



Our Office Staff Front Page Heroes are (left to right):
 (back row):
 Brent Rifenbark
 Brittany Hawes
 Beth Eurich, Department on Aging Director
 Jennifer DeLorge
 Eric Boks
 (front row):
 Pam Herman
 Lori Urbancik

JUNE | 2021

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

I have received a couple of questions about a new program through the Federal Emergency Management Agency (FEMA). This new program is legitimate and started accepting applications in April 2021. "Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan of 2021, FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020." (fema.gov)

"To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.



If you had COVID-19 funeral expenses, we encourage you to keep and gather documentation. Types of information should include:

- ♦ **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- ♦ **Funeral expenses documents** (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.

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- ♦ **Proof of funds received from other sources** specifically for use toward funeral costs. We are not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources." (fema.gov)

How do I apply? No applications are accepted online. You must call the FEMA Hotline to start the application process at **1-844-684-3333**. FEMA notes to call back if you get a busy signal due to high call volumes.

Jessica Somerlott, Senior Services Manager

WELCOME— Department Corner

SCAM ALERT!! SCAM ALERT!!

Seena Gressin, Attorney, Division of Consumer & Business Education, FTC, states "Government imposters may have hit a new low with a scheme that targets the grieving survivors of people who died of COVID-19 by offering them help paying for their loved one's funeral expenses."



A real government relief program will pay up to \$9,000 for funeral expenses that people have paid since January 20, 2020, for loved ones who died of COVID-19. Survivors can apply for benefits by contacting the Federal Emergency Management Agency (FEMA) at **844-684-6333**.



While this program has just recently started, FEMA said it had reports of scammers contacting people and "offering" to register them for the program BEFORE the program even started. That is pretty gutsy if you ask me.

Here is what you need to know:

- **FEMA will not contact you until you have called FEMA or have applied for assistance.** Anyone who contacts you out of the blue and claims to be a federal employee or from FEMA is a scammer!
- **The government will not ask you to pay anything to get this financial help.** Anyone who does is a scammer!
- **The government will not call, text, e-mail, or contact you on social media to ask for your Social Security, bank account, or credit card number.** Anyone who does is a scammer!
- **Do not give your own or your deceased loved one's personal or financial information to anyone who contacts you out of the blue.** Anyone who does that and asks for that information is a scammer!

FEMA's Funeral Assistance FAQs have information about the documents you need to apply for funeral expenses. The FAQs also tell you what to do if the death certificate did not identify COVID-19 as the likely cause of death, as sometimes happened early in the pandemic.

If you doubt a caller claiming to be from FEMA is telling the truth, hang up and report it to the FEMA Helpline at **800-621-3362** or the **National Center for Fraud Hotline at 866-720-5721**. Tell us, too, at ReportFraud.ftc.gov.

At a time when we are at our most vulnerable, we still need to stay vigilant to scammers. Remember, FEMA will not call you until you call them first to apply for assistance! Stay Safe Everyone!

Beth Eurich

Department on Aging Director

(Resource:

http://www.consumer.ftc.gov/blog/2021/04/scammers-target-loved-ones-covid-19-victims?utm_source=govdelivery).

Tips to Keep Moving and Stay Active at Home

This past year presented new challenges for us all, and the one thing we all faced at some point was long periods of boredom and uncertainty of “what’s next.” While we braced ourselves for the uncertainty and change that we were constantly facing, one thing was evident: Many of us became very inactive.

People were working from home, schools were closed, fitness centers were closed, and we all had to take on new roles within our own lives. Sadly, especially with seniors, we saw a great deal of inactivity take place.



Prioritize YOU. According to the Centers for Disease Control and Prevention (CDC), you should get in a minimum of 150 minutes of physical activity each week. Although this may seem like a lot, it is actually around 30 minutes per day in a five-day period.

It is important to stay active both mentally and physically, especially when a large part of your day is spent sitting at a desk, kitchen table, recliner, and/or couch.



I want to talk about a few tips that we can all apply to keep moving and stay active at home.

1. Stand up.
2. Set goals! Even if the smallest task seems to be challenging, set little goals that will allow you to be in motion.
3. Prioritize fitness and health. As part of setting your goals, prioritize your health and well-being near the top of that list. This is not only important for us, but also our loved ones.
4. Go for walks, runs, and bicycle rides.
5. Become involved with on-line and video fitness courses. This could involve plyometric activities for people of any age, chair drumming, yoga, or just simple stretching.
6. Chores. Have a daily list of what it is you expect to have accomplished each day around your home. Simple duties around the house present an excellent opportunity to stay active and keep moving.
7. Join your kids and grandchildren in doing something active outside. This could be playing catch, going for a walk, walking the dog, or even joining in their remote physical education class.
8. Read or listen to audio books and music. An active mind is every bit as important as an active body.

