



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

## OCTOBER 2021

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### CHECK OUT OUR WEB PAGE:

[www.kalkaskacounty.net](http://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: [dball-odeh@kalkaskacounty.org](mailto:dball-odeh@kalkaskacounty.org) 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.*

## ELVIS TRIBUTE ARTIST JAKE SLATER



We welcomed Jake Slater back to the Kalkaska Senior Center on August 29th for an evening of toe tappin' and hip shakin'! Taking us through three generations of Elvis, Jake was the consummate performer and the audience loved it! Thank you to everyone who attended and a huge shout of appreciation to everyone who contributed to our new Home-Delivered Meals vehicles fund. Watch the Chatterbox and our Facebook page for announcements for the 2022 Music at the Gazebo series.

## 2 FOR YOUR INFORMATION



Open Enrollment for Medicare begins soon. We have a certified counselor who will help you compare plans and determine which plan works best for you and your needs. You may call at anytime during regular business hours to schedule your appointment with the counselor. Appointments will be set for October 18 through December 6 on Mondays, Tuesdays, and Fridays. COA phone: 231-258-5030

# STEP-BY-STEP FOR CONDUCTING A BREAST SELF-EXAM

## Put Your Health in Your Own Hands

*Every woman should conduct a monthly breast self-exam. You know your body best and checking once a month will help you to discover changes in your breast.*

- STEP 1** **Visual check:** Stand in front of a mirror with uncovered breasts and check for any changes such as a change in size, thickened skin, nipple changes or a growth on the areola.
- STEP 2** **Hands-on exam:** To check for lumps, start at the nipple and apply light pressure using the pads of your fingers. Make clockwise circles until you have examined your entire breast.
- STEP 3** **Arm pit exam:** Feel for lumps in each arm pit using the pads of your fingers.
- STEP 4** **Check for nipple discharge:** Use your right thumb and forefinger to gently squeeze your nipple and areola. Look for any discharge and pay close attention to the color.



### Contact Your Provider if You Notice Any of the Below During Your Self-Exam:

lump • skin dimpling • bulge in contour of breast • skin thickened (like an orange peel)  
prominent veins beneath the skin of one breast • nipple flattened or inverted • discharge  
nipple deviated or pointing away from breast at an angle • one nipple reddened or ulcerated

To schedule a mammogram, please contact your primary healthcare provider.



Tis the Season! For Gratitude! We would love to feature what you are thankful for in our November Chatterbox and throughout the month on our Facebook page. Please submit the form below by mail to COA, PO Box 28, Kalkaska, MI 49646 or you may drop off at our office at 303 S. Coral St. You are also welcome to send an email to [dball-odeh@kalkaskacounty.org](mailto:dball-odeh@kalkaskacounty.org) or send a message to our Facebook page. You may submit several throughout the month. If you wish to use only your first name and last name initial, please let us know that. Let's spread an Attitude of Gratitude in November!

Name \_\_\_\_\_ Use last name? Yes or No

Keep it a short and simple as you wish.

Today, I am grateful for : \_\_\_\_\_

\_\_\_\_\_



Northwest Community Action Agency distributes monthly commodities on the **2nd Wednesday of each month** at the People's Church parking lot on Cherry Street. **This month's distribution is October 13.** Distribution starts at 10:30 a.m. and ends at 11:30 a.m.

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
<b>October 13</b>	November 10	December 8

**WHO IS ELIGIBLE?**  
Seniors age 60 & over.

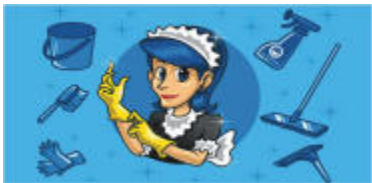
**WHAT DO I BRING?**  
Identification and proof of income for everyone in the household.

