May 2024

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

IN THIS ISSUE

Department on Aging Offices,
Home Delivered Meals, and Activity Centers, will be Closed for Memorial Day on Monday, May 27th.

Movie and Lunch Series at the Wirt

Enjoy a delicious lunch while you sit back and view the movie on a big screen with surround sound.

Thursday, May 30th

Doors open at 11:30am, movie starts at 12:00 noon

Cost is $5.00 (60 years and over)
$7.00 (59 years and under)

Reservations & Payment can ***only*** be made at the Bay County Department on Aging Main Office (515 Center Ave, 2nd Floor)

May Movie: **Next Goal Wins**

Starring: Michael Fassbender, Oscar Kightley
Rated PG-13,
97 minutes, Comedy/Drama

Tickets go on sale
Wednesday, May 1st
at 10:00am
Registration Deadline:
Friday, May 24th

WELCOME— Department Corner

Of the two official United States holidays recognizing the commitment of members of America's military services, Memorial Day honors those who lost their lives while defending their country.

The holiday is observed on the last Monday of May, as weather is turning warm and most schools and universities are adjourning for the summer, establishing Memorial Day weekend as the unofficial beginning of summer.

Many Americans also visit cemeteries, where volunteers often place American flags on graves. On Memorial Day itself, a national moment of silence takes place at 3 p.m. local time to remember the war dead.

Veterans Day, in contrast, honors everyone who serves or has served in defense of the country and is observed with celebrations on the same date each year, November 11.

History of Memorial Day: The American Civil War of 1861 to 1865 claimed the lives of more than 550,000 people. During those years, many citizens began to place flowers on the graves of the war dead. Several Northern and Southern cities claim to be the originators of Memorial Day, but in 1966, President Lyndon B. Johnson proclaimed Waterloo, New York, as its official birthplace.

In 1865, Henry Welles, a Waterloo pharmacist, suggested that the town formally set aside a day to honor those killed in the war. The following year, Waterloo held the first formal observance of a day dedicated to honoring the war dead.

In 1868, John A. Logan, a former Civil War general and founder of an organization of war veterans, extended the idea by suggesting May 30 as an annual date to remember the massive numbers who died during the turmoil of the divided nation. Called "Decoration Day," it is believed the date was chosen because flowers would be in bloom all over the country.

By the turn of the century, nearly every state had declared "Decoration Day" an official holiday. After World War I, Decoration Day was expanded to honor those killed in all of the nation's wars, and after World War II, it became known as Memorial Day.

In 1971, Congress established Memorial Day as a federal holiday and fixed its observance on the last Monday in May.

Remember to take your moment of silence for all those who have paid the ultimate price for our freedom. Take Care Everyone!

Beth Eurich, Department on Aging Director

Senior Project Fresh is approaching quickly. Bay County is expecting to be able to distribute 100 coupon books in the Bay County area. This is a very popular program that fills up quickly so do not wait to call. Booklets will contain 5 coupons valued at $5 per coupon to be used at participating farm stands. Some common eligible items to purchase are unprocessed fruits and vegetables, fresh produce grown in Michigan or the bordering states of Wisconsin, Ohio, or Indiana, and honey of any kind.

To be eligible:

- Must be 60 years of age or older at the time of receiving coupons OR aged 55 and older and a member of a Michigan federally recognized tribe or urban tribal group.

- Must live in Bay County.

- Income below 185% of Federal Poverty Guidelines (2024)

o For 1 person household: $27,861

o For 2 person household: $37,814

Call the Department on Aging main office for more information at (989) 895-4100. Please note that coupons will be on a first come basis and when they are exhausted a waiting list will be started.

There is no guarantee of Bay County receiving additional coupons after the first 100 booklets.

Jessica Somerlott, Senior Services Manager

Events and more...

2024 Summer Olympics Reminders

The registration deadline date for the 2024 Summer Olympic games is Friday, May 17th. Please provide all the requested information and sign the registration form. Payment is due when you register.

To register, come to the main office in the Bay County Building located at 515 Center Avenue, Suite 202. If you choose to mail in your registration and payment, please remember it may not reach our office before the deadline date and you may not be able to participate.

T-shirt pickup is Monday, June 10, 2024, from 7:00 am to 2:00 pm at the Riverside Activity Center located at J. F. Kennedy Drive, Bay City, MI 48706. If you cannot pick up your shirt, someone else can pick it up for you. Otherwise, you will have to come to the main office to pick up your shirt as we will not bring shirts to the events.

Event plans for teams are based on registration numbers. If you are unable to attend an event you registered for, please call the main office so I have time to find a replacement volunteer. If you are late, you may not be able to participate. If you have questions or wish to be added to our Olympic Games mailing list, call 895-4100.

Patty Gomez, Programming Services Manager

Go For The GOLD!!

WHY DO WE NEED PROTEIN?

