

APRIL

April 2024

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Sherriff Troy Cunningham to Share Information on Home Safety

There are many small and easy things you can do to protect you and your family. Living at home as you age requires careful consideration and planning. Our homes should continue to be a place where we feel safe, secure and comfortable.

Learn how you can make some changes to protect your home and help maintain your independence. Sherriff Troy Cunningham will be at the Department on Aging's Activity Centers to speak about how to protect yourselves in your home.

Please join us at the Activity Center of your choice on:

Tuesday, April 23, 2024 at 11am

Canteen Activity Center

800 Livingston Avenue Bay City, MI 48708

Wednesday, April 17, 2024 at 11am

Hampton AM Activity Center

801 West Center Road Essexville, MI 48732

Wednesday, April 24, 2024 at 11am

Kawkawlin Activity Center

1800 East Parish Road Kawkawlin, MI 48631

Wednesday, April 10, 2024 at 11am

Riverside Activity Center

800 J. F. Kennedy Drive Bay City, MI 48706

Tuesday, April 16, 2024 at 11am

Williams Activity Center

1080 West Midland Road Auburn, MI 48611

Remember to call 24 hours in advance to register and reserve your meal! There will be drawings for giveaways!

**If April Showers bring
May flowers...
What do May flowers
bring????**



Answer on Page 11

WELCOME— Department Corner

Search engines, like Google, are so popular that many people use the search feature instead of typing a URL. For instance, people may quickly search for their electricity provider's name to find the online payment portal. And for this week's scam, that's exactly what cybercriminals want you to do. This scam tries to trick you into clicking on a fake ad instead of the billing portal that you're trying to find. The scammers purchase a variety of fake utility payment advertisements, and you see those ads during your searches. They know that they can trick you more easily if you contact them instead of them reaching out to you.

If you click on one of these ads, you will be prompted to dial a phone number. Dialing the number puts you directly in contact with a scammer. They may try to scare you by saying your bill must be paid immediately. Or they may tempt you with an offer to help you save money—but only if you act now. Neither the advertisement nor the person you are talking to is legitimate. Paying them won't help with your utility bills, but the scammer might use you to help pay their own bills!

Follow these tips to avoid falling victim to a utility bill scam:

- Remember, anyone can purchase an advertisement. Be cautious when clicking on ads, even if they seem relevant to you.
- Scammers often ask you to make payments using unusual methods, such as gift cards or money transfers. If something seems strange about a financial transaction, stop immediately!
- If an offer seems too good to be true, it probably is. Always stop and think before taking action.

Thank you to our Bay County Information System Division for keeping us up to date on how to protect ourselves! Stay Safe Everyone!

*Beth Eurich,
Department on Aging
Director*



April is Distracted Drivers Awareness Month. There are three main types of distracted driving. Visual, taking your eyes off the road for any reason. Manual, taking your hands off the steering wheel. Cognitive – taking your mind off driving. Texting while driving engages all three and is the worst form of distracted driving.

In Michigan, it is illegal to manually use a cell phone or other mobile electronic device while operating a vehicle on Michigan roads. Under the law, a driver cannot hold or support a phone or other device with any part of their hands, arms, or shoulders. Even if a cell phone or other device is mounted on your dashboard or connected to your vehicle's built-in system, you cannot use your hands to operate it beyond a single touch.

This law is hoping to reduce distracted driving. First time violators will be facing a \$100 fine and/or 16 hours of community service. Subsequent violations result in a \$250 fine and/or 24 hours of community service. 3 violations within a 3 year period result in completing a driver improvement class. If a traffic crash occurs and the at-fault driver was holding or manually using a mobile device while operating the vehicle, any civil fines will be doubled.

The best alternatives include using Bluetooth. You can use hands-free technology or other integrated voice command systems. Anything more than a single touch is against the law. For more information, visit the Michigan State Police website at Michigan.gov/msp.

**Safe Driving
Begins With You**

*Jessica Somerlott,
Senior Services Manager*

Events and more...

Being a volunteer is good for everyone!

Many older adults live alone and have families that live too far away to help, so this is a great way to help another person live a happier, healthier, better life.

Doing something in your community with your spare time is a great way to give back.

Helping deliver services and support for day-to-day operations that directly impact the members of your community make it a better place to live, work, and play.

