

OCTOBER | 2021

Bay County Department on Aging

# WONDERFUL TIMES ...for all of us!

After 17 years with Department on Aging and 36.5 years with the County, Lori Urbancik decided to retire. Lori's last day with us was August 16, 2021 and she didn't want a fuss made over her leaving. Lori was an instrumental part of the front office. She not only answered the phones, "Department on Aging, this is Lori," but she made sure the Wonderful Times was in on time to be printed. Department on Aging will miss her a lot, BUT wish her the greatest retirement ever!! (She did not stop smiling about retiring the whole time).

So we say "See you later, Alligator! After a while, Crocodile! May be two, kangaroo! Bye-Bye, Butterfly! Gotta Go, Buffalo! Adieu, Cockatoo!" Love, Your DOA Family!



Following the CDC recommendation Department on Aging will be requiring masks, FOR YOUR SAFETY, to be worn by all Staff and Participants when inside the Activity Centers. Mask may only be removed when sitting down and eating the noon meal. Thank-you.

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We are taking names for the Fall 2021 Osteoporosis Strength Exercise Class. This is a six-week exercise program concentrating on the bones and muscles that tend to deteriorate due to age, disease, and/or lack of use.

Classes will begin October 25, 2021 and are one hour in length and offered at 8:30am, 9:45am, 11am, or 12:30pm.

You must come to the Department on Aging office to complete the registration form. Your payment reserves your spot. No refunds, no class carryovers.



# WELCOME— Department Corner

There are always many questions when a new vaccine comes out, especially the most recent COVID-19 vaccines. County Benefits Administrator Rebecca Grzegorzczuk put together a wonderful hand out that explains “How are Vaccines Developed”

*Vaccines must go through an enormous amount of testing before they are made available to the general public. But what do we know about the process? There are three phases of testing before vaccines are approved for broad use.*

*Phase 1—The most cautious stage of vaccine testing, given to a small number of volunteers. Phase 1 accounts for the safety of the vaccine, whether it creates an immune response, and to determine the correct dosage. The volunteer pool normally consists of healthy, young adults.*

*Phase 2—The testing pool is expanded to several hundred volunteers with the same characteristics as the people the vaccine is intended for (age, sex, etc.). Several "phase 2" trials for the same vaccine is normal – to gauge its effectiveness in different age groups. A control group (a group of people who DON'T get the vaccine) is included to determine whether effects of the vaccine can be attributed to the vaccine, or have happened by chance.*

*Phase 3—The vaccine given to thousands of volunteers (including a control group). Trials are conducted across multiple countries and in several areas within a country to be sure results will apply to diverse populations. Both Phase 2 and Phase 3 trials are considered "blind" since the scientists and the volunteers are unaware of who received the actual vaccine and who receives a placebo. Blind studies ensure impartiality.*

*Nationwide Introduction—A vaccine must be proven safe and highly effective before a country will make it available for national immunization. Monitoring will continue after introduction to track its impact in a large number of people over a long period of time.*

So there you have it in a nut shell. If you have more questions or concerns please talk with your Doctor, remember they know you and your medical past. Continue to stay safe Everyone!!

*Beth Eurich*

*Department on Aging Director*



Medicare open enrollment is going on from October 15 through December 7, 2021. The enrollment period includes Medicare Advantage plans and Medicare Prescription Drug plans; this is the time to shop and compare plans. You should use this enrollment period to review Medicare coverage and evaluate if changes need to be made. This is complex information and sometimes is hard to understand. It is important to call the right place for assistance. For assistance with plans administered thru a retirement, look for the number for your retirement planner or organization. For those that feel comfortable receiving information by phone, contact 1-800-MEDICARE. Make sure to have your Medicare Card and list of prescriptions handy. There are a limited number of in person appointments available each year. Call 1-800-803-7174 to see if appointments are available.

*Jessica Somerlott*

*Senior Services Manager*



## Events and more...

We're back in the saddle again!

It is October, and we will be opening the rest of our Activity Centers this month. The Site Coordinators for the Kawkawlin, Canteen, and Hampton PM Activity Centers have been busy little bees getting their Centers ready to welcome you all back after a long overdue absence.

