



## SAGINAW COUNTY

# COMMISSION ON AGING



**WE WILL BE CLOSED**  
Friday, December 13 for an  
Employee Safety Training

December 24, 25 & 31  
In observance of Christmas Eve,  
Christmas Day & New Year's Eve



### 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.

## December 2024

### 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](http://saginawcounty.com)

**Facebook:** @SAGINAWCOA

### STAFF

**Jessica Sargent, Director**

[jsargent@saginawcounty.com](mailto:jsargent@saginawcounty.com)

**Rasheda Corley, Newsletter Editor**

[rcorley@saginawcounty.com](mailto:rcorley@saginawcounty.com)

**Karen Luplow Administrative Program**

**& Transportation Supervisor**

[kluplow@saginawcounty.com](mailto:kluplow@saginawcounty.com)

**Adam Stephan, Food Service Supervisor**

[astephan@saginawcounty.com](mailto:astephan@saginawcounty.com)

**Susan Caister R.D., Nutrition Program**

**Manager**

[scaister@saginawcounty.com](mailto:scaister@saginawcounty.com)

Temporarily

# Closed for Construction

## **From: November 1, 2024 – May 2025**

The Saginaw County Commission on Aging will temporarily close the Marie E. Davis Senior Center and Foster Grandparent Program offices, 233 Roosevelt Austin Ave., due to a scheduled construction project. The Saginaw County Board of Commissioners allocated American Rescue Plan Act (ARPA) funding to the Commission on Aging for several renovation projects, including funds dedicated to building improvements at the Marie E. Davis Senior Center. Improvements include a complete renovation of the building capturing enhanced security, accessibility, mechanical, plumbing, electrical, and furnishings.

To prepare for renovations to start, the building will be closed effective November 1, 2024. We anticipate an approximate six-month closure. There are alternate center locations within close proximity of the Marie Davis Senior Center where residents can sign up for activities and participate in the lunch program. Expanded hours will be available at the Buena Vista Senior Center. The Meals on Wheels routes distributed from this location will be delivered from the Central Kitchen and not be affected during the temporary closure.

Call 989-797-6880 for more information!



**From: November 1, 2024 – May 2025**

\*Reserve a meal, dine-in or carry-out, play cards, bingo and other activities offered. STARS public transportation is available to Buena Vista, Friendship and Eleanor Frank center. Check out the monthly newsletter for more information on senior center locations and hours.

**Buena Vista Center**  
(inside the Buena Vista Community Center)

989-752-1655

1940 S. Outer Drive  
Saginaw, MI 48601

**Hours: Expanded hours starting November 12th**

**Mon-Thurs 9AM-3PM**

**Friendship Center**  
(inside the YMCA)

989-797-6801 or  
989-797-6896

1915 Fordney St  
Saginaw, MI 48602

**Hours: Mon-Thurs  
9AM-1:30PM**

Call 989-797-6880 for more information!



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**Monday 2 | 11a**  
My Michigan Health, Blood Pressure Checks

