



March 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

IN THIS ISSUE

Department Corner	2
Events and more.....	3
Miscellaneous	4
Canteen	5
Kawkawlin.....	6
Williams	7
Riverside	8
Hampton	9
Menus.....	11/12

What is the Difference between Four-Leaf Clovers and Shamrocks?

Both shamrocks and four-leaf clovers are associated with St. Patrick's Day, and they're commonly mistaken to be the same thing. A shamrock is a clover that only has three leaves, and the four-leaf clover is considered lucky because they're much rarer. But shamrocks are still an important part of the holiday: There's a deep religious significance that explains why we celebrate St. Patrick's Day with shamrocks.

Fast Facts about Four-Leaf Clovers

There are approximately 10,000 three-leaf clovers for every "lucky" four-leaf clover.

There are no clover plants that naturally produce four leaves, which is why four-leaf clovers are so rare.

The leaves of four-leaf clovers are said to stand for faith, hope, love, and luck.

It's often said that Ireland is home to more four-leaf clovers than any other place, giving meaning to the phrase "the luck of the Irish."

If you're lucky enough to find a four-leaf clover, look for more! If a clover plant produces a four-leaf clover, it's more likely to produce another four-leaf lucky charm than plants that only produce three-leaf clovers.

The fourth leaf can be smaller or a different shade of green than the other three leaves

If you're the superstitious type, give your four-leaf clover to someone else. It's said that this will double your good luck!



WELCOME— Department Corner

How Secure is Your Mobile Device?

Most of us have a smartphone, but how many of us really think about the security threats faced by these mobile devices? Mobile devices are vulnerable to many different types of threats. Scammers are increasing their attacks on mobile devices and targeting your phone using malicious applications. Using these methods, they can steal personal and business information without you having any idea what's going on. Even if you've downloaded a security or antivirus application, securing your smartphone goes beyond these services. Improving your mobile security practices is your best defense against the privacy and security issues associated with your mobile device.

How can I improve my mobile security practices?

Always remember these best practices to minimize the risk of exploits to your mobile devices:

1. Ensure your phone's operating system is always up to date. Operating systems are often updated in order to fix security flaws. Many malicious threats are caused by security flaws that remain unfixed due to an out of date operating system.
2. Watch out for malicious apps in your app store. Official app stores regularly remove applications containing malware, but sometimes these dangerous apps slip past and can be downloaded by unsuspecting users. Do your research, read reviews and pay attention to the number of downloads it has. Never download applications from sources other than official app stores.
3. Ensure applications are not asking for access to things on your phone that are irrelevant to their function. Applications usually ask for a list of permissions to files, folders, other applications, and data before they're downloaded. Don't blindly approve these permissions. If the permission requests seem unnecessary, look for an alternative application in your app store.
4. No password or weak password protection. Many people still don't use a password to lock their phone. If your device is lost or stolen, thieves will have easy access to all of the information stored on your phone.
5. Be careful with public WiFi. Scammers use technology that lets them see what you're doing. Avoid logging in to your online services or performing any sensitive transactions (such as banking) over public WiFi.



Beth Eurich, Department on Aging Director

We look forward to seeing you at our March 27, 2025, Caregiver Education Meeting. Our topic will be "Protecting Your Loved Ones from Financial Exploitation". Our presenter is LaToya Hall, MSW. She is currently a research assistant and program coordinator at Wayne State University's Institute of Gerontology (IOG). In LaToya's current position she directs the Successful Aging Through Financial Empowerment (SAFE) program. The presentation will provide caregivers with information on how to handle financial management issues with older adults and highlight scams and identity theft for older adult, and how their caregivers can protect them. The presentation will also offer information on no cost one on one services provided to older adults and caregivers through the SAFE program.

Our CAREGIVER GROUP meeting schedule is 3/27/25, 4/24/25, 5/24/25, 6/26/25. Call 989-895-4100 for more information on our group and topics.

Jessica Somerlott, Senior Services Manager

Events and more...

Seasons

The month of March signals the coming of Spring, a time of renewal, and the lengthening of days. But what causes the change of the seasons? According to NASA, it's because the Earth is tilted on its' axis instead of being straight up and down. As Earth orbits the Sun, different parts of Earth get the Sun's direct rays creating different seasons.

These celestial events are what we call "seasons". There are two celestial events, each of which happen twice each year, that give up the four seasons. We have events referred to as a solstice or an equinox depending on what time of year it is. Each solstice or equinox occurs twice each year giving us the 4 "seasons".

An Equinox marks a time of year when the length of day and night are equal. The Spring Equinox, aka the Vernal Equinox, occurs around March 20 or 21. The Autumnal Equinox occurs around September 22 or 23.

