



K A L K A S K A
COMMISSION ON AGING

The Chatterbox

A PUBLICATION OF THE KALKASKA COUNTY COMMISSION ON AGING
HOME OF THE KALKASKA SENIOR CENTER

APRIL 2021

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CHECK OUT OUR WEB PAGE:

www.kalkaskacounty.net
for more info on activities,
programs, trips, etc.

LIKE US ON FACEBOOK:

Kalkaska County
Commission on Aging

If you have a submission you would like considered for publication in the Chatterbox, please email to: debbieomi@hotmail.com or you may bring to the COA office prior to the 14th of each month. After that date, we cannot guarantee inclusion in that month's issue.

*Where Friends
Become Family.*

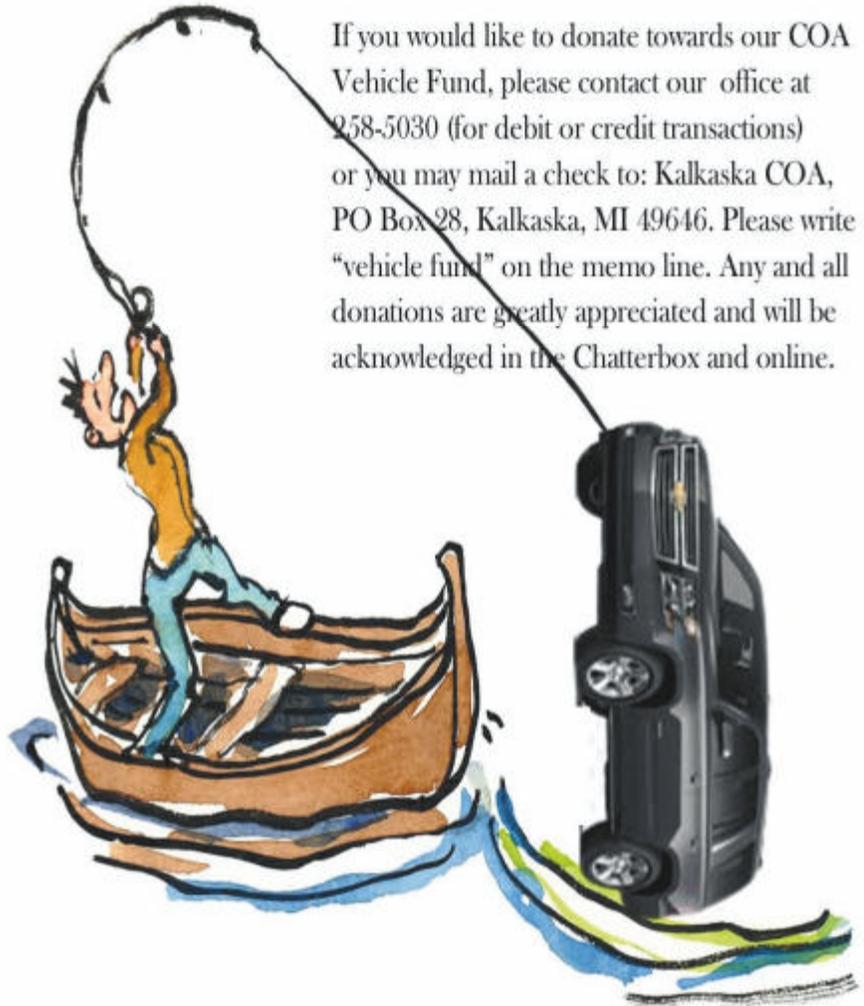
Time for a new Home-Delivered Meal Vehicle... or two

We are casting out for A GREAT CATCH; funding for the purchase of at least one new meal delivery vehicle.

We currently have two daily routes and travel over 160 miles per day. Our vehicles range from 2007 to 2014 models with 178,000 miles on the 2007 Explorer.

In 2020, we delivered 38,234 meals to seniors in Kalkaska County who were either homebound or trying to stay home and isolate due to the COVID-19 pandemic.

If you would like to donate towards our COA Vehicle Fund, please contact our office at 258-5030 (for debit or credit transactions) or you may mail a check to: Kalkaska COA, PO Box 28, Kalkaska, MI 49646. Please write "vehicle fund" on the memo line. Any and all donations are greatly appreciated and will be acknowledged in the Chatterbox and online.



303 S. CORAL STREET, KALKASKA, MI 49646 | 231-258-5030

2 FROM THE DIRECTOR

Friendship. I was on the phone earlier this week with a wonderful lady who was sharing stories about a friend who would be visiting the next day. She told me how they spend time together, often playing games, and how they seem to find themselves in a pickle every now and then. Like the time they got stuck in snow while driving a golf cart and had to make a phone call to be rescued! We had a good chuckle over this and I imagine there are quite a few colorful adventures when they are together! My best friend, Sara, and I can't be together for long before some sort of adventure, or mischief, as my mom would say, finds us. We all need friendship and I'm sure many of you are longing for opportunities to be back with your friends, finding those adventures, and continuing to create memories, no matter the age!