**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**

- The Dining Out program offers our seniors (Age 60+ and their spouses) the opportunity to have a meal in a local restaurant at a low cost. The suggested donation per coupon is \$3.50. Coupons are available Monday through Friday, from 8 am to 4:30 pm.
- Please, bring smaller denomination bills in for lunch or Dining Out coupons.
- The Kalkaska Senior Center and/or Gazebo & Lawn, along with the South Boardman Senior Center, are available to rent for events such as weddings, receptions, parties, conferences, showers, and more. The S. Boardman Center has a capacity of 75 and is air conditioned. The cost is \$75. Funerals or memorial services for Boardman Township residents are at no charge. For others, the cost is \$50. Please call 231-369-2700 on Tuesdays or Thursdays, 9:30 am to 1:30 pm, with questions or to check availability. If interested in the Kalkaska site, please call the COA office, Monday through Friday, 8:00 to 4:30 at 231-258-5030.



Do you or a loved one need help with basic housekeeping or personal care? Services may be available. Please talk with Director Jodi Magee to find out how we can help.

**NEWSLETTER SUBSCRIPTION FORM**

\_\_\_ Yes! I want to receive, or continue receiving, **The Chatterbox**, and keep up-to-date on all the news concerning Kalkaska County Seniors.  
 \_\_\_ Yes! Please mail to me. I have enclosed my \$10 yearly subscription fee.

**OR, GET OUR NEWSLETTER DIGITALLY, BY EMAIL, FOR FREE!**

\_\_\_ Yes! Please send to my e-mail: \_\_\_\_\_

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

Name \_\_\_\_\_

Spouse \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_



KALKASKA  
COMMISSION ON AGING

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



# Birthdays

<b>1st</b> Lois Rhoades Norman Campbell Dan Halligan Michael Sanders Patricia Wainman	<b>9th</b> Michael Buckner David Underhill Gerome Langworthy	<b>16th</b> Luella Phillips Barbara Vincent	<b>23rd</b> Pearl Holley Dennis Grundel Lovis Castle Randy Buyze	<b>27th</b> Harry O'Brien Robert Morrill Donna Anderson
<b>2nd</b> Luella Skorski James Peterson Lillian Nemec Doug Welbes	<b>10th</b> Louise Martinies	<b>17th</b> Hazel Alberts Edith Wooden Kathy Fitch Joseph Vaillancourt	<b>24th</b> Marjorie Chapman Delores Schlamann Mark Todd	<b>28th</b> Russell Gingras Deborah Spitz
<b>3rd</b> Beverly Magee Joyce Taylor David Gill Grace Tester Roy Bleisch	<b>11th</b> Phyllis Birchfield Roxanne Smith	<b>18th</b> Joyce Angell Elaine Willis	<b>25th</b> Dayton Peck Virginia Eves	<b>29th</b> Shirley Robinson Roger Dietrich
<b>4th</b> Marie Pierce Beverly Harrington	<b>12th</b> Deborah Brown Mark Vedder Debra Payne	<b>19th</b> Maureen Dill Russ Mossop Linda Yates Avis Burda Roe Andrews	<b>26th</b> Terese Schifano	<b>31st</b> Bonnie Hanford Daniel Kenny Susan Amidon David Johnson
<b>5th</b> Marella Biller Gerald Policelli David Gruley	<b>13th</b> Ed Bredow Phil Goethals Verna Hogle Terry Cheeseman	<b>20th</b> Harry Dawson Charlene Marcy Daniel Porter Barbara Weiderman		
<b>6th</b> Karen Slack	<b>14th</b> Ruth Austin Gene Hogle Ron Langston Gail Innis Fay Homberg	<b>21st</b> Richard Ridky Phyllis Anderson Shirley Hockin Robert Fitzgerald Shirley Bourne Jackie Siegrist Mark Six		
<b>8th</b> Marlene Milliman Charlie Shafer Gerald Grose	<b>15th</b> Dianne Gruse Karen Chambers Guy Aldridge Petrina Barnes			



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.





# HALLOWEEN IS COMING!

October 29

It has been a tradition for the kiddos from Cherry Street Intermediate to come over to the Senior Center to trick or treat at Halloween time. While there may be changes again this year as to how that happens this year, we are working with staff at the school to still treat the students while keeping everyone nice and safe.

We are asking for donations of treats. All varieties such as suckers, bubble gum, chocolate, holiday pencils, hot cocoa packets, etc. would be wonderful donations. Please note, everything must be individually packaged. You may bring in your contribution during regular COA office hours, 8 am to 4:30 pm.

