

Montmorency County Senior News

MCCOA STAFF EXTENSIONS

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Issue 27

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Office Hours
 Monday - Friday
 8:00 a.m. - 5:00 p.m.

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 www.montmorencycoa.org



THIS MONTH IN HISTORY

April 2, 1863 - A bread riot occurred in the Confederate capitol of Richmond, Virginia, as angry people demanded bread from a bakery wagon then wrecked nearby shops. The mob dispersed only after Confederate President Jefferson Davis made a personal plea and threatened to use force.

April 3, 1995 - Supreme Court Justice Sandra Day O'Connor became the first woman to preside over the Court, sitting in for Chief Justice William H. Rehnquist who was out of town.

April 22, 1864 - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

Inside this issue:

MCCOA Board Members

Chairperson
 William Beswick, Sr., Atlanta Representative

Vice-Chairperson
 Elaine Ableidinger, Hillman Representative

Treasurer
 Corleen Proulx: Atlanta Member at Large

Secretary
 Betty Clark: Lewiston Member at Large

Trustees
 Christine St. George, Lewiston Representative
 Vickie Clayton, Hillman Member at Large

County Commissioner
 Albert LaFleche

MCCOA 2019 Board Meeting Dates

JAN. 17, 2019
 MAR 21, 2019
 MAY 16, 2019
 JULY 18, 2019
 SEPT 19, 2019
 NOV 14, 2019
 10:00am
 at the MCCOA Office

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Executive Director Corner: What a wonderful time it is to live in Northern Michigan; we are fortunate to be able to live here and enjoy all that it has to offer! I hope that you are enjoying the “Montmorency County Senior News”. The newsletter provides MCCOA with a wonderful opportunity to share information with you on services, available resources and activities that we offer.

We continue to build programs that we hope will be of interest to you. If you have not taken the time to check out the Atlanta, Hillman and Lewiston Centers please do so; we would love to have you join us. The centers serve nutritious, healthy and tasty meals four times a week; we even have a salad bar! Anyone can attend, regardless of place of residence or age. The soup and salad bar is open at 4:00 p.m. at a cost of \$1.00 per person for either soup or salad and dinner is served at 5:00 p.m. For attendees 60+, a suggested donation of \$3.50 per meal is asked; for those under 60 years of age the cost is \$6.00. We would ask that you call the center by 11:00 a.m. the day that you will be attending to insure that there is adequate food prepared.

With the increased request for services that we are seeing within our communities, we continue to search for ways to help offset program costs; always keeping client needs at the forefront. Not only does the increased demand for services require us to add to our workforce, but we are asking volunteers to help as well. This could be making phone calls to our homebound seniors to check on them and cheer them up, transporting clients to medical appointments, working at our mobile food pantries or sponsored events to name just a few. If you would like to volunteer, please contact the office or apply on-line at www.montmorencycoa.org.

If there are items of interest that you would like to see published in an upcoming issue, call us with the details. Community input is very important, we value your suggestions.

Anna M. Rogers
Executive Director



Senior Project Fresh/Market Fresh

Senior citizens of Montmorency County may apply for \$20 in coupons for use at any Michigan Farmers Market that displays “PROJECT FRESH ACCEPTED HERE”. MCCOA has applications and coupons available at the Atlanta office, 8:00 am to 5:00 pm.

BEGINNING MAY 1, 2019

Please call 785-2580 with any questions.

MUST MEET INCOME GUIDELINES

For one person—not to exceed \$22,311.00

For two people—not to exceed \$30,044.00

Alzheimer's Support Group

Led by trained medical professionals

MONTMORENCY COUNTY COMMISSION ON AGING

This monthly support group is to provide family, caregivers and friends with social and educational support when dealing with the effects of Alzheimer's disease or dementia.

January 24, 2019

February 28, 2019

March 28, 2019

April 25, 2019

May 23, 2019

June 27, 2019

July 25, 2019

August 22, 2019

September 26, 2019

October 24, 2019

November 28, 2019

December 19, 2019

2:00 p.m.—3:00 p.m.

**(4th Thursday of each month) At
Montmorency County Commission on Aging**

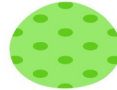
EVERYONE IS WELCOME!

No charge to attend. Donations are always welcome!

Easter Word Search



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



BUNNY
 DUCKLINGS
 BONNET
 BASKET
 CHICKS



DAFFODILS
 EASTEREgg
 HYACINTH
 SPRING
 EGGS



LAMBS
 IRIS
 JELLYBEANS
 RABBIT
 CHOCOLATE



myuntitledlife.com

Hello My Dear Senior Friend,



I am so happy to be writing to you again. What a winter we have had!! Between the cold weather and snow in January & February and the ice buildup in March it has been challenging to say the least. Now that spring has officially sprung, I am hoping for much better weather but this is Michigan, so it could change in a heartbeat.

Turkey dinner, birthday & anniversary celebrations for April: Atlanta, April 10th, Lewiston, April 16th, Hillman, April 24th. Turkey dinner, birthday & anniversary celebrations for May: Atlanta, May 8th, Lewiston, May 21st, Hillman, May 29th.

