MISSION STATEMENT
Committed to Helping Seniors

The Montmorency County Commission on Aging is patterned after the Older Michiganian Act. We are a not-for-profit, non-sectarian, and non-political organization. The purpose of MCCOA is to coordinate and implement public and private programs that promote and safeguard the independence, welfare, and dignity of the senior citizens of Montmorency County.

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MCCOA Staff Extensions
Anna M. Rogers
Executive Director 12
arogers@montmorencycoa.org

Evelyn White
In-Home Coordinator 10
ewhite@montmorencycoa.org

Maureen Kent
Registered Nurse 15
mkent@montmorencycoa.org

MCCOA Board Members
Chairperson
Carol Athan: Lewiston Rep.
Vice-Chairperson
Treasurer
Corleen Proulx: Atlanta Member at Lg
Secretary
Betty Clark: Lewiston Member at Lg
Trustees
Vickie Clayton: Hillman Member at Lg
County Commissioner
Albert LaFleche

M.C.C.O.A. BOARD
2017 MEETING DATES
M.C.C.O.A. OFFICE
9:30 A.M.
July 20, 2017
September 21, 2017
November 16, 2017

MCCOA
11463 McArthur RD
PO BOX 788
ATLANTA, MI 49709
(989) 785-2580

Office Hours
Monday - Friday
8:00 a.m. - 5:00 p.m.
Email:
info@montmorencycoa.org
Web address:
www.montmorencycoa.org

MCCOA Board Members

M.C.C.O.A. BOARD
2017 MEETING DATES
M.C.C.O.A. OFFICE
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**NATIONAL VOLUNTEER WEEK**

National Volunteer Week was celebrated on April 23 to April 29, 2017. Here at MCCOA we are very fortunate to have incredible volunteers that help in so many ways; volunteering not only their time but resources. MCCOA currently has 29 active volunteers with our organization that assist with medical transportation for our seniors, temporary home delivered meal drivers, helping with our mobile food distributions, telephone reassurance calls, congregate meal registration and in other areas where help is needed.

To celebrate and recognize our volunteers a soup and salad luncheon was hosted on April 28 with 16 in attendance. Many thanks to the Atlanta food service staff for the wonderful meal and to all of our volunteers! Each volunteer received a small token of our appreciation in recognition of their services.

MCCOA recognized our 2017 Volunteers of the year; Judy Porter and Larry Snyder. Judy and Larry exemplify what it truly means to be a volunteer; serving others in need with no expectations of recognition. Both Judy and Larry have driven many of our seniors to medical appointments, putting countless miles on their vehicles and donated many hours of their time to do so. Thank you Judy and Larry!

The Montmorency County Commission on Aging is always looking for volunteers and we would love to have anyone that is interested to contact the MCCOA office at (989) 785-2580 to learn more.

**PRESCRIPTION DRUG DISPOSAL CONTEST**

The Montmorency County Commission on Aging and the County’s seniors are proud to have been part of a VERY SUCCESSFUL Drug Disposal Day in Montmorency County. This event is held to allow citizens to clear their medicine cabinets and cupboards of unused medications.

MCCOA and CHS Prevention sponsored a “healthy” competition between the county’s center sites in Atlanta, Hillman and Lewiston. The competition consisted of each of the centers designating a day to bring in and dispose of their unused medications to a Sheriff’s Department Deputy. The site “disposing” of the most unused meds would win a month’s worth of coffee and all the fixings.

**Our winning center was Atlanta,** turning in 11.72 pounds of unused meds with Hillman at 8.35 pounds and Lewiston 3.5 pounds. The three centers combined gathered a total of 23.57 pounds of medications!

Montmorency County Seniors are proud to be doing their part in a county, State and National Prescription Drug Abuse problem by “MONITORING, SECURING and ultimately DISPOSING of any unused medications.” Every one of us can make a difference by being aware of the problem and taking small steps to ensure that we are all doing our part.
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P A G E 3

Upcoming Events

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS
Classes held on Wednesdays
June 7—July 26, 2017
1:30 p.m. — 3:30 p.m.
2 hour session per week for 8 weeks

At the Atlanta
Tri-Township Fire Department

**CLASS SIZE IS LIMITED**
PRE-REGISTRATION REQUIRED
To register contact:
MCCOA
989-785-2580
No charge to attend but donations are always welcome!

Alzheimer’s Support Group

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.

June 22, 2017
July 27, 2017
August 24, 2017
September 28, 2017

2:00 p.m. — 3:00 p.m.
(4th Thursday of each month) At
Montmorency County Commission on Aging
11463 McArthur Road
Atlanta, MI 49709
989-785-2580

Everyone is welcome!

