



Montmorency County Senior News

11463 McArthur Road, P.O. Box 788, Atlanta, MI 49709

web www.montmorencycoa.org

October, 2024

Issue 92



Office Hours
Monday - Thursday
8:30 a.m. - 4:30 p.m.

989-785-2580

MCCOA 2024 Board Meeting Dates

October 17, 2024

November 21, 2024

December 19, 2024

Board Meeting 5:30 pm at

MCCOA Office

MCCOA BOARD MEMBERS

Chairperson

Don Edwards , Vice Chairperson

Corleen Proulx, Treasurer

Vacant, Secretary

John Mulholland, Lewiston Trustee

Thomas Cox, Lewiston Trustee

Jacquelyn Lardie, Atlanta Trustee

Joe Bouchey, Hillman Trustee

Don Edwards, County Commissioner

MCCOA STAFF

Beverly Crawford, Executive Director

bcrawford@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse

jsteelebrady@montmorencycoa.org

Linda Kline, In Home Coordinator

lkline@montmorencycoa.org

Karen Balcom, Administrative Assistant

kbalcom@montmorencycoa.org

DIRECTORS CORNER

As the crisp days of fall settle in, October brings with it not only the beauty of changing leaves but also a focus on safety and preparedness. Emergency Preparedness an essential part of ensuring that everyone, especially our older adults, is equipped to handle sudden changes in weather or unexpected events.

Preparedness Essentials:

Be Prepared: Have emergency supplies, like food water and medicine, so that you can meet your basic needs.

Understand Your Risks: Reach out to your local office of emergency management agency to learn more about your local risks.

Plan to stay Connected: In a disaster it is important to stay connected and informed.

Learn Emergency Skills: Prepare now so that you have critical skills and can Meet your basic needs.

Gather Emergency Supplies: Organize supplies into a Go-Kit and a Stay-at-Home Kit. Basic supplies include: water, food: non-perishable, can opener, Medications and medical items, flashlight, battery-powered radio, extra batteries, first aid kit, multi-purpose tool, sanitation and personal hygiene items, cell-phone with chargers, family and emergency contact information, extra cash, emergency blanket, hats, gloves, boots coats, etc. (cold weather) , sun hats, sunglasses, sunscreen, bug spray, etc. (warm weather) change of clothes, map of the area, keep personal, financial and medical records safe and easy to access.

Make plans to stay safe: Stay or go? Depending on the emergency, you may need to stay where you are or evacuate to stay safe.

Plan to Reconnect with Loved Ones: If separated, or if the phone or internet is down, have a plan to communicate with loved ones.

Plan to Take Care of Yourself.

October is the perfect time to engage with our community and encourage neighbors to check in on one another, especially those who may be more vulnerable during extreme weather.

By staying informed and prepared, we can all help ensure a safe and supportive environment as the colder month's approach.

Beverly Crawford



October is Breast Cancer Awareness Month. It's a time for reflection on trends in breast cancer research, prevention, and treatment. According to the National Cancer Institute, approximately 310,720 women in the United States will be diagnosed with breast cancer in 2024. Furthermore, about 42,250 will die of the disease.

Breast cancer is the most common type of non-skin cancer in women in the United States. Notably, it accounts for 30% of all new cancer cases in women. It is second only to lung cancer as a cause of cancer death in American women. About one woman in eight in the United States will develop breast cancer during her lifetime-about 13% of all women.

Breast cancer occurs in many different forms. The most common form is ductal carcinoma, which begins in the cells of the ducts. Cancer that begins in the lobes or lobules is called lobular carcinoma. It is found in both breasts more often than other types of breast cancer. Inflammatory breast cancer is a rare type in which the breast is warm, red, and swollen.

Risk Factors

Being female and older in age are the main risk factors for breast cancer. Others include exposure to estrogen made by the body; presence of dense tissue; early onset of menstruation; older age at first birth; the use of hormones for symptoms of menopause; smoking; obesity; and not getting enough exercise.

