



Our Curbside Front Page Heroes are (left to right):

(back row):
Rebekah Wieland and Irma LaPlant

(front row):
Karen Bublitz and
Patty Gomez, Programming Services Manager

not pictured:
Rose Pomaville and Judy Rodarte

APRIL | 2021

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

The Bay County Health Department and its partner providers have administered over 37,000 vaccines in Bay County. The Health Department has helped provided over 1/2 of these. The Health Department will continue to provide doses of the vaccine as the vaccine becomes available. Please be patient! Everyone must have an appointment. You may register at: www.baycounty-mi.gov/health/covid19.

The UK variant, or B-117, is rapidly spreading in Michigan and is surely in Bay County. The South African variant is in Michigan as well. These strains and others are highly contagious and may cause more serious illness in immunocompromised persons.

We need to continue to do the basics to stop the spread of the virus:

- Wear a face mask around others
- Stay six feet away from others
- Wash your hands often and use good hygiene
- Ventilate indoor spaces
- If you have symptoms associated with COVID-19, isolate & distance from others; seek testing ASAP



With the expansion of the vaccine to other providers, you may very well find yourself with the opportunity to obtain the vaccine before an appointment is scheduled with the Bay County Health Department. We encourage you to register with other providers and utilize the opportunity to be vaccinated. We do ask you to let us know that you are no longer seeking a vaccine with the Health

Department. Please send an e-mail to bchd@baycounty.net with the words "Cancel My Registration" on the subject line. In the body of the e-mail, please include your name, your age, and your telephone number so that we can cross-reference your registration and update our database.

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We encourage you as Bay County residents or workers to register with us on our Internet registration which can be found at www.surveymonkey.com/r/bchd-c19vx. When you register, you may find other opportunities for vaccination clinics that will be held in Bay County by the Health Department.

WELCOME— Department Corner

There is a concern that scammers could be acquiring empty/used COVID-19 vaccine vials to fraudulently offer fake or counterfeit vaccines. In response, the Department of Defense released a recommendation last week to vaccine administration sites to take appropriate steps to dispose of wasted COVID-19 vaccines and to destroy empty vaccine vials and product packaging.



In light of this, ACL (Administration for Community Living) feels it is important to remain vigilant to potential fake/counterfeit vaccine scams. As a reminder:

Medicare will cover the administration fee of the COVID-19 vaccines; therefore, beneficiaries should not face out-of-pocket charges when they receive the vaccine.

You may be asked for your insurance information from the local health department registration line. This is so that they can process the administration fee that Medicare and insurances cover.

Beneficiaries should follow state and local health department guidelines to access and receive the vaccine. Since the federal government has not standardized a national COVID-19 vaccine roll-out plan, states, in partnership with local authorities, have been tasked with identifying their own prioritization and roll-out plans based on Centers for Disease Control and Prevention (CDC) recommendations.

Please continue to closely follow the instructions of your state health department and local government to learn more about phased vaccine roll-out, eligibility, and availability in your area.



Wash your hands

Bay County Health Officer Joel Strasz releases every week an update on the vaccine roll-out, eligibility, and availability in Bay County. You may view these either on YouTube under Bay County TV or visit the Bay County Health Department website at <https://www.baycounty-mi/Health/COVID19/>.



Wear a mask (and other required PPE)



Watch your distance

As a reminder—wear your mask in public areas and around others, self-distance when able, and wash your hands frequently. And, as always, stay safe!!

Beth Eurich

Department on Aging Director

Are you able to give up a couple of hours of your time in order to help those who cannot help themselves? Volunteers deliver Food Commodities to homebound seniors once every month.

Delivering food commodities is so important to the seniors we serve. An application process is required prior to becoming involved with the program. Volunteers must have a valid driver's license and proof of insurance. Please call Senior Services Program Coordinator Eric Boks at 989-895-4100 or toll-free at 1-877-229-9960.



Ask the Case Manager Corner

Show of hands, who has gone to the Internet to try to find a medical diagnosis? I like to call this consulting with "Dr. Google." I know it is very easy to search for your symptoms on the Internet; however, simple symptoms such as headache in the hands of the wrong search engine can lead to a quick diagnosis of either a migraine or a brain tumor. It is very important to ensure that you are looking at reliable medical information. The Internet should NEVER replace consultation with your primary care physician.

The Internet is packed full of information and helpful websites. The hard part is knowing which ones to trust. A good rule of thumb is to look for websites that end in .gov, .edu, or .org. Websites ending in .gov are typically government websites within the United States. Websites ending in .edu are typically educational institutions, such as colleges or universities. Websites ending in .org are typically non-profit groups and organizations (professional, medical, research, and advocacy groups). Websites ending in .com are often commercial websites and include for-profit businesses, such as pharmaceutical companies and some hospitals who are looking to sell you something. Other things to consider when evaluating a website or article include: who wrote the information (medical professional, doctor), when was the article written and posted,



what is the goal of the website, can you easily contact the website, and is it clear who owns the website?

One big warning sign are sites that offer quick cures or want to sell you remedies. As always, be careful to keep your information private. Smart phones are now very popular along with "apps" that can assist with everything from counting calories to keeping track of your steps per day. Make sure to look at who owns that app and note how they will be using your information that you enter.

