



October 2024

Bay County Department on Aging

# WONDERFUL TIMES ...for all of us!

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## Please excuse our SPAM.



Department on Aging phone calls have been coming up as SPAM calls. Please know

that we are working with our IT Department on fixing this issue. In the meantime, help us out by saving our phone number to your contacts and favorites. This allows your phone to recognize that we are one of your regular callers and allows our call to come thru as Department on Aging! If you are receiving In-Home Department on Aging services, we must have phone contact with you every 2 months or this may interrupt your services. You can also help us out by checking your voicemail messages.

Just know, we are working to get this issue resolved as soon as possible!



Oops!  
We might be  
in your spam?

What kind of pants do ghosts wear?



Boo-Jeans!

# WELCOME— Department Corner

“Old Man Winter” is right around the corner! I know it does not seem possible does it? I want to make sure everyone remembers the Winter Weather Closing Procedures for the Department on Aging.

First off, when the decision to close the Activity Centers and Home Delivered Meals due to inclement weather happens, the notice will appear on the three main TV stations (ABC, CBS, NBC) or be stated on the Radio as “Department on Aging”, some still use Division on Aging, either way that is us.

Remember that it will read or say: “Bay County Department on Aging—No Meals, Site Closed, Office Open”

IF, and that is a big “if”, the County close then it will read or say: “Bay County Department on Aging—No Meals, Sites Closed, Office Closed”

The following TV and Radio stations are notified of our closing announcements:

WJRT-TV 12, WNEM-TV 5, WEYI-TV 25, WSGW 100.5FM or 790AM

Make sure to tune in to one of these stations for our announcements.

Lastly, do not forget to put together an emergency kit, i.e., blankets, food, water, medication, and flashlights just to name a few. It is also a good idea to have a family communication plan as well. I hope that this winter will just fly by for all of us! Stay Safe and Stay Warm!



*Beth Eurich, Department on Aging Director*

Reminder that our next Careiver Education Meeting is Thursday October 31, 2024 from 1pm – 2pm at 515 Center Ave 2nd Floor Bay City, MI 48708.

As I sit here today, I am reminded of a lesson taught to me from a young age to treat others as I would like to be treated. At Department on Aging we treat our participants with respect and courtesy. We ask that the respect and courtesy be returned, even in tough situations. With that said, I am reminding everyone today of our Zero Tolerance Policy.

At Department on Aging, we operate a Zero Tolerance Policy. Swearing, threats or any act of violence will NOT be tolerated! Anyone giving verbal abuse or making physical threats to any County Employee may result in: Cancellation of services and/or asked to leave the Activity Centers or Department on Aging’s main office. Services include but not limited to Case Coordination and Support, Home Delivered Meals, Personal Care, Homemaking, Respite, Activity Centers, Caregiver, Special Programs and Handyman.

We all get angry, frustrated, or sometimes don’t feel well. The moral of the story though, is to think before you speak/yell.

*Jessica Somerlott, Senior Services Manager*



## Events and more...

### Pinconning Euchre Tournament

Congratulations to the winners of the Pinconning Euchre Tournament held at the Pinconning Community Center on Wednesday, August 28, 2024

**1st place winners: Karen Isbell,  
Jerry Gobrogge**

**2nd place winners: Judy Fenwick,  
Marty Schultz**

**3rd place winners: Alice Nine,  
Robert Hummel**

We would like to thank the following for their contributions to the prizes for the winners:

- Rosie's Pies for providing 2 fruit pies, 2 cream pies, and 2 boxes of an assortment of cookies.
- Wilson's Cheese for providing 2 blocks of cheese.
- Town and Country grocery store for providing 2 \$25.00 gift cards.
- CJ's Sports Grill for providing 2 \$10.00 tokens
- Dennis Curtis, the President of the Friends of Pinconning Community Center Board and a member of the Northern Bay & Arenac Rotary Club of Pinconning and Standish for helping secure the donations.
- Robin Weiss—DOA Advisory Committee, and a member of the Northern Bay & Arenac Rotary Club of Pinconning and Standish, for her assistance with planning the tournament and for providing 2 blocks of cheese to the prizes.
- Jonelle Box for verifying all scores and determining the winners of the event.
- Dustin Weiss for helping to set up and clean up after the event, answer questions about the rules, and helping serve the players.
- Bruce McShane for his help keeping everything from sign in, filling in, meal service and clean up.

