailed) __/__/_____ Phone Number (____)-____- _____

Name: _____

Number you want on sign: _____

Check Number_____ Amount paid_____

Please indicate which style you prefer:

— 123

— 1
2
3

These signs are not pre drilled! Thank you for your order! We will call you when your sign is available for pickup!

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Phone # 989-736-8879

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

If your agency is a nonprofit the fee will be waived.
Checks payable to: Alcona County Commission on Aging
Please put on the check memo:
"Newsletter & size of the ad"
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