Taking a moment for yourself and focusing on a specific task or activity will allow you to not only stay active, but also to influence those around you to do the same.

Stay Safe and Stay Upbeat!

Zach Brunett

Nutrition Services Manager

IN THE KNOW...



There are many summertime activities to be enjoyed. The key is taking the recommended steps to reduce your risk while you are out there soaking up some summer fun. With a little ingenuity and initiative, you can have a fun-filled summer and still respect social distancing and travel guidelines.

Here are a few ideas for safe summer fun:

- Visit parks, trails, or other open outdoor areas, choosing less popular areas where you can still stay six feet apart.
- Play no-contact sports like golf or tennis.
- Have a backyard BBQ using visual reminders, like signs or chair arrangements to help remind you to keep a safe space from others.
- Take a walk or ride a bicycle.
- Plan a scavenger hunt.
- Go fishing.
- Learn how to kayak, canoe, or paddleboard.
- Go for a scenic drive.



Whatever you choose to do, remember to consider: How many people will be there? Can you keep at least a six-foot distance? Will everyone be wearing masks? How long will you be around everyone? Have they received their vaccination?

With a high rate of vaccination and community immunity on the horizon, the summer of 2021 holds the promise of a new beginning.

Patty Gomez
Programming Services Manager



Are you able to give up a couple of hours of your time in order to help those who cannot help themselves? Department on Aging is committed to helping Bay County homebound seniors live independently in their homes for as long as possible. Volunteers deliver Food Commodities to homebound seniors once every month.

Delivering food commodities is so important to the seniors we serve. Help us help our fellow neighbor. 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.

The Curbside Crew would like to give a big "Thank You" to Sunrise Family Credit Union and the Kosecki family for their generous Mother's Day donations. The Curbside clients really appreciated it.



Golden Horizons Adult Day Center
1001 Marsac, Bay City (corner of Broadway & Fremont)

This social program for older adults with memory loss allows for the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are gone, Golden Horizons may be just what you need. There is no charge for the first two visits to try out the program.

COVID-19 precautions include daily health screenings, masks, frequent hand washing, social distancing, daily sanitization of all supplies and environment, and modified activities. Staff are COVID tested every two weeks and are fully vaccinated. Proof of a negative COVID test result is required of new inquiries prior to visiting the program.

Monday through Friday, 10am to 4pm
Breakfast, lunch, and snacks included in cost
\$9.50 per hour; financial assistance may be available
For more info or to schedule a visit, call 989-892-6644

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

GOLDEN HORIZONS
1001 Marsac Street

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

Facilitator: Stacy McIntyre, MSW, 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?](https://alz-org.zoom.us/j/93742133053?pwd=THIXeU1kSVVIUTZNTUV3eTY5a2dKUT09)

[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

Communication

P	P	A	R	A	P	H	R	A	S	E	E	T	S
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TIMING