Once again, the best medical information will come from personally scheduling an appointment with your qualified medical care doctor. The Internet is most useful for research following a diagnosis and for finding support groups. Last, but not least, trust in yourself and your judgment. Consult a doctor immediately when your body is telling you that something is going wrong. No one knows you better than yourself.

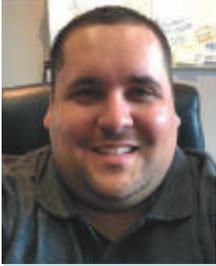
We look forward to answering your questions in the next issue. You may e-mail them to divonaging@baycounty.net.



I'M GLAD YOU TOOK THE TROUBLE TO DIAGNOSE YOUR OWN SYMPTOMS USING THE INTERNET...AND YOU'D BE 100% ACCURATE...IF YOU WERE A GOAT!

Jessica Somerlott
Senior Services Manager

IN THE KNOW...



Please help us congratulate and welcome Zach Brunett to his new position within the Department on Aging. Zach is now the Nutrition Services Manager and will oversee the kitchen and the Home Delivered Meals routes.

Zach comes to us from the Bay County Housing Commission and has currently worked for the County for eight years. Zach started his Bay County career by working summers with Mosquito Control while in college. He will bring to his new position and Department on Aging a level of enthusiasm for helping our 60-years-and-better Bay County residents.

When Zach is not working, he loves to relax by spending time with his family, Carrie and his boys, Landyn and Caleb, friends, playing with his band the Steve Armstrong and the 25 Cent Beer Band and barbecuing. Again, please help me welcome Zach to the Bay County Department on Aging. We are happy to have him join our team!!

Thank you to all of our participants who have been utilizing the Curbside Meal Pick-Up program. As much as we all want to get back to our Activity Centers and have some "normalcy" in our lives again, we are still in our holding pattern at this time.

With the vaccine being available at more places now, it looks like we are heading in the right direction towards opening the Activity Centers. While this is still quite some time away, we now can at least see a "light at the end of the tunnel."



Curbside Meal Pick-Up will continue at three days per week in April. This allows us to get some needed positions filled in the kitchen, as well as complete some training with our new Nutrition Services Manager, Zach Brunett.

We are hoping to start five days per week in May with either a salad or a sandwich choice. We are excited for this to happen and we will keep you updated as we go along. Again, thank you everyone for your patience and participation during the winter months.

If you receive a letter in the mail that resembles the images below claiming you will lose your property due to non-payment of taxes, penalties, interest, or liens from the "Federal Tax Authorities," please disregard, as this is an attempted scam. If you receive this notice and think you may have a lien or delinquent taxes owed on your property, please contact the Bay County Register of Deeds office at 989-895-4228. The Register of Deeds is the **ONLY** entity that holds the **OFFICIAL** record of liens against your Bay County property.

Copy of Envelope:



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call 989-893-9578.

GOLDEN HORIZONS 1001 Marsac Street

Bay County Alzheimer's/Dementia
Caregiver Support Group Meeting
Virtual Meeting On Your Computer or Smartphone
Tuesday, April 13, 6pm-8pm

Facilitator: Stacy McIntyre, LMSW
Information: 989-892-6644
Please log on 10 minutes early in case you have to
upload or update Zoom on your device
You will receive an e-mail invitation to the meeting if
Stacy has your e-mail address

To Join the Zoom Meeting, here is the link:
[https://alz-org.zoom.us/j/93742133053?
pwd=THIXeU1kSVVIUTZNTUV3eTY5a2dKUT09](https://alz-org.zoom.us/j/93742133053?pwd=THIXeU1kSVVIUTZNTUV3eTY5a2dKUT09)
Or go to Zoom and enter the following information
Meeting ID: 937 4213 3053
Passcode: 547563 or Dial-In: 1-888-788-0099 US Toll-free

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If your newsletter is returned, we will remove your name from the mailing list.



To get your name back on the mailing list, you must contact Department on Aging. If you plan to be away or are moving, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.

As you know, there is no annual subscription fee to receive this Wonderful Times newsletter; however, we would be happy to accept any **donation** (whatever you can afford) to help defray the cost of postage.

You may visit the main office or Curbside Meal Pick-Up to make a donation, or you may send a check to:

Bay County Department on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123

Signs of the Zodiac

L	N	A	Q	U	A	R	I	U	S	Q	I	A	S
U	A	I	O	C	S	N	O	I	P	R	O	C	S
C	P	G	B	I	R	V	I	R	G	O	G	O	A
S	A	G	I	T	T	A	R	I	U	S	I	L	S
N	E	E	N	E	L	O	R	S	A	N	R	C	O
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R	A	A	R	I	N	E	C	N	R	S	R	I	P
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P	I	S	C	E	S	R	T	A	T	O	A	C	O
U	T	A	B	T	R	E	R	E	O	O	C	I	R