It's been a long year and we've not seen many of our friends here at the COA in that year. Let me be the first to tell you, I MISS YOU! It's been so very nice to see many of our friends we've missed over the past year, due to the COVID-19 situation, as we've been able to offer some programs and activities. I am certainly looking forward to life here returning more people to the Center and bringing back more activities as we safely can. As we always have, we will remain dedicated to the safety of our guests and employees through all activities, services, and programs.

As we start to become more active and engaging in activities and events, I want to encourage you to be mindful about keeping yourself healthy and doing things to boost your immunity. Incorporate healthy foods like fruits and vegetables more into your diets. Take a multi-vitamin and increase your vitamin-C intake. Drink more water and move around more! Hopefully, by doing some of the preventative measures, it may help you fight off the germs that are common in the spring!

I want to take a moment to give a shout out to our COA employees. Every single one of them is a rock star and have stepped up to the plate this past year in so many ways, as they routinely do! The In-Home Service workers, site managers, meal delivery workers, RNs, kitchen team, office team, PR, and custodial. Each of them have had a year of change after change, of doing things differently. They have excelled because they care deeply for the seniors of this community and are continuously going above and beyond, making sure the needs (and often the wants) of others are taken care of. I really do feel quite blessed to be working with the family of COA team members here! You can be confident that each one of them really is the best and they care a great deal for you as well! □ □

As I submit this to be put in the newsletter, I want to share "May the hinges of our friendship never grow rusty!" As always, feel free to stop in and chat. Our team, myself included, is here for you. You are loved!

Many hugs to you all!

~ Jodi

WHA-ZUP FROM WATFORD

Covid cases in North Dakota are low and mandates are being lifted. So, with my birth day approaching (you know, the big three-quarter of a century), I looked for some way to celebrate. Just so happened that the weekend before the big day, there was a concert with three bands playing at the Roughrider Center.

Tickets were only being sold the day of, so the morning of the concert, I headed into town for the concert which started at 2:30. As I stood in line, almost at the ticket window, I pulled my money from my pocket and accidentally dropped a \$20 bill on the floor. The guy behind me quickly reached down and picked it up. I expected him to hand it to me but he didn't so I stated, "Sir, that money is mine. It fell out of my pocket." He replied, "Finder's keepers; loser's weepers!" No amount of talking or reasoning with him got my money back so I just purchased my ticket and went inside. I found a seat and settled in for a great concert and wouldn't you know it?! That guy came and sat right beside me!

I paid him no attention and enjoyed myself tremendously! When the concert ended, that guy jumped up and off he went. As I gathered my jacket and turned to make my way up the steps, I noticed that guy had left his small cooler behind. I looked up and it seems he had realized he had forgotten it and was headed back. I quickly grabbed it before he got back. He noticed it in my hand and said, "Hey, Lady! That's mine!" You have to know my reply, "Finder's keepers; loser's weepers!" I turned away and headed up the stairs. I made it out of the building and to my car. I got in and decided to open the cooler. You will never guess what I found!

BOLOGNA! Just like I'm feeding you! April Fools! And, that is Wha-Zup from Watford!

Cate

'Til next time, stay safe and stay healthy!



Northwest Community Action Agency distributes monthly commodities on the **2nd Wednesday of each month** at the Kalkaska Senior Center. **This month's distribution is April 14.** Distribution starts at 10:30 a.m. and ends at 11:30 a.m. **Please pull alongside the Peoples Church on Cherry St. You do not need to exit your vehicle.**

As a reminder, we do not hold boxes. If you are unable to pick up on Wednesday, you must make arrangements for someone else to pick up for you.

2021 SCHEDULE AND INFO

January 13	February 10	March 10
April 14	May 12	June 9
July 14	August 11	September 8
October 13	November 10	December 8

WHO IS ELIGIBLE?
Seniors age 60 & over.

WHAT DO I BRING?
Identification and proof of income for everyone in the household.

QUESTIONS?
Call 1(800) 632-7334

Number in Household	Yearly	Monthly
1	\$16,588	\$1,383
2	\$22,412	\$1,868
3	\$28,236	\$2,353
4	\$34,060	\$2,839

Important Notices



HOME-DELIVERED MEAL CLIENTS- Please remember to call if you are not going to be home at the time of your delivery. We are not able to leave the meal(s) if you are not home. You may leave a message anytime,, day or night. 231-258-5030

Announcing a new COMMUNICATION TOOL we hope to begin using in April. We are going to use technology to better inform you of what's going on with the COA and our meal sites and centers. This will be in the form of emails and/or robo-calls/texts. An **example** of an email might be a reminder of the weekly menu or an activity sign-up deadline, while a robo-call/text might tell you we've had to close the Kalkaska site due to a furnace malfunction. We promise to use this to inform and not spam you. Please note: our emails will come with the header of "Kalkaska Commission on Aging" and the address will be COA@kalkaska.classbug.com. Once we launch, if you are not receiving the emails, please check your junk or spam folder. You can add the address to your safe senders or contacts to ensure you receive it. To best utilize this tool, we are asking for your home and cell phone numbers and your email address. Using the form below, circle EMAILS/CALLS SUBSCRIPTION and then provide your name, email, and the phone numbers, whichever you have and use. You may also call us with that info at 258-5030. We look forward to keeping you all up-to-date! As always, please call if you have any questions.