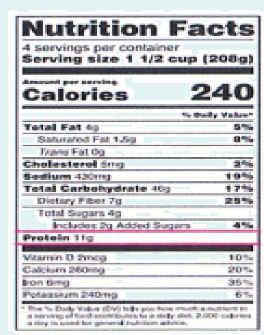
Protein is one of the foundational nutrients that make up your body. Every cell in your body relies on protein to function including muscle, bones, internal organs as well as skin, hair and even nails. Eating regular, well-balanced meals with adequate protein is especially important as we age in order to ensure that the body doesn't break down the muscle we already have.

Decreased appetite and overall decreased intake are a common risk factor for muscle breakdown, so it is important to make sure you are eating a balanced diet to ensure the proper amount of nutrition.

FACTS ABOUT PROTEIN

Use the Nutrition Facts label as a tool for monitoring consumption of protein and choosing protein foods that are lower in saturated fat. The Nutrition Facts label on food and beverage packages shows the amount in grams (g) of protein per serving of the food. Protein generally has no % Daily Value (%DV) listed on the label, so use the number of grams (g) as a guide.

Food manufacturers may voluntarily list the %DV of protein per serving on the Nutrition Facts label, but they are required to list the %DV of protein if a statement is made on the package labeling about the health effects or the amount of protein (for example, "high" or "low") contained in the food.



Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

EXAMPLES OF PROTEIN

- Choose a variety of protein foods, such as beans, peas, lentils, eggs, fat-free or 1% low-fat dairy products, lean meats and poultry, seafood, soy products, and unsalted nuts and seeds.
- Choose seafood and plant sources of protein (such as beans, peas, lentils, tofu and other soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- Add beans, peas, and lentils to salads, soups, and side dishes, or serve them as a main dish.
- Substitute fat-free or 1% low-fat dairy products and/or lactose-free versions and fortified soy beverages for whole and 2% reduced-fat dairy products.
- Select lean meats, poultry, and seafood, rather than processed varieties.
- Trim or drain fat from meats before or after cooking and remove poultry skin before eating.
- Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.

Zach Brunett, Nutrition Services Manager

Miscellaneous

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

Tuesday, May 14, 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!

Time to replace those shoes! Those old shoes and slippers might be dangerous. In time footwear will lose its ability for traction. Non-slip well-fitting footwear with good support will decrease your risk of falling.

Brought to you by: McLaren BAY REGION Trauma Services

Bay Concert Band

Spring Concert

Tuesday, May 7th
7:30pm
Doors open at 7:00pm
Bay City Central High School Auditorium
Tickets are $8.00 for Adults
Children 12 and under are free.

Golden Horizons

FREE DEMENTIA TRAINING CLASSES OFFERED IN MAY 2024
"Communicating Effectively"

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

Morning:
Wednesday, May 15th
10:00 a.m. – 12:00 noon
Evening:
Thursday, May 9th
6:00 p.m. – 8:00 p.m.

VIRTUAL ON ZOOM:
Afternoon:
Tuesday, May 7th
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.

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 Euchre, Walking
Thur.	10am Shuffleboard, Walking

Renue Physical Therapy will be here

Tuesday, May 7th
At 11:00am
Topic "Back Pain"

RENUE
PHYSICAL THERAPY

Blood Pressure Clinic!!
We will be at the
Canteen
on
Tuesday, May 14th
from
11:30am to 12:00pm!

Book Club!

Thursday, May 9th
10:00am—12:00pm
Club is limited
to 10 people.
Call Janie to reserve your spot.

Music to Remember

Mother's By

Join us
Thursday, May 9th
At 11:00am

Car Show!

Thursday, May 23rd
10:00am
Rain date: Thursday, May 30th

Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

Wed -Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, May 15th
from
11:00am to 12:00pm!

Daily Puzzles, Board Games and Cards

AMERICAN	ANTHEM	CEMETERY
COMMEMORATE	DECORATION	FALLEN
FLAGS	FLOWERS	FREEDOM
GRAVE	HEROES	HOLIDAY
HONOR	MAY	MEMORIAL
OBSERVANCE	PATRIOTIC	REMEMBRANCE
SACRIFICE	SALUTE	SERVICE
SOLDIERS	VETERANS	WAR

Memorial Day Word Search

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

Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

Mon-Thurs 9am-1pm

1080 West Midland Road | Auburn, MI 48611

Mon.	10am Mexican Train Dominoes
Tue.	10am-Euchre
Wed.	10am Mexican Train Dominoes
Thur.	10am-Euchre

Auburn Treasure Hunt Days

Thursday, May 16th 9am-1pm

Williams will be participating Thursday only. Bring any items your willing to donate for the sale.

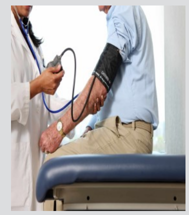
Donations can start coming in a week in advance. We are looking for volunteers to set up the day before and help package up left over items.

Join us Tuesday, May 21st
at 11:00am

Past Preservation

will be here to demonstrate how to clean headstones.
(He is on Facebook if you need more info.)
Please RSVP to Rebekah by May 14th

Blood Pressure Clinic
Will be here at
Williams
on
Thursday, May 16th
from 11:15am-12:15pm!