**Tuesday 10 | 10a**  
Kinship Support Meeting

**Wednesday 11 | 11:45**  
Speaker: Amara Hospice, "Music Therapy"



South Colony First Aid Class

**Tai Chi Classes**  
**Mondays & Wednesdays | 2-3p**  
December 2 & 4  
No classes December 16-30

<p><i>Celebrating the lives and legacies of our Great Lakes Bay Community</i></p> <p style="text-align: center;"><b>Case</b></p> <p style="text-align: center;">Four Locations:</p> <p>4480 Mackinaw Rd., Saginaw, MI 48603 989-793-9700 Mary Lou Case, Mngr.</p> <p>201 N. Miller Rd., Saginaw, MI 48609 989-781-1070 David B. Case, Mngr.</p> <p>125 E. Saginaw St., Merrill, MI 48637 989-643-5990 Rebecca L. Case, Mngr.</p> <p>5700 Dixie HWY., Saginaw, MI 48601 989-777-0300 Brad D. Balderstone, Mngr.</p> <p>W. L. Case and Company Funeral Directors www.casefuneralhome.com</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Chesaning Comfort Care</p> <p style="text-align: center;"><b>State of the Art Assisted Living &amp; Memory Care Community</b></p> <p>1800 W Brady Rd. Chesaning, MI 48616 <b>989-607-0011</b></p> <p style="text-align: center; border: 1px solid green; padding: 2px;"><b>HOSPICE RESPITE ROOM AVAILABLE</b></p>	<p style="text-align: center;"><b>Buena Vista Senior Community</b></p> <p style="text-align: center;"><i>Affordable Housing for Seniors 62 and Over</i></p> <p style="text-align: center;"><b>4530 Hess Ave. • Saginaw</b> <b>(989) 754-3425 ext. 3502</b></p> <p style="text-align: center;">www.voami.org • BuenaVista@voami.org <i>Now accepting applications</i></p> <p style="text-align: center;"><small>Membership in: SOUTHWESTERN COMMUNITIES   Volunteers of America   MICIGAN</small></p>
<p style="text-align: center;"></p> <p style="text-align: center;">300 Kennely Rd Saginaw, MI 48609 <b>(989) 781-6909   TTY: 711</b></p> <p style="text-align: center;"><i>Award Winning</i> SENIOR LIVING COMMUNITY SwanhavenManor.com</p>	<p style="text-align: center; background-color: #e67e22; color: white; padding: 20px;"><b>THRIVE LOCALLY</b></p>	<p style="text-align: center;"><b>ADT-Monitored Home Security</b></p> <p style="text-align: center;">Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Fire Safety</li> <li>• Flood Detection</li> <li>• Carbon Monoxide</li> </ul> <p style="text-align: center;"><b>ADT Authorized Provider   SafeStreets</b></p> <p style="text-align: center; font-size: 1.2em;"><b>833-287-3502</b></p>
<p><b>ELDER LAW • ESTATE PLANNING • EIGHT LOCATIONS</b></p>		
<p style="text-align: center;"></p> <p style="text-align: center;"><b>WWW.MIELDERLAW.COM</b></p> <p style="text-align: center; background-color: #800000; color: white; padding: 5px;"><b>989.272.7779</b></p>	<p style="background-color: #800000; color: white; padding: 10px; font-size: 1.2em;"><b>Visit our Saginaw Location</b></p> <p style="text-align: center;">4800 FASHION SQUARE BLVD, STE 455 1ST STATE PLAZA • SAGINAW, MI 48604</p>	

## 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. **Unless otherwise noted you must be 60 years of age or older and a resident of Saginaw County to be eligible for services.** For more information call the main office at 989-797-6880 or TOLL FREE at 1-866-763-6336.

## CASE MANAGEMENT

Professional caseworkers complete in home visits to evaluate residents for services provided by the Commission on Aging, such as Meals on Wheels, Homemaking, Personal Care, and Respite. The Case Management team is an advocate for resources and connects individuals to other agencies and programs as needed if unable to assist at our agency.

## CARE MANAGEMENT

A Registered Nurse and Licensed Social Worker team use person centered planning to assist medically needy/nursing home level of care participants to remain in their homes. The team identifies needs, explores services and care options. The agency requests a voluntary cost share, based on the participants income.

## MEALS ON WHEELS

Homebound older adults who are unable to prepare a well-balanced meal will receive hot and frozen meal delivery two times per week. Homebound is defined as *normally unable to leave the home unassisted, and for whom leaving takes considerable and taxing effort.* The suggested donation is \$2.25 per meal.

## IN-HOME SUPPORT SERVICES

Provides limited assistance in the home in the form of Homemaking, Personal Care, or Respite. Voluntary donations are requested based on total hours of care. (Homemaking: light housekeeping; Personal Care: bathing, toileting, dressing; Respite: provides a break for Caregivers residing in the home to do with what they choose).

## CAREGIVER SUPPORT

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.

## 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

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.

## 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, 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.

## MEMORIALS & DONATIONS

Checks should be made payable to the **Saginaw County Commission on Aging**. Cash donations may be dropped off at our office at 2355 Schust Rd., Saginaw, MI during business hours. If you are making a donation in honor of a loved one, please write the name of that person on the memo line of the check. If you would like your donation to be applied to a particular program, service, or activity, please include it on the memo line of your check.

## FOSTER GRANDPARENT

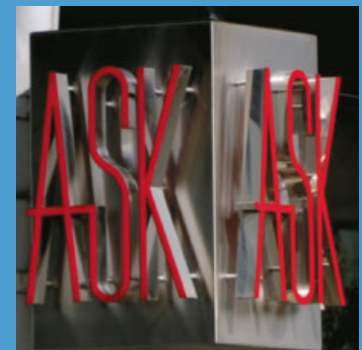
Seniors age 55 or older, who meet income guidelines, receive a tax-exempt stipend and other benefits for volunteer work with special needs children in schools and day programs.