NEWSLETTER SUBSCRIPTION FORM

EMAILS/CALLS SUBSCRIPTION

___ Yes! I want to receive, or continue receiving, **The Chatterbox** and keep up-to-date on all the news concerning Kalkaska County Seniors.

GET OUR NEWSLETTER DIGITALLY, BY EMAIL, FOR FREE!

___ Yes! Please send to my e-mail: _____

___ Yes! Please mail to me. I have enclosed my \$10 yearly subscription fee.

You may also wish to gift a subscription; ask us how.

Name _____

Spouse _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Please make checks payable to:
Kalkaska County COA
P.O. Box 28, Kalkaska, MI 49646





Birthdays

1st

Alta Beasley
Paula Bradbury
Edward Waltz

2nd

Floyd Hart
Judy Locke

3rd

Elaine Hager
Susan McKinnon
Frank Mehlberg
Dorothy Mroczkowski
Mary Robinson
Frank Therrien

4th

Judy Schlink

5th

Geraldine Horton
Nola Knight
Alva Moran

6th

Wilma Birdsall
Jeanne Brill
Doug Drogosch
Paula Marrs
Kenneth Peebles
Paul Pinkosky
Jil Rose
Barbara Sneden
Cynthia Way

7th

James Fitzpatrick
Bethel Larabee
Phyllis Leeson

8th

Dennis Kemerer
Joan Nikischer

9th

Harold Goans
John Markes
Stephanie Nance
Karen Sebright

10th

Ronald Hamlet
Suzanne Martin
Kathryn Nofsinger

11th

Reuben Maltos
Dale Thornburg
Carol Wotring

12th

Eldred Demars Jr.
Ronald Goodale
Ronald Hein
Keith Ingersoll
Susan Mann
Everett Stedman

13th

Gisela Chilson
Nancy Hulbert
Leonard Weiler

14th

Sandra Adams
Gianine Casassa
Steven Cash
Jean Fitzgerald
Dennis Soper

15th

Marilyn Andersen
Judy Day
Nicholas Gemolas
Chris Lamesfield
Mildred Tracey

16th

Bea Berry
Sharon LaForest
Marilyn Mohler
Linda Schlosser

17th

Norma Cotton
Walter Kenel
William Lutteke

18th

John Delis
Rick Giovannangeli
Gordon Hulbert
Eloise Taylor
J. Dale Wheat

19th

Linn Brown
Jim Hansen
Julia Rzepecki
Harry Wight

20th

Betty Sackner
Don Sherman
Jon Turnbull
Jean Vallad

21st

Mayrie Dawson
Lisa DeGroot
Wanda Fitzsche

22nd

Dot Dingman
Walter Doctor
Sonia Tubbs

24th

Michael Ingersoll
Edith Ingersoll
Leon Leach
Sandra Tracey

25th

Don Miller

26th

Joseph Bose
Charles Parsons
Leo Zimmerman

27th

Jim Carlson
Warren Frank
Marian Navarro

28th

Duane Jamieson

29th

Bill Dayton
Rita Mason

30th

Leo Sieting
Patricia Thompson
Wayne Watson
Linda Wilkinson

**Do we have you on
our birthday list?
We would love to include
you, so please give us your
name and birthdate.
Either stop in the office or
give us a call, 258-5030.**





CELEBRATE TROUT FRIDAY

APRIL 23, 2021

at
the **SENIOR CENTER**
303 South Coral St.

Brunch with Royalty - 10:30 am to 12:30 pm

Special Music & Special Guests

Crown our 2021 Senior King & Queen

Seating begins at 9:30 am

Brunch Service 10:30-11:30 am

MUST sign up at Center or call 258-5030,
to add your name to the list (by 4/15)

Kids' Games on the Gazebo Lawn - 1:30 to 3:00 pm*

Bring your grandchildren or borrow some.

Variety of stations to visit to play a
game, win prizes, or get a treat.

*Canceled if inclement weather

Lots of volunteers needed!

Call 258-5030 and talk with Jodi to help.

6 WEDDED BLISS & INFORMATION



KALKASKA PUBLIC SCHOOLS, MAY 4TH, 2021 BOND VOTE (ZERO Millage Rate Increase*)

For more information, including the proposed upgrades and benefits, along with an FAQ section, visit www.kps-bond.com/com or call 231-258-9109.

The bonding proposal reads as follows:

Shall Kalkaska Public Schools, Kalkaska County, Michigan, borrow the sum of not to exceed Sixteen Million Eight Hundred Fifty Thousand Dollars (\$16,850,000) and issue its general obligation unlimited tax bonds therefor, in one or more series, for the purpose of:

- remodeling, equipping, and re-equipping and furnishing and refurbishing school buildings, including conversion of the Cherry Street Elementary building to an early childhood center building;
- erecting, furnishing, and equipping additions to Birch Street Elementary School;
- acquiring, installing, equipping, and re-equipping school buildings for instructional technology;
- purchasing school buses; and
- preparing, developing, improving, and equipping playgrounds, athletic facilities and sites?

