



AUGUST | 2021

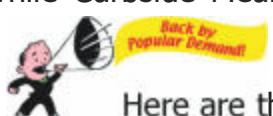
Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

Can you believe it? We are gearing up to reopen our Activity Centers! Yes, there will be some rules we are going to have to abide by and Beth's article on Page 2 reviews all of this.

It has been a long time coming and we are **very excited** here at Department on Aging. We are also busy hiring new Site Coordinators for some Activity Centers as well as working on new and fun ideas!!

While Curbside Meal Pick-Up has served its purpose in getting a meal to our participants in a safe manner, it will be closing before Activity Centers reopen. Again, see Page 2.



Here are the logistics of what **September 2021** and **October 2021** are going to look like for our Activity Centers. Please note changes in days that **Canteen and Kawkawlin** are going to be open! Remember to call your Activity Center of choice to reserve a meal at least 24 hours in advance!!

Soft Re-Opening on Tuesday, September 7. MEALS ONLY!! NO ACTIVITIES!

Riverside Activity Center
Williams Activity Center
Hampton **AM** Activity Center

Offices and Activity Centers will be closed for Labor Day Monday, September 6.

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Re-Opening Friday, October 1

Canteen – New days open: Monday, Tuesday, Wednesday
Kawkawlin Activity Center – New days open: Thursday and Friday
Hampton **PM** Activity Center (Monday through Friday)
ALL ACTIVITIES re-opening!!

Department on Aging would like to thank all of our participants for the patience you have shown during these unprecedented times!! It has been hard on all of us to adapt to the "new normal" but, like we always do, we get through the good and bad times TOGETHER!!

Cannot wait to see everyone again. Please be kind and mindful of others' choices, and please respect the rules as well as each other as we continue to move through this pandemic.

WELCOME— Department Corner

With the COVID-19 pandemic orders having ended on June 22, Department on Aging will begin to “soft re-open” three Activity Centers on Tuesday, September 7, for the month of September. Those are **Riverside, Williams, and Hampton A.M.**



Canteen, Kawkawlin, and Hampton P.M. will be re-opening Friday, October 1. Please see the update on the front cover.

The last day for Curbside Meal Pick-Up will be Friday, September 3. While it has been a wonderful way to get a meal to our participants safely, Department on Aging is unable to continue this service. We will go back to picking up a meal at the Activity Centers. You will have to bring your own containers to take out a hot meal.

To acclimate participants to coming back to the Activity Centers, **only the noon meal** will be served during September, and Activity Center hours will vary. There will be NO activities in September.

Activities **will begin again** in October. You may check the October issue of this **Wonderful Times** newsletter for updates and site programming.

Out of an abundance of caution and to prevent and contain the spread of the COVID-19 virus and any of its variants, Department on Aging will require proof of vaccination for those wishing not to wear a mask at the Activity Centers. Those **not** vaccinated or those who **wish not to share** vaccination proof **WILL BE** required to wear a mask at all times except when sitting down to eat.

Department on Aging remains committed to keeping our participants and our staff safe and will continue to follow all regulations and requirements set forth by OHSA, MIOSHA, MDDHHS, and our State and County legislation.

All “best practices” set forth by the Centers for Disease Control and Prevention will remain in place at every Activity Center for the time being. They are as follows:

- 1) If not vaccinated, you must wear a mask!**
- 2) Wash your hands often with soap and water or use hand sanitizer.**
- 3) Avoid touching your eyes, nose, or mouth with unwashed hands.**
- 4) Cover your mouth and nose with a tissue when coughing or sneezing.**
- 5) Avoid handshakes.**
- 6) Avoid contact with people who are sick.**
- 7) Clean and disinfect frequently touched surfaces.**
- 8) IF YOU ARE SICK, STAY HOME!**



Department on Aging **is excited** to welcome all of our participants back, and we welcome all of the 60-years-and-better Bay County residents to join us September 7 at either **Riverside, Williams, or Hampton A.M.** for the noon meal. Reservations are required for meals by calling the Activity Center at least 24 hours in advance.

***Due to the Labor Day Holiday, please call the Activity Centers no later than Sept. 3 by 1:30 p.m.

Beth Eurich

Department on Aging Director

WELCOME— Department Corner

Did someone finally turn the temperature up in Michigan? As I am writing this around the 4th of July, the weather has me thinking of heat-related illness and how we all need to "keep our cool."

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- ♦ Stay in air-conditioned buildings as much as you can. Contact 2-1-1 to locate an air-conditioned shelter in your area. Air conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air conditioned and using air conditioning in vehicles.



