



**September 2024**

Bay County Department on Aging

# WONDERFUL TIMES ...for all of us!

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## Are you in need of a handyman?

Department on Aging has a "light" home repair program, and there is a fee for services, based on you and your spouse's income. You will be responsible for purchase of all materials needed. We do have small grants that can assist with purchase of materials and Handyman time, but these are small, are first come first serve and are grants that go quickly.

So what can the Handyman Program repair? Below is a list of what can be done by our Handyman.

- \*Minor water leaks including replacement of faucet
- \*Broken door handles or locks
- \*Installation of grab bars, handrails or other safety items in the home, with the exclusion of jobs requiring specialty tools
- \*Installation of smoke detectors and carbon monoxide detectors
- \*Weatherization of windows and doors
- \*Change light bulbs in and out of home



Any job requiring a permit, or a licensed professional will be denied as Department on Aging's Handyman is not a licensed contractor, electrician or plumber. We also cannot work on a home/apartment that is a rental. For more information, please contact Department on Aging and ask to speak to your Case Manager or the Case Manager on Duty.

Department on Aging Office, Home Delivered Meals, and Activity Centers will be closed on Monday, September 4th for Labor Day and Friday, September 20th for an All Day Staff Training.

# WELCOME— Department Corner

Website and email changes for Bay County and Bay County Department on Aging!

Due to requirements with Federal grants, Bay County is changing the email domain and website address to a .gov email address. To reach the Bay County Website you will have to use the following: [www.baycountymi.gov](http://www.baycountymi.gov), for Department on Aging's website you will have to use the following: [www.baycountymi.gov/aging](http://www.baycountymi.gov/aging)

New email address will also be using the baycountymi.gov address for example to reach Department on Aging you will have to use the follow:  
[divonaging@baycountymi.gov](mailto:divonaging@baycountymi.gov)

Website has already changed over as of July 8, 2024.

All emails will be changing over to use the baycounty.gov address starting August 8 through September 27!

Thank you for your patience while we navigate these new changes.

Stay Safe Everyone!

*Beth Eurich, Department on Aging Director*



Are you looking for a new pharmacy? With the closure of Rite Aid, it has many looking for a pharmacy that is the right fit. Here are some tips to start out with when looking around for a new pharmacy.

1. Does your prescription plan have preferred pharmacies? Some insurance plans will have lower prices at certain pharmacies. Give a call to the number on the back of your RX card and inquire about what pharmacies work best with your insurance.
2. Does the pharmacy have all your medications available? This is most important to ask if you take any specialty or controlled medications.
3. Does the pharmacy offer a drive-through?
4. Does the pharmacy offer Delivery? If they do, what days and pricing?
5. Do you need your prescriptions to be pre-packaged in bubble packs? Make sure to ask if they offer this option and fees.

Department on Aging does attempt to keep a list of all pharmacies in Bay County. If you need a copy, please call 989-895-4100 and ask for Jessica.

*Jessica Somerlott, Senior Services Manager*



### 2024 Winter Olympics

The Bay County Department on Aging 2024 Winter Olympic Games are just around the corner. If you participated in the 2023 Olympic games, watch the mail for your 2024 Olympic Games registration packet. If you would like to be put on the mailing list, please call the main office at (989) 895-4100 and ask to be put on the Olympic games mailing list.

The 2024 Winter Olympics begins on Monday, October 7th. The registration deadline is Friday, September 13th.

We look forward to seeing past participants and hope to see a lot of new faces. Join us for a week filled with fun. We look forward to seeing you there!

*Patty Gomez, Programming Services Manager*

As important as it is for us to evolve our menu items and ingredients, I feel like now is a great chance to explain why our menus look the way they do.

Recently one of our clients asked me how we write a menu and why or how do we choose our ingredients and menu items.

We certainly wish planning a menu was as easy as just throwing things we love on a program and cooking it, however we simply can not.

When creating a menu we are held to a very strict standard when it comes to what we can purchase and produce. With that being said we have to follow the orders of Region 7 Area Agency on Aging as well as the Food Code and USDA Guidelines. Our Registered Dietitian at R7 and I work closely together to make sure that when I plan a week's worth of meals, we meet every single nutritional requirement that keeps the meal healthy for you.

This involves everything from fat content, calories, carbs, sugars, fiber, salt, acids, vitamins and several more. So we operate this on a 91 day schedule, and within that 91 days we must meet every daily average along with the 91 days as a whole so that the menu stays heart smart and healthy. We have found that 91 days allow us to implement a wide range of menu items, but also helps balance a very expensive budget.