The following is for informational purposes only:

The estimated millage that will be levied for the proposed bonds in 2021 is 1.00 mills (\$1.00 on each \$1,000 of taxable valuation) for a 0 mill net increase over the prior year's levy. The maximum number of years the bonds of any series may be outstanding, exclusive of any refunding, is fourteen (14) years. The estimated simple average annual millage anticipated to be required to retire this bond debt is 1.82 mills (\$1.82 on each \$1,000 of taxable valuation).

(Pursuant to State law, expenditure of bond proceeds must be audited and the proceeds cannot be used for repair or maintenance costs, teacher, administrator, or employee salaries, or other operating expenses.)

*ZERO millage rate increase means that any taxpayer in the county whose property taxes support KPS, will NOT see an increase in tax rate levied for our District.



- Fuzzy & Carol Guy 4-12-52
- Ronald & Emma Davis 4-12-52
- James & Janet Hofstetter 4-2-59
- Rick & Geraldine Quast 4-27-62
- Gene & Verna Hogle 4-25-64
- Warren & Louise Walcott 4-26-68
- Timothy & Dorothy Mroczkowski 4-28-68
- Len & Georgie Simkins 4-26-69
- Bob & Wendy Stevens 4-22-72
- Wendell & Alberta Reedy 4-28-73
- Jerry & Susan Withey 4-7-75
- Robert & Melody Fitzgerald 4-26-75
- Billy & Cynthia Jaynes 4-17-79
- Walt & Melodie Dow 4-16-82
- Lee & Avis Burda 4-27-85
- James & Barbara Fitzpatrick 4-7-87
- Gerald & Joyce Flannery 4-15-88
- Claude & Merlene Rowley 4-6-2014
- Pip & Nikki Wilke 4-12



Happy 60th!

- George & Betty Martinson 4-4-61
- Roy & Nancee Monsees 4-30-61



WEDDED BLISS - ANNIVERSARY DATES WANTED!

We would like to honor our seniors as they celebrate their wedding anniversaries each month. Please take a moment to fill out the form below so that we may include you and your sweetie! You are also welcome to call us at 258-5030.

Please print: Names _____

Anniversary Date (please include year) _____



MARK YOUR CALENDAR!

Plans for the 2021 National Trout Festival® are underway! After conversations with both local and state officials, the Directors feel they can safely offer many of our community's much loved events.

There are many volunteer opportunities for those who want to help ensure these activities take place at Kalkaska's premier event, the 2021 National Trout Festival!

The Senior Center is hosting Kids' Games on Friday (4/23) at 1:30 until 3:00 and we would love your help at the fun stations. See Jodi or call the 694-259-5970 for details.

For the following volunteer opportunities, please call 231-534-4377.

If you are a fishing fan, help is needed at the Kids' Fishing Pond for the contest. Maybe you can teach a new fisher how to bait their hook or how to cast. We also have a prize tent and you could help distribute new poles and tackle boxes! (4/24)

We have lots of posters and flyers to hang around the community and can use some extra hands. We can also use help installing banners and signs. (mid-April through week of)

Enjoy loud rock 'n' roll? Here's the perfect job! Be a gate and fence watcher during the Friday Night Concert. You're making sure no one leaps over or burrows under. ;-) (4/23)

We sell Trout Festival merchandise and carnival tickets/wristbands from the Trout House, located near the Museum, downtown. We need help several hours each day. You would be partnered with a Festival Director. (4/5 thru 4/24)

Several people are needed to act as Flea Market helpers. You would have access to a Mule or ORV to check and empty garbage cans within the market. You may also act as watchful eyes on the look out for those with sticky fingers and notify the booth owners. (4/22 thru 4/25)

There may be other opportunities and we would love to get some of Kalkaska's finest seniors to participate. Any questions? Need more info? Give us a call at the number above.



County of Kalkaska Dept. of Veterans Affairs

You served your Country, at home & in foreign lands. Now, let our office serve you.

Our office is available to assist veterans, their spouses and dependents in obtaining federal, state and county benefits they may be eligible to receive.

Contact us for an appointment. Monday - Thursday 8 am – 3 pm
890 Island Lake Road, NW, Room #8, Kalkaska, MI 49646

This project was supported in whole or in part by the Michigan Veterans Affairs Agency (MVAA)

Phone: 231-258-3370 • Website: www.kalkaskacounty.net • Email: veterans@kalkaskacounty.org




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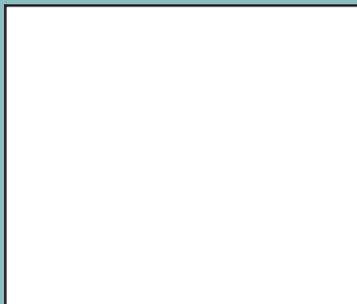
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- Trust Administration/Settlement**

PROBATE MATTERS

- ◆ Estates, Guardians and Conservators

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David W. O'Neill,
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- Non-Emergency Medical Transportation

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Kalkaska
www.kalkaskatransit.com