Volunteering makes you healthier. Moods and emotions, like optimism, joy, and control over one's fate, help strengthen the immune system. Meeting new people allows you to focus on someone other than yourself. It interrupts the usual tension-producing patterns which helps reduce stress levels for both you and the person you are helping.

Trying something new promotes personal growth and self-esteem. Staying connected to your community builds camaraderie and teamwork. The generous spirit that goes along with volunteering strengthens the places we call home.

The Department on Aging needs volunteers to help deliver food boxes to those in the community that are homebound or are physically unable to pick them up themselves. If you would like to become a volunteer with the Department on Aging, please call 989-895-4100 to find out how.

Patty Gomez,

Programming Services Manager

Welcome to our new Handyman!!

Department on Aging is happy to welcome to our team Bud LaPlant! He is our new handyman and is ready to work! Remember, this is a "light" home repair program, and there will be 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.



Miscellaneous

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

Tuesday, April 9, 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



YOUR MONTHLY FALL PREVENTION TIP!

Did you know that dimly lit areas increase your risk of falling? The good news is that this risk can easily be decreased by using nightlights or even connecting a lamp to a smart device to verbally tell it to turn on when you need it.

Brought to you by:



Golden Horizons

FREE DEMENTIA TRAINING
CLASSES OFFERED IN
APRIL 2024

"Communicating Effectively"

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

Morning:
Wednesday, April 17th
10:00 a.m. – 12:00 noon

Evening:
Thursday, April 18th
6:00 p.m. – 8:00 p.m.

VIRTUAL ON ZOOM:

Afternoon:
Tuesday, April 16th
10:00 a.m.— 11:00 a.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.




DREAM
PRESENTED BY
**The Bay
Chorale**

Directed by John Rickert
Accompaniment by Kristin Neubecker
Special Guest:
The Essexville Garber Choir
Directed by Jacob Beckon

Friday, April 19th at 7 p.m.
Garber High School Auditorium
213 Pine Street Essexville, MI

TICKETS AT THE DOOR
Adults: \$12.00
Students: \$10.00
12 & Under: Free
CASH/CREDIT OPTIONS AVAILABLE



Scan here
to donate!

Janie Good—Site Coordinator
989-892-6605

CANTEEN

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

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

- Mon.** Osteo Classes for registered participants
- Tue.** 10am Bingo, Walking, Low Impact Exercise
- Wed.** Osteo Classes for registered participants, Games, Crafting
- Thur.** 10am Crafting, Walking, Shuffle Board

Blood Pressure Clinic!!

We will be at the Canteen on Tuesday, April 9th from 11:30am to 12:00pm!



Book Club!

Thursday, April 11th

10:00am—12:00pm

Club will be limited to 10 people.
Call Janie to reserve your spot.

Join us for Shuffleboard!

10:00am
on

Thursday, April 4th

Thursday, April 18th



Farm to Table

Thursday, April 18th

11:00am

Beginnings of a Plants Life Part II
Presented by Mike VanOoteghem



Presentation by
Hyatt-Ewald Funeral Home.
Tuesday, April 16th at 11:00am

Join us for Part #1 of
Getting Your Affairs in Order

Tuesday, April 16th at 11:00am
RSVP by Thursday, April 11th for lunch.

Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Wed - Thur 9am-12:30pm

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, April 10th
from
11:00am to 12:00pm!



puddles	May	weather	rainbow
sunshine	warming	umbrella	spring cleaning
showers	rain	rabbit	hatch
grass	green	Easter	butterfly
bloom	animals	April	flowers



Spring



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

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

Angie's Art a la Carte

will be here to do a cat painting.

Thursday, April 4th at 10:00am

Cost is \$25

Please RSVP by April 1st.



John Russel the Magician

will be returning on

Tuesday, April 30th

at 11:00am



Blood Pressure Clinic

Will be here at

Williams

on

Thursday, April 11th

from 11:15am-12:15pm!



Please join us

Tuesday, April 9th

at 11:00am

Robyn Houseguettler

from

Between the Patches

will be here to do a

presentation on

Civil War Quilts.

April Birthday Celebrations!

Join us on

Thursday, April 25th

at 11:00am

for

Tim Hortons!

April 2024

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

RIVERSIDE

Mon-Fri 9am-2pm

800 J.F. Kennedy Drive | Bay City, MI 48706

Blood pressure clinic!!