JOIN US AT 11  
FOR MERRIMENT & MAYHEM!  
WEAR A COSTUME  
SPECIAL & SPOOKY LUNCH  
GAMES & TREATS



**KALKASKA MEMORIAL  
HEALTH CENTER**

Medicare and private insurance will pay for flu shots. Please bring your Medicare and any other insurance cards with you.



## FLU SHOT CLINICS IN OCTOBER

- Oct. 6- Fife Lake Legion Hall 1 to 2 pm
- Oct. 7- Bear Lake Meal Site 11 am to 12 pm
- Oct. 8- Kalkaska Sr Center 10:30 am to 12 pm
- Oct. 27- Rapid City Meal Site 11 am to 12 pm
- Oct 28- S. Boardman Senior Center 11 am to 12 pm

Original Michigan Fiddlers' Association  
welcomes everyone to the KALKASKA  
**FIDDLERS JAMBOREE**  
& OLD FASHION SQUARE DANCE

Come One, Come All!

FREE Admission but Donations Always Welcome!

Saturday, October 16

Kalkaska Senior Center

303 S. Coral St

(Coral St off M-72W at Advanced Auto)  
(Fourth St off US 131, downtown)

Watch for signs!

Your Hostess is Deb  
231-534-4377

\*FIDDLERS PERFORM 1:30 to 4 PM\*

\*CIRCLE of FRIENDS 4 to 5 PM\*

Bring your fiddle or other non-electric instrument and join the fun!

\*SQUARE & ROUND DANCING AT 5 PM\*

Callers Welcome!

\*Concessions available for purchase 1 to 5 PM\*

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OMFA ANNUAL MEETING at 11:30 AM



# 6 WEDDED BLISS & INFORMATION

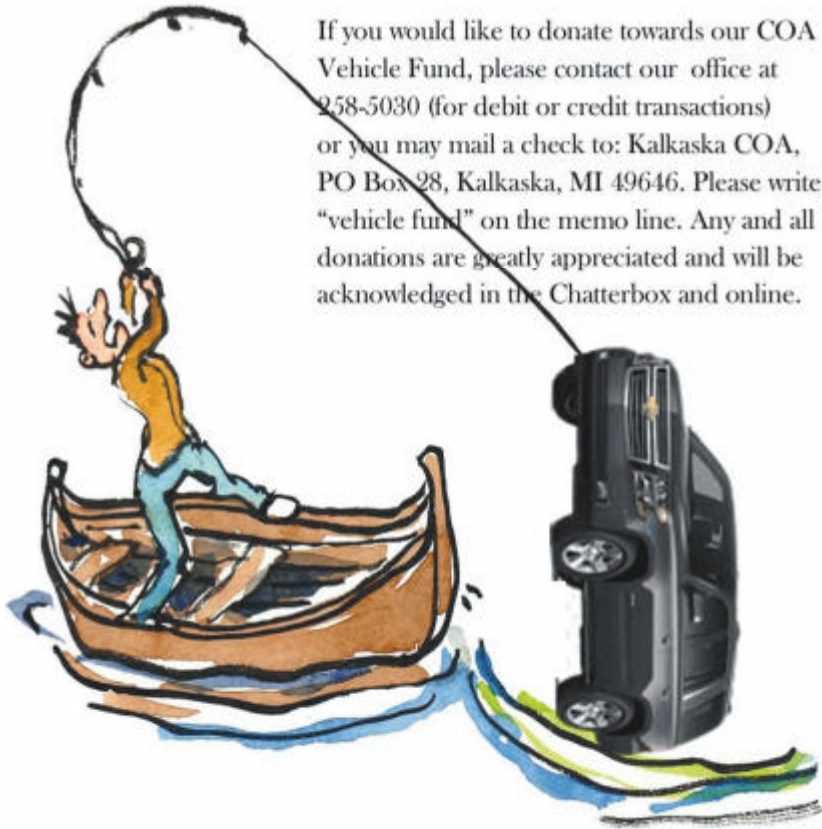
## Time for a new Home-Delivered Meals Vehicle... or two

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.