October also brings back our ability to plan events at all the Activity Centers. Please see your October issue of Wonderful Times newsletter for more information on events.

Remember you need to call at least 24 hours in advance for a meal reservation. The deadline to reserve a meal for a Monday will be the Friday before it, by 1:30 pm.

The Department on Aging is committed to the safety and well-being of all our participants and staff. We want everyone to be able to enjoy themselves and the company of your fellow participants. With the ever-changing COVID-19 situation, please remember you must wear your mask at the sites except while eating the meal, wash your hands often, and stay home if you are sick. It feels great to be back again!

*Patty Gomez*

*Programming Services Manager*



Tips to keep moving and staying active at home;

This past year presented new challenges for us all. One thing we all faced were periods of boredom and uncertainty of "what's next" and many of us became very inactive.

Now is the time to 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 5 day period. It's important to stay active both mentally and physically, especially when a large part of your day is spent sitting.

Here are some tips for staying active:

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 wellbeing near the top of that list. This is not only important for us, but also our loved ones.
4. Go for walks, runs and bike rides.
5. Become involved with online 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.

Just by taking a moment for yourself and focusing on a specific task or activity will allow you to not only stay active, but will influence those around you to do the same. Stay safe and stay upbeat!

*Zach Brunett*

*Nutrition Services Manager*

# Exercise Classes and more...



Department on Aging, in cooperation with the Bay County Recreation Department, offers Aging Well Mini Session of Chair Yoga with Beth Trahan at the Community Center, 800 JFK Dr., Bay City. Class emphasis includes proper breathing techniques, stretching, relaxation, and visualization components.



Thursdays, October 14—November 4  
11am to 11:30am  
\$3 per class drop-in fee only (correct change please) for those 60+  
Small Gym/reserve your meal with Amanda

The Balancing Your Life program with Renue Physical Therapy will be returning soon. Watch the Wonderful Times



Golden Horizons Adult Day Center  
1001 Marsac St., Bay City, MI  
48708

(corner of Broadway & Fremont)  
Now Accepting New Enrollments  
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. 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, 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.

Hours: Monday thru Friday 10:00 a.m. to 4:00 p.m.

Breakfast, lunch, and snacks included in cost.

For more information or to schedule a visit call (989) 892-6644.

## **Virtual: Bay County Alzheimer's/Dementia Caregiver Support Group Meeting**

**When:** Tuesday, October 12, 2021 from 6:00 pm-8:00 pm **Where:** On your computer or your phone

**We meet the second Tuesday of the month, except June and September we will meet on the third Tuesday.**

**-please log on 10 minutes early in case you have to upload or update the Zoom program on your device-**

(you will receive an email invitation to the meeting in your email address)

**Facilitator: Stacy McIntyre, MSW, LMSW Information/sign up: 892-6644**

Morgan Block- Site Coordinator  
Mon - Wed. 9:30am-1:30pm

## CANTEEN

989-892-6605

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

**Daily** Exercise Your Body and Brain: join us for AM walking and get the creative juices flowing with drawing and coloring. Check with Morgan for more information

**Tues.** 1st and 3rd Tuesdays —Book Club meeting. Get with Morgan on signing up

**Wed.** Bingo Day .25¢ to play and .25¢ a board

October 4th from 10am to 12noon  
Welcome Back Party Bash!!  
Games, Prizes, Music and Snacks...Oh my!!  
Give Morgan a call and let her know you will be there!!

Blood Pressure Clinics are back!! Come on out and meet our Nurse Shantel Campfield, RN on October 6 at 11am! Need more details? Call Morgan



Happy Halloween (almost) to our favorite Ghouls and Goblins! Join us for a Fall Carnival on October 26 with all the fun starting at 10am sharp! Registration and \$3 fee to help offset prizes, snacks and more!



National Cupcake Day October 18!

Come and decorate a cupcake for .50¢ starting at 10am. Registration needed.



Morgan Block- Site Coordinator  
Thurs & Fri 9am-12:30pm

## KAWKAWLIN

989-245-0102

1800 East Parish Road | Kawkawlin, MI 48631

October 7 starting at 10am we will be having a "Welcome Back Party" with games, snacks and music! Call Morgan to let her



know you will be in on the fun!!