A Solstice marks a time of year when the length of day and night is at its most extreme. The Winter Solstice occurs around December 21 or 22. This marks the shortest day and longest night of the year. The Summer Solstice occurs around June 21 or 22. This marks the longest day and shortest night of the year.

So, if you're not a fan of cold weather, you might want to move where there's warm weather year-round. Hawaii has an average temperature 80°F year-round. I'll see you there!

Patty Gomez, Programming Services Manager

Hello and happy March! I'm Jessica Foss, and I'm excited to begin my new role as Nutrition Services Manager. As we transition from winter to spring, it's a great time to focus on staying healthy and energized through these final chilly months. For seniors, balanced nutrition is key to maintaining overall health, supporting the immune system, and boosting energy levels.

Here are some tips on how to keep your nutrition on track and feel your best:

1. Protein: The Building Block for Muscle and Immunity Protein plays a vital role in maintaining muscle mass and supporting the immune system. As we age, protein needs may increase to help prevent muscle loss and support recovery. Some of the best protein-rich foods to include are lean meats, fish, eggs, and plant-based options like beans and tofu.

2. Fiber: Supporting Digestive Health Fiber is essential for digestive health, helping to keep things moving and promoting regularity. Including high-fiber foods like whole grains, fruits, and vegetables in your diet can aid digestion and make you feel more comfortable overall.

3. Calcium and Vitamin D: Essential for Strong Bones Calcium and Vitamin D are crucial for maintaining strong bones, especially as we age. Dairy products like milk, cheese, and yogurt, as well as fortified plant-based milk, are great sources of calcium. Don't forget that Vitamin D, which helps your body absorb calcium, is found in sunlight. So, when the weather allows, try to get outside for a little sun exposure!

4. Vitamin B12: Fuel for the Brain and Energy Vitamin B12 is essential for brain health and energy levels. It's typically found in animal products like meat, eggs, and fortified cereals, so be sure to include these in your meals. If you're plant-based, look for fortified options to make sure you're getting enough of this important nutrient.

5. Hydration: A Key Component of Health Hydration is often overlooked, but it's crucial for maintaining healthy digestion, skin, and joint mobility. Make sure you're sipping water throughout the day and consider adding herbal teas or water-rich fruits and vegetables to stay hydrated.

Small Steps, Big Impact Taking small steps toward balanced nutrition can make a big difference in your overall health and well-being. If you're unsure about what's best for you, don't hesitate to consult your healthcare provider for personalized advice. Stay healthy and energized, and here's to a bright and vibrant spring ahead!

Miscellaneous

ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP OF BAY COUNTY:

Tuesday, March 11th, 2024 from 6:00 – 8:00 p.m.

Now meeting in-person at

**Golden Horizons
1001 Marsac St.
Bay City, MI**

Facilitator: Stacy McIntyre, LMSW~The support group meets the second Tuesday of each month~For more information call 989-892-6644



Spring is here!

Time to clean out that clutter and ditch those rugs. This will dramatically decrease your chances of falling! Common objects that can cause falls are shoes, cords, rugs, books, clothing, and papers.

Brought to you by:



The Bay City Noon Optimist Club Travel & Adventure Cinema Series concludes its 32nd season

on
March 24, 2025, at 7 p.m.
at the State Theatre

with
**The Salt of the Earth, narrated by Juliano Salgado and
Wim Wenders.**

Photographer Sebastio Salgado, the son of a Brazilian cattle rancher, studied economics at Sao Paulo University, earning a master's degree in 1968. While working for the Ministry of Finance, he joined the popular movement against Brazil's military government. Seen as a political radical, he was exiled in 1969 and fled with his wife to France. While on assignment in Rwanda for the International Coffee Organization, he took his first life-changing photographs and became a freelance photo-journalist in 1973.

Major sponsors are Robert and Linda Hafford, Paramount Rehabilitation, Summit Printing & Graphics, Lake Michigan Credit Union, and Prime Brothers Furniture.

\$10 tickets are available in advance at Herter Music and the State Theatre. Tickets are also available at the door on show night. For info, call 893-9578 or visit www.baycitynoontopimist.org.



Bay Concert Band Winter Concert

Sunday, March 2, 2025
3:00pm

Central High School
Auditorium

Tickets \$10 Adults
Children 12 and under free



DONATIONS ACCEPTED

As you know, there is no annual subscription fee to receive this Wonderful Times Newsletter; however, we would be happy to accept any donation (whatever you can afford) to help defray the cost of postage.



Bruce McShane—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm

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

Tue. 10am Bingo

Wed. 10:00am Card games

Thur. Shuffleboard and Crafts

Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, March 11th
from
11:30am to 12:30pm!