## KINSHIP CARE SUPPORT

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  
Main office  
989-797-6880**

**Thursday 5 & 19 | 10:30a**  
 Zumba w/ Amy, Certified Instructor  
**Wednesday 11 | 11a**  
 Blood Pressure Checks w/ Charlie Kline  
**Friday 13 | 10:30a**  
 Senior Meeting  
**Wednesday 18**  
 Birthday Party & Christmas Party  
**(bring a White Elephant gift)**  
**Wednesday 18 | 10a**  
 Craft Day  
**Mondays-Thursdays | 10a-1p**  
 Card/Dice Game, Dominoes, Bid Euchre  
 Euchre & Puzzles  
**Mondays-Thursdays | 10-11:30a**  
 Coffee & Social Time  
**Mondays, Wednesdays & Thursdays**  
 UNO, Golf Game/Dominoes or games  
**Mondays-Thursdays**  
 Bring a Friend Day **(win a free meal)**

**Christmas Crafts**  
 The Brady Brunch would like to wish everyone  
 a "Merry Christmas!"



- Jim McDougall **9**
- Jean Coon **13**
- Roger Nixon **19**
- Bill Perkins **19**
- Margaret Nixon **30**

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## Have you experienced an injury to your arm or hand?

You may be eligible to participate in *Patient's Experience with the Occupational Therapy Process Following an Upper Extremity Injury: A Qualitative Research Study* through Nova Southeastern University.

### Location

Virtual – can take place in your living room with Zoom

### Are you eligible?

- Must be 65 years of age or older
- Must speak English
- Must have experienced an injury to your arm or hand causing difficulty in doing activities of daily living and in doing other valued activities
- Must have participated in occupational therapy or be currently participating in occupational therapy treatment
- Must have access to technology needed to complete 2-3 interviews (i.e., Zoom)
- Must live in Michigan

❖ You will not be paid for participation in this study

If you're unsure if you meet the requirements, call or email a member of the study team:

- Nicole Filter, MS, OTRL, CSRS
- Primary Investigator
- [Nf460@mynova.nsu.edu](mailto:Nf460@mynova.nsu.edu)
- 989-860-3352

"The Saginaw County Commission on Aging is not affiliated with conducting this survey. Participation is at your own consent and considered voluntary."

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## BRADY

16020 PEET, OAKLEY, MI 48649  
Phone: 989-845-7200  
Hours: Mon-Thurs 10AM-1PM  
Coordinator: Laura Nixon

## BUENA VISTA

1940 S. OUTER DRIVE, SAGINAW, MI 48601  
Phone: 989-752-1655  
Hours: Mon-Thurs 9AM-3PM  
Coordinator: Barbara Kemp-Lauria

## CHESANING YOUNG @ HEART CLUB

218 CHURCH, CHESANING, MI 48616  
Phone: 989-845-6565  
Hours: Mon-Fri 10AM-1:30PM  
Coordinator: Amy DeGeus

## ELEANOR FRANK ROCKIN' SENIORS CLUB

2355 SCHUST ROAD, SAGINAW, MI 48603  
Phone: 989-797-6895  
Hours: Mon, Wed, Fri 8:30AM-2PM  
Coordinator: Roselyn Turnage

## FRANKENMUTH

240 W. GENESEE, FRANKENMUTH, MI 48734  
Phone: 989-652-3430 EXT.197  
Hours: Tues, Wed, Thurs 10AM-1:30PM  
Coordinator: Joanie Patyk

## FREELAND MEMORIAL PARK

150 PARK ST., FREELAND, MI 48623  
Phone: 989-798-3594  
Hours: Tues, Wed, Thurs 10AM-2PM  
Coordinator: Joy Scott

## FRIENDSHIP (located in YMCA)

1915 FORDNEY ST., SAGINAW, MI 48602  
Phone: 989-797-6801 / 989-797-6896  
Hours: Mon-Thurs 9AM-1:30PM  
Coordinator: Helen Lutz

## HEMLOCK

218 S. ELM, HEMLOCK, MI 48626  
Phone: 989-642-2610  
Hours: Mon, Wed, Thurs 10AM-1:30PM  
Coordinator: Shirley Dunbar

## MAPLE GROVE

4017 PEET, CHESANING, MI 48616  
Phone: 989-845-7444  
Hours: Mon-Fri 9AM-2:30PM  
Coordinator: Sue Quaderer

## MARIE E. DAVIS

**TEMPORARILY CLOSED FOR CONSTRUCTION  
NOVEMBER 1, 2024-MAY 2025**

233 N. ROOSEVELT AUSTIN AVE.  
SAGINAW, MI 48607

## SOUTH COLONY

180 S. COLONY, SAGINAW, MI 48638  
Phone: 989-790-3289  
Hours: Mon-Fri 10:30AM-1PM  
Coordinator: Carol Zaremba





Greetings All:

The holiday blues are factual, they are likely to have different effects than you might think. There is indication about the causes and significances of the holiday blues. People feel more stress, anxiety and depression in the period between Thanksgiving and New Year's Day. Some stress level increased during the holiday season because of lack of time, lack of money, commercialism, the pressures of gift-giving, and family gatherings.

