SAGINAW COUNTY
COMMISSION ON AGING

The Month of March is:

National Social Work Month

Social Workers provide support to individuals who need help dealing with life situations.

COA appreciates our Social Workers!!

OUR MISSION STATEMENT

Since 1973 Saginaw County Commission on Aging has provided many programs and services to meet the needs of older adults. Our goal is to help older adults to continue living independently in their own homes. We also offer unlimited volunteer opportunities for older adults who desire to stay active and involved in the community.

MARCH 2021

CONTACT US
2355 SCHUST ROAD ~ SAGINAW, MI 48603
OFFICE HOURS: MON-FRI 8AM-5PM
Main Office: 989-797-6880
Toll-Free: 1-866-763-6336
Fax: 989-797-6882
Transportation: 989-797-6888
Website: saginawcounty.com/coa
Facebook: @SAGINAWCOA

STAFF
Jessica Sargent, Director
jsargent@saginawcounty.com
Rasheda Corley, Newsletter Editor
rcorley@saginawcounty.com
Vera Haller, Administrative Assistant & Transportation Supervisor
vhaller@saginawcounty.com
Sandra Atkins, Food Service Supervisor
satkins@saginawcounty.com
Susan Caister R.D., Nutrition Program Manager
scaister@saginawcounty.com

WELCOME & INFORMATION

Greetings All:

Our agency is very excited to announce a new partnership with ***Saginaw Transit Authority and Regional Services (STARS).*** *STARS is a public transportation system for the Urbanized Saginaw area, which travels about 1.5 million miles per year. Over 3,300 people ride their buses each day to work, doctor visits, shopping or school. They also serve as an effective solution to mobility challenged citizens, serving over 48,000 senior citizens and persons with disabilities through their LIFT and Rides to Wellness service.*

STARS will be assisting our agency by delivering FOUR large Meals on Wheels routes starting the week of February 1st. *This will allow our agency to resume delivering meals to you 2 days per week. Without the help from STARS, our agency could not do this, as we have not had enough delivery drivers to staff all of the routes. Thank you for your patience and understanding during this past month.*

If you have a STARS staff member deliver to you, be sure to welcome them with a smile ☺

A BIG thank you to Glenn Steffens (Executive Director), Jamie Forbes (Director of External Affairs) and other members of the team at STARS for making this happen. You are truly a great partner in our Saginaw Community.

SERVICES WE OFFER

INFORMATION & REFERRAL

Friendly Commission on Aging staff answer questions, provide information and refer callers to an appropriate service. This is your first step to finding the help you need for yourself or a loved one. Making this call opens a variety of assistance and opportunity to make life easier. For more information call the main office at 989-797-6880 or TOLL FREE at 1-866-763-6336.

CASE MANAGEMENT

Professional caseworkers provide assistance with a variety of needs, such as arrangements for in-home services, housing problems, financial concerns, and prescription help. Caseworkers assess needs and offer recommendations for home care.

CAREGIVER SUPPORT PROGRAM

Provides training, education and support services to family, friends, partners and neighbors who are caregivers. The caregiver or the person receiving the care must be at least 60 years of age to qualify for this program.

CARE MANAGEMENT FOR FRAIL ELDERLY

A R.N. and Social Worker team provides a comprehensive needs assessment and assistance in arranging care for frail elders at risk of entering a nursing home.

TRANSPORTATION

Door-to-door service to medical appointments, and essential shopping. Rides must be prescheduled. Wheelchair lift service is available. Transportation prepaid tickets are available. Cost: $2.00 each way. To schedule a ride please call up to two weeks in advance 989-797-6888.

MINORITY OUTREACH PROGRAM

Staff locates elderly persons in our community who may require assistance with daily living requirements. Service provision by the agency's bi-lingual staff may be in the form of assisting with issues of housing, Medicare or Medicaid questions, and referral to community resources if appropriate.

IN-HOME SUPPORT SERVICES PROGRAM

The In-Home Support Services Program provides assistance to elderly citizens who may need limited assistance with housekeeping and personal care. Also, available through this program is limited respite care services for caretakers residing in the home.