**Daily** Puzzles, Board Games and Cards

**Fridays** Bingo at 12:30pm. 25¢ to play and .25¢ a board

Do you love to bake? October 21 is "National Apple Day" and we are having a baking contest. Enter you favorite Apple dessert in honor of "National Apple Day" and our Director and Managers will be the judges for the grand prize. Judging starts at 11am.



"Hay" there! Did you know that "International Farmers Day" is October 14? We will be planting our own little "garden" and watching them grow. \$2 fee for everything provided to grow your garden! Registration needed.



Celebrate with us a "fang"tastic Halloween Party! October 29 beginning at 10 am. Registration and \$3 participation fee to help offset the cost of prizes, snacks and more!



Rebekah Wieland- Site Coordinator  
Mon-Thurs 9am-1pm

**WILLIAMS** 989-245-0290  
1080 West Midland Road | Auburn, MI 48611

**Tuesdays** Bingo from 10am; 25¢ per board; 25¢ to play

Blood pressure clinics are back!! Come out and meet our nurse Shantel Campfield, RN on October 27 at 11am.

For more information give Rebekah a call.



Halloween movie and popcorn party!! Featuring "Hocus Pocus" October 28, party starts at 10am. We will see you there!

Call Rebekah for more information.



Following the CDC recommendation Department on Aging will be requiring masks, FOR YOUR SAFETY, to be worn by all Staff and Participants when inside the Activity Centers. Mask may only be removed when eating the noon meal. Thank-you.



#### TEMPORARILY AWAY

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at 989-895-4100.



#### DONATIONS ACCEPTED

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.

Amanda Goulet - Site Coordinator  
Mon-Fri 9am-2pm

## RIVERSIDE

989-893-7070

800 J.F. Kennedy Drive | Bay City, MI 48706

Blood pressure clinics are back!!  
Come out and meet our nurse  
Shantel Campfield, RN on October  
4 at 11am.  
For more information give  
Amanda a call.



**Mondays** Cornhole Toss 12:30pm—3pm  
Hand and Foot 12:30pm

**Tuesdays** Knit/Crochet Group at 9am –12pm (Craft Room)  
Bid Euchre 9:45am—12pm  
Wii Bowling 10am—11:15am  
Cribbage 12:30pm—3pm

**Wednesdays** Euchre 9:45am—12pm

**Thursdays** Shuffleboard 12:30pm—3pm  
Dominos 12:30pm

**Fridays** Money Bingo 10am—12pm

Looking for Volunteers for various Riverside  
programs. Please see Amanda if you are  
interested in helping and making a difference!



Halloween Open House—Bring a friend and get a meal  
coupon for each of you. Dress up and be entered to win a  
prize. Doughnuts, cider and apples galore!! Come join us  
on October 29 at 10am! More information call Amanda



Following the CDC recommendation Department on Aging will be requiring masks, FOR YOUR SAFETY, to be worn by all Staff and Participants when inside the Activity Centers. Mask may only be removed when eating the noon meal. Thank-you.

Department on Aging would like to Welcome Amanda Goulet and Morgan Block. They are our new Site Coordinators. Amanda has Riverside Activity Center and Morgan has Canteen Activity Center and Kawkawlin Activity Center. They are ready for the Activity Centers to be open and are excited to welcome you back! Give them a call to discuss activities going on at their Activity Centers.

Also, Department on Aging would like to thank Irma, Karen, Rebekah, Brittney and Eric for running the Curbside Meal Pick-up for the past year and half. They have stood out in the cold, rain, heat and sunshine with a smile on their faces to make sure curbside never stopped.

Lastly, Thank you to our Participants for all your support during these crazy times, you all are the best!

Irma LaPlant - Site Coordinator  
Mon-Thurs 10am-2pm

HAMPTON A.M.

989-895-5968

801 WEST CENTER ROAD | ESSEXVILLE, MI 48732

Blood Pressure Clinics are back!  
Come and meet our nurse Shantel  
Campfield, RN on October 5 at  
11am. Have questions? Give Irma a  
call.