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, 2017.
We will also be signing up applicants at:
Atlanta Center—May 10 and June 14 from 4-5 p.m.
Lewiston 50 + Club—May 16 and June 20 from 4-5 p.m.
Hillman Center—May 31 and June 28 from 4:00—5:00 p.m.
Please call 785-2580 with any questions.

Everyone is Welcome!

Traverse City Beach Bums
Traverse City, Michigan

Transportation Provided by Coastal Charter and Tours, Inc.

The River City Rascals
O’Fallon, Missouri

Sunday, July 30, 2017
Game Starts at 5:05 p.m.
Departing from Hillman Senior Center at 1:00 p.m.
Departing from Atlanta Senior Center at 1:45 p.m.
Departure from Lewiston 50 Plus Club at 2:15 p.m.

$35 per person payable upon registration.

To Reserve Your Spot By Thursday, June 1st

NO FOOD OR DRINKS ALLOWED IN THE PARK.
Concessions stands in the park for food & refreshments.

Everyone is Welcome!

MCCOA
Hello Dear seniors

Hope you are enjoying the warmer weather & getting out in the FRESH AIR more & more each day. Our "FUN" activity this month is a small patriotic hanging banner that you can display in your home. It is a very easy craft to do. (I showed a finished banner at your birthday turkey dinner gathering in May). I have enough kits for 10 people at each center. Please R.S.V.P. with me soon or call MCCOA office to leave your name & what center you are from to get on the list.

The activities planned are at Hillman Monday June 26, Atlanta Thursday June 29 & Lewiston Friday June 30. Craft class starts at 4:00 SHARP!!! Please arrive on time so we can finish before dinner is served. THANK YOU! At dinner time, I will be serving STRAWBERRY SHORTCAKE!!

Birthdays will be celebrated at your monthly turkey dinners. Atlanta Wednesday June 14, Lewiston Tuesday June 20, and Hillman Wednesday June 30. If it is your birthday in June, you will receive a birthday card, a "red lipstick kiss", the seniors & I will sing "Happy Birthday" to you & a group picture will be taken to put on our poster Board of Events at the centers. Come and enjoy in the FUN of celebrating YOU!!

In closing, "GOOD HEALTH & HAPPINESS" to you. Hoping to see you soon at your senior center.

Cathy Reeves, Volunteer Coordinator.

Do you enjoy visiting with seniors?
Would you love to make a difference?
Are you a “seasoned citizen”? (55+)

Aside from making a big difference in their communities, Senior Companions receive:

- A non-taxable stipend of $2.65/hr
- Reimbursement for mileage
- Excess liability and automobile insurance
- Community service recognition, and much more!

Together, let’s make the rest of your life the best of your life!

For a conversation to see if this is the right fit for you, please call (989) 356-3474.
JUNE 2017 ATLANTA SENIOR CENTER MENU
PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING
Soup and Salad bar opens at 4:00 p.m. with a $1.00 charge. 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 on-line at: www.montmorencycoa.org, Select your center, complete form and click on RESERVE. Before 11 AM.
FOR HOME DELIVERED MEAL CANCELLATIONS, PLEASE CALL (989) 785-2580

ATLANTA SENIOR CENTER, 11780 M-32 NORTH, (989) 785-3932

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<thead>
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<th>Monday</th>
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Montmorency County Conservation Club
June 13, 2017 (second Tuesday) 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:

<table>
<thead>
<tr>
<th>Seniors</th>
<th>TEFAP</th>
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<td>(40 lbs.)</td>
<td>August 2017</td>
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<td>June 19, 2017 10a.m.-11a.m.</td>
<td>To be announce at a later date</td>
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June 2017 HILLMAN SENIOR CENTER MENU
PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Soup and Salad bar opens at 4:00 p.m. with a $1.00 charge. 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 on-line at: www.montmorencycoa.org, Select your center, complete form and click on RESERVE before 11 AM.

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

HILLMAN SENIOR CENTER, 431 PINE VIEW COURT, (989) 742-3013

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**WEEKLY ACTIVITIES**

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

**Community Breakfast**
(Third Sunday)
June 18, 2017
9:00 a.m. to 12 p.m.

**BP CHECK 4 PM**

**HILLMAN SR. CENTER**
Board of Directors Meeting
(Third Thursday)
June 15, 2017
3:00 p.m.

Diet group meeting
Every Monday
4:00 p.m.