LEGAL CONSULTATION & REFERRAL CLINICS

Free legal services provided by Region VII Area Agency on Aging for an appointment call 1-800-858-1637 or 989-893-4506.

PROJECT LIFESAVER

A collaborative effort between the Saginaw County Commission on Aging and the Saginaw County Sheriff's Department. This program is offered to Saginaw County residents, age 60 years and older, who are affected by severe forms of dementia related illnesses. It gives clients access to a transmitter bracelet that is designed to assist in the tracking and locating of people who have the tendency to wander.

FOSTER GRANDPARENTS PROGRAM

Seniors age 55 or older, who meet income guidelines, receive a tax-exempt stipend and other benefits for volunteer work with special needs children in schools and day programs.

KINSHIP CARE SUPPORT PROGRAM

Kinship Care Support Services offers assistance to adults aged 55 and over in Saginaw County who are raising grandchildren, nieces, nephews, and other related minors. They can receive case management services, information and referral, support groups, monthly newsletters, free educational and recreational events for the adults and children, emergency and respite care funds.

FREE CELL PHONES FOR SENIORS

Free cell phones for seniors age 60+. Donated phones programmed to reach 911 in most geographic areas that provide 911 emergency service. Contact the main office or your caseworker for more information.

Please call the office.

SENIOR CENTER LOCATIONS

BRADY (Closed)
16020 PEET, OAKLEY, MI 48649
Phone: 989-845-7200
Hours: Mon-Fri 10AM-1:30PM
Coordinator: Laura Nixon

BUENA VISTA (Closed)
1940 S. OUTER DRIVE, SAGINAW, MI 48601
Phone: 989-752-1655 EXT. 206
Hours: Tues, Wed, Thurs 10AM-2PM
Coordinator: Carmen Harrison

CHESANING (Closed)
(YOUNG @ HEART CLUB)
218 CHURCH, CHESANING, MI 48616
Phone: 989-845-6565
Hours: Mon-Fri 9:30AM-1:30PM
Coordinator: Amy DeGeus

ELEANOR FRANK (Open for Curbside)
2355 SCHUST ROAD, SAGINAW, MI 48603
Phone: 989-797-6895
Hours: Mon-Thurs 9AM-3PM
Fri 8:30AM-1:30PM
Coordinator: Maria Sanchez

FRANKENMUTH (Open for Curbside)
240 W. GENESEE, FRANKENMUTH, MI 48734
Phone: 989-652-3430 EXT.197
Hours: Tues, Wed, Thurs 10AM-2PM
Coordinator: Joanie Patyk

FREELAND (Closed)
(located in Freeland SportsZone)
5690 MIDLAND ROAD, FREELAND, MI 48623
Phone: 989-695-2000 EXT. 1017
Hours: Tues, Wed, Thurs 10AM-2PM
Coordinator: Chari Dodge

FRIENDSHIP (located in YMCA) (Closed)
1915 FORDNEY ST., SAGINAW, MI 48602
Phone: 989-797-6801 / 989-797-6896
Hours: Mon-Fri 9AM-1:30PM
Coordinator: Charlene Powell

HEMLOCK (Open for Curbside)
218 S. ELM, HEMLOCK, MI 48626
Phone: 989-642-2610
Hours: Mon, Wed, Fri 10AM-2PM
Coordinator: Shirley Dunbar

MAPLE GROVE (Open for Curbside)
4017 PEET, CHESANING, MI 48616
Phone: 989-845-7444
Hours: Mon-Fri 9:30AM-2:30PM
Coordinator: Sue Quaderer

MARIE E. DAVIS (Open for Curbside)
233 ROOSEVELT AUSTIN AVE.
SAGINAW, MI 48607
Phone: 989-758-2441
Hours: Mon 9AM-2PM & Tue-Fri 9AM-3PM
Coordinator: James Benjamin

SOUTH COLONY (Curbside for residents only)
180 S. COLONY, SAGINAW, MI 48638
Phone: 989-790-3289
Hours: Mon-Fri 10:30AM-1:30P
Coordinator: Carol Zaremba

CHAT TIME WITH COMMISSION ON AGING

We realize there are many questions and concerns from participants at our senior centers during this difficult time. In March 2020, none of us would have imagined that we would still be dealing with the pandemic several months later.