**Mondays** Low-Impact Exercise Class, Starting Nov. 3, 2021 so  
save the date!

**Wed.** Card Games 11am

**Thursdays** Happy Hearts Bingo, 10:30am .25¢ to play and .25¢ a  
board

Join us for a Halloween and Birthday joint Celebration on  
October 28 starting at 11am. There will be ice cream and if you  
wear a costume you could get a prize!! We will see all of you  
ghouls and goblins there...



Social Hour with apple cider and  
doughnuts October 12 at 11am. Irma  
says "It has been a looong year" and  
that is all she has to say!



A BIG Hampton AM Thank-you to Michael Bacigalupo  
at the State Theatre for the Donations of Gift Cards! It  
was SO appreciated and  
we are VERY Thankful!

Many Thanks from Irma  
and the Hampton AM  
Gang!!



Following the CDC recommendation Department on Aging will be requiring masks, FOR YOUR SAFETY, to  
be worn by all Staff and Participants when inside the Activity Centers. Mask may only be removed when  
eating the noon meal. Thank-you.

Karen Bublitz - Site Coordinator  
Monday—Friday 2pm - 6pm

**HAMPTON P.M.**

801 WEST CENTER ROAD, ESSEXVILLE, MI 48732

989-895-5968

**Tuesdays** Grocery Bingo at 3:30pm, .25¢ to play, .25¢ a board

**Thursdays** Euchre at 3pm—Prize for high score

Blood pressure clinics are back!!  
Come out and meet our nurse  
Shantel Campfield, RN on October 5  
at 3pm.  
For more information give Karen a  
call.



## Welcome Back!!

Happy Fall Y'all! Great news, we are back open and so excited to be back and reunite together. Always looking forward to new friends.!



Get ready for some “Spook”-tacular fun? Hampton PM will be celebrating Halloween and the October Birthdays on October 29. Party starts around 5pm with ice cream served after dinner. Wear your costumes and we will see you there!

Hampton PM has prepared dinner for you!  
No need to cook. Dine in or take out. Call Karen to sign up!

Come Celebrate the coming of Fall with Cider and Doughnuts, October 13, starting at 3:30pm. Call Karen for more information.



October 2021

HOME DELIVERED MEALS  
and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(4) HUNGARIAN PORK CHOP (6)</b> Buttered Noodles (13) Spinach (5) Fresh Clementine (9) Whole Wheat Bread (10)	<b>(5) BREADED POLLACK (16)</b> Ranch Mashed Potatoes (16) Cauliflower & Broccoli w/Cheese 0(6) Mandarin Oranges and Pineapple Chunks (19) Whole Wheat Bread (10)	<b>(6) FALL APPLE SALAD (51)</b> Orange Juice Cup (17)	<b>(7) CABBAGE ROLLS (16)</b> Parsley Boiled Potatoes (12) Whole Wheat Dinner Roll (23) Fresh Orange (18)	<b>(8) CHICKEN &amp; DUMPLINGS (23)</b> Mixed Vegetables (11) Honey Wheat Dinner Roll (14) Peanut Butter Cookie (20)
<b>(11) BAKED TURKEY(3)</b> Mashed Potatoes (17) Turkey Gravy (2) Kyoto Blend Vegetable (9) 4ct. Oreo Cookies (33) Whole Wheat Bread (10)	<b>(12) BBQ CHICKEN BREAST (9)</b> Red Skinned Potatoes (23) Corn (21) Chocolate Pudding (27) Whole Wheat Bread (10)	<b>(13) OLD FASHIONED MEATLOAF (12)</b> Loaded Potatoes (16) Mixed Vegetables (11) Mixed Fruit (20) Whole Wheat Bread (10)	<b>(14) HAM (2)</b> Cheesy Mashed Potatoes (16) Green Beans Almandine (6) Whole Wheat Bread (10) Fig Newton (20)	<b>(15) BEEF BARLEY SOUP (19)</b> Parmesan Brussels Sprouts (7) Honey Wheat Dinner Roll (14) Bite-Sized Peaches (12)
<b>(18) BAKED PORK CHOPS (1)</b> Loaded Potatoes (16) Broccoli Florets (4) Whole Wheat Bread (10) Apricots (15)	<b>(19) CHI CHI CHILI (22)</b> Saltine Crackers (5) Oven-Baked Potato (28) Wax Beans (5) Fruit Cocktail (17)	<b>(20) GRILLED CHICKEN SANDWICH (28)</b> Creamy Mac-n-Cheese (15) Colorful Peas and Carrots (9) Banana (27)	<b>(21) CHOP SUEY (13) OVER BROWN RICE (16)</b> Prince Charles Blend Vegetables (5) Whole Wheat Bread (10)	<b>(22) CRISP CHICKEN FINGERS (11)</b> Tater Tots (17) Garden Green Peas (11) Whole Wheat Bread (10) Strawberry Mango Slushie (5)
<b>(25) MEATBALL STROGANOFF (18)</b> Buttered Noodles (13) Mixed Vegetables (11) Whole Wheat Bread (10) Diced Pears (17)	<b>(26) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20)</b> Green Beans (5) Hawaiian Roll (19) Pineapple Orange Delight (31)	<b>(27) BEAN &amp; HAM SOUP (27)</b> Diced Carrots (7) Honey Wheat Dinner Roll (14) Low-Sodium V-8 Juice (6) Choc. Chip Cookie (27)	<b>(28) GARLICKY CHICKEN (16)</b> Parsley Boiled Potatoes (12) Scandinavian Blend Vegetables (7) Whole Wheat Bread (10)	<b>(29) PEPPER STEAK (9)</b> Steamed Brown Rice (16) Broccoli Florets (4) Whole Wheat 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 to cancel meal delivery for that day.