In May we will be celebrating with you "ARMED FORCES DAY". Prizes will be given for the **BEST DRESSED** in red, white and blue and a prize for anyone bringing in a picture of a loved one who has been or is currently active in the military. We would LOVE to hear about this person's role in the military then and now. A **SPECIAL MEAL & DESSERT** will be served that day. A flyer will be posted at each senior center with additional information.

Armed Forces Day celebration: Hillman, May 15th, Atlanta, May 16th, and Lewiston, May 17th. The actual day of observance for Armed Forces Day is Saturday, May 18th. If unable to celebrate with us, please remember those who have and are still serving in the military on that day.

In closing, I wish you GOOD HEALTH & MUCH HAPPINESS!!!

Cathy MCCOA Volunteer Coordinator

APRIL EVENTS

April 13 - EUCHURE TOURNAMENT

Lewiston 50+ Club doors open at 12 noon, \$20 buy in, tournament starts at 2:00pm

April 20 - EASTER EGG HUNT

12:00 NOON-Medilodge of Hillman and Hillman Area Chamber of Commerce

April 27 - Lewiston Dinner-Charity Auction

St Francis of Assisi Catholic Church Dinner 4pm- Auction 5pm- Kick off for annual ATV Raffle.

April 27 - Hillman VFW Post 2356 Auction at

Patchwood Plaza to raise money for the VFW heating & electrical in the post building.

MAY EVENT

May 18 - TASTE OF ATLANTA

At the Atlanta Thunder Bay Eagles, Saturday from 4-7 pm

5 Tips to Lower Blood Pressure

Trying to lower your blood pressure? Want to stay healthy and not have a problem? High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart and brain. Follow these 5 simple guidelines to lower your blood pressure readings and improve your health!

1

Lower the sodium in your diet.

Na

Think you eat a low-sodium diet because you never use the salt shaker? Think again! Most of the sodium in your diet comes from processed foods and meals eaten away from home. Read food labels and cook healthier choices at home.

2

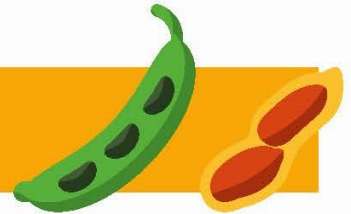
Eat more fruits and veggies.



Fruits and vegetables are a big part of the DASH diet given their potassium content, which lowers blood pressure. Try to include fruits and veggies at every snack and meal.

3

Include more beans and nuts.



Nuts, seeds and beans are also good sources of potassium. Beans and nuts are nutrient dense and contain fiber. They are also more heart healthy choices than animal proteins, which tend to contain saturated fat.

4

Moderate alcohol intake.



According to previous studies, blood pressure increases about 1 mmHg for each 10 g alcohol consumed and can be reversed within 2-4 weeks of abstinence or reduction in alcohol consumption. 4 Have clients try a "mocktail" of flavored seltzer water with a twist of lemon or lime.

5

Get to a healthier weight.



One of the best treatments of blood pressure is mild weight loss. According to the National Heart Lung and Blood Institute (the people that developed the DASH diet), a 10 lb weight loss result in blood pressure reduction. For many clients, this is a more realistic weight loss target even if their BMI is still elevated. 3

APRIL 2019 ATLANTA SENIOR CENTER MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Soup and Salad bar opens at 4:00 p.m., soup \$1.00 & salad bar \$1.00. Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE. Reservations may now be made before 11a.m on-line at: www.montmorencycoa.org, Select your center, complete form and click on RESERVE

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580

Mon	Tue	Wed	Thu	Fri
1. Pork Chops Scalloped Potatoes Peas	2. Grilled Chicken Patty on Bun Macaroni Salad Northwest Salad	3. Cabbage Rolls Parsley Potatoes Squash	4. Beef Taco's Refried Beans Mixed Vegetables	5. CLOSED
8. Meatloaf Macaroni & Cheese Prince Charles Blend Pears	9. Homemade Pizza Tossed Salad Broccoli Mandarin Oranges	10. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	11. Beef Pepper Steak over Rice Peas Wax Beans	12. CLOSED
15. Country Steak Mashed Potatoes Carrots Pears	16. BBQ Chicken Baked Potatoes Cauliflower Peaches	17. Swedish Meatballs Over Noodles Beets Wax Beans	18. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	19. CLOSED
22. Hamburger Deluxe Baked Beans Northwest Blend	23. Scalloped Potatoes w/Ham Prince Charles Veggie Cauliflower Pineapple	24. Chicken A la King Over Biscuits Tossed Salad Broccoli Blueberry Crisp	25. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	26. CLOSED
29. Beef Stroganoff Over Noodles Beets Mixed Vegetables	30. Baked Chicken Rice Pilaf Squash Tossed Salad Peaches			ATLANTA SR CENTER 11780 M-33 North (989) 785-3932

Montmorency County Conservation Club

Every (second Tuesday) of the month

7:00 p.m.