As you know, the senior centers remain closed for meals and activity programs until further notice. Our agency is monitoring Executive Orders from our Governor as well as following guidance from the Michigan Aging and Adult Services Agency and the Saginaw County Health Department regarding reengagement of services and sites. At this time, it is uncertain as to "when" the senior centers will be able to reengage in participation inside of the center. Thank you for your patience as we move forward and try to provide services in new and different ways until it is safe to return to our normal programming. ***We miss everyone so much and look forward to the day we can re-open the senior centers!***

In the meantime, join us for virtual chat sessions with Jessica Sargent (Director) and Susan Caister (Nutrition Program Manager), via Zoom, to provide updates on senior center programming and services. This is also an avenue to ask questions, provide input and stay connected with our agency.

The great part about virtual Zoom chat is you can utilize the app OR you can call in from any phone. The chat room is limited to 100 people to participate at one time. If you are calling in from a telephone, you must enter *6 to unmute yourself, if you wish to speak.

Chat Time will take place on March 9 & March 23

Instructions for using ZOOM audio conferencing:

Dial: 1 (888) 475 4499 or 1 (877) 853 5257 (US Toll-free) or 1 (312) 626 6799

& Enter Meeting ID: 737 949 6065

New Chat Time 12:00 PM - 1:00 PM for all centers

- Eleanor Frank Center & Friendship Center Participants
- Marie E. Davis & Buena Vista Center Participants
- South Colony & Hemlock Center Participants
- Maple Grove, Chesaning & Brady Center Participants
- Frankenmuth & Freeland Center Participants

live chat!

CAREGIVER/KINSHIP CARE SUPPORT

Hello All:

"I want to say thank you," for allowing me to be a part of your lives for the last past year. The month of March marks one year working with the Saginaw County Commission on Aging. I've been researching Kinship, Caregiver to learn more about our program. Educating myself more gave me an intellectual overview of the life struggles you may face. I have had the opportunity to meet with Kinship/Caregivers' formal and informal. I have learned through Zoom Webinar or Wellness Calls first-hand some of your daily challenges. As I listen to Caregivers/Kinship families I can only imagine what it may be like for some of you on daily basis.

Kinship client's conversations often focus on the needs of the children they are caring for, and it's important that they do, but they don't always focus on the client's needs. A child's well-being is affected by the comfort of the entire family, so the needs of caregivers are important too.

As I listened to Kinship/Caregivers' families, some major themes began to emerge- feelings of isolation, loss of identity, lack of respite care, and financial strain. You spend most of your time caring for children and others having very little if any, time for yourselves. Caregivers noted that one big barrier to relieving these stressors is the lack of resources.

This is the very reason I will continue to research available resources, fill out In-House Referrals if needed and pass on the information to you. Consistently, I will assist with any donations given to Saginaw County Commission on Aging that may benefit our Kinship/Caregiver Program. As always, it will always be a pleasure to continue to be of service to all of you.