**Kinship/Caregiver families some measures you can take to cope with the holiday blues include:**

- Make plans, so you know how and with whom your holidays will be spent. Uncertainty and putting off decision-making add enormous stress.
- Shop early and allow time to wrap and mail packages to avoid the shopping crunch.
- Ask for help from your family and children. We tend to think we have to do everything, when a team effort can be more fun.
- Shame prevents people from being open about gift-giving when they can't afford it. Instead of struggling to buy a gift, let your loved ones know how much you care and would like to, but can't afford to.
- Don't allow perfectionism to wear you down. Remember it's being together and goodwill that matters.
- Make time to rest and rejuvenate even amid the pressure of getting things done. This will give you more energy.
- Spend time alone to reflect and grieve, if necessary. Pushing down feelings leads to depression. Let yourself feel. Then do something nice for yourself and socialize.
- Don't isolate. Reach out to others who also may be lonely. If you don't have someone to be with, volunteer to help those in need. It can be very uplifting and gratifying.

The upcoming meetings are listed below if you have any questions or concerns, please feel free to contact me at **989-797-7571**.

\*\*\*\*\*

- **Tuesday, December 10 @ 9:30 a.m.**  
South Colony Center




**Eleanor Frank Meetings as follows:**

- **Thursday, December 5 @ 12noon - Speaker: Ryan, Disability Network**
- **Thursday, December 12 @ 12noon - Chiara, 211 Resource Center**

**Bingo on Thursday, December 12, "You must be registered in our Caregiver or Kinship Support Group to play bingo and receive prizes, or other giveaways."**

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

# DECEMBER MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
- 2 - Chicken Filet w/ gravy Seasoned Brown Rice Glazed Carrots Mandarin Oranges Fruit Punch Juice Box Whole Wheat Bread White Milk	- 3 - Beef Chop Suey Brown Rice Prince Charles Creamy Yogurt Whole Wheat Bread White Milk	- 4 - Meatballs w/ gravy Baked Potato Green Peas Tropical Fruit Salad Multigrain Dinner Roll Chocolate Milk	- 5 - Goulash Mixed Green Beans Ambrosia Whole Grain Dinner Roll Chocolate Milk
- 9 - Beef Stew Biscuits Super Sweet Corn Diced Pears Apple Juice Chocolate Milk	- 10 - Turkey Sausage Omelet Potatoes w/ onions Cinnamon Muffins Orange Tangerine Juice Chocolate Milk	- 11 - Cabbage Roll Sliced Potatoes Super Sweet Corn Diced Peaches Cup Whole Wheat Bread Chocolate Milk	- 12 - Herb Marinated Chicken Augratin Potato California Blend Veggies Pineapple Orange Delight Chocolate Milk
- 16 - Chicken Broccoli & Cheese Diced Redskin Potatoes Mixed Veggies Tapioca Pudding Cup Whole Wheat Bread Chocolate Milk	- 17 - Grilled Sweet & Sour Chicken Asian Brown Rice Kyoto Veggie Blend Mixed Fruit Cup Multigrain Dinner Roll Chocolate Milk	- 18 & 19 - Roast Beef w/ gravy Mashed Potatoes Prince Charles Garden Tossed Salad Whole Grain Dinner Roll Cherry Pie White Milk	- 19 - <b>(congregate only)</b> Fajita Chicken Pasta Salad Chocolate Pudding Cup White Whole Grain Dinner Roll Tropical Fruit Salad White Milk
- 23 - Hamburger Deluxe Baby Yukon Potatoes Normandy Style Veggies Tropical Fruit Salad White Milk	<b>Closed in observance of Christmas Eve &amp; Christmas Day</b>		- 26 - Fish Almondine Rice Pilaf Steamed Carrots Triple Cherry Yogurt Whole Wheat Bread Fruit Punch White Milk
- 30 - Swiss Chicken Maple Glazed Sweet Potatoes Brussel Sprouts Tapioca Pudding Cup Multigrain Dinner Roll Chocolate Milk	- 31 -  <b>Closed in observance of New Year's Eve</b>		



