

Montmorency County Senior News

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

web www.montmorencycoa.org

February 2025

Issue 96



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

989-785-2580

MCCOA 2024 Board Meeting Dates

February 19, 2025

March 20, 2025

April 17, 2025

Board Meeting 4:30 pm at

MCCOA Office

MCCOA BOARD MEMBERS

Joseph Bouchey, Chairperson

Corleen Proulx, Treasurer

Jacquelyn Lardie, Secretary

James Madison, Lewiston Trustee

John Mulholland, Lewiston Trustee

Trustee

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

Michelle Caten, Administrative Assistant

mcaten@montmorencycoa.org

Directors Corner

As we welcome February, it's a perfect time to focus on two important themes: **Heart Health Month and Love and Relationships.**

Heart Health month reminds us to take care of one of the most vital parts of our body-our heart! Cardiovascular disease remains a leading concern, especially for older adults. At MCCOA, we encourage everyone to prioritize their heart health by staying active, eating nutritious meals, and scheduling regular check-ups. Small changes, such as adding more vegetable to your meals or going for walks indoors, can make a difference for the elderly by improving their overall health, mobility, and quality of life.

This month is also about love and relationships, as we celebrate Valentine's Day on February 14. Whether it's family, friends, or community connections, nurturing relationships is a key part of emotional and mental well-being. Let's take a moment this month to express appreciation to the people we care about most. Happy Valentine's Day to all!

Important Update: Homemaking Service Availability

MCCOA is committed to serving as many individuals as possible, but we are currently facing staffing challenges that require us to make some adjustments. Starting in February, if you currently receive homemaking services one or more times a week, your visits will shift to every other week. This change is necessary to help us extend support to others in urgent need within our community.

If this adjustment affects you, you will receive both a letter in the mail and a follow-up telephone call. We understand this change may be inconvenient, and we truly appreciate your understanding as we work to balance our resources and serve as many people as possible.

Thank you for being part of our community. Together, we can make February a month full of care, connection and compassion!

Beverly Crawford, Executive Director





3-Can Chili

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

Ingredients

- 1 can (15.5 ounces) beans, low-sodium, undrained (pinto, kidney, red, or black)
- 1 can (15.2 ounces) corn, drained (or 10-oz package of frozen corn)
- 1 can (14.5 ounces) crushed tomatoes, low-sodium, undrained
- 1 teaspoon chili powder (or more, to taste)

Directions

1. Wash hands with soap and water.
2. Place the contents of all 3 cans into a pan.
3. Add chili powder to taste.
4. Stir to mix.
5. Continue to stir over medium heat until heated thoroughly.
6. Refrigerate leftovers.

Honey Milk Balls



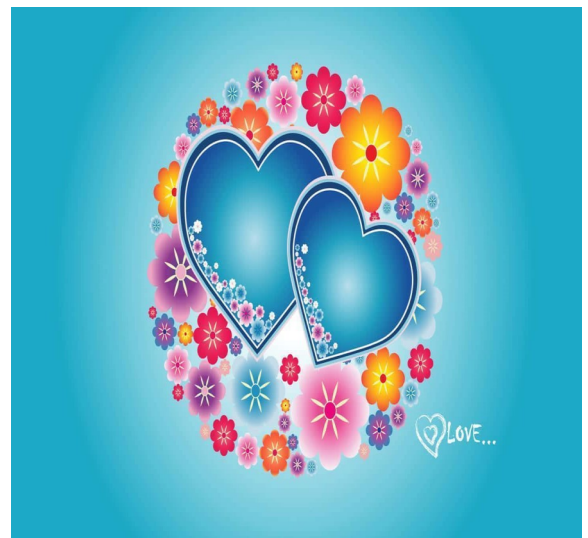
Honey milk balls make a great afternoon snack – packed with protein and calcium. They taste like a treat, so be sure to save a few for yourself.

Ingredients

- 1/4 cup honey*
- 1/4 cup peanut butter
- 1/2 cup dry milk, non-fat
- 1/2 cup cereal (crushed)

Directions

1. Wash hands with soap and water.
2. Mix honey and peanut butter.
3. Gradually add dry milk and mix well.
4. Chill for easier handling.
5. With greased hands, form into small balls.
6. Roll in crushed cereal flakes.
7. Chill until firm.
8. Refrigerate leftovers within 2 hours.



Valentine's Day Word Search

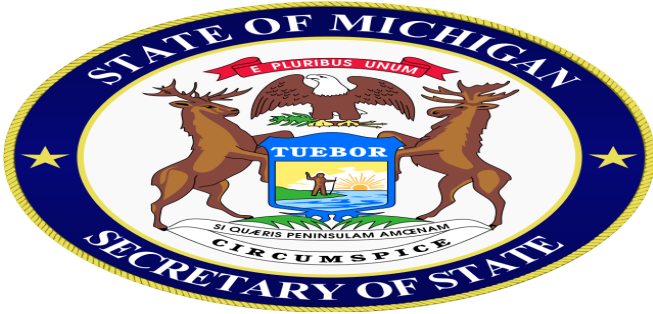
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j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
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n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
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n	r	g	a	r	e	l	l	k	t	d
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

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 April 3, 2025 and



HILLMAN - 11 Until Gone

First and Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

February 5th, & 19th 2025

Hillman Contact: Barb Durflinger

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.**

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.