We will be at Riverside
Monday, April 8th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS WITH

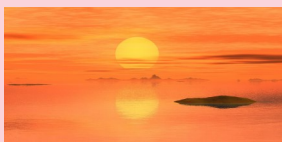
STEVE WOOD

'Early Light'

Monday, April 1st
1 Class available
9:30am-12:30pm
Cost is \$20.50

Please RSVP by
Friday, March 29th

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



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 Double Pinochle, Scrabble

Come make a
Diamond Dotz Card!
Friday, April 19th at 10:00am
Supplies and lunch included.
Cost is \$15.00.



Please RSVP by April 12th, and pay in advance.

Join us
Monday, April 22nd 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 in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3.
One card per prize.

April Birthday Celebration!

Come in the **last Friday** of the month for your birthday treat! (Dine in Only)



Karen Bublitz—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.

Blood Pressure Clinic!
We will be at Hampton on
Friday, April 12th
from 11:30am—12:30pm.



- Mon.** 11am Low-Impact Exercise* Class with Carol
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10:30am Bingo \$.25 to play, \$.25 per card
- Fri.** 10am Indoor Walking and Coffee Hour



Join us
Monday, April 1st to celebrate
April Fool's Day!



On Friday, April 5th at 11:00am
Rooted by Keit's, Tyler Keith will be here with tips and
tricks to prepare our gardens this spring and summer.
Bring your questions.



APRIL Birthday Celebrations
A special dessert will be served
after lunch on
Tuesday, April 30th at 12:00pm

April 2024

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) CONNIE'S VEGGIE CHEESE SOUP (16) Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)	(2) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27)	(3) BAJA FISH TACO (31) Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44)	(4) HUNGARIAN PORK CHOP (6) Buttered Noodles (13) Spinach (5) Fresh Clementine (9)	(5) GRILLED CHICKEN SANDWICH (29) Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Lemon White Chocolate Cookie (24)
(8) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)	(9) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18)	(10) BAKED PORK CHOPS (1) Loaded Potatoes (16) Broccoli Florets (4) Apricots (15)	(11) OLD-FASHIONED MEATLOAF (12) Ranch Potatoes (16) Corn (21) Whole Wheat Bread (10) Mandarin Oranges (16)	(12) PIZZA CALZONE (34) Italian Blend Vegetables (5) Fresh Tossed Salad (3) Strawberry Yogurt Cup (13)
(15) MEATBALL STROGANOFF (18) Buttered Noodles (13) Mixed Vegetables (11) Fruit Cocktail (17)	(16) BEAN & HAM SOUP (25) Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6)	(17) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	(18) PEPPER STEAK (10) Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20)	(19) CRISP CHICKEN FINGERS (20) Down Home Fries (15) Scandinavian Blend Veggies (7) Pineapple Orange Delight (31)
(22) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Bite-Sized Peaches (12)	(23) CHICKEN ENCHILADAS(20) Roasted Corn and Beans (14) Spanish Rice (25) Snickerdoodle (28)	(24) HAMBURGER GRAVY (9) Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	(25) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9) Whole Wheat Bread (10) Chocolate Pudding (27)	(26) BBQ CHICKEN BREAST (14) Redskin Potatoes w/ onions (23) Corn (21) 4ct Oreo (33)
(29) PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion (13) Riviera Blend Vegetables (6) Strawberry Kiwi Slushie (22)	(30) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Southern Succotash (20) Pineapple Chunks (18)			

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 4/1—4/5

Fall Apple Salad

Diced Chicken
Gala Apple Slices
Dried Cherries
Walnuts
Swiss Cheese
Poppyseed Dressing

WEEK OF 4/8-4/12

TACO SALAD

Seasoned Beef
Corn
Black Beans
Crushed Taco Chips

WEEK OF 4/15—4/19

GRILLED CHICKEN SALAD

Crispy Chicken
Marzetti Buttermilk Dressing
Multi-Grain Dinner Roll

WEEK OF 4/22-4/26

STRAWBERRY ALMOND SALAD

Spinach
Iceberg Lettuce
Strawberries
Sliced Almonds
Poppy Seed Dressing
Cottage Cheese

April 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.

Answer:

PILGRIMS!!!!



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.



April 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
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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.

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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.