GEMINI
SAGITTARIUS
TAURUS
CAPRICORN
ARIES
VIRGO

PISCES
CANCER
LIBRA
SCORPIO
LEO
AQUARIUS

April 2021

HOME DELIVERED MEALS and CURBSIDE MEAL PICK-UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) BAKED TURKEY (3) Mashed Potatoes (17) with Turkey Gravy (2) Green Beans (5) Whole Wheat Bread (10) Chocolate Muffin	(6) BBQ CHICKEN LEG QUARTER (18) Redskin Potatoes (23) Corn (21) Whole Wheat Bread (10) Chocolate Pudding (27)	(7) OLD-FASHIONED MEATLOAF (12) Mashed Potatoes (17) Mixed Vegetables (11) Whole Wheat Bread (10) Tropical Fruit Salad (21)	(8) HAM (1) Cheesy Mashed Potatoes (16) Green Beans Almondine (6) Whole Wheat Bread (10) Banana Nut Cake with Frosting (44)	(9) BEEF BARLEY SOUP (20) Parmesan Brussels Sprouts (7) Honey Wheat Dinner Roll (14) Bite-Sized Peaches (12)
(12) HUNGARIAN PORK CHOP (6) Buttered Noodles (13) with Pork Gravy (2) Spinach (4) Whole Wheat Bread (10) Fresh Clementine (9)	(13) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Cauliflower & Broccoli with Cheese Sauce (6) Whole Wheat Bread (10) Mandarin Oranges and Pineapple Chunks (20)	(14) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Honey Wheat Dinner Roll (14) Whole Wheat Pumpkin Bars	(15) CABBAGE ROLLS (17) Candied Sweet Potatoes (12) Whole Wheat Dinner Roll (23) Fresh Orange (0)	(16) FALL APPLE SALAD (38) Orange Juice Cup (17)
(19) BAKED PORK CHOPS (2) Loaded Potatoes (16) Broccoli Florets (4) Whole Wheat Bread (10) Apricots (15)	(20) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Apricots (15)	(21) GRILLED CHICKEN BREAST SANDWICH (29) Creamy Mac-n-Cheese (15) Colorful Peas and Carrots (9) Banana (27)	(22) CHOP SUEY (13) OVER BROWN RICE (16) Prince Charles Blend Vegetables (5) Whole Wheat Bread (10) Peanut Butter Cookie (23)	(23) CRISP CHICKEN FINGERS (11) Tater Tots (17) Garden Green Peas (11) Whole Wheat Bread (10) Strawberry Mango Slushie (5)
(26) MEATBALL STROGANOFF (18) Buttered Noodles (13) Glazed Carrots (10) Whole Wheat Bread (10) Diced Pears (17)	(27) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Hawaiian Roll (19) Pineapple Orange Delight (31)	(28) BEAN & HAM SOUP (25) Diced Carrots (7) Bread Pudding (55) Low-Sodium V-8 Vegetable Juice (6)	(29) GARLICKY CHICKEN (16) Parsley Boiled Potatoes (12) Scandinavian Blend Vegetables (7) Whole Wheat Bread (10) Chocolate Cake with Whipped Frosting (42)	(30) PEPPER STEAK (10) Steamed Brown Rice (16) Broccoli Florets (4) Whole Grain Dinner Roll (23) Grape Juice Box (20)

REMINDER
for Home Delivered Meals clients:

You must be home when meals are delivered.

When absence is unavoidable, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960 to cancel meal delivery for that day.

Suggested Donation for HDM: \$2.75 per meal

SALAD AND SANDWICH

Available at Curbside Meal Pick-Up only

April 2021

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 4-5 THRU 4-9-21) <u>GRILLED CHICKEN SALAD</u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 4-12 THRU 4-16-21) <u>FALL APPLE SALAD</u> Diced Chicken Gala Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 4-19 THRU 4-23-21) <u>PEAR SALAD</u> Celery Carrots Swiss Cheese Pears Pecans Baby Lettuce Mix	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 4-26 THRU 4-30-21) <u>ALOHA SALAD</u> White Meat Chicken Pineapple Mozzarella Cheese Onion Lettuce Green Goddess Dressing Cottage Cheese	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK

Menus are subject to change without notice

Curbside Meal Pick-Up available Monday, Wednesday, and Friday

All Meals at the Curbside Meal Pick-Up served with Fat-Free Milk (13)

(Number next to the menu item indicates grams of carbohydrate.)

ALL LUNCHEES AVAILABLE FOR PICK-UP BETWEEN 12 NOON AND 1PM MONDAY, WEDNESDAY, FRIDAY

Suggested Donation for Curbside Meal Pick-Up: \$2.50 per meal

Reservations are encouraged by noon one day in advance.

Make reservations by calling Curbside Meal Pick-Up at 989-893-7070.

All menus are certified by our Registered Dietitian.

Meals include 1/3 of the Recommended Daily Allowance (RDA).

All Salads and Sandwiches served with Dessert and/or Fruit of the Day and Fat-Free Milk





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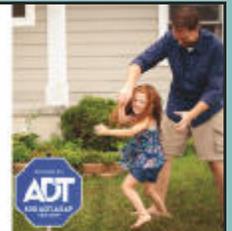
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WONDERFUL TIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing continued opportunities for the 60+ population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.