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**MOBILE FOOD PANTRY**
**JUNE 15TH AT THE ATLANTA SENIOR CENTER FROM 11 A.M. TO 1:00 P.M.**

1. Salisbury Steak
   Mashed Potatoes
   Carrots
   Applesauce

2. Beef & Broccoli w/Rice
   Egg Roll
   Green Beans, Beets
   Peaches

3. Chicken Alfredo w/Noodles
   Tossed Salad
   Winter Blend
   Mixed Fruit

4. Cabbage Rolls
   Mashed Potatoes
   Carrots
   Cherry Cobbler

5. Ham
   Baked Beans
   Squash
   Pineapple
   Cookies

6. Beef & Broccoli w/Rice
   Egg Roll
   Green Beans, Beets
   Peaches

7. Chicken Alfredo w/Noodles
   Tossed Salad
   Winter Blend
   Mixed Fruit

8. Cabbage Rolls
   Mashed Potatoes
   Carrots
   Cherry Cobbler

9. Pork Chops
   Chantilly Potatoes
   Prince Charles Blend
   Applesauce

10. Swedish Meatballs
    Over Noodles
    Brussels Sprouts
    Carrots
    Pineapple

11. Roasted Chicken
    Baked Potato
    Broccoli Salad
    Peaches

12. Pizza
    Tossed Salad
    Green beans
    Cherry Crisp

13. Meatloaf
    Macaroni & Cheese
    Mixed Vegetables
    Mixed Fruit

14. BBQ Chicken
    Macaroni Salad
    Winter Blend
    Cherry Pie

15. Philly Cheese Steak
    Potato Wedges
    Carrots
    Pineapple

16. Pork Roast
    Au Gratin Potatoes
    Green Beans
    Applesauce

17. Roasted Chicken
    Baked Potato
    Broccoli Salad
    Peaches

18. Pizza
    Tossed Salad
    Green beans
    Cherry Crisp

19. Beef Tips & Gravy
    Over Rice
    Brussel Sprouts
    Beets, Mixed Fruit

20. BBQ Pork
    Potato Salad
    Squash
    Strawberry Shortcake

21. Philly Cheese Steak
    Potato Wedges
    Carrots
    Pineapple

22. Pork Roast
    Au Gratin Potatoes
    Green Beans
    Applesauce

23. Beef Tips & Gravy
    Over Rice
    Brussel Sprouts
    Beets, Mixed Fruit

24. BBQ Pork
    Potato Salad
    Squash
    Strawberry Shortcake

25. Beef Tips & Gravy
    Over Rice
    Brussel Sprouts
    Beets, Mixed Fruit

26. BBQ Pork
    Potato Salad
    Squash
    Strawberry Shortcake

27. Beef Tips & Gravy
    Over Rice
    Brussel Sprouts
    Beets, Mixed Fruit

28. **BIRTHDAY TURKEY DINNER**
    **CAKE & ICE CREAM**

29. Cheeseburger
    Deluxe
    Baked Beans
    Prince Charles Blend
    Applesauce

30. BBQ Pork
    Potato Salad
    Squash
    Strawberry Shortcake

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**Commodities:**

**TEFAP**
August, 2017
Will be announced at a later time

Seniors (40 lbs.)
June 19, 2017
12 to 12:30
June 2017 Lewiston Senior Center Menu
Provided by Montmorency County Commission on Aging

Soup and Salad bar opens at 4:00 p.m. with a $1.00 charge. 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 on-line at: www.montmorencycoa.org, Select your center, complete form and click on RESERVE. Before 11:00 a.m.

For home deliver meal cancellations please call (989) 785-2580

Lewiston 50 Plus Club, 2811 Kneeland Street (989-786-3124)

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<td>Baked Beans</td>
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<td>Squash</td>
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<td>Pineapple</td>
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<td>Cookies</td>
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<td>15. Roasted Chicken Baked Potato Winter Blend Peaches</td>
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<td>Baked Beans</td>
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<td>Prince Charles Blend Applesauce</td>
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Exercise Class: Monday, Wednesday & Friday 10 a.m.

Lewiston Family Ministry Food Pantry: Wed. 12 p.m. 2 p.m.

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

Euchre: (Every Thursday) 1 p.m., $2.50 to play

Pinochle: (Every Friday) 1:00 p.m. $2.50 to play

We are still collecting receipts for SpartanNash Direct Your Dollars™ program call 989-370-9384, drop off at the Lewiston 50 Plus Club or mail to P.O. BOX 552, Lewiston, MI 49756.