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4-D-5-5

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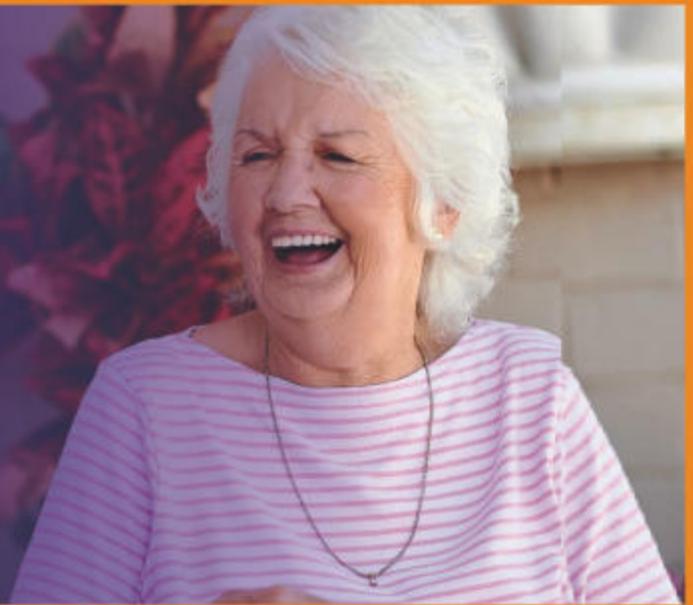
15-0786

Welcome Home

Independent Living | Assisted Living
4354 Mt Hope Rd, Williamsburg, MI 49690

Find us online at samaritas.org/seniors
Call (833) 505-CARE to schedule a tour.

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Need help with your Census form?



Ask me how you can help Seniors COUNT!



Contact the
Kalkaska Commission
on Aging office:
231-258-5030

or visit: www.kalkaskacounty.net/government/commission_on_aging/index.php



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

15-0786

10 ANNOUNCEMENTS & NEWS

Kalkaska Area Transit and Commission on Aging Partnership

Seniors (defined as at least 60 years old) in Kalkaska County may ride the Transit within the county or to the Acme Meijer at no charge. **New Service Added-** Seniors may now have the Transit pick up pre-ordered groceries from local grocery stores and the COA will cover the \$5 charge. The Kalkaska Commission on Aging provides funding for this service. For transportation, please call 258-6808.



For Your Information-

If you are a Kalkaska County resident and pay property taxes, you may be eligible for the Kalkaska Memorial Health Center millage property tax discount. You must have a tax receipt. For more information, call 844-467-5545.



If you need a birthday gift, anniversary gift, or maybe a "just because" gift for a senior in your life, we offer a few choices.

Our Dining Out coupons allow a senior to enjoy a meal at local participating restaurants and are \$3.50.

Another option is our meal punch card which can be used for curbside meal pick up or dine-in (once we can congregate again) and cost \$30 (10-punch card).

While we do not charge for our monthly newsletter, Chatterbox, we would be happy to mail it to your favorite senior each month at the cost of \$10 for the year. This will allow them to stay in the loop of what's going on through the COA and our meal sites.

Call us at 258-5030 or stop by the office at 303 S. Coral St.



April is Parkinson's Disease Awareness Month

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease.

Tremor, mainly at rest and described as pill rolling. The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.

Learn more at Parkinson.org/10signs

10 Early Signs of Parkinson's



Tremor



Soft or Low Voice



Trouble Moving or Walking



Constipation



Loss of Smell



Masked Face



Trouble Sleeping



Stooped or Hunched Over



Small Handwriting



Dizziness or Fainting



**We'll get started
as soon as we can.**

CRAFTING
crafting a 10 ft project or
other small craft and Come Over And join us
every Monday from 9:00 - 11:00 am.
Find us on Facebook at
Kalkaska Senior Center 231-258-5030



Soon, we hope.

TECH*KNOWLEDGE FOR SENIORS
2nd Wednesday of each month at 1:00 pm.
Basic instruction on using a
variety of technology including computers,
tablets and other devices.
Provided by Kalkaska County Library

NOTE- We are unable to offer our Senior Tech*Knowledge right now but you can still get tech help at our Kalkaska County Library. For your convenience, staff to help specifically with tech questions is generally available on Tuesday, Thursday, and Friday afternoons. The library's phone number is 258-9411.



Table tennis is back starting April 1st. (No foolin'!)



Join us for Table Tennis each
Tuesday afternoon, at 1:00 pm.
Bring your own paddle or use
one of ours.

line dancing



Every Thursday ~ 2:30 to 3:30 pm

Free ~ All Skill Levels Welcome



**GRIEF
SUPPORT
GROUP**

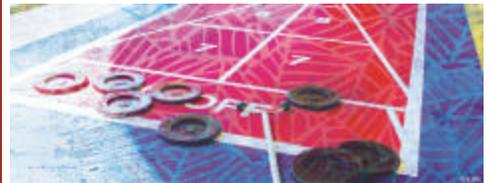
GRIEF SUPPORT GROUP

Meetings on Wednesdays at 10:30 am.
Facilitated by Kristi Spencer, MA, LLPC;
Bereavement Coordinator of Heartland
Hospice. Contact Kristi at 231-935-3089.