Thanks Again,
Darlene Byrd Young M.Ed. B.S.W

Please join us for our next
Caregiver/Kinship Zoom Webinar Meeting

Upload Zoom on your cellphone, computer, tablet or call in

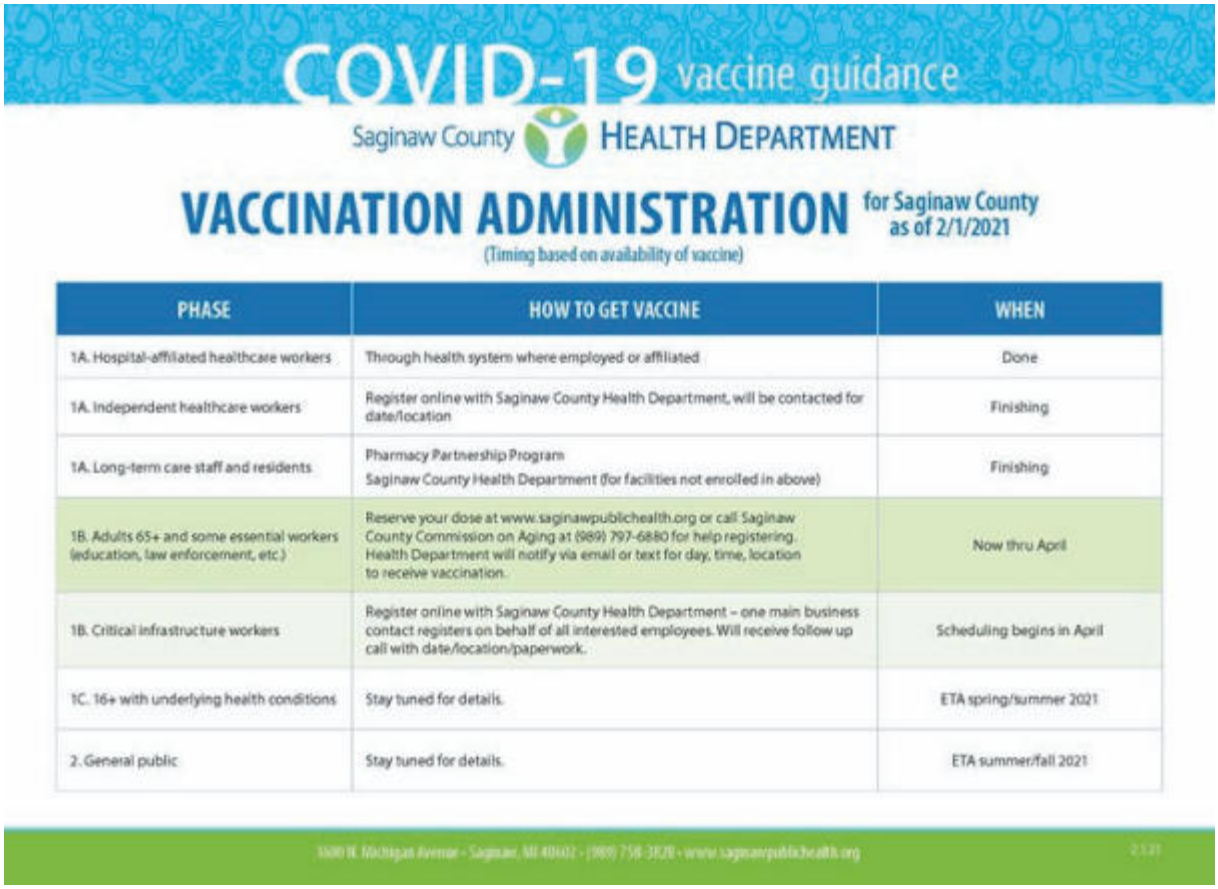
+ Thursday, March 11, 2021 @ 1:00 p.m.
+ Thursday, March 25, 2021 @ 1:00 p.m.

Next Zoom Webinar Meeting for Caregiver/Kinship
http://zoom.us/meeting/95858365710 ID 6377142584

COVID-19 VACCINATION

Vaccine registration is now open for individuals ages 65+ and who live in Saginaw County. You can register at **saginawpublichealth.org**. The health department will notify you by phone, email or text where to go for your appointment when doses become available. Saginaw County vaccine providers are working together, so you may be directed to a hospital, partner clinic, or Saginaw County Health Department drive-thru clinic.

Those who are unable to register online or don't have a family member to assist may call the Saginaw County Commission on Aging for help! **Just call (989) 797-6880.** Staff will take your name, address, cell phone, and email address and enter you into the health department's system to reserve your dose.