- ♦ Do not rely on a fan as your main cooling device during an extreme heat event.
- ♦ Drink more water than usual and do not wait until you are thirsty to drink.
- ♦ Check on a friend or neighbor and have someone do the same for you.
- ♦ Do not use the stove or oven to cook—it will make you and your house hotter.

Please know that a proper diet also is a vital remedy in helping your body stay strong when battling the heat.

Please do your part to take great care of yourself and your loved ones by following the steps above to avoid heat-related emergencies.

*Zach Brunett
Nutrition Services Manager*

I have received many questions in the past (pre-pandemic) asking whether Department on Aging offers any computer or smartphone classes for seniors. At this time, we do not . . . BUT Patty, our Programming Services Manager, is working on it! In the meantime, I just found a fantastic resource that I want to share. I am a bit of a geek . . . OK, I am a huge geek! The new website is:

<https://www.getsetup.io/partner/michigan>



This site has free classes on all kinds of topics including Aging in Place, Apple, Art, Budgeting, Communication, Computers, Creativity, Exercise, Facebook, Financial Planning, [take a breath] Food/Nutrition, Google, Government, Grandparenting, and so much more.

Sponsored by the Michigan Department of Health and Human Services (MDHHS), it is incredibly user-friendly and is a great way to learn. Did I mention that it is FREE! The site includes an orientation class that shows you how to navigate the getsetup.io website. They teach everything from how to Zoom to what is Facebook and why do I need it?

It includes on-line social hours to meet and discuss topics like "Talkin' About Dogs" or "Caregivers to those with Dementia." Don't want to join a live class, check out their youtube.com channel and watch FREE pre-recorded classes. There is not an age limit to the service. And, oh, by the way, did I mention that it is FREE? Do not miss this opportunity, as old dogs can be taught new tricks!

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

*Jessica Somerlott
Senior Services Manager*

IN THE KNOW...

Did you know that the average person uses about 80 gallons of water or more per day? How often do you think about the quality of your drinking water? There are many things threatening the quality and quantity of our drinking water today and everyone can help to make improvements.

Climate change, along with increased temperatures, is causing loss of snowpack and groundwater, which will result in the depletion of drinking water resources.

Some human activities that pollute our water sources are:

- Improper disposal of medications and personal care products.
- Wastewater discharge from industrial practices, such as mining.
- Surprisingly, agriculture is one of the leading contributors to both pollution and groundwater depletion. Improper farming practices such as overgrazing, plowing, and pesticide usage can indirectly pollute water sources. Irrigation can remove water from aquifers more quickly than it is replenished.



Remember, water that enters our drains goes into our waterways before the treatment plants!

What can you do to protect your water?

1. **Pick Up After Your Pets:** Animal waste contains harmful organisms like E. coli, Salmonella, and Giardia. Storm waters can wash these pollutants into our waterways and contaminate the water. Animal waste is also high in nitrogen, which in excess can deplete the oxygen in water making it harmful for fish and underwater plants.
2. **Use the Car Wash:** Washing your car at home flushes chemicals down the storm drains that flow into our lakes and streams. Professional car washes are required to drain into sewer systems so that wastewater plants can treat the water before it is re-used.
3. **Use a Trash Can, NOT the Drain:** We do not want products like motor oil, prescription medications, antibacterial household cleaners, paints, bug/pest repellants, and detergents down the drain and into our waterways because they have toxic chemicals in them.
4. **Do not Use Fertilizer/Pesticides:** Fertilizer and pesticides can run off the soil and contaminate the waterways that feed our drinking water supplies. Exposure to these chemicals can cause harm to humans and wildlife alike.

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.

COMMUNITY FUN

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, frequent hand washing, social distancing, and daily sanitization of all supplies and environment. Staff and current participants are fully vaccinated. All visitors must be vaccinated or show proof of a current negative COVID test result.

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, August 10, 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?
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

Personality Adjectives

B	D	E	L	E	P	A	E	L	H	J	E	M	E
C	L	E	D	E	E	E	L	C	J	E	D	E	E
I	R	L	E	N	R	O	B	A	T	M	I	A	F
T	E	U	R	R	L	T	A	F	F	Y	E	N	L
E	V	F	E	E	L	N	D	F	R	E	T	A	E
E	E	R	P	L	N	E	N	E	L	O	F	F	E
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AFFECTIONATE
BAD-TEMPERED
BASHFUL
CHEERFUL
CLEVER
DEPENDABLE