**SUGGESTED DONATION: \$2.25 | CALL 989-797-6880**

We are having great difficulty in getting food for the menu. Substitutions are being made and the menu is 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. **Meals on Wheels clients: It's your responsibility to call**, if you won't 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. Also, you can contact the front desk at 989-797-6880 for additional help. **Congregation participants:** Lunch will be offered "to-go" for those not yet comfortable participating in person and reservations are required for the meal 48 hours in advance. Please contact one of the senior centers listed on our Senior Center locations page.

## Healthy Eating Around the Holidays



During holidays and special events food is usually the center of activities. It can be challenging to control calories and make good food choices but here are a few ideas.

1. **Moderation** - We can eat most foods, choosing a smaller portion of an item can be more satisfying than total elimination.
2. **Do not go to a party hungry** - If you are hungry there is a greater chance you will overeat and make poor choices.
3. **Slow down when you're eating and do not graze at the food table** - Eating fast can make you feel you have not eaten enough resulting again in overeating and standing by the table may result in consuming more than you think.
4. **Portion Control** - Stick with a 3-4oz portion of meat (size of deck of cards) ½ cup servings for sides (size of tennis ball).
5. **Food Choices** - Choosing baked, broiled, poached or fresh items rather than fried is a great way to decrease calories, fat and make it healthier. When making gravy, skim the fat off by cooling down or using fat separator. When making mashed potatoes eliminate the butter and sour cream for another way to decrease calories and fat.

### Bring Healthier Choices

We have a few recipe suggestions to help with making healthier choices. Fruit Salsa and cinnamon chips are a great sweet alternative and a great addition to any party. Try the Vegetable dip using plain Greek Yogurt rather than mayo or sour cream which eliminates fat and calories from the recipe. Fruit dip is also a great twist for dipping fruit.

**Fruit Salsa** - 1 apple, 1 ripe banana, 1 large can of crushed pineapple in juice - finely chop the apple and banana, mix all items together and store in refrigerator.

**Cinnamon Chips** - Use fresh tortillas cut into 8-12 triangles, place them on a cookie sheet, spray with butter flavor spray, sprinkle the triangles with a cinnamon sugar mixture (artificial sweetener can be used). Baked in the oven for 5-7 min at 375. They are done when lightly brown. Cool and store in air-tight containers or Ziplock bags.

**Veggie Dip** - 1 cup yogurt and add 1Tb powered ranch dressing. Mix and keep refrigerated until serving. Another idea start with ½ cup yogurt add ½ cup pesto and salt to taste. Both are tasty and a wonderful addition to any party.

**Fruit Dip** - 1 cup plain yogurt, ½ vanilla extract, artificial sweetener and or sugar, cinnamon to taste and add 1/2 cup crushed pineapple. Refrigerate and serve cold. This is a great fruit dip.



- \*Learn coping techniques\***
- \*Share knowledge and experience\***
- \*Make new friends\***
- \*Offer and receive support from\***
- \*Those who understand\***



**Next Meeting**  
**December Luncheon**  
**To be determined**

**Meets:** Every 3rd Thursday  
**Time:** 1:00 p.m.

**Place:** Eleanor Frank Center  
 2355 Schust Road, Saginaw, MI 48603  
 (Registration requested)  
 989-793-7319 or vkbuggia@gmail.com

**For more information call**  
 Virginia Buggia 989-793-7319  
 Lori Eberling 989-790-7563  
 Elizabeth Gradowski 989-746-4404

- \*Learn coping techniques\***
- \*Share knowledge and experience\***
- \*Make new friends\***
- \*Offer and receive support from those**  
**Who understand\***



**Meets:** Every 3rd Wednesday  
**Time:** 1:00 p.m.

**Address:** Winter Village  
 255 Mayer Road  
 Frankenmuth, MI 48734  
**Contact:** Marilyn Bernthal  
 989-652-2515

*The Saginaw County Commission on Aging (SCCOA) is partnering with the Michigan Parkinson Foundation (MPF), to offer a meeting space for Saginaw support group meetings. The SCCOA is not affiliated with the Michigan Parkinson Foundation and questions regarding programs and services available through MPF should be directed to **800-852-9781**.*

**The Michigan Parkinson Foundation (MPF) is a non-profit 501 (c-) (3) organization in Michigan whose mission is to educate and provide support to people with Parkinson's and related disorders. Programs and Services of the Michigan Parkinson Foundation include:**