May Birthday Celebrations!
Join us on
Thursday, May 30th
at 11:00am
for a
Tim Hortons
donut!

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

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

Blood pressure clinic!!

We will be at Riverside
Monday, May 13th
11:30am until 12:30pm.

ACRYLIC PAINTING CLASS
WITH
STEVE WOOD

'DOWN THE HILL'

Monday, May 6th
1 Class available
9:30-12:30, Cost is $20.50.

Please RSVP by
Friday, May 3rd

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

Kentucky Derby Party!

Friday, May 3rd
10:30am

Bring money for horsey games, wear a fancy hat!
Best hat wins a prize.
Hats will be available at Riverside to decorate.

Come celebrate

Mother's Day!

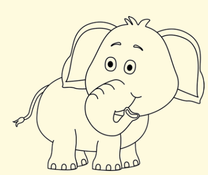
Friday, May 10th

Special Treat for all the Mother's/ Ladies!

Join us
Monday, May 20th 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.



May Birthday Celebration!

Come in **Friday, May 31st** 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

Mon.	11am Low-Impact Exercise* Class with Carol
Tue.	10am Indoor Walking and Coffee Hour
Wed.	10am Euchre—New Players Welcome
Fri.	10am Indoor Walking and Coffee Hour

* 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, May 17th
from 11:30am—12:30pm.

Join Us on

Monday, May 13th

Mother's Day Celebration

Have a sweet treat served with lunch!

Spring Craft!

Friday, May 17th

'April Showers Bring May Flowers'

Create a wooden flower to add décor to your garden. Donations welcomed for cost of materials. Come join the fun!

MAY Birthday Celebrations

A Surprise dessert will be served after lunch on
Friday, May 31st at 12:00pm

May 2024

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		(1) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes(17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21)	**(2) SWEET AND SOUR PORK (22)** Steamed Brown Rice (16)Colorful Peas &Carrots (9) Pineapple Bits(15) Whole Wheat Bread (10)	**(3) POTATO HAM CHOWDER (27)** Mixed Vegetables (11) Garlic and Cheese Biscuits (10) White Chocolate Raspberry Cookie (28)
(6) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Chocolate Chip Cookie (27)	**(7) SLOPPY JOES (8)ON A WHOLE WHEAT BUN (25)** Oven-Baked Potato (33) Winter Blend Vegetables (5) Gelatin Cup (5)	**(8) PULLED CHICKEN BBQ SANDWICH (35)** WHOLE WHEAT BUN (25) Mixed Vegetables (11) Baked Beans w/Ham (29) Orange (0)	**(9) TENDER BEEF TIPS (8)** Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Apple (21)	**(10) SCRAMBLED EGGS (3)** Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)
(13)**LASAGNA (25)** Dinner Roll (19) Italian Blend Veggies (6) Oreo 4 Ct (33)	**(14) CHICKEN BREAST W/ TARRAGON GRAVY (4)** Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	**(15) BAKED TURKEY (3)** Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Chocolate Pudding (27)	**(16) HONEY MUSTARD PORK CHOP (12)** Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	**(17) CHICKEN FINGERS (19)** Tator Tots (15) Garden Green Peas (11) Whole Wheat Bread (10) Ambrosia Salad (32)
(20) ITALIAN SPAGHETTI SAUCE (8) WITH AL DENTE SPAGHETTI (20) Green Beans (5) Garlic and Cheese Biscuits (10) Fig Newtons (20)	**(21) CLASSIC CHEESEBURGER (0)** ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Gelatin Cup (5)	**(22) SAUERKRAUT AND POLISH SAUSAGE (23)** Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Applesauce (13)	**(23) SWEET AND SASSY MEATBALLS (52)** Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)	**(24) ALMOND MANDARIN SALAD (37)** Snickerdoodle (28)
(29)	**(28) ASIAN CHICKEN (30)** Steamed Brown Rice (17) Lemon White Chocolate Cookie (28)	**(29) ITALIAN STEAK SANDWICH (4)** Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)	**(30) MARINATED CHICKEN BREAST (1)** Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	**(31) HOT DOG (1) WITH CONEY SAUCE (6)** On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear (23)

<u>REMINDER</u> for Home Delivered Meals clients:

***You <u>must</u> 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 <u>only</u>

Sandwich Choice for the week:

<u>WEEK OF 4/29—5/3</u>
TURKEY BACON RANCH CROISSANT
Turkey
Bacon
Lettuce
Ranch
Croissant

<u>WEEK OF 5/6—5/10</u>
AMERICAN CLUB WRAP
Ham
Turkey
Bacon
Tomatoes
Cheese
Ranch Dressing
Whole Wheat Wrap

<u>WEEK OF 5/13—5/17</u>
CHICKEN SALAD CROISSANT
Diced Chicken
Celery
Red grapes
Lettuce
Mayo

<u>WEEK OF 5/20—5/24</u>
SOUTHWEST CHICKEN WRAP