LOW IMPACT AEROBICS

Come work out with us! We offer a low impact aerobic exercise with weights class every Monday and Friday morning 10:30 - 11:30 am. Everyone is welcome!



Join us for Shuffleboard each
Tuesday afternoon, at 1 pm.
We will teach newcomers.



SENIOR YOGA

Every Tuesday & Thursday at 10:00 am. Wear comfortable clothing and sneakers. Mats are not needed. Class is limited to 10 participants. Location: Kalkaska Senior Center | 303 S. Coral St | 231-258-5030



Join us for Wii Bowling each
Thursday afternoon, at 1 pm.
Everyone is welcome to join the fun!

Safe Handling of Leftovers

Leftovers need to be handled, stored and reheated safely to prevent people from getting sick.



Did you know safe handling of leftovers is important to prevent foodborne illness? Leftovers have a short shelf-life for safety. They should be consumed within 3 to 4 days from when they were made.

Why do leftovers need to be consumed so quickly? The truth is when food isn't handled, stored, and reheated safely food can cause anyone to get sick from a foodborne illness. High-risk groups like senior citizens (individuals age 65+) and young children under the age of 7 are the most susceptible to becoming seriously ill if they get sick from a foodborne illness.

After hot food is cooked properly to the correct internal temperature and held hot at 140°F or warmer, the food needs to be cooled quickly prior to storage. Food should be cooled within 2 hours of a meal to prevent bacterial growth. If food sat out on the counter or table during a meal, keep in mind how long the food has been sitting out and include this time in the 2-hour time period. Throw away perishable foods, such as meat, poultry, eggs, and casseroles, left at room temperature longer than two hours. If cold food sat out on the counter or table during a meal throw it out after two hours.

Cool food quickly, so it reaches refrigeration temperatures rapidly, to prevent bacteria growth, divide large amounts of food into small shallow containers (i.e., 2-inches or less) to cool quickly. Cut meat into slices or smaller pieces to cool faster. Leftovers should be covered, wrapped or placed into storage containers prior to being placed in cold storage.

Refrigerate leftovers in shallow, air-tight containers and label with the contents and a date 3 to 4 days in the future. When ready to consume the leftover be sure to reheat the food to an internal temperature of at least 165°F and check the food's temperature with a food thermometer.

Freeze leftovers or dishes made with leftovers rapidly and package them correctly for the best quality frozen food. Packaged food should be frozen in packages 2-inches thick or less. Items that are 2-inches thick should only take about 2 hours to freeze. Quick freezing stops large ice crystal formation from occurring. Large ice crystals can cause the food's quality and texture to deteriorate. Keep in mind some foods don't freeze well, for example, mayonnaise, lettuce and cream sauces don't freeze and thaw well due to the food separating or becoming soggy.

According to the United States Department of Agriculture (USDA), different leftovers will have a different freezer quality shelf-life. Casseroles, soups, stews, gravy, and cooked meat should be frozen for 2-3 months for the best quality and cooked poultry can be frozen for 4 months when held at 0°F. When foods are frozen, they are safe indefinitely, but food quality like moisture and flavor can change over time.

When you're ready to eat leftovers that you stored in the freezer, do not thaw them on the counter! Thaw frozen food in the refrigerator, under cold running water, or in the microwave. Following the simple guidelines of using leftovers quickly, storing correctly, and thawing correctly will help to ensure that you and your family remain healthy.



DONATIONS

“When we give cheerfully and accept gratefully, everyone is blessed.” *Dr. Maya Angelou*

General Giving: We are dedicated to supporting older adults and the friends, family, and community who surround them. We depend on donations to supplement other funding. It allows us to help our Kalkaska County seniors with a variety of vital programs such as in-home care, medical bills, utility or housing costs, food assistance, social activities, and more. Your contribution may also enable us to continue to grow and to provide and initiate programs which promote the well-being and independence of all older adults of Kalkaska County.

Legacy Giving: Planned gifts are a thoughtful way to remember our seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to the Kalkaska COA will benefit many seniors and help us continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts can be made in memory of loved ones or in honor of any number of people or an organization to commemorate a birthday, anniversary, holiday, or any special occasion. Kalkaska COA will send a card acknowledging your gift to the one you have honored, or to the family of the person you have remembered.

DONOR INFORMATION:

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Amount enclosed \$_____

Circle type of donation: Memorial Legacy General

In honor of _____

Please check here if you wish to remain anonymous. _____

Checks payable to Kalkaska County COA, Mail to: PO Box 28, Kalkaska, MI 49646

All donations are tax deductible under appropriate IRS regulations.



*Memorial Donation
In Memory Of
Donna Sears
from
Beulah Deming*

Throughout the years of the Commission on Aging, there have been a number of unsung heroes, Ambassadors of the COA, we like to call them. These folks, some local, some not, may hear about a need, a call we put out or a post on Facebook, asking for specific needs of our community's seniors, and they respond, time after time. Sometimes, they just show up, check or gift cards in hand, because they know somewhere there is someone with a need, even if we haven't been told quite yet, and they want us in a place to help. Then, there are others who are always willing to lend a hand, provide physical labor when a senior needs something moved or a lawn mowed.