"Sue's Stichin and Crafts"
Thursday, March 6 at 10:30am
Crochet/Knitting and Crafts. First
Thursday of every month. Please
bring your own yarn and supplies.
There is no charge for this monthly
event. Donations of yarn and
supplies always welcome.

Join us on
Tuesday, March 11th
at 11:00am
(2nd Tuesday of every month)

Farm to Table

with
Mike
VanOoteghem



Canteen Book Club

will meet

Thursday, March 13th
at
10:00am



Join us on
Tuesday, March 25 at 10:30

For a

**Safety Seminar with
Sheriff Troy Cunningham**

Pre registration is required by Tuesday, March 18

Join us for
Shuffleboard every
Thursday!



Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, March 12th
from
11:00am to 12:00pm!



MARCH



Word Search

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

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



ST. PATRICK
SUNSHINE
TULIP
WINDY



SAVINGS
SEASON
SHAMROCK
SPRING



Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

1080 West Midland Road | Auburn, MI 48611

Mon-Thurs 9am-1pm

Mon. 10am Mexican Train Dominoes

Tue. 10am-Euchre

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

*****All Events Subject to Change.*****



Blood Pressure Clinic

Will be here at
Williams
on
Thursday, March 13th
from 11:30am-12:30pm!



Spring Time Wreaths

Come and make a springtime wreath for your wall
or front door.

THURSDAY, March 20th at 10:30am

Cost is \$20, RSVP BY Thursday, March 13th



March Birthday Celebrations

TUESDAY, March 25th

at 11am

Amanda Goulet /Cam Langenburg
-Site Coordinators
989-893-7070

Blood pressure clinic!!

We will be at Riverside
Monday, March 10th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS WITH STEVE WOOD 'Rushing By'

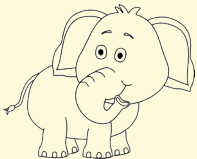
Monday, March 3rd
1 Class available
9:30-12:30, Cost is \$20.50.

We will continue painting
after lunch until 1:30 if needed.



Join us
Monday, March 24th at 10am
White Elephant Bingo

Whether its new, used (clean and functional) or edible (non-perishable, in a can, box, or company sealed package) put in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3. One card per prize.



RIVERSIDE

Mon-Fri 9am-2pm
800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. 12pm Hand and Foot

Tues. 9am-12pm Knit/Crochet Group (Craft Room)
9:30am Bid Euchre
12:00pm Cribbage

Wed. 9:30am-12pm Euchre

Thurs. 12pm Dominoes
9:30am Pinochle

Fri. 9:30am-12pm Millie's Gin
12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)

St Patrick's Day

Celtic Lunch

With Kathy Morris

Monday, March 17th

at 10:30am

RSVP by

Friday, March 14



March Birthday Celebration!

Come in **Friday, March 28th**
for your birthday treat! (Dine in Only)



Karen Gettel—Site Coordinator
989-895-5968

HAMPTON Mon-Fri 10am-2pm
801 West Center Rd. | Essexville, MI 48732

* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

- Mon.** 11am Low-Impact Exercise* with Laura
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes
- Fri.** 11am Low-Impact Exercise Class* with Laura
Weather Permitting

Blood Pressure Clinic!

We will be at Hampton on
Friday, March 14th
from
11:30am—12:30pm.



Spring Craft Day with Debbie
Friday, March 14th at 10:30
Donations welcome



St Patrick's Day Celebration

Wear your green apparel
to get into drawings for
free meal tickets.



Monday,
March 17th
at 10:30

Grocery Bingo

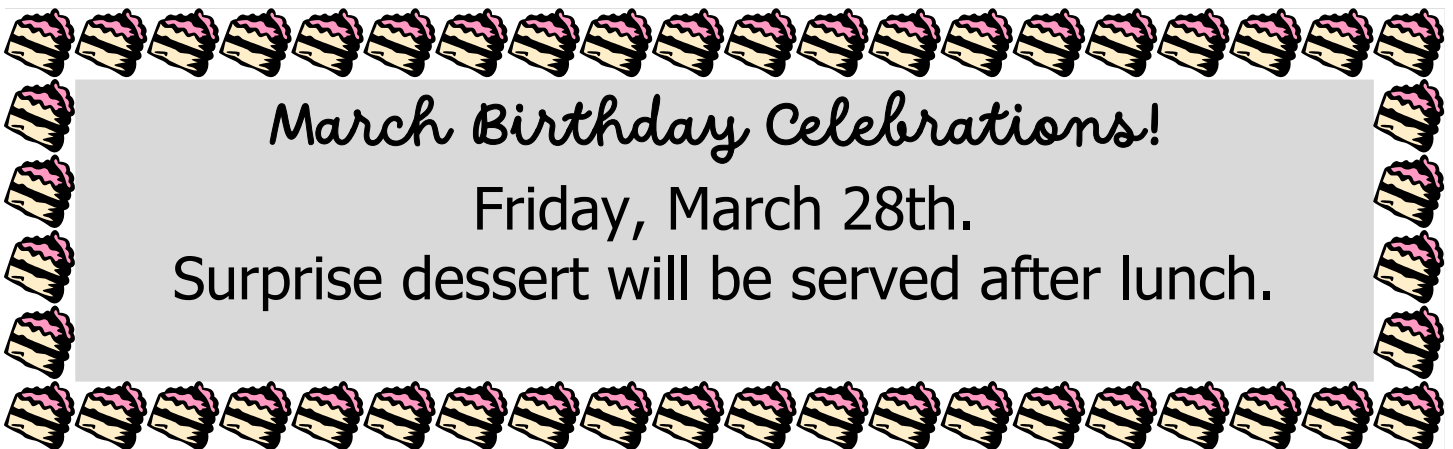
Tuesday, March 18th at 10:30
Prize donations
are welcomed
\$.25 per card to play