happy anniversary

- Donald & Carol Wotring 10-7-52
- Jim & Joanne Chambers 10-22-55
- Bill & Joan Nikischer 10-22-60
- Harry & Mayrie Dawson 10-5-63
- Jay & Pat Marvin 10-23-63
- Karen & Pat Stuck 10-17-64
- Donald & Louise Hinds 10-19-68
- Dan & Cindy Ingalls 10-3-70
- Caleb & Susan Horton 10-27-73
- Darel & Ruthann Willison 10-12-74
- Gary & Diane Kniss 10-4-75
- John & Kristen Fuller 10-28-78
- Randy & Jeanne Brooks 10-20-79
- Randy & Melanie Rosenberg 10-1-83
- Robert & Fay Homberg 10-10-87
- Douglas & Virginia Welbes 10-30-92
- Mark Lasko & Pat Wainman 10-9-93
- Mark & Connie Vedder 10-11-97
- John & Lisa Schuiling 10-10-98
- Alfred & Julie Liskie 10-31-99
- Gerald & Heather Atwood 10-7-15
- Jack & Barb Peterson 10-23-18
- Ken & Barb Rader 10-19-19



Thank you to those who have contributed towards our new vehicle purchase:

- Anonymous
- Kalkaska Genealogy Society
- Denise Kelly
- Multiple donors from our Music at the Gazebo events

## 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) \_\_\_\_\_



SPECIAL ANNIVERSARIES

Happy 65th!

Martin & Jeri Ellis 10-15-56

Happy 25th!

Art & Kathy Blakely 10-5-96

forever & always

## WHY VOLUNTEER?

It's not for the money,  
It's not for the fame,  
It's not for any personal gain.  
It's just for the love of fellow man.  
It's just to lend a helping hand.

It's just to give a tithe of self,  
That's something you can't buy with wealth,  
It's not for medals won with pride,  
It's not for that feeling deep inside.

Your reward is found down in your heart.  
It's a feeling that you've been a part of  
Helping others far and near that  
Makes you become a volunteer!

We are so blessed to have many devoted and caring volunteers within our COA and Senior Center community. Even with everything going on, we have volunteers who have been giving of themselves to make days a bit brighter and make activities run a little more smoothly.

Whether you were able to give many hours or a few, we appreciate you and your giving heart. Thank you from the bottoms of *our* hearts.

Because our world still isn't as back to as normal as we would like, we feel we cannot safely host our annual Volunteer Dinner once again this year.

We will be gifting our volunteers with a special treat either through the mail or in person, if we are able to see you, later this month. Please accept it as a small token of our gratitude for your selflessness.

We look forward to having more of you join us in volunteering as soon as possible and being able to gather once again to celebrate each of you. If you are interested in lending a hand, please call Jennifer at 258-5030.



## County of Kalkaska Dept. of Veterans Affairs

**Are you a Veteran or the Surviving Spouse of a Veteran? You may be eligible for VA benefits. LET'S TALK!**

*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](http://www.kalkaskacounty.net) • **Email:** [veterans@kalkaskacounty.org](mailto:veterans@kalkaskacounty.org)

SWOGER

& BRUCE  
ATTORNEYS

### ESTATE PLANNING

- ◆ Wills, Trusts, Powers of Attorney
- Trust Administration/Settlement

### PROBATE MATTERS

- ◆ Estates, Guardians and Conservators

We can help you protect your hard earned assets and leave a lasting legacy for your children.

Serving Traverse City and Northern Michigan

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[www.swoggerandbruce.com](http://www.swoggerandbruce.com)

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Family Chiropractic

Dr. Robert Gaston

Dr. Brian Herron

108 Northland Plaza  
KALKASKA  
231-258-9874

625 Second Street  
TRAVERSE CITY  
231-922-5060

The sooner you call,  
the more we can help.

24/7 Support

888-247-5701  
or [hom.org](http://hom.org)

Our State. Our Town.