Suggested Donation for HDM: \$2.75 per meal

Please be advise Menu items may contain Nuts!



by Tanya Kort

by Tanya Kort

# SALAD AND SANDWICH

Available at the Activity Centers only

## SALAD CHOICE FOR THE WEEK

**(WEEK OF 10-4 THRU 10-8)**  
**GRILLED CHICKEN SALAD**

Crispy Chicken  
Marzetti Buttermilk Dressing  
Multi-Grain Dinner Roll

**(WEEK OF 10-11 THRU 10-15)**  
**FALL APPLE SALAD**

Diced Chicken  
Gala Apple Slices  
Dried Cherries  
Walnuts  
Swiss Cheese  
Poppyseed Dressing  
Multi-Grain Dinner Roll

**(WEEK OF 10-18 THRU 10-22)**  
**PEAR SALAD**

Celery  
Carrots  
Swiss Cheese  
Pears  
Pecans  
Baby Lettuce Mix

**(WEEK OF 10-25 THRU 10-29)**  
**ALOHA SALAD**

White Meat Chicken  
Pineapple  
Mozzarella Cheese  
Onion  
Lettuce  
Green Goddess Dressing  
Cottage Cheese

October 2021

Menus are subject to change without notice

ALL LUNCHESES  
SERVED AT 12 NOON.

HAMPTON P.M. DINNER  
SERVED AT 5:00 PM.

Suggested Donation at Activity Centers: \$2.50 per meal

Reservations by noon one day in advance by calling the Activity Center of your choice.

For Monday reservations please call no later than 1pm the Friday before.

Please be advised that Menu items may contain nuts!

All menus are certified by Region 7's Registered Dietitian.



As we enter the cold weather months, we remind readers that Department on Aging will sometimes close Activity Centers and Home Delivered Meals routes due to inclement weather and road conditions. The following TV stations are notified of our closing announcements:

WJRT-TV 12      WNEM-TV 5      WEYI-TV 25

The following radio station is also notified of our closing announcements:

AM radio WSGW 790



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&  
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David Ramsay, Owner/Operator  
[RamsayGroups.com](http://RamsayGroups.com)

**Lee-Ramsay Funeral Home**  
Manager, Luanna VanOthen  
989-879-3821 • 107 E. Second St.,  
Pinconning

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Manager, Bruce Badoni  
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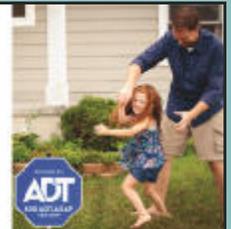
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4-D-5-5

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## *Elder Law Estate Planning*

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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](http://www.baycounty-mi.gov).