COVID-19 vaccine guidance

Saginaw County HEALTH DEPARTMENT

VACCINATION ADMINISTRATION for Saginaw County as of 2/1/2021

(Timing based on availability of vaccine)

PHASE	HOW TO GET VACCINE	WHEN
1A. Hospital-affiliated healthcare workers	Through health system where employed or affiliated	Done
1A. Independent healthcare workers	Register online with Saginaw County Health Department, will be contacted for date/location	Finishing
1A. Long-term care staff and residents	Pharmacy Partnership Program Saginaw County Health Department (for facilities not enrolled in above)	Finishing
1B. Adults 65+ and some essential workers (education, law enforcement, etc.)	Reserve your dose at www.saginawpublichealth.org or call Saginaw County Commission on Aging at (989) 797-6880 for help registering. Health Department will notify via email or text for day, time, location to receive vaccination.	Now thru April
1B. Critical infrastructure workers	Register online with Saginaw County Health Department – one main business contact registers on behalf of all interested employees. Will receive follow up call with date/location/paperwork.	Scheduling begins in April
1C. 16+ with underlying health conditions	Stay tuned for details.	ETA spring/summer 2021
2. General public	Stay tuned for details.	ETA summer/fall 2021

[illegible] - www.saginawpublichealth.org

Need a Ride to get your COVID-19 Vaccination?

STARS can take anyone in the STARS lift as long as they live in their service area. The lift is currently free. Seniors can schedule rides up to two days in advance. They can call **989-753-9526** to schedule their trip Monday-Friday 9am-3pm (first come first serve). The service runs 5am-9pm Monday-Saturday, 8am-9pm Sundays.

*If you live outside of STARS service area, you can contact the Commission on Aging's Transportation Department at **989-797-6888**. The fee is $2.00 each way ($4.00 round trip) a* ***48 hour advance notice is requested.***

FOOD BOX DELIVERY

Are you no longer driving and primarily homebound? Could you benefit from additional food items being delivered to you? We want to help! Our agency is planning an event to deliver 400 boxes of food to eligible residents ages 60+ in Saginaw County. Delivery date is to be determined but will be near the end of March/early April. ****The event is sponsored by the Saginaw High Class of '75 and United Way of Saginaw**.*

Food items vary upon delivery, but you could expect similar items such as: milk, yogurt, cheese, meat, bread, beverages, canned/non-perishable foods, breakfast foods/ snacks, etc.

If interested, you must **RSVP by March 12th** to 989-797-6880 *(Individuals who are able to drive or participate in the curb-side meal program are not eligible for delivery).*

MAPLE GROVE CENTER

The staff at COA Maple Grove Center pictured with a uniquely heart shaped potato during the month of February in celebration of Valentine's Day.

Kay Gross,
On Call Center Coordinator

Dave Kelso,
MOW Driver

Laura Nixon,
Brady Center Coordinator

Cardiovascular Disease Awareness in Geriatric Populations

How much do you know about heart disease?

Help contribute to research about the importance of education about cardiovascular disease by participating in a pre-survey, brief video, and post survey that will provide helpful information about cardiovascular disease; types, risks, symptoms and prevention.

Topics Covered

- What is cardiovascular disease and what contributes to it?
- Symptoms of cardiovascular disease
- Associated risks
- Treatments and prevention
- What to ask your doctor

Participant Criteria

- 65 years of age or older
- Do not have Dementia and able to consent to participate

Date and Time: To Be Determined
Location: Online or over the phone
If you are interested, please contact:
Dr. Neil Ragina
ragin1n@cmich.edu

CMU
CENTRAL MICHIGAN UNIVERSITY
College of Medicine

MARCH MEAL MENU

SUGGESTED DONATION: $2.25 | CALL 989-797-6880
Menu subject to change without notice. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.

Monday 1 &Tuesday 2
(Meals on Wheels)
Alfredo Chicken Breast
Baby Yukon Potatoes
Broccoli
Butterscotch Pudding
Garlic Bread
Chocolate Milk

Wednesday 3 (Curbside)
Thursday 4 (Meals on Wheels)
Swedish Meatballs
Bow tie Pasta
Caribbean Blend Vegetables
Pineapple Bits
Multigrain Dinner Roll
Chocolate Milk

Monday 8 & Tuesday 9
(Meals on Wheels)
Salisbury Steak w/ gravy
Whole Potatoes
Peas
Chilled Pears
Whole Wheat Bread
Chocolate Milk