- Information packets for the newly diagnosed
- Listing of Parkinson's exercise classes scheduled throughout the state
- List of Parkinson support groups in Michigan communities
- Financial assistance for Parkinson medication
- Financial assistance for respite care in the home or at a facility
- Orientation to Parkinson's, a two hour program for the newly diagnosed
- Living with Parkinson's, a five week patient education series
- Legal guidance for obtaining medical disability
- Mobility equipment lending program



What do Foster Grandparents do? A lot. During the 2023-24 school year they worked miracles:

**TOTAL # OF VOLUNTEER HOURS: 45,605**

**TOTAL # OF SCHOOLS SERVED: 23**

**TOTAL NUMBER OF VOLUNTEERS: 66**

**TOTAL # OF STUDENTS SERVED :204**



The Foster Grandparent Staff wishes our grandparents, students and teachers a very Merry Christmas and a Happy New Year!



Foster Grandparents give the gifts of TIME, TALENT and HEART everyday by working side by side and heart to heart with students and teachers in Saginaw, Bay and Midland county Schools. For more info: 989-797-6898 or 989-797-6869 or 989-797-6897

Do you want to be a part of the HEART of the Great Lakes Bay Region? Join the Foster Grandparent program today.



**REQUIREMENTS:**

- Must be 55+
- Pass a background check
- Be income eligible

**PROGRAM BENEFITS:**

- Non-tax stipend
- Mileage Reimbursement
- Paid Training

**DO YOU:**

- ENJOY SERVING THE COMMUNITY?
- HAVE 15 TO 40 HOURS TO SPARE A WEEK?
- WANT TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD?

The Foster Grandparent Program is sponsored by the Saginaw County Commission on Aging



**AmeriCorps Seniors**



**Monday-Thursday | 10-11:30a**

Coffee & Cards

**Monday-Thursday | 10a-2p**

Fitness Center & Gym |

**Tuesday-Thursday | 12:30p**

Bingo

Daniel Houston, Sr. **15**

Edith Cooper **22**



**Saginaw County COA Staff  
For the month of November 2024  
Happy Work Anniversary**

Jacqueline Littlejohn **5**  
Dorothy Omar-Antwine **4**  
Deborah Bunker **1**



**Monday 2 | Lions Club Bingo**

**Monday 16 | Christmas Party & Birthday Party**

**Mondays & Wednesdays | Bingo**

Deb Bunker **2**

Linda Fries **2**

Judi Minster **22**

Char O'Connor **26**

Kay Siler **27**

Diane Hagerty **31**



**FREELAND CENTER**

**Thursday 5 | 10a Christmas Crafts**  
(snowman ornaments)

**Thursday 19 | 12:15p**

Bingo w/ Amy, Brookdale

**Tuesdays, Wednesdays & Thursdays**

**Before lunch | Card game 7 up 7 down**

**Tuesdays & Thursdays | Bingo**

**Wednesdays | Euchre**

**Wednesdays | Knitting/Crocheting**

Blankets for Veterans

**Wednesdays | Game Day** all different kinds of games in the afternoon not just Euchre



Saginaw County Commission on Aging

## Volunteers Needed!

**Join us in sharing kindness to others!**

Make a difference. Deliver a smile and a meal to a senior.

**Saginaw County Commission on Aging**  
2355 Schust Road  
Saginaw MI 48603



**MEALS on WHEELS AMERICA**

TOGETHER, WE CAN DELIVER.

Volunteer drivers needed.  
Routes available Monday thru Thursday  
10 a.m. - 12 p.m.

Mileage Reimbursement

For more information, contact Sheila @ 989-797-7566  
smcintosh@saginawcounty.com

HEART TO HEART HOSPICE PRESENTS

# HAPPY HOLIDAYS SING ALONG

MUSIC, FOOD, DRINKS & FUN



**DECEMBER 10, 2024**

**2:00 PM**  
**ELEANOR FRANK SENIOR CENTER**  
**2355 SCHUST RD. SAGINAW**

FREE EVENT!  
A GIFT FROM HEART TO HEART TO YOU!