To each, we want to give a heartfelt thank you from ourselves and on behalf of our senior community.

If you would be willing to get an occasional SOS, whether financial or for a service, we would love to add you to our list. Director Jodi Magee is more than happy to speak with you. Call her at 258-5030.





Our Senior Center was recently the scene of an exchange of historical importance when Kalkaska resident Dayton Peck donated a journal written by his great grandmother's brother-in-law, L.W. (Luke) Mead. The journal, which also doubled as a ledger for both accounts he owed and was owed, had a first entry of April 1, 1881. It appears all entries were about Kalkaska County, or nearby.

Most entries are rather mundane, writing of daily chores and trips into town. Here are a few we thought more interesting:

*Vie (his wife?) went to Kalkaska with Joe's folks. I let her have 3.00. (Oct 5, 1881)

*Writing about the death of two young boys and getting their coffins. (Oct 1881 and April 1882)

*Built two outhouses for the district (Sept, 1881)

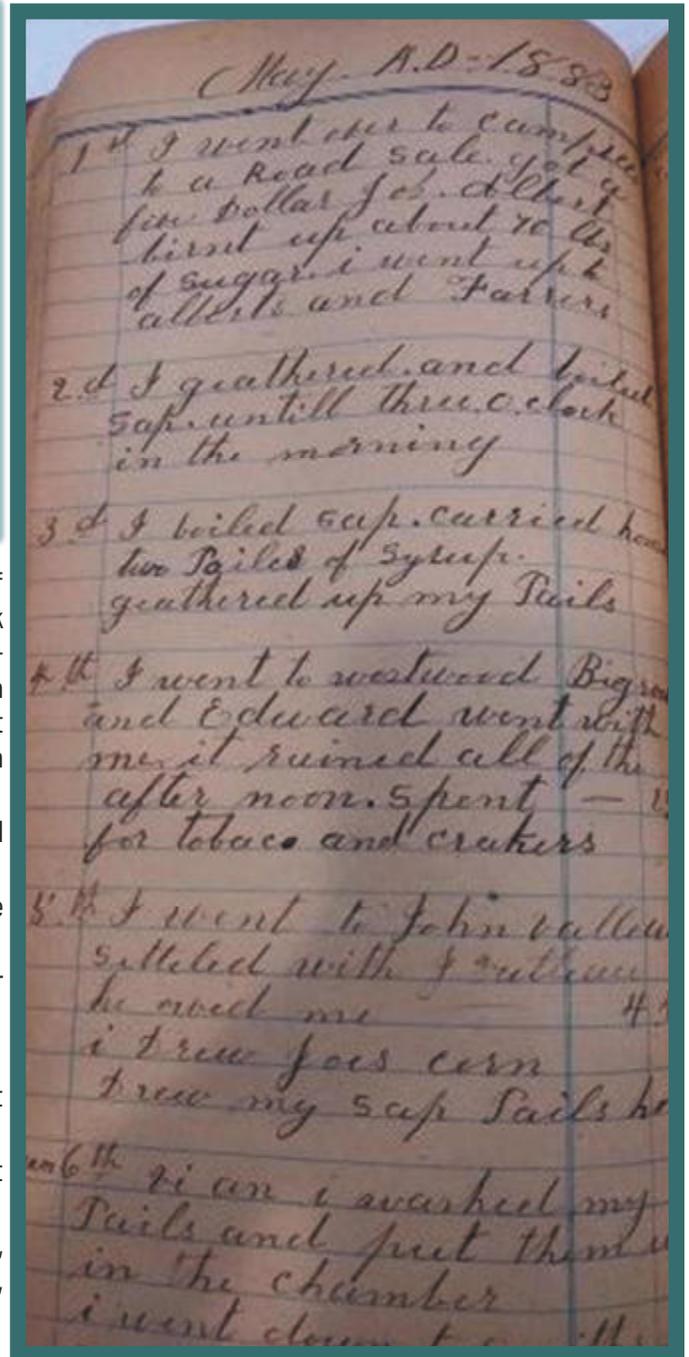
*Vie went over to see Mrs. Rainbow. She was dead when she got there. (Aug 8, 1881)

*I posted notices, let Catlin a job of putting in a causeway, west of his house on the quarter line, he is to have \$10 for it.

Some names mentioned include: Beebe, French, Campbell, Cotton, Drake, Belcher, Barker, Kerbey, Peck, Burdetts, Bigrow, Williams, McVeine, Watrouses, Berlin, and many, many more.

While several of us were looking through the journal, we talked about a reference to whistleberries. None of us had heard of these berries so finally, Mike James, pictured Above with Dayton Peck, looked online and found this definition: name for any bean that makes one fart. hahahaha Makes sense!