Wednesday 10 (Curbside)
Thursday 11 (Meals on Wheels)
Chicken Tenders
Potatoes w/bacon & onions
Prince Charles
Orange
Multigrain Dinner Roll
2% Milk

Monday 15 &Tuesday 16
(Meals on Wheels)
BBQ Pork Rib
Maple Glazed Sweet Potatoes
Green Beans
Fresh Grapes
Gelatin Cup
Whole Wheat Bread
Chocolate Milk

Wednesday 17 (Curbside)
Thursday 18 (Meals on Wheels)
Chicken Broccoli & Cheese
Diced Redskin Potatoes
Keywest Blend
Dinner Roll
Sugar Cookie
Chocolate Milk

Monday 22 & Tuesday 23
(Meals on Wheels)
Sloppy Joe on Whole Wheat Bun
Home-style Potatoes
Steamed Carrots
Mandarin Oranges
2% White Milk

Wednesday 24 (Curbside)
Thursday 25 (Meals on Wheels)
Fish Almondine
Sliced Potatoes
Italian Blend
Tropical Fruit Salad
Multigrain Dinner Roll
2% White Milk

Monday 29 & Tuesday 30
(Meals on Wheels)
Chicken Filet w/ gravy
Stuffing
Brussel Sprouts
Applesauce
Whole Wheat Bread
2% Milk

Wednesday 31 (Curbside)
BBQ Beef
Baked Beans
California Blend Vegetables
Mixed Fruit
2% Milk

MEAL PROGRAM

MEALS ON WHEELS

You may have noticed the numbers of meals you are receiving weekly has decreased. We are working on getting our meal numbers back in line, pre-Covid-19 numbers. What this means is some of you received 5 meals per week M-F and others 3 meals MWF or TWTH so we are now delivering that number weekly. We are now delivering 2 days per week but we will continue sending hot and frozen meals weekly so that you get your 3 or 5 meals per week.

Breakdown of Meal Schedule

Total # of meals	Days & Meals	Days & Meals
3 meals weekly	Monday & Tuesday (1 hot + 1 frozen)	Thursday (1 hot)
5 meals weekly	Monday & Tuesday (1 hot + 2 frozen)	Thursday (1 hot + 1 frozen)

Homebound elderly who are unable to prepare a well balanced meal receive a hot noon meal prepared in our own kitchen. Eligibility requirements: client must be age 60 or older, cannot drive, and does not have the capability to prepare or to acquire daily nutritional meals. To learn more about this program call the main office 989-797-6880.

IT IS YOUR RESPONSIBILITY TO CALL: If you will not be home for the day, or need to place your meals on hold, YOU MUST call the number provided to you by your caseworker no later than 12noon the day before to cancel your meal.

If you are not sure the number to call, you can contact the front desk at 989-797-6880 for assistance with obtaining this information.

Thank you!

CURBSIDE PICKUP

Congregate senior centers are closed until further notice. If you are age 60 or older, you can reserve and pickup Curbside meals. Meals can be picked up on **WEDNESDAYS ONLY** between 10AM & 12PM at the following locations listed below.

Curbside Pickup Locations

- Eleanor Frank Senior Center: Contact Maria at 989-797-6895
- Frankenmuth Senior Center: Contact Joanie at 989-652-3430 Ext. 197
- Hemlock Senior Center: Contact Shirley at 989-642-2610
- Maple Grove Senior Center: Contact Sue at 989-845-7444
- Marie E. Davis Senior Center: Contact James at 989-758-2441

The curbside pick-up meal program will continue during winter months. If conditions are not good, please watch the news stations for closures due to inclement weather.

You must call by **11:00 AM** on the **Monday** before to reserve your meal pickup at the center of your choice. You will receive additional instructions on pickup when you call. Individuals will not be permitted inside the senior center facilities and all pick-ups will be curbside only. Meals have a suggested donation of 2.25 per meal.

NUTRITION EDUCATION

How to Use Food As Medicine

We need to feed ourselves nutrient dense food to help our body perform at its best. This allows us to use food as medicine to treat our illnesses.