4901 Towne Centre Rd. Suite 120, Saginaw (989) 412-3301

**Wednesday 4 | 12:15-1:15p**

Sit & Get Fit (last day see you January 2025)

**Mondays | 10a**

Bridge

**Mondays (every 3rd) | 10:30a**

Blood Pressure Checks

**Mondays & Fridays | 9a**

Open Euchre

**Tuesdays | 11:15a-12:45p**

Line Dancing

w/ Instructor Carolyn Johnson

Walk-in fee \$3

**Wednesdays | 9:30a**

Euchre & Pinochle drop in card games

(no partner needed)

**Wednesdays | 9:30-11:30a**

Quilting

**Fridays | 11a & 1p**

Wii Bowling League

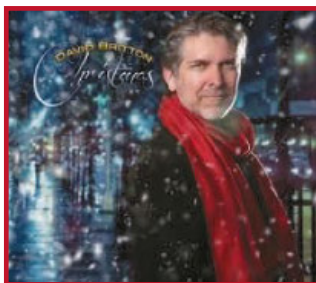
Call Jan to join 989-280-6087

or 989-539-2047

**Fall Break see you December 13**



**Sally Duran**



**Wednesday, December 11 | 12noon**

Christmas Celebration Dinner w/ David Britton

**Lunch 11:30a**

Menu: Roast Beef, Mashed Potatoes, Veggies, Roll & Cherry Cheesecake

**Tai Chi Class for Arthritis Class Dates**  
**Wednesdays @ 3p**  
**December 4, 11 & 18**  
**Instructor Sharon Porath**  
**Call Roselyn, Center Coordinator**  
**989-797-6895**

Monday-Thursday | Lunch @ 11:30a

**Friday 6 | 10:30a**

Council Meeting

**Thursday 12 | Nutrition Education**

**Tuesday 17**

Birthday Party & Christmas Party w/ live music  
cake, ice cream, free prize drawings & bingo after lunch

**Tuesday 17**

Blood Pressure Checks w/ Charle Kline

**Tuesday 17 & Wednesday 18**

Young @ Heart Club Christmas Bake Sale

**Thursday 19**

Senior Commodities Distribution

Call Charle Kline 517-294-3224

or charlecline1413@gmail.com for information

**Mondays | 12:15p**

Stretch & Move with Holly

**Mondays-Thursdays | Open Pool**

**Mondays-Thursdays**

Boardgames, cards, puzzles, cornhole (anytime)



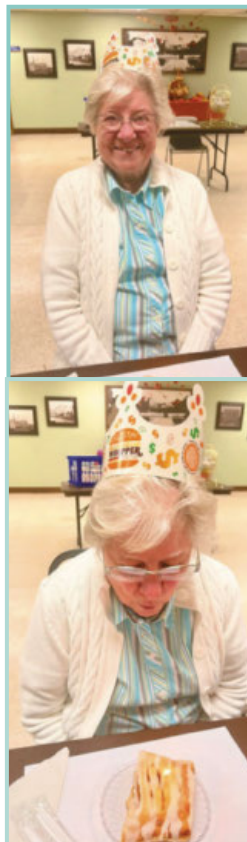
## FRANKENMUTH CENTER

**Senior lunch served | 11:30a**  
**Tuesday, Wednesday, Thursday**

**Tuesdays & Thursdays**  
Euchre (following lunch)

**Wednesdays**  
Baked Goods Bingo  
(following lunch)

**Wednesday 11 | 11a**  
Jennifer, Covenant  
Will be leading a Diabetic  
Education Class



**Happy Birthday Margaret**  
**Margaret's Favorite Things**

**Color:** Turquoise

**Singer:** Johnny Cash

**Food:** Belgium Waffles w/ strawberries,  
whipped cream, & lasagna

**Hobbies:** Diamond Art & playing cards

**TV Show:** Wheel of Fortune

She has three children, seven grandchildren,  
three great-grandchildren. Margaret's  
nickname is Mike. We like Mike!



Senior Centers are a place to gather, meet our friends and share a meal, recently we have added the ability to order a Carry Out Meal. These meals still must be reserved but you can take it out and eat at home or with friends not in the Center.

The process is the same as eating at the Center, you must fill out a Master Record yearly, sign-up for the meal, but we have some additional nutrition information regarding holding meals which we will review with you. We have several individuals that have started utilizing this service, picking up food for mom, taking a meal home to their spouse or taking it home after the activity at the Center.

We encourage participation at the Center but sometimes it just doesn't work. This now offers you flexibility.

Donations for all meals are \$2.25. As a reminder the money received in donations go directly to the food, we provide for meals served out of your Center.



## Wait List Policy for Meals on Wheels Program

It may be necessary from time to time to place new Meals on Wheels applicants on a temporary wait list. A wait list is created when the demand for Meals on Wheels services exceeds our organizations funding capacity OR route space availability.