A good time was had by all!

*Patty Gomez,  
Programming Services Manager*

### Plant Based Eating

#### What is a plant-based diet?

A plant-based diet focuses on plant foods like fruits, vegetables, whole grains, nuts and seeds, and legumes. There are a few variations of a plant-based diet, but the most common is a vegetarian diet. Vegetarians eat plant-based foods, which excludes most animal products and may or may not include eggs and dairy, depending on the person's goals.

#### What are the benefits of following a plant-based diet?

Research shows that a diet focused on choosing minimally processed plant foods can lower your risk of heart disease, help maintain a healthy weight, and help improve blood sugar levels, among many other benefits! Eating plant-based can be cost-effective and is a low-risk intervention to getting on track to a healthy lifestyle.

#### How can I get started eating more plant-based?

If you are just starting out, you don't necessarily need to adopt a vegetarian or vegan diet. For many people, just making an effort to eat more plant foods and less processed foods will help. It's important to take a realistic approach to what will work for you! If you choose to start a vegetarian diet, be mindful that it takes careful planning to ensure all the essential nutrients are included in your diet; this includes getting enough protein and eating fortified foods to include iron, zinc, calcium, and vitamin B12. If you have some concerns, reach out to a registered dietitian or your doctor.

#### A Healthy & Balanced Plant-Based Meal

Make half your plate fruits & vegetables: Choose fresh fruits more often than fruit juices. Choose a variety of bright colored vegetables. Make at least half of your grains whole grains: Substitute refined (white) grains with whole grains, for example brown rice instead of white rice. Read Nutrition Labels to find whole grain foods! Vary your protein food choices: Build meals around low-fat protein sources like beans, tofu, or lentils. Enjoy nuts & seeds in moderation. Choose calcium-rich foods: Choose low-fat milk, yogurt, and cheese for lacto-vegetarians, or calcium-fortified soy or other nut-based milk. Choose breakfast cereals and orange juice, and dark leafy greens!

*Zach Brunett,  
Nutrition Services Manager*

# Miscellaneous

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

Tuesday, October 8th, 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

## Golden Horizons

FREE DEMENTIA TRAINING CLASSES OFFERED IN October 2024

**"Overview of Alzheimer's"**

**IN-PERSON:** at

Golden Horizons  
1001 Marsac St  
Bay City, Michigan

**Morning:**

Tuesday, October 15th  
10:00 a.m. – 12:00 noon

**Evening:**

Thursday, October 17th  
6:00 p.m. – 8:00 p.m.

**VIRTUAL ON ZOOM:**

**Afternoon:**

Wednesday, October 16th  
2:00 p.m.— 3:00 p.m.  
Register in advance by calling 989-892-6644 to request the link be sent to you.

Registration is required. Please call (989) 892-6644. Complimentary adult day care available for morning sessions. Reservations required.

### 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.



*Bay Concert Band*  
 "It's all Falling into Place"  
 Tuesday, October 22nd at 7:30pm  
 Bay City Central High School Auditorium  
 Adults \$10, Children 12 and under Free



## YOUR MONTHLY FALL PREVENTION TIP!

*Having handrails and grab bars can dramatically decrease your risk of falling. These are best used by the stairs, toilets, in the bath or shower. These will provide a safe and steady object to hold on to while you move.*

Brought to you by:



**Bruce McShane**  
989-892-6605

## CANTEEN

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

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

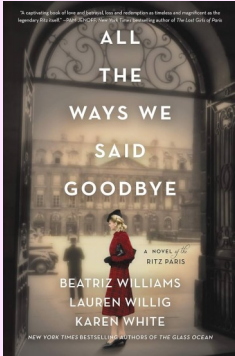
**Tue.** 10am Bingo, Walking

**Wed.** 10:00am Card games, Walking

**Thur.** 10am Crafting, Walking, Shuffleboard

### Blood Pressure Clinic!!

We will be at the  
Canteen  
on  
Tuesday, October 8th  
from  
11:15am to 12:00pm!