**Exercise Class: Monday,
Wednesday & Friday
9:00 a.m. until 10 a.m.**



BUNKO:

Please call Carol at
(989) 785-3843

To make sure there is a partner available

(Every other Thursday)

1:00 p.m. until 4:00 p.m.

Commodities:

Seniors

(40 lbs.)

April 22, 2019

10a-10:30a.m.

APRIL 2019 HILLMAN SENIOR CENTER MENU



PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Soup and Salad bar opens at 4:00 p.m., soup \$1.00 & salad bar \$1.00. Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE. Reservations may now be made before 11 A.M. on-line at:

www.montmorencycoa.org, Select your center, complete form and click on RESERVE

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580.

Mon	Tue	Wed	Thu	Fri
1. Pork Chops Scalloped Potatoes Peas	2. Grilled Chicken Patty on Bun Macaroni Salad Northwest Blend	3. Cabbage Rolls Parsley Potatoes Squash	4. Beef Taco's Refried Beans Mixed Vegetables	5. <i>Closed</i>
8. Meatloaf Macaroni & Cheese Prince Charles Blend Pears	9. Homemade Pizza Tossed Salad Broccoli Mandarin Oranges	10. BBQ Chicken Baked Potatoes Cauliflower Peaches	11. Beef Pepper Steak over Rice Peas Wax Beans	12. <i>Closed</i>
15. Country Steak Mashed Potatoes Carrots Pears	16. Chicken A la King Over Biscuits Tossed Salad Broccoli Blueberry Crisp	17. Swedish Meatballs Over Noodles Beets Wax Beans	18. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	19. <i>Closed</i>
22. Hamburger Deluxe Baked Beans Northwest Blend Mixed Fruit	23. Scalloped Potatoes w/Ham Prince Charles Blend Cauliflower Pineapple	24. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	25. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	26. <i>Closed</i>
29. Beef Stroganoff Over Noodles Beets Mixed Vegetables	30. Baked Chicken Rice Pilaf Squash Tossed Salad Peaches		Hillman Center 431 Pine View Court 989-742- 3013	

BAKE SALE
EVERY
BIRTHDAY
DINNER



WEEKLY ACTIVITIES

Open 1 p.m.
**Mon, Tues, Wed,
Thursday**
* Puzzles*
Wi-Fi Library*

**Hillman Sr. Center
Board of Directors
Meeting**
(Every)
(Third Thursday)
3:00 p.m.

Commodities:

Seniors
(40 lbs.)
April 22, 2019
11—11:30 p.m.

Every Wednesday
Line Dancing
10 a.m. to 12 p.m.
Quilting
12:00 p.m.

APRIL 2019 LEWISTON 50+ CLUB MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING



Soup and Salad bar opens at 4:00 p.m., soup \$1.00 & salad bar \$1.00 Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE. Reservations may now be made before 11a.m. on-line at:

www.montmorencycoa.org, Select your center, complete form and click on RESERVE

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580.

LEWISTON 50+ CLUB (989)786-3124

Mon	Tue	Wed	Thu	Fri
1. Pork Chops Scalloped Potatoes Peas Applesauce	2. Grilled Chicken Patty on Bun Macaroni Salad Northwest Blend Peaches	3. CLOSED	4. Cabbage Rolls Parsley Potatoes Squash Pears	5. Beef Taco's Refried Beans Mixed Veggies Mandarin Oranges
8. Meatloaf Macaroni & Cheese Prince Charles Blend Pears	9. Homemade Pizza Tossed Salad Broccoli Mandarin Oranges	10. CLOSED	11. BBQ Chicken Baked Potato Cauliflower Mandarin Oranges	10. Beef Pepper Steak over Rice Peas Wax Beans Mixed Fruit
15. County Steak Mashed Potatoes Carrots Pears	16. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	17. CLOSED	18. Swedish Meatballs Over Noodles Beets Wax Beans Applesauce	19. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple
22. Hamburger Deluxe Baked Beans Northwest Blend Mixed Fruit	23. Scalloped Potatoes w/ Ham Prince Charles Blend Cauliflower Pineapple	24. CLOSED	25. Chicken A la King Over Biscuits Tossed Salad Broccoli Blueberry Crisp	26. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges
29. Beef Stroganoff Over Noodles Beets Mixed Vegetables Mixed Fruit	30. Baked Chicken Rice Pilaf Squash Tossed Salad Peaches	29.		Lewiston 50+ 2811 Kneeland (989) 786- 3124

Lewiston 50+ Club

Board of Directors Meeting
(3rd Mon.)

11:00am

Commodities:

Seniors
(40 Obs.)
APRIL 22,
2019
9—9:30 a.m.

EUCHRE TOURNAMENT

Saturday, April 13th, 2019
Doors open at 12 noon
\$20.00 buy in
Tournament starts at 1pm.

Exercise Class: Monday, Wednesday, Thursday & Friday 10 a.m.

BINGO (Every Wednesday) Doors open at 4:00 p.m.

Lewiston Family Ministry Food Pantry: Every 2nd & 4th Wed. 12 p.m. -2 p.m.

Euchre: (Every Tuesday & Thursday) 1 p.m.,