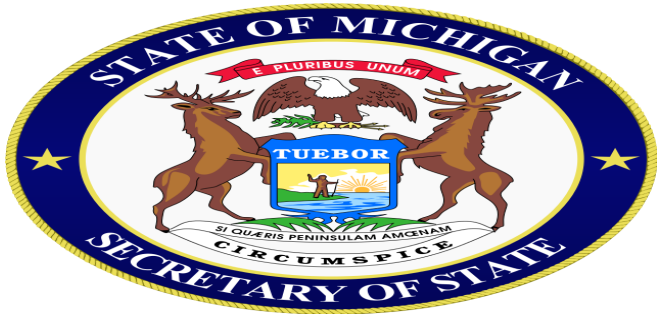
Hereditary breast cancer makes up 5% to 10% of all breast cancer diagnoses. Women who have mutations in certain genes, such as BRCA1 and BRCA2, can have a higher level of risk.

Breast cancer in men

Men can also get breast cancer. An estimated 2,790 men are expected to be diagnosed with breast cancer in 2024, and about 530 will die of the disease. Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of the disease.



What's Happening



Please contact the MCCOA office at 989-785-2580 to make an appointment for our next mobile Secretary of State, which will be October 3rd from 10am-3pm.

This is a public event for everyone.

MCCOA OFFICE

We have non perishable food items at the MCCOA Office for our seniors.

You may stop in Monday thru Thursday from 9am until 3pm . Please bring your own shopping bags.



HILLMAN - 11 Until Gone

First and Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

October 2nd - 16th, 2024

Hillman Contact: Barb Durflinger

For your safety, this will be a drive up distribution. Please remain in your vehicle.

May pick up for more than one family. No Income requirements.

May begin earlier to lessen traffic.

OPEN ENROLLMENT IS OCTOBER 15 THRU DECEMBER 7, 2024 IT IS TIME TO LOOK AT YOUR PRESCRIPTION DRUG PLAN COVERAGE.

If you ask yourself:

- Am I in the right insurance program for my prescription/medical needs?
- How do I make sure my plan will cover my drugs?

Please call Karen at MCCOA 989-785-2580 to make an appointment.



H.A.R.P

Hillman Area Resource Pantry
NEW BEGINNINGS MINISTRIES

16960 Co. Rd. 459

989-742-2539

First Tuesday 9:00-11:00 A.M.

Emergency Preparedness Word Search



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

Alerts
Batteries
Blankets
Cash
Cloths
Emergency plans
Evacuation Routes

First Aid Kit
Flashlight
Grab and go kit
Hazards
Household documents
Hand can opener
Important numbers

Personal documents
Pet supplies
Prescription meds
Ready to eat foods
Seventy-two hours
Water
Weather radio
Whistle



October, 2024 ATLANTA SENIOR CENTER MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING







Doors will open at 4:30 p.m. for Congregate meals . Dinner 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 Call in reservations must be made before 11 am at **(989) 785-3932.**

At this time walk-in reservations are restricted.

For home delivered meal cancellations please call (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
Atlanta Senior Center 1178 M 33 N 989-785-3932	1. BBQ Pork Sandwiches Potato Wedges Brussel Sprouts Pineapple	2. Goulash Tossed Salad Malibu Blend Pears	3. Baked Fish Roasted Potatoes Coleslaw Mixed Fruit 	4. Closed
7. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	8. Shepard's Pie Tossed Salad Prince Charles Blend Mixed Fruit	9. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	10. Beef Stroganoff Over Noodles Beets Spinach Mandarin Oranges 	11. Closed
14. BBQ Ribs Baked Potato California Blend Pineapple	15. Chicken Stir Fry Over Brown Rice Tossed Salad Far East Blend Peaches	16. Taco's Refried Beans Corn & Black Beans Mixed Fruit	17. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges 	18. Closed
21. Meatloaf Au Gratin Potatoes Green Beans Pears	22. Chicken w/Mushrooms Rice Pilaf Broccoli Carrots Peaches	23. Lasagna Tossed Salad Malibu Blend Mandarin Oranges	24. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce 	25. Closed
28. Pork Chop Au Gratin Potatoes Green Beans Applesauce	29. Sweet & Sour Meatballs Over Rice Broccoli Beets Mandarin Oranges	30. BBQ Chicken Bake Potato California Blend Peach Crisp	31. Salisbury Steak Mashed Potatoes Brussel Sprouts Pears 	Closed

EXERCISE CLASS
Monday, Wednesday, & Friday
9:00 am—10:15 am

Wednesdays
Euchre 2-4
Atlanta Sr. Center

COMMODITIES
Atlanta
Seniors Center
First Thursday of
Month
November 7, 2024
12:00pm