SMILE

CHOOSE

WORDS

ASSERTIVE

ATTENTION

EFFECTIVE

LETTER

LISTEN

ELECTRONIC

PARAPHRASE

VOICE

AGGRESSIVE

PASSIVE

VOICE

SUMMARIZE

MEANING

VOLUME

EYE CONTACT

June 2021

HOME DELIVERED MEALS
and CURBSIDE MEAL PICK-UP

<p>(MAY 31)</p>  <p>ALL OFFICES AND ACTIVITY CENTERS WILL BE CLOSED</p>	<p>(1) CLASSIC HAMBURGER (0) ON A WHOLE WHEAT BUN (25) Down-Home Fries (15) Fresh Tossed Salad (3) Baked Apples (23)</p>	<p>(2) AL DENTE SPAGHETTI (20) w/ITALIAN SAUCE (9) Green Beans (5) Garlic & Cheese Biscuits (10) Mandarin Oranges (13)</p>	<p>(3) HONEY MUSTARD LEG QUARTER (11) Oven-Baked Potato (33) California Blend Veggies (4) Whole Wheat Bread (10) Chocolate Cake with Whipped Frosting (42)</p>	<p>(4) CHICKEN NOODLE SOUP (30) Mixed Vegetables (11) Southern Style Biscuit (12) Fig Newtons (20)</p>
<p>(7) CHICKEN BREAST w/TARRAGON GRAVY OVER (4) BROWN RICE (16) Colorful Peas/Carrots (9) Whole Wheat Bread (10) Snickerdoodle (28) Cranberry Juice Cup (17)</p>	<p>(8) HEARTY GOULASH (28) Southern Succotash (20) Multigrain Dinner Roll (27) Lime Pear Jell-O (26)</p>	<p>(9) SWEDISH MEATBALLS (21) Diced Redskin Potatoes with Onion (13) Glazed Carrots (10) Whole Wheat Bread (10) Gala Apple (29)</p>	<p>(10) POLLOCK ALMONDINE (7) Cheesy Mashed Potatoes (16) Mixed Vegetables (11) Whole Wheat Bread (10) Mandarin Oranges & Pineapple Chunks (20)</p>	<p>(11) TACO SALAD (26) Strawberry Kiwi Slushie (22)</p>
<p>(14) GOURMET CHICKEN TETRAZINNI (31) Kyoto Blend Vegetables (9) Hawaiian Roll (0) Apricots (15)</p>	<p>(15) SAVORY BEEF STEW w/VEGETABLES (9) Garlic/Cheese Biscuits (10) Parmesan Brussels Sprouts (7) Whole Wheat Bread (10) Fresh Clementine (9)</p>	<p>(16) PATTY MELT ON (6) A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Colorful Peas and Carrots (9) Apple (21)</p>	<p>(17) HAM (1) Scalloped Potatoes (21) Green Beans Almondine (6) Whole Wheat Dinner Roll (23) Orange (18)</p>	<p>(18) CHICKEN & PASTA ALFREDO (21) Diced Carrots (7) Hawaiian Roll (0) Fresh Pear (23)</p>
<p>(21) BAKED PORK CHOP (1) Ranch Mashed Potatoes (17) Garden Green Peas (11) Whole Wheat Bread (10) Chocolate Chip Cookie (31)</p>	<p>(22) SCRAMBLED EGGS (3) Sausage Links (1) French Toast Sticks (54) Whole Wheat Bread (10) Orange Juice Box (13)</p>	<p>(23) SPINACH SALAD (46) Fresh Orange (18)</p>	<p>(24) MARINATED CHICKEN BREAST (1) Oven-Baked Potato (33) Broccoli with Cheese Sauce (6) Whole Wheat Bread (10) Banana Pudding (25)</p>	<p>(25) COD FISH FILET (16) ON A WHOLE WHEAT BUN (25) Redskin Potatoes (23) Corn (21) Tapioca Pudding (22)</p>
<p>(28) ITALIAN STEAK SANDWICH (4) ON A WHOLE WHEAT BUN (25) Down-Home Fries (15) Green and Yellow Beans (6) Cranberry Juice Cup (17)</p>	<p>(29) SMOTHERED CHICKEN (7) Diced Redskin Potatoes w/Onion (13) Kyoto Blend Vegetables (9) Whole Wheat Bread (10) Peaches (14)</p>	<p>(30) HAWAIIAN MEATBALLS (27) Fried Rice (19) Oriental Blend Vegetables (6) Whole Wheat Bread (10) Pineapple Upside Down Cake (45)</p>	<p>(JULY 1) BAKED PORK CHOP WITH (7) MUSHROOM GRAVY Steamed Brown Rice (16) California Blend Vegetables (4) Whole Wheat Bread (10) Tropical Fruit Salad (21)</p>	<p>(JULY 2) CITRUS DILL COD (0) Cheesy Mashed Potatoes (16) Parmesan Brussels Sprouts (7) Whole Wheat Bread (10) Lemon Pudding (33)</p>

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

June 2021

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 5-31 THRU 5-4-21) <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
(WEEK OF 5-7 THRU 5-11-21) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 5-14 THRU 5-18-21) <u>SEAFOOD SALAD</u> Imitation Crab Meat Celery Green Onions Water Chestnuts Cucumber	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 5-21 THRU 5-25-21) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 5-28 THRU 7-2-21) <u>ALMOND STRAWBERRY SALAD</u> Spinach Strawberries Almonds Cottage Cheese Homemade Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK

Menus are subject to change
without notice

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

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

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BETWEEN 12 NOON AND 1PM.

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

Reservations are encouraged by
noon one day in advance.

Make reservations by calling
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All menus certified by
Region VII
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Meals include 1/3 of the
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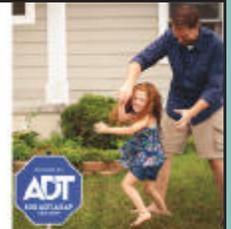
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WONDERFUL TIMES

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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County Executive

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Beth Eurich – Director
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Lori Urbancik – Layout
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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.