*Our Hospice.*



A member of the **northstar** Care Community



**(231) 258-5121**  
www.wolfeoneill.com

**David W. O'Neill,**  
Licensed Manager



**EXIT NORTHERN SHORES REALTY**  
204 S. CEDAR, P.O. BOX 457, KALASKA, MI 49646

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E-Mail: dlkimball612@hotmail.com

Web: www.northernexit.com

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KALKASKAFUNERALHOME.COM



## LEVEL ACRES APARTMENTS

504 South Birch St.  
Kalkaska, MI 49646

**(231) 258-9107**

Levelacres@medallionmgmt.com

## AVAILABLE FOR A LIMITED TIME!

## ADVERTISE HERE NOW!

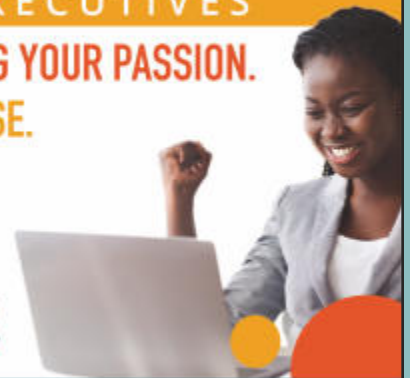
Contact **Terry Sweeney**  
to place an ad today!  
[tsweeney@lpicommunities.com](mailto:tsweeney@lpicommunities.com)  
or **(800) 477-4574 x6407**

## WE'RE HIRING

### AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.**  
**WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## KALKASKA AREA TRANSIT

*Providing reliable, safe, accessible and affordable public transportation to county residents*

### SERVICES INCLUDE:

- Door to Door within the Village of Kalkaska
- Door to Door Scheduled Routes (Countywide)
- Regional Transportation to Traverse City
- Non-Emergency Medical Transportation

Call for a complete list of our services and guidelines:

**231-258-6808**

1251 Island Lake Road  
Kalkaska  
[www.kalkaskatransit.com](http://www.kalkaskatransit.com)



**WE ARE LOOKING FOR PART-TIME DRIVERS!**

Please give us a call:  
**231-258-6808**



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0786



# Welcome Home

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

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

**Samaritas**<sup>™</sup>  
Senior Living



## STAND OUT

with a PREMIUM DIGITAL AD  
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-477-4574

# Thrive Locally

## 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](http://www.kalkaskacounty.net/government/commission_on_aging/index.php)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0786

*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. Seniors may 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.



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.

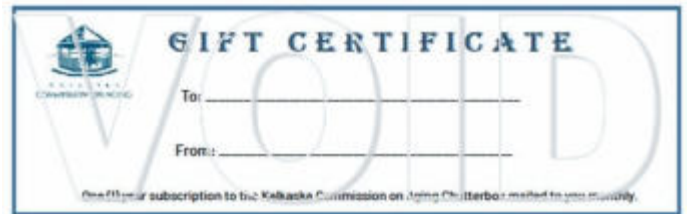
Another option is our meal punch card which can be used for our congregate meals (dine-in) or carry out meals and cost \$30 (10-punch card).

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.

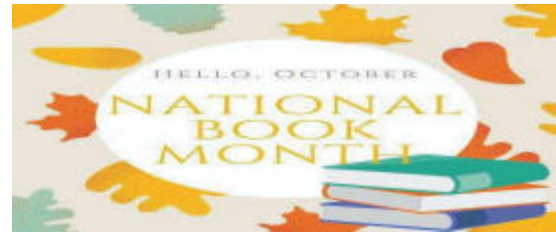
**EUCHRE**  
**Played at Kalkaska**  
**1st & 3rd Tuesday**  
**of each month**  
**1:00 pm, \$3**

Congrats to the Winners!	Wilma Birdsall (tied)
September 7	September 21
1st place: Dick Dean	1st place: Louise Gravelle
2nd place: Louise Gravelle	2nd place: Mike Kern
3rd place: Joanne Woodin	3rd place: Jerry Brandon



**REMINDER:**  
 Senior Project Fresh coupons must be used by October 31. Please make sure to use **all** the coupons you received as this allows us to continue getting enough booklets for all who need them. Locally, they may be used at the Tuesday Kalkaska Farmers' Market (open until November 2) and at Cherry Street Market.

If you want to continue receiving your Chatterbox subscription by mail once you head to warmer climates, give us your winter address. We also need to know when the move is effective. If you would prefer, we can send the newsletter via email. Either way, let the office staff know so there is no interruption of your subscription service.