ATTENTION EVERYONE THAT PICKS UP COMMODITIES .

Please update your phone number in our MCCOA system by calling 989-785-2580. We are sending out robo calls to remind you of the day of delivery for your monthly commodities.

H.A.R.P

**Hillman Area Resource Pantry
NEW BEGINNINGS MINISTRIES**

16960 Co. Rd. 459

989-464-4810 (Juli)

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

Third Tuesday 4-6 P.M.

For rentals at the Hillman Senior Center, please contact Fred Kochis at (989) 742-4434. Please leave a message if no answer. Please do not send a text message as this is a landline, thank you.

February 2025 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				Closed
3. Baked Ham Sweet Potatoes California Blend Pineapple	4. Lasagna Tossed Salad Broccoli Mixed Fruit	5. Oven Fried Chicken Baked Potato Squash Peaches	6. Salisbury Steak Mashed Potatoes Peas & Carrots Applesauce 	7. Closed
10. Meatloaf AuGratin Potatoes Brussel Sprouts Mixed Fruit	11. Homemade Chili Tossed Salad Green Beans Cornbread Mandarin Orange	12. Chicken Alfredo Over Pasta Malibu Blend Green Beans Peaches	13. Pork Roast Mashed Potatoes Peas & Carrots Applesauce	14. Closed
17. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	18. Country Fried Steak Mashed Potatoes Carrots Mandarin Oranges	19. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	20. Cottage Pie Prince Charles Blend Tossed Salad Pears 	21. Closed
24. Pork Chops AuGratin Potatoes Prince Charles Blend Applesauce	25. Goulash Tossed Salad Broccoli Peaches	26. Chicken Pot Pie California Blend Coleslaw Peaches	27. Swedish Meatballs Over Noodles Brussel Sprouts Beets Pears	28. 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
February 6, 2024
11:00am

BUNCO/BINGO

Please call Cathy at (989) 350-5636 for
Bunko 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

February 2025 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				Closed
3. Baked Ham Sweet Potatoes California Blend Pineapple	4. Lasagna Tossed Salad Broccoli Mixed Fruit	5. Oven Fried Chicken Baked Potato Squash Peaches	6. Salisbury Steak Mashed Potatoes Peas & Carrots Applesauce	7. Closed
10. Meatloaf AuGratin Potatoes Brussel Sprouts Mixed Fruit	11. Homemade Chili Tossed Salad Green Beans Cornbread Mandarin Orange	12. Chicken Pot Pie California Blend Coleslaw Peaches	13. Pork Roast Mashed Potatoes Peas & Carrots Applesauce	14. Closed
17. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	18. Chicken Alfredo Over Pasta Malibu Blend Green Beans Peaches	19. Country Fried Steak Mashed Potatoes Carrots Mandarin Oranges	20. Cottage Pie Prince Charles Blend Tossed Salad Pears	21. Closed
24. Pork Chops AuGratin Potatoes Prince Charles Blend Applesauce	25. Goulash Tossed Salad Broccoli Peaches	26. HAPPY BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	27. Swedish Meatballs Over Noodles Brussel Sprouts Beets Pears	28. Closed

Senior Commodities

Patchwood Plaza
14797 State St, Hillman
Third Wednesday of
Month
February 19, 2025
10:00am

Open at 1pm

Monday thru
Thursday
Puzzles, Wi-Fi &
Library

Hillman Sr. Center
Board of Directors
Meeting

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

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

February 2025 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		Closed		
3. Baked Ham Sweet Potatoes California Blend Pineapple	4. Lasagna Tossed Salad Broccoli Mixed Fruit	5. Closed	6. Oven Fried Chicken Baked Potato Squash Peaches	7. Salisbury Steak Mashed Potatoes Peas & Carrots Applesauce
10. Meatloaf AuGratin Potatoes Brussel Sprouts Mixed Fruit	11. Homemade Chili Tossed Salad Green Beans Cornbread Mandarin Orange	12. Closed	13. Chicken Alfredo Over Pasta Malibu Blend Green Beans Peaches	14. Pork Roast Mashed Potatoes Peas & Carrots Applesauce
17. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	18. HAPPY BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	19. Closed	20. Country Fried Steak Mashed Potatoes Carrots Mandarin Oranges	21. Cottage Pie Prince Charles Blend Tossed Salad Pears
24. Pork Chops AuGratin Potatoes Prince Charles Blend Applesauce	25. Goulash Tossed Salad Broccoli Peaches	26. Closed	27. Chicken Pot Pie California Blend Coleslaw Peaches	28. Swedish Meatballs Over Noodles Brussel Sprouts Beets Pears

Senior Commodities
Bethlehem Lutheran
Church
3805 Co Rd 612
Lewiston
February 6, 2025
1100am

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



Every Wednesday
Doors open at 4:00

Euchre:
Every Tuesday &
Thursday 5:30



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