Kidney Disease

Limit high sodium food. Limit high potassium food for example bananas, melon, oranges, pomegranates, prunes, raisins, avocado, beets, beans, cooked broccoli, onions, potatoes, spinach and tomatoes. Limit high phosphorus food for example cola, biscuits, nuts, dairy, processed meats, peanut butter, pancakes, and organ meats. Goal: maintain kidney function.

Weight Loss

Use a food diary to track food consumed. Eat whole fruit and vegetables. Choose whole grains. Eat lean protein. Avoid convenience foods. Prepare food ahead of time. Use Myplate method Fill 1/4 of plate with starches (grain, peas, corn, potatoes), 1/4 plate fruit, 1/4 plate protein and 1/4 plate non-starchy vegetables.

Goal: weight loss

Diabetes

Stay consistent with carbohydrates counting. Pay attention to portion sizes. Limit processed food. Choose nutrient dense food. Eat plenty of whole fruit and vegetables. Avoid sugary beverages. Goal: Control blood sugar by controlling carbohydrate intake.

Digestive Disorders

Eat a low fiber diet when experiencing symptoms. Keep food diary with food log and symptoms. Eat small meals 5-6 times daily. Stay hydrated. Goal: control digestive symptoms.

Cardiac Diseases

Aim for 1500 milligrams of sodium daily. Limit beef, ribs, bacon and sausage. Choose lean proteins: ground round, turkey, chicken or beans, nuts, eggs and fish. Limit processed food. Eat whole fruits and vegetables and whole grains. Eat a high fiber diet.

Goal: naturally lower cholesterol and blood pressure.

Cancer

Eat whole fruit and vegetables. Choose nutrient dense food. Eat plenty of protein for cell repair. Choose healthy fats (olive, canola, safflower, sunflower oil and seafood). Eat high protein snacks (nuts, seeds, yogurt, etc). If unable to eat, drink protein shakes (Ensure, Boost, Glucerna, etc.). Goal: maintain weight.

THANKS FOR YOUR HELP!

Kyle Derene, Douglas Lason, Robert Petroch, Chris Thomas
U.S. Navy Recruiting Station, Saginaw, MI

Thanks for helping pack cold sacks and hand out meals.

ONLINE TAI CHI FOR FALL PREVENTION

Tai Chi Disability Network Mid Michigan
989-835-4041
Thursdays @ 11:30 a.m.- 12:30 p.m.
Eastern Time (EST)
Online via Zoom
COST: Free

- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increases relaxation
- Modifications will be provided for those who want to attend seated or standing
- This program is targeted to help older adults & older adults with disabilities at risk for falls stay active.
- Classes will be held on Thursdays starting February 18 until June 17

To sign up please email sullivan@dnmn.org

Free Tax Preparation

What to bring checklist:

- ❑ **Social Security card and S.S. cards** for all dependents (NO COPIES must be original for ALL)
- ❑ **Photo ID**
- ❑ Birth dates for all dependents
- ❑ W2's for wages
- ❑ Statement from DHS
- ❑ Consumers Energy bill **(showing amount paid in 2020)**
- ❑ Property tax bill or proof of rent paid
- ❑ Landlord's name & address
- ❑ 1099's for interest or other payments received
- ❑ 1099R pension income if retired
- ❑ SSA 1099 for Social Security income
- ❑ Last year's tax returns
- ❑ Total amount paid in daycare
- ❑ Daycare providers tax identification number
- ❑ Bank routing and account numbers for direct deposits
- ❑ Form 1095 as proof of insurance
- ❑ Stimulus payment information

Volunteer Income Tax Assistance (VITA) Program:

If you are a low-to-moderate income taxpayer who cannot afford to pay for tax preparation, trained volunteers will prepare simple tax forms remotely. Documents will be collected by "scan and go" appointment. Below are the open Saginaw County VITA sites:

Frankenmuth Credit Union - Open Feb - April
544 N. Main Street • Frankenmuth
Call 211 for dates & times, no walk-ins
Appointments ONLY • CALL 211 to schedule for this site.