INTELLIGENT
JOYFUL
LOVING
MEAN
RELIABLE
SHY

August 2021

HOME DELIVERED MEALS and CURBSIDE MEAL PICK-UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) HOT DOG (1) WITH CONEY SAUCE ON A (6) WHOLE WHEAT BUN (19) Tater Tots (17) Corn (21) Bite-Sized Peaches (12)	(3) CHICKEN ENCHILADAS (18) Spanish Rice (25) Ranchero Beans (21) Honey Bunny Graham Crackers (24) Apple Juice (13)	(4) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Mandarin Oranges (13)	(5) COD FISH SANDWICH (17) ON A WHOLE WHEAT BUN (25) Cheesy Mashed Potatoes (16) Parmesan Brussels Sprouts (7) Lemon Snack-n- Square Bar (22)	(6) HAMBURGER GRAVY (9) Mashed Potatoes (17) Kyoto Blend Vegetables (9) Whole Wheat Dinner Roll (23) Apricots (15)
(9) HEARTY GOULASH (28) Mexican Corn (21) Corn Muffin (24) Pear (35)	(10) IRISH BOILED DINNER (9) Parsley Boiled Potatoes (12) Whole Wheat Dinner Roll (23) Oatmeal Raisin Cookie (23)	(11) PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion (13) Riviera Blend Veggies (6) Fresh Clementine (9)	(12) MARINATED PORK CHOP (12) Cheesy Mashed Potatoes (16) Cauliflower & Peas (7) Whole Wheat Bread (10) Pineapple Chunks (18)	(13) CHICKEN & RICE SOUP (13) Colorful Peas & Carrots (9) Naan Bread (9) Strawberry Kiwi Slushie (22)
(16) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Dinner Roll (1) Chocolate Chip Cookie (27)	(17) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Veggies (5) Gelatin Cup (5)	(18) PULLED CHICKEN BBQ SANDWICH (35) ON A WHOLE WHEAT BUN (25) Garden Green Peas (11) Baked Beans/Ham (29) Fresh Orange (0)	(19) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Whole Wheat Bread (10) Pumpkin/Marshmallow Dessert (41)	(20) FRENCH TOAST STICKS (54) Scrambled Eggs (3) Sausage Links (0) Whole Wheat Bread (10) Orange Juice Box (13)
(23) DUTCH CHICKEN (4) Noodles & Gravy (15) Broccoli Florets (4) Whole Wheat Bread (10) Tropical Fruit Salad (21)	(24) TENDER BEEF TIPS (6) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (13) Tapioca Pudding (25)	(25) MINESTRONI SOUP (15) Parmesan Brussels Sprouts (7) Cheesy Biscuit (20) Apple Slices and Caramel Dip (25)	(26) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Southern Succotash (20) Whole Wheat Bread (10) Black Forest Cake (34)	(27) ALMOND MANDARIN SALAD (41) Gala Apple (29) Snickerdoodle (28)
(30) SAUERKRAUT AND PORK (21) Parsley Boiled Potatoes (12) Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Applesauce (13)	(31) CLASSIC HAMBURGER (0) ON A WHOLE WHEAT BUN (25) Down-Home Fries (15) Fresh Tossed Salad (3) Baked Apples (23)	(SEPTEMBER 1) AL DENTE SPAGHETTI (20) WITH ITALIAN SAUCE (9) Green Beans (5) Garlic & Cheese Biscuits (10) Mandarin Oranges (13)	(SEPTEMBER 2) HONEY MUSTARD LEG QUARTER (11) Baked Potato (18) California Blend Vegetables (4) Whole Wheat Bread (10) Chocolate Cake with Whipped Frosting (42)	(SEPTEMBER 3) CHICKEN NOODLE SOUP (30) Mixed Vegetables (11) Southern Style Biscuit (12) Low-Sodium V-8 Vegetable Juice (6) Fig Newtons (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

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 8-2 THRU 8-6-21) <u>PEAR SALAD</u> Celery Carrots Swiss Cheese Pears Pecans Baby Lettuce Mix	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 8-9 THRU 8-13-21) <u>CHEF SALAD</u> Turkey Ham Cheddar Cheese Egg Cucumber Croutons Buttermilk Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 8-16 THRU 8-20-21) <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 8-23 THRU 8-27-21) <u>ALMOND MANDARIN SALAD</u> Spinach Mandarin Oranges Almonds Cottage Cheese Homemade Dressing Multi-Grain Dinner Roll	THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 8-30 THRU 9-3-21) THERE WILL NOT BE A SALAD CHOICE THIS WEEK	<u>ANTIPASTA WRAP</u> Ham Genoa Salami Black Olives Mozzarella Cheese Mild Banana Peppers Tomatoes Multigrain Wrap

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

August 2021

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.)

ALL LUNCHES
AVAILABLE FOR PICK-UP
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
Curbside Meal Pick-Up
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All menus certified by
Region VII
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Meals include 1/3 of the
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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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Department on Aging – Publisher
Beth Eurich – Director
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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.