March Birthday Celebrations!


Friday, March 28th.

Surprise dessert will be served after lunch.



March 2025

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Southern Succotash (20) White Chocolate Raspberry Cookie(28)	(4) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(5) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	(6) SAVORY BEEF STEW (20) Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	(7) POLLACK BITES (22) Down Home Fries (15) Blueberry Crisp (53) Creamy Coleslaw (15)
(10) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)	(11) COUNTRY FRIED STEAK AND GRAVY (21) Corn (21) Garlic/Cheese Biscuits (10) Apple (21) Caramel Dip (18)	(12) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(13) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13)	(14) FALL APPLE SALAD (38) Apple Slices (8)
(17) MEATLOAF PATTY (8) Green Beans (5) Candied Sweet Potatoes (31) Sugar Cookie (26)	(18) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Peanut Butter Cookie (20)	(19) HAWAIIAN MEATBALLS (50) Fried Rice (19) Cauliflower (4) Banana (27)	(20) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies(7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)	(21) Garlicky Chicken (19) Green Beans (5) Parsley Potatoes (13) Lime Pear Jello (25)
(24) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (17)	(25) HEARTY GOULASH (28) Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)	(26) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Peanut Butter Cookie (20)	(27) CABBAGE ROLLS (17) Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)	(28) BBQ RIBLET (12) Ranch Spudsters (17) Baked Apples (23) Creamy Coleslaw (15)
(31) CONNIE'S VEGGIE CHEESE SOUP (16) Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)				

REMINDER for Home Delivered Meals clients:

- *You must be home when meals are delivered. We will not leave your meal.**
- *When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.
- *Suggested Donation for HDM: \$2.75 per meal.
- *Menu is subject to change without notice. *Please be advised, Menu items may contain Nuts!**

Sandwich

Available at the Activity Centers only

Salad Choice for the week:

WEEK OF 2/3-2/7

TURKEY CRANBERRY WRAP

Turkey
Spring Mix
Swiss Cheese
Dried Cranberries
Walnuts
Cucumber
Dijon Mustard Vinaigrette

WEEK OF 2/10-2/14

HAM AND CHEESE SUB

Ham
Cheese
Lettuce
Cucumber
Tomato

WEEK OF 2/17-2/21

BIG MAC WRAP

Lettuce
Ground Beef
Onion
Pickle
Thousand Island Dressing

WEEK OF 2/24-2/28

ROAST BEEF SLIDER

Pepper Jack Cheese
Onions
Horseradish Sauce
Onion Bun

March 2025

Menus are subject to change without notice

ALL LUNCHES
SERVED AT 12 NOON.

Suggested Donation at
Activity Centers: \$2.50 per
meal

Reservations by 1pm one
day in advance by calling
the Activity Center of your
choice.

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

Please be advised that
Menu items may contain
nuts!

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

TEMPORARILY AWAY?

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



December 2024

BAY COUNTY DEPARTMENT ON AGING
SECOND FLOOR, BAY COUNTY BUILDING
515 CENTER AVENUE, SUITE 202
BAY CITY, MI 48708-5123

PRESORT STD
US POSTAGE
PAID
BAY CITY, MI
PERMIT NO. 184

Return Service Requested

WONDERFUL TIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing a supportive and professional environment with continued opportunities for the 60 years and better population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

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divonaging@baycounty.net
www.baycounty-mi.gov/Aging/
Donations Accepted

County of Bay
Jim Barcia
County Executive

Department on Aging – Publisher
Beth Eurich – Director/Editor
Brittany Hawes – Distribution
Jonelle Box – Layout
Liturgical Publications, Inc. - Printer



The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.