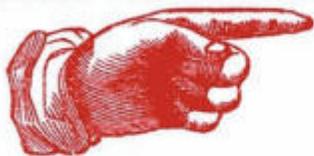
Local historian and author Dawn Triplett looks over the journal as Dayton looks on. She will be transcribing it and then the book will be given to the Kalkaska Historical Museum.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Teriyaki Chicken Vegetable	2 Good Friday Talapia Vegetable
5 Spaghetti w/ Meat Sauce Vegetable	6 Herb Baked Chicken Mashed Potatoes	7 Quiche Vegetable	8 Chicken Drummies Potato Wedges	9 Double Cheeseburger Vegetable
12 Chicken Lasagna Mixed Vegetables Garlic Toast	13 Meatloaf Baked Potato	14 Pork Chop & Gravy Mashed potatoes	15 Chicken Philly Vegetable	16 Ham Scalloped Potatoes Green Bean Casserole
19 Chicken Enchilada Casserole Vegetable	20 Chicken Broccoli Bake Vegetable	21 Fish Sliders Vegetable	22 Pepper Steak w/ Rice Vegetable	23 Trout Fest Brunch with Royalty Served 10:30-11:30 am Breakfast Casseroles, Sausage, Biscuits & Gravy MUST RSVP by 4/15 No omelets at 8
26 Stuffed Green Peppers Cheesy Mashed Taters	27 Chicken Alfredo Vegetable	28 Goulash Brussel Sprouts	29 Homemade Pizza w/ Meat & Vegetable	30 Cornmeal Dusted Catfish Vegetable

INFORMATION CONCERNING CURBSIDE PICK-UP and DINE-IN (aka Congregate) MEALS

Please Notice This



Meals are available to all residents of Kalkaska County who are at least 60 years of age or married to a person who is at least 60 years of age. There are no income qualifiers. We provide nutritionally balanced meals Monday through Friday at the Kalkaska Senior Center (other site info below) with the option of receiving prepared frozen meals for the weekends. If you are unable to get out of your home to pick up meals or attend meals in person, please call us about Home Delivered Meals (258-5030).

You must call the number listed below for Pick-Up Meals at Rapid City or Kalkaska or for Dine-In or Pick-Up at South Boardman and Bear Lake
AT LEAST one business day in advance.

You do not need to pre-register for Dine-In Meals at Kalkaska.

You are welcome to reserve as many days each month as you wish, as soon as you know which meals you would like.

Call the number at your preferred Meal Site to reserve meals. Pick-up days and times are as follows:

- Kalkaska Senior Center, 231-258-5030, at 303 S. Coral St, Monday through Friday, Pick-Up between **11:30 am and 12:00 pm** (NEW TIME)
Dine-In served at 12:00 pm (door opens at 11:00 am)
- For Kalkaska pick-up, please pull up to the front door in the Coral St parking lot. Kitchen staff will bring your meal(s) to you and collect your donation.
- South Boardman Meal Site, at 5503 Boardman Rd, 231-369-2700, Tuesday and Thursday, between 12:30 and 1 pm. (Dine-In or Pick-Up)
- Bear Lake Meal Site, at 198 E. Bear Lake Rd, 941-270-1549, Tuesday and Thursday between 12 and 12:30 pm. (Dine-In or Pick-Up)
- Rapid City Meal Site, at 5440 River St, 231-258-5030, Wednesday, between 12 and 12:30 pm. (Pick-Up only, for now)
- You may pick up a hot meal on the designated days above as well as frozen meals for other days, up to a total of seven for the week. This option works well if you are trying to stay home as much as possible but still want to come pick up a meal or two.
- The suggested meal donation is \$3 per meal.

Meals will include the entrée, two vegetables, fruit, milk, bread, and butter. Menus are subject to change. We are unable to honor any special requests at this time. We are utilizing every safety precaution and following Covid-19 guidelines to help keep you and our staff healthy. We appreciate your patience.

Effective 2/18/21



KALKASKA
COMMISSION ON AGING

P.O. Box 28
Kalkaska, MI 49646

Dining Out coupons accepted at BC Pizza-Kalkaska
and Trout Town Tavern & Eatery.

If you have a submission you would like considered
for publication in the Chatterbox, please email to:
debbieomi@hotmail.com or you may bring to the
COA office prior to the 14th of each month. After
that date, we cannot guarantee inclusion in that
month's issue.

MISSION STATEMENT

The Kalkaska County Commission on Aging Mission is to develop and manage a comprehensive and coordinated system of services for older adults designed to create opportunities for those individuals to attain an independent quality of life while maintaining their dignity.

Funding for the COA is provided by senior millage, Federal and State funding through the Area Agency on Aging of Northwest Michigan, the Michigan Office of Services to the Aging, and client donations. These agencies are Equal Opportunity Employers and Providers.

KALKASKA COUNTY COMMISSION ON AGING

303 S. Coral St., Kalkaska, MI 49646

Phone: 231-258-5030 | Fax: 231-258-1183

Monday - Friday | 8:00 am - 4:30 pm

Jodi Magee, Director | jmagee@kalkaskacounty.org

YOUR ADVISORY BOARD

Michael Cox, Chair

David Gill, Vice Chair

Lisa Anderson

Michael James

Bonnie King

Ron O'Brien

Katina Banko (County Liaison)

Patty Cox, Member-at-Large

Jenn Borden,
Recording Secretary

NEXT ADVISORY BOARD MEETING

APRIL 26, 2021 @ 10:00 AM | COA MEETING ROOM