As daunting of a task this can be, it is exciting as well as we are able to create new ideas, however putting even one new item on the menu takes several months because of what I stated above. Also, from time to time, you will see repeats. This is because we have to make the meal balance, and sometimes that means using some repeated items like vegetables or proteins.

As we close out this part of the year, we are working very hard to get ready to roll out some exciting new menu items.

As always, stay safe.

*Zach Brunett, Nutrition Services Manager*

## Miscellaneous

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

**Tuesday, September 10, 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  
September 2024

**"Managing Difficult Behaviors"**

**IN-PERSON:** at  
Golden Horizons  
1001 Marsac St  
Bay City, Michigan

**Morning:**

Tuesday, September 17th  
10:00 a.m. – 12:00 noon

**Evening:**

Thursday, September 19th  
6:00 p.m. – 8:00 p.m.

**VIRTUAL ON ZOOM:**

**Afternoon:**

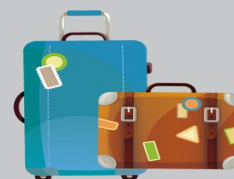
Thursday, September 12th  
2:00 p.m.— 3:00 p.m.

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.



## YOUR MONTHLY FALL PREVENTION TIP!

*Did you know that you can ask your health care provider for a fall evaluation to help identify your risks? This includes reviewing your medications to see if they make you dizzy or sleepy, and activities of daily living.*

Brought to you by:



# SEPTEMBER

Janie Good—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, Walking

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

**Thur.** 10am Crafting, Walking



### Blood Pressure Clinic!!

We will be at the  
Canteen  
on  
Tuesday, September 10th  
from  
11:30am to 12:00pm!



Classes and Events  
at the Canteen are  
currently under  
construction.  
Please check the  
bulletin board for up-

Jan Davenport - Site Coordinator  
989-245-0102

# KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Tue-Thur 9am-12:30pm

**Daily** Puzzles, Board Games and Cards

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



CORN	THANKSGIVING	PUMPKIN
AUTUMN	HARVEST	FOOTBALL
BONFIRE	LEAVES	SWEATER
BOOTS	CARNIVAL	NOVEMBER
OCTOBER	APPLES	SEPTEMBER
RAKE	APPLE CIDER	SUNFLOWER



## Fall Word Search

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

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

Tammy from

## Great Lakes Crafting

will be here on  
Thursday, September 26th  
at 10:30am to make a glass  
mosaic night light.

Cost is \$16.

Please RSVP by  
Thursday, September 19th.



### Blood Pressure Clinic

Will be here at  
Williams

on

Thursday, September 12th  
from 11:00am-12:00pm!



### August Birthday

#### Celebrations!

Tuesday, September 24th

At 11:00am

Come in for a  
donut!



9/11

**PATRIOT DAY**

WE WILL NEVER FORGET



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

### Blood pressure clinic!!

We will be at Riverside  
Monday, September 9th  
11:30am until 12:30pm.



### ACRYLIC PAINTING CLASS

WITH  
**STEVE WOOD**

### 'The Back Road'

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

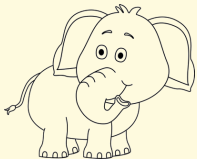
We will continue painting  
after lunch until 1:30 if needed.



Join us

Monday, September 23rd 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.)

**We will be having  
Root Beer Floats after lunch to celebrate  
Labor Day!  
Tuesday, September 3rd**

Come and make a  
**Witch Hat Wreath!**  
**Wednesday, September 18th at 9:30am**  
**Cost is \$25 and includes lunch.**



## September Birthday Celebration!

Come in **Friday, September 27th** 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\* Misc Card Games
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Fri.** 11am Low-Impact Exercise Class with Laura

## Blood Pressure Clinic!

We will be at Hampton on

Friday, September 13th  
from  
11:30am—12:00pm.



Join us on

Friday, September 13th after lunch for an Presentation by Consumers Energy for Energy Smart Seniors. An energy educator presents a 20 minute presentation on energy efficiency tips and safety. Each participant will receive a kit to begin their energy efficiency journey free.

RSVP to Karen by  
Friday, September 6th.



Come enjoy a variety of music and sing along!