## Book Club!

**“All the Ways We Say Goodbye”**

**Thursday, October 10th**  
**10:00am—11:00am**  
**Club is limited**  
**to 10 people.**



## Farm to Table

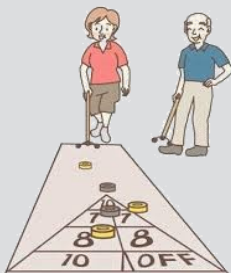
Thursday, October 17th at 11:00am

Hosted by  
Mike Van Ooteghem  
Please RSVP



Tuesday, October 29th  
At 10:30am

Join us for Games, Prizes,  
and fun for all!



Beginning in October! Every Thursday at  
10:00am, join us for Shuffleboard!  
Call ahead to reserve your meal.

Jan Davenport - Site Coordinator  
989-245-0102

# KAWKAWLIN

Tue-Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

**Daily** Puzzles, Board Games and Cards

Blood Pressure Clinic!!  
We will be in Kawkawlin  
on  
Wednesday, October 9th  
from  
11:00am to 12:00pm!



Bat Beware Blackcat Bloody Brew Candy Carve Cauldron Claws  
Costume Deadly Eerie Fangs Fog Ghastly Ghost Ghoul Grave  
Hauntedhouse Headless Lantern Mausoleum Mist Moon Mummy October  
Potion Pumpkin Rat Reaper Scary Shadow Skeleton Skull Spider  
Tombstone Trickortreat Vial Warlock Werewolf Witch Wraith Corpse  
Coffin Halloween Owl Phantom Spirit Spooky Zombie

# HALLOWEEN SPOOKTACULAR

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

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

### Blood Pressure Clinic

Will be here at  
Williams  
on  
Thursday, October 10th  
from 11:30am-12:30pm!



Come and make a  
pumpkin magnet!



Cost is \$5.00.

Tuesday, October 1st  
11:00am

RSVP by Thursday, September 24th.

Join us

Tuesday, October 15th

At 10:30am

We will be making pine cone  
bird feeders.

Cost is \$4.00 for supplies.

Please RSVP by  
Thursday,  
October 10th



Halloween Party &

*October Birthday Celebration!*

Come dressed up, and decorate a small table pumpkin!

Tuesday, October 29th At 11:00am

RSVP by Tuesday, October 22nd

September 2024

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

### Blood pressure clinic!!

We will be at Riverside  
Monday, October 7th  
11:30am until 12:30pm.



### ACRYLIC PAINTING CLASS

WITH  
**STEVE WOOD**  
**'Fall Farm'**

**Monday, October 7th**  
**1 Class available**  
**9:30-12:30, Cost is \$20.50.**

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

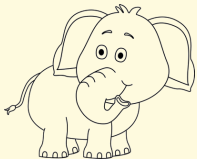


Join us

Monday, October 28th 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  
9:30am Smear

**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.** 10am Line Dancing w/Marilyn —\$3 fee  
9:30am-12pm Millie's Gin  
12:30pm Scrabble  
12:30pm Double Pinochle (being played at Comm Ctr.)

**Come and make a**

### Skeleton Centerpiece

**Friday, October 11th at**  
**9:30am**

**Cost is \$20, includes lunch**  
**RSVP by Friday, October 4th**



### Halloween Costume Contest!

**Thursday, October 31st**

**Come join us for some spooky treats!**

### October Birthday Celebration!

Come in **Friday, October 25th** 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\*
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Indoor Walking and Coffee Hour
- Fri.** 11am Low-Impact Exercise Class with Laura

**Blood Pressure Clinic!**  
We will be at Hampton on

Friday, October 11th  
from  
11:30am—12:00pm.