Right now, **route space availability** is the reason for the wait list. Our routes can only have so many people on it to ensure the food is held safely during the delivery process. We are experiencing an ongoing shortage of paid delivery drivers and volunteer delivery drivers which has made it challenging to deliver the already established routes. If there are more volunteers willing to assist with delivery, it may be an option to create new routes in the future.

Our organization is required by the state to prioritize those of highest need first. As openings become available, participants are opened based on highest need which is determined through the assessment process. Individuals on the wait list for more than 60 days are also given priority. Of the 47 routes that are delivered each week, 15 currently have a wait list.

If you or someone you know would like to volunteer to deliver meals on wheels, contact Sheila McIntosh, Volunteer/Activities Coordinator, at 989-797-7566.



**Monday 2 | 10a**

Senior Center Meeting

**Wednesday 4 | 11a**

Public Libraries of Saginaw  
Book Mobile

**Wednesday 18 | 10a**

Bingo w/ Brookdale

**Thursday 5, 12 & 19 | 10a**

Big Bingo

**Thursday 19**

Birthday Celebration

(everyone wear an ugly sweater)

**Mondays-Thursdays | 9a**

Keno

**Monday-Thursday**

Visit the front lobby for popcorn  
w/ Joe & Madeleine, small bag \$1  
& large bag \$2

**Tuesdays | 10a-11a**

Senior Sit & Strengthening Class

**Tai Chi Classes:**

December 2, 4, 9, 11, 16 & 18  
Classes resume after the holidays

**Halloween Party costume participants**



2<sup>nd</sup> place Susana, Skeleton  
3<sup>rd</sup> place Jean, Angel



1<sup>st</sup> place Cruz & Joaquin Diaz,  
Barbie & Ken

- Patricia Helpap 9
- Rolanda Rocha 11
- Sandra Ferrell 14
- Susan Thom 14
- Julio Gonzales, Jr. 15
- Lucille Porterfield 15
- Rosa Munoz 15
- Connie Chapman 18
- Manuel Munoz 18
- Bonn Washington 24



*Make a Difference*

IN THE LIFE OF A  
HOSPICE PATIENT!

*Volunteers*

**CAN HELP IN SO MANY WAYS!**

NO EXPERIENCE REQUIRED!

COMPANIONSHIP · TAKING WALKS  
READING TOGETHER · SOCIAL ACTIVITIES  
REMINISCING · PET THERAPY · MUSIC · ART  
ERRANDS · OFFICE WORK · CLERICAL WORK

Are you a caring individual with sensitivity to the seriously ill? Amara Hospice Care needs volunteers to assist hospice patients either directly or indirectly.

If you are interested in making the world a better place by touching the lives of seriously ill patients and their families, please contact us.

Amara Hospice encourages surviving family members to wait a minimum of one year following the patient's death to serve as direct care volunteers or in a public relations activity.

**WE PROUDLY WELCOME VETERANS TO APPLY AS VOLUNTEERS**

**AMARA**  
HOSPICE CARE

**P: 989.200.5000 | F: 989.200.4100**  
**Info@amarahospicemi.com**  
**www.amarahospicemi.com**

## Monday-Thursday \* Lunch served | 12noon

**Mondays | 11:15a**

Exercise Class

**Mondays (every 3rd)**

Blood Pressure Checks & Nutrition Education

Presentation by Charlie

**Mondays (after lunch) | Bunco Club**

**Mondays-Thursdays | Puzzles**

**Mondays-Thursdays (after lunch)**

Regular Euchre

**Mondays-Fridays | 10a-12noon**

Bid Euchre Tournament

**Tuesdays | 10-11a**

Line Dancing

**Tuesday & Friday (after lunch) | Bingo**

**Wednesdays 11a | UNO & Dominoes (after lunch)**

**Thursdays (every 3rd) | 9:30-11:30a**

Paint Class w/ Steve Wood

**Thursdays (every 4th) | Birthday Party**



## SUPPORT OUR ADVERTISERS!

*Enjoy your stay in Saginaw:*

**Short-Term Rehab & Long-Term Care**

**Hoyt  
Nursing & Rehab  
Centre**

1202 Weiss Street  
Saginaw, MI 48602  
**(989) 754-1419**



4322 Mackinaw Road  
Saginaw, MI 48603  
**(989) 792-8729**

**THRIVE  
LOCALLY**



# DIAL 2-1-1



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Call to schedule your visit TODAY!  
**(989) 877-0687**

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