In celebration of National Book Month, please visit our Library! We have a large collection of books (and puzzles) for you to browse through and select to take home. You are welcome to come browse anytime we're open, Monday through Friday, 8 am to 4:30 pm.



## CRAFTING

Grab your favorite needle craft project or other small craft and **Come Over And** join us every Monday from 9:00 - 11:00 am. Find us on Facebook at [facebook.com/groups/828155813926250](https://facebook.com/groups/828155813926250)

## PANTRY BINGO

Join us on Fridays at 1:30 pm. You might win canned fruits and vegetables, boxed goods, juice, rice, cereal, nuts, and more!



## SHUFFELBOARD

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

## WII BOWLING

Join us for each Thursday afternoon, at 1 pm. All are welcome.



## TABLE TENNIS

Join us for each Thursday afternoon, at 1 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



~NEW~

## MAHJONG MONDAYS

1 pm, October 11th & 25th

Four people are needed for each table so we require an RSVP for each week. 258-5030



## 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!



## 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



## JACKPOT BINGO

- Wednesdays, 5:00 pm (seating at 4 pm)
- Progressive Jackpot
- Must be at least 18, public welcome
- Snacks & BINGO products available

## Physical activity, mix it up

*Moderate and vigorous physical activity are recommended for better health. Mixing in these physical activities weekly is important.*

According to the World Health Organization (WHO), physical activity is “any bodily movement produced by skeletal muscles that requires energy expenditure.” There are many forms of physical activity, including walking, lifting weights, tai chi, dancing, and yoga. All of these forms of movement, and many others, strengthen different parts of our body. Incorporating a mixture of activity into your daily routine can help to keep your body safe by decreasing the chances for falling, breaking a bone, and heart problems. Plus, physical activity makes us feel better. To enjoy the health benefits of physical activity, the intensity should be moderate or vigorous.

There are four types of physical activity that are especially beneficial for better health: endurance, strength, balance, and flexibility.

*Endurance or aerobic* physical activities make you breathe faster and your heart beat more rapidly, improving the health of your heart and lungs. According to the Centers for Disease Control and Prevention, moderate physical activity is measured as with increased breathing and heart rate but still able to carry on a conversation. Vigorous physical activity is measured with increased heart rate and breathing and unable to carry on a conversation.

Activities can be considered vigorous, moderate, or light depending on how hard you breathe and how fast your heart beats. Light intensity activities include walking at a casual pace, shopping, and light household chores. Although you are still moving, light intensity movement should not be counted towards meeting daily recommendations for physical activity. Only moderate and vigorous intensity activities count toward meeting physical activity needs. Vigorous activities give similar health benefits in half the time of moderate activity. You can choose moderate or vigorous activity or mix them both each week. Activities can include swimming, brisk walking, running, biking, and dancing.

Concentrate on moderate to vigorous activities as they will count towards your weekly physical activity recommendations.

*Strength* or muscle-building activities make your muscles stronger and help with your balance to decrease falls and help to make daily activities easier to complete. Activities in this category include lifting weights, resistance bands, and carrying groceries. Working all the different parts of the body is important for balanced strength.

*Balance* activities help to reduce risk of injuries by enhancing stability and flexibility, which helps to prevent falls. Activities in this category include tai chi, balancing on one foot, and martial arts.

*Flexibility* activities help the body to move easier. Flexibility activities include stretching and yoga, which help you do things like reach and tie your shoes, look both ways to cross the street, and look over your shoulder to back your car out of the driveway.

Incorporating each of these forms of physical activity into a weekly routine helps to increase health, strength, and stamina for overall better living. Each activity is important as there are different benefits for each. The Physical Activity Guidelines for Americans encourages at least 150 minutes of physical activity each week. For more information on physical activity, visit Stanford Medicine, the Centers for Disease Control and Prevention, and MSU Extension's Physical Activity website.

This article was published by Michigan State University Extension.  
For more information, visit <https://extension.msu.edu>.