Friday, September 27th  
10:30am

Music will be provided by:  
Bill Goebel

## September Birthday Celebrations

A special dessert will be served after lunch  
on

Monday, September 30th  
at 12:00pm



# September 2024

## HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(2)</p> 	<p>(3) <b>PATTY MELT (6)</b> Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)</p>	<p>(4) <b>GOURMET CHICKEN TETRAZINNI (27)</b> Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)</p>	<p>(5) <b>SAVORY BEEF STEW (20)</b> Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)</p>	<p>(6) <b>POLLACK BITES (22)</b> Down Home Fries (15) Blueberry Crisp (53) Creamy Coleslaw (15)</p>
<p>(9) <b>SMOTHERED CHICKEN (7)</b> Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)</p>	<p>(10) <b>COUNTRY FRIED STEAK AND GRAVY (21)</b> Corn (21) Garlic/Cheese Biscuits (10) Apple (21) Caramel Dip (18)</p>	<p>(11) <b>GOLD COAST PORK CHOPS (8)</b> Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)</p>	<p>(12) <b>SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13)</p>	<p>(13) <b>FALL APPLE SALAD (38)</b> Apple Slices (8)</p>
<p>(16) <b>VEGETABLE LASAGNA (27)</b> Scandinavian Blend Veggies(7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)</p>	<p>(17) <b>CRISP CHICKEN FINGERS (17)</b> Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)</p>	<p>(18) <b>HAWAIIAN MEATBALLS (50)</b> Fried Rice (19) Sliced Carrots (7) Banana (27)</p>	<p>(19) <b>HAM (2)</b> Dinner Roll (1) Glazed Carrots (10) Scalloped Potatoes (21) Sugar Cookie (26)</p>	<p>(20)</p> 
<p>(23) <b>BREADED POLLACK (16)</b> Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (17)</p>	<p>(24) <b>HEARTY GOULASH (28)</b> Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)</p>	<p>(25) <b>CHICKEN &amp; DUMPLINGS (23)</b> Mixed Vegetables (11) Peanut Butter Cookie (20)</p>	<p>(26) <b>CABBAGE ROLLS (17)</b> Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)</p>	<p>(27) <b>BBQ RIBLET (12)</b> Ranch Mini Mashers (17) Apple Crisp (43) Creamy Coleslaw (15)</p>
<p>(30) <b>CONNIE'S VEGGIE CHEESE SOUP (16)</b> Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)</p>				

**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!

# Sandwich

Available at the Activity Centers only

## Sandwich Choice for the week:

### WEEK OF 9/2–9/6

#### ROAST BEEF SLIDER

Pepper Jack Cheese  
Onions  
Horseradish Sauce  
Onion Bun

### WEEK OF 9/9-9/13

#### CHICKEN SALAD CROISSANT

Diced Chicken  
Celery  
Red grapes  
Lettuce  
Mayo

### WEEK OF 9/16-9/20

#### BLUE LIGHT SPECIAL SUB

Bologna, Ham, Salami  
American Cheese  
Onion, tomato, lettuce, banana pepper  
Yellow mustard  
Sub Bun  
Dill pickle chips

### WEEK OF 9/23-9/27

#### TURKEY BACON RANCH CROISSANT

Turkey  
Bacon  
Lettuce  
Ranch  
Croissant

# September 2024

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.

## 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.



20 24

# SCHEDULE

<b>W1 VS LAR</b> <b>SEP 8</b> 8:20 PM	<b>W7 AT MIN</b> <b>OCT 20</b> 1:00 PM	<b>W13 VS CHI</b> <b>NOV 28</b> 12:30 PM
<b>W2 VS TB</b> <b>SEP 15</b> 1:00 PM	<b>W5 VS TEN</b> <b>OCT 27</b> 1:00 PM	<b>W14 VS GB</b> <b>DEC 5</b> 8:15 PM
<b>W3 AT ARI</b> <b>SEP 22</b> 4:25 PM	<b>W9 AT GB</b> <b>NOV 3</b> 4:25 PM	<b>W15 VS BUF</b> <b>DEC 15</b> 4:25 PM
<b>W4 VS SEA</b> <b>SEP 30</b> 8:15 PM	<b>W10 AT HOU</b> <b>NOV 10</b> 8:20 PM	<b>W16 AT CHI</b> <b>DEC 22</b> 1:00 PM
<b>W5</b> <b>BYE WEEK</b>	<b>W11 VS JAX</b> <b>NOV 17</b> 1:00 PM	<b>W17 AT SF</b> <b>DEC 30</b> 8:15 PM
<b>W6 AT DAL</b> <b>OCT 13</b> 4:25 PM	<b>W12 AT IND</b> <b>NOV 24</b> 1:00 PM	<b>W18 VS MIN</b> <b>TBD</b> TBD

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/)  
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County Executive

Department on Aging – Publisher  
Beth Eurich – Director/Editor  
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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).