Join us for  
**Cider and Donut Day!**  
Tuesday, October 15th at 10:00am



# Halloween Party and October Birthday Celebrations

Thursday, October 31st  
at 10:00am



# October 2024

## HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>(1) BAKED TURKEY (3)</b> Mashed Potatoes (17) w/Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27)	<b>(2) BAJA FISH TACO (31)</b> Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44)	<b>(3) GRILLED CHICKEN SANDWICH (29)</b> Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Lemon White Chocolate Cookie (24)	<b>(4) HOT DOG (1)</b> Whole wheat bun (19) Corn (19) Peach Cobbler (45) Potato Chips (15)
<b>(7) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)	<b>(8) CHI CHI CHILI (22)</b> Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18)	<b>(9) BAKED PORK CHOPS (1)</b> Loaded Potatoes(16) Broccoli Florets (4) Apricots (15)	<b>(10) PIZZA CALZONE (34)</b> Italian Blend Vegetables (5) Fresh Tossed Salad (3) Strawberry Yogurt Cup (13)	<b>(11) TACO SALAD (24)</b>
<b>(14) MEATBALL STROGANOFF (18)</b> Buttered Noodles (13) Mixed Vegetables (11) Fruit Cocktail (17)	<b>(15) BEAN &amp; HAM SOUP (25)</b> Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6)	<b>(16) SAUCY VEAL PARMESAN (23)</b> OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	<b>(17) CRISP CHICKEN FINGERS (20)</b> Down Home Fries (15) Scandinavian Blend Veggies (7) Oreo 4 ct (33)	<b>(18) PEPPER STEAK (10)</b> Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20)
<b>(21) HUNGARIAN PORK CHOP (6)</b> Buttered Noodles (13) Spinach (5) Clementine (9)	<b>(22) CHICKEN ENCHILADAS(20)</b> Roasted Corn and Beans (14) Spanish Rice (25) Snickerdoodle (28)	<b>(23) HAMBURGER GRAVY (9)</b> Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	<b>(24) ROASTED PORK LOIN (0)</b> Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9) Whole Wheat Bread (10) Chocolate Pudding (27)	<b>(25) BBQ CHICKEN BREAST (14)</b> Redskin Potatoes w/onions (23) Corn (21) Pineapple Orange Delight (31)
<b>(28) PHILLY BEEF SANDWICH (24)</b> ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion (13) Riviera Blend Vegetables (6) Strawberry Kiwi Slushie (22)	<b>(29) CHICKEN CORDON BLUE (12)</b> Candied Sweet Potatoes (31) Mixed Veggies (11) White Chocolate Raspberry Cookie (28)	<b>(30) SLOW-COOKED BEEF POT ROAST (2)</b> Mashed Potatoes(17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21)	<b>(31) DEVILED PORK CHOPS (21)</b> Buttered Rotini Noodles (42) Southern Succotash (20) Pumpkin Fluff (17)	

### **REMINDER** for Home Delivered Meals clients:

**\*You must be home when meals are delivered.**

\*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!**

# Salad

Available at the Activity Centers only

## Salad Choice for the week:

### WEEK OF 9/30-10/4

#### **Southwest Chicken Salad**

Fajita Chicken  
Tomato  
Cheese  
Guacamole  
Crushed Chili Cheese Fritos  
Southwest Ranch

### WEEK OF 10/7-10/11

#### **TACO SALAD**

Seasoned Beef  
Corn  
Black Beans  
Crushed Taco Chips

### WEEK OF 10/14-10/18

#### **BIG MAC SALAD**

Lettuce  
Ground Beef  
Onion  
Pickle  
Thousand Island Dressing

### WEEK OF 10/21-10/25

#### **CHEF SALAD**

Smoked Ham/Turkey Breast  
Cheddar Cheese  
Hardboiled Egg  
Seedless Cucumber  
Grape Tomato  
Ranch Dressing

### WEEK OF 10/28-11/1

#### **Antipasta Salad**

Ham and Genoa Salami  
Black Olives  
Mozzarella cheese  
Mild Banana Peppers  
Tomatoes

# October 2024

Menus are subject to change without notice

ALL LUNCHESES  
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.

## DONATIONS ACCEPTED

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



**Happy Halloween!**

September 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 continued opportunities for the 60+ population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

USPS 184  
WONDERFUL TIMES is  
Published at Department on Aging  
515 Center Avenue, Suite 202  
Bay City, MI 48708-5123  
989-895-4100  
Toll-Free 1-877-229-9960  
Like us on Facebook  
[divonaging@baycounty.net](mailto:divonaging@baycounty.net)  
[www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)  
**Donations Accepted**

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County Executive

Department on Aging – Publisher  
Beth Eurich – Director/Editor  
Brittany Hawes – Distribution  
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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](http://www.baycounty-mi.gov).