*\*As always, you should consult with your primary healthcare provider before ever beginning to increase or incorporate exercise changes in your life.*



# 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 IRS regulations.





*In Memory of Sally Otto*  
 from  
 Lynn & James Smith  
 Kalkaska Genealogy Society  
 Clark & Charlotte Kinsey  
 William & Margaret Frame

*In Memory of Karl Payk*  
 from  
 Clark & Charlotte Kinsey  
 Don & Evonne Thurlow

*In Memory of Byron Soulliere*  
 from  
 Pat Clark

*In Memory of Marge Gerring*  
 from  
 Pat Clark

*In Memory of George Walters*  
 from  
 Don & Evonne Thurlow

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Tuesday, before lunch, we feature our house band, The Appleknockers! Join us at 10:30 for the music!			<b>1</b> 10:30- Low Impact Exercise with Weights 1:30- Pantry Bingo
<b>4</b> 9- Knit/Crochet Group 10:30- Low Impact Exercise with Weights 6- Woodcarvers	<b>5</b> 10- Yoga 10:30- Jam Music 1- Shuffleboard 1- Euchre 7-Anon, Alateen 8-AA	<b>6</b> 5- Jackpot Bingo!	<b>7</b> 10- Yoga 1:00- Wii Bowling 1- Table Tennis 2:30- Line Dancing 6:00- Kasky Kwilters	<b>8</b> 10:30- Low Impact Exercise with Weights 1:30- Pantry Bingo
<b>11</b> 9- Knit/Crochet Group 10:30- Low Impact Exercise with Weights 1- Mahjong 6- Woodcarvers	<b>12</b> 10- Yoga 10:30- Jam Music 1- Shuffleboard 7-Anon, Alateen 8-AA	<b>13</b> 10:30- Commodities 10:30- Grief Support 5- Jackpot Bingo!	<b>14</b> 10- Yoga 1:00- Wii Bowling 1- Table Tennis 2:30- Line Dancing	<b>15</b> 10:30- Low Impact Exercise with Weights 1:30- Pantry Bingo
<b>18</b> 9- Knit/Crochet Group 10:30- Low Impact Exercise with Weights 6- Woodcarvers	<b>19</b> 10- Yoga 10:30- Jam Music 1- Shuffleboard 1- Euchre 7-Anon, Alateen 8-AA	<b>20</b> 5- Jackpot Bingo!	<b>21</b> 10- Yoga 1:00- Wii Bowling 1- Table Tennis 2:30- Line Dancing	<b>22</b> 10:30- Low Impact Exercise with Weights 1:30- Pantry Bingo
<b>25</b> 9- Knit/Crochet Group 10:30- Low Impact Exercise with Weights 1- Mahjong 6- Woodcarvers	<b>26</b> 10- Yoga 10:30- Jam Music 1- Shuffleboard 7-Anon, Alateen 8-AA	<b>27</b> 10:30- Grief Support 5- Jackpot Bingo!	<b>28</b> 10- Yoga 1:00- Wii Bowling 1- Table Tennis 2:30- Line Dancing	<b>29</b> 10:30- Low Impact Exercise with Weights 1:30- Pantry Bingo



Menu for Friday, October 29-  
 Double Cheeseburger on Bun  
 Corn  
 Deviled Eggs  
 Fries  
 Fruit Juice & Punch



## MEAL SITE ACTIVITIES

### BEAR LAKE | 198 E. BEAR LAKE RD

Open Tuesday/Thursday | 10 am - 2 pm  
 Cards & Games, Lunch at 12:00 pm

### SOUTH BOARDMAN | 5503 BOARDMAN RD SW

Open Tuesday/Thursday | 9:30 am - 1:30 pm  
 Cards & Games, Lunch at 12:30 pm  
 Senior Chair Yoga/Walking in Place with Leslie,  
 Tuesdays & Thursdays at 11:00 am

Good Food...  
 Good Friends...  
 Good Times...