United Way of Saginaw County - Open Feb - April
100 S. Jefferson Avenue • Saginaw
Call for dates & times, no walk-ins
Appointments ONLY • Call direct to schedule (989) 326-5290

Appointments will comply with the guidelines of the Saginaw County Health Department regarding appropriate COVID-19 safety protocols. No seating will be available. In order to comply we request that appointments be limited to only those who are filing their taxes.

3 Ws

Wash your hands frequently

Wear a mask. No mask no service

Watch your distance, maintain 6 feet distance between yourself and others

Weather policy: In the event of an inclement weather closure, program information will be posted on the United Way website and facebook page.

Please note: Dates and times for each location are uniquely listed for each site. Only scheduled appointments will be accepted. ABSOLUTELY NO WALK INS. Taxes will be prepared remotely.

Prepare your own taxes: If you would like to prepare your own taxes, you can utilize free tax software online at www.myfreetaxes.com.

SPRING WORD SEARCH

Find and circle all of the words listed below that are hidden in the puzzle.

L	T	B	Y	G	C	G	K	K	P	J	V	H	V	Y
Z	Y	P	G	A	R	X	W	Y	Y	F	E	V	T	M
K	V	E	A	R	M	H	X	D	L	D	Q	V	U	Z
R	E	W	P	D	A	N	D	W	G	J	N	F	T	F
N	D	K	S	E	D	I	A	E	G	M	Z	M	U	N
I	M	S	T	N	R	A	N	I	B	P	M	U	O	K
I	Q	I	Z	L	T	R	F	B	L	F	G	M	R	S
H	F	U	M	K	I	K	I	F	O	R	R	B	P	X
E	U	D	K	G	E	R	F	L	O	W	E	R	S	Z
V	N	L	O	G	D	C	P	W	M	D	I	E	Y	X
Q	K	F	I	S	T	E	E	A	A	N	I	L	L	J
W	Z	V	G	T	S	K	R	N	G	T	U	L	I	P
V	X	T	A	W	R	C	P	J	H	X	L	A	F	V
E	S	A	O	N	H	H	S	P	U	D	L	U	Z	U
N	T	G	C	P	D	X	R	B	O	I	K	V	F	Y

umbrella
March
grow
rainbow

daffodil
bloom
spring
rain

May
garden
sprout
flowers

April
Tulip
birds

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Due to COVID our day center is not open at full capacity. Please call the PACE center for more information.

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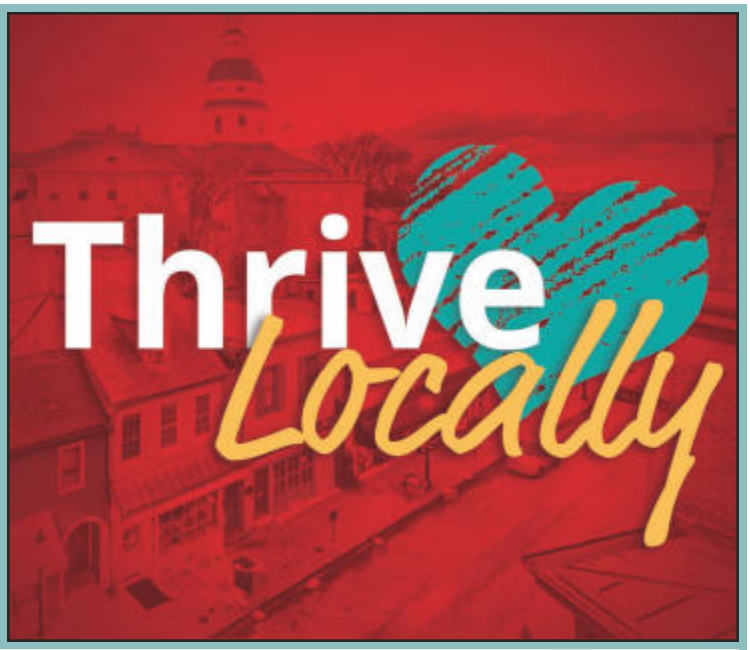

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