BUNCO/BINGO
Please call Cathy at (989) 350-5636 for
Bunco or Linda for Bingo at (989) 785-
6594
To make sure there is a partner
available
(Every other Thursday)

Thunder Bay Quilt
Guild
10 - 12:30 Tuesday
Please call Pam
Achatz



October 2024 HILLMAN SENIOR CENTER MENU


PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:30 p.m. for Congregate meals . Dinner 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. Call in reservations must be made before 11 A.M at **(989)742-3013.**

At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
HILLMAN CENTER 431 PINE VIEW COURT 989-742-3013	1. BBQ Pork Sandwiches Potato Wedges Brussel Sprouts Pineapple	2. Goulash Tossed Salad Malibu Blend Pears	3. Baked Fish Roasted Potatoes Coleslaw Mixed Fruit	4. Closed
7. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	8. Taco's Refried Beans Corn & Black Beans Mixed Fruit	15. Chicken Stir Fry Over Brown Rice Tossed Salad Far East Blend Peaches	10. Beef Stroganoff Over Noodles Beets Spinach Mandarin Oranges	11. Closed
14. Pork Chop Au Gratin Potatoes Green Beans Applesauce	15. BBQ Chicken Bake Potato California Blend Peach Crisp	16. Shepard's Pie Tossed Salad Prince Charles Blend Mixed Fruit	17. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges	18. Closed
21. Meatloaf Au Gratin Potatoes Green Beans Pears	22. Chicken w/ Mushrooms Rice Pilaf Broccoli Carrots Peaches	23. Lasagna Tossed Salad Malibu Blend Mandarin Oranges	24. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce	25. Closed
28. BBQ Ribs Baked Potato California Blend Pineapple	29. Sweet & Sour Meatballs Over Rice Broccoli Beets Mandarin Oranges	30. HAPPY BIRTHDAY TURKEY DINNER 	31. Salisbury Steak Mashed Potatoes Brussel Sprouts Pears	Closed

Senior Commodities
Patchwood Plaza
14797 State St, Hillman
Third Wednesday of Month
November 20, 2024
10:00am

Open at 1pm
Monday thru Thursday
Puzzles, Wi-Fi & Library

Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Monday 3 pm

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

EUCHRE TOURNAMENT EVERY 4TH
SATURDAY. MEAL AT 5 PLAY AT 6

October 2024 LEWISTON SENIOR MENU



PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:00 p.m. for Congregate meals. Dinner 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. Call in reservations must be made before 11 A.M. at **(989)786-3124.**


At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednes-	Thursday	Friday
Lewiston 50 + Club 2811 Kneeland 989-786-3124	1. BBQ Pork Sandwiches Potato Wedges Brussel Sprouts Pineapple	2. Closed	2. Goulash Tossed Salad Malibu Blend Pears	3. Baked Fish Roasted Potatoes Coleslaw Mixed Fruit
7. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	8. Taco's Refried Beans Corn & Black Beans Mixed Fruit	9. Closed	15. Chicken Stir Fry Over Brown Rice Tossed Salad Far East Blend Peaches	10. Beef Stroganoff Over Noodles Beets Spinach Mandarin Oranges
14. BBQ Ribs Baked Potato California Blend Pineapple	15. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	16. Closed	16. Shepard's Pie Tossed Salad Prince Charles Blend Mixed Fruit	17. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges
21. Meatloaf Au Gratin Potatoes Green Beans Pears	22. Chicken w/ Mushrooms Rice Pilaf Broccoli Carrots Peaches	23. Closed	23. Lasagna Tossed Salad Malibu Blend Mandarin Oranges	24. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce
28. Pork Chop Au Gratin Potatoes Green Beans Applesauce	29. Sweet & Sour Meatballs Over Rice Broccoli Beets Mandarin Oranges	30. Closed	31. BBQ Chicken Bake Potato California Blend Peach Crisp	

Senior Commodities
Bethlehem Lutheran
Church
3805 Co Rd 612
Lewiston
November 7, 2024
1100am

Exercise Class:
Monday, Wednesday,
Thursday &
Friday at 10a.m.
Come Join Us!



Euchre:
Every Tuesday &
Thursday 5:30

Every Wednesday
Doors open at 4:00



Lewiston 50+ Club
Board of Directors
Meeting
(3rd Monday)
10:00 am