### RAPID CITY | 5440 RIVER ST (TOWNSHIP HALL)

Wednesday | 9 am - 1 pm  
 Wii bowling at 10:00 am  
 Wheel of Fortune at 11:30 am  
 Lunch at 12:00 pm  
 Euchre, Thursday at 1 pm (Red School House) \*NEW\*

### Other, Non-Meal Site Senior Activities

### MANISTEE LAKE (CETA) | 6615 COUNTY RD 612 N

Euchre (\$5), Monday at 7:00 pm  
 Pinochle (\$4), Wednesday at 6:30 pm  
 Pasty Sale, Friday at 1:00 TO 3:00 pm  
 (Available: beef pasties, shepherd's pie, chicken pot pie)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meal sites offer CARRY-OUTS: Go to the sites at regular service times, listed below. For Kalkaska, go to the Front Desk. At other sites, the manager will help you. Carry outs do not include the salad bar.		<b>BRING A FRIEND TO LUNCH DAY- October 19</b> Invite a friend or two to join us for lunch on Tuesday, October 19th, and there will special treats for both of you! Share the love and fun we have at the Senior Center (not to mention the delicious food)!		<b>1</b> Baked Penne with Italian Sausage Vegetable  Breakfast 8-9 am
<b>4</b> Chicken Lasagna Broccoli Slaw Bread Stick	<b>5</b> Meatloaf Vegetable Garlic Bread	<b>6</b> Potato Soup w/ Ham Crackers Carrots	<b>7</b> Burger w/ Mushroom, Onion, & Swiss Burger Fixins	<b>8</b> Homestyle Mac & Cheese Vegetable Breakfast 8-9 am
<b>11</b> Chili Vegetable Crackers	<b>12</b> Pizza w/ Meat & Veggies	<b>13</b> Tuna Casserole Vegetable	<b>14</b> Quiche Vegetable Fruit Cobbler	<b>15</b> Polish Sausage Sauerkraut  Breakfast 8-9 am
<b>18</b> Deluxe Chicken Sand. Fixins Vegetable	<b>19</b> BBQ Pork Riblet Mashed Potatoes  <b>Bring A Friend to Lunch</b>	<b>20</b> Goulash Vegetable	<b>21</b> Shepherd's Pie Vegetable	<b>22</b> Stuffed Chicken & Broccoli Vegetable Breakfast 8-9 am
<b>25</b> Fish Filet Cozumel Blend Veg	<b>26</b> Liver & Onions Vegetable	<b>27</b> Spaghetti Vegetable Garlic Bread	<b>28</b> Taco Fixins Bar	<b>29</b> Bull in a Coffin Frankenstein's Teeth Ghost Eyes Skeleton Fingers Pumpkin Punch

Note: Menus are subject to change without notice. Where offered, salad bar replaces one vegetable serving. All meals include milk, fruit, and bread. Meals are a *suggested donation* of \$3 for seniors, age 60+. Guests younger than 60 are welcome. Their meal cost is \$5.

### Alternative Entrée Choices

OCTOBER 4-8:

HAM & TURKEY SLIDERS

OCTOBER 11-15:

VEGGIE BURGER

OCTOBER 18-22:

HOT DOG/BUN

OCTOBER 25-29:

PANCAKE & SAUSAGE

## LUNCH MEAL SCHEDULES

**Kalkaska Senior Center | 231-258-5030**

Monday - Friday, served 12:00-12:30 pm

No RSVP required

**S. Boardman Senior Center | 231-369-2700**

or 863-449-0049

Tuesday & Thursday, served 12:30-1:00 pm

RSVP to Shirley by 9:30 am

**Bear Lake Hall | 941-270-1549**

Tuesday & Thursday, served 12:00 - 12:30 pm

RSVP to lola, 8:30-9 am

**Clearwater Township Hall | 231-564-2794**

Wednesday, served 12:00 -12:30 pm

RSVP to Pam by 8:30 am

**Our Halloween menu in English instead of in Spooky is on page 14.**



### KALKASKA SENIOR CENTER FRIDAY BREAKFAST 8 TO 9 AM

Suggested Donation- \$3

*Breakfasts are served with toast, fruit and milk. Coffee is available.*

Build Your Own Omelet- Cheese, Ham, Sausage, Mushrooms, Onions, Peppers

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An alternate choice is available each week.

Small bills are appreciated for lunch donations.





KALKASKA  
COMMISSION ON AGING

P.O. Box 28  
Kalkaska, MI 49646

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

## 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](mailto: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

**OCTOBER 25, 2021 @ 10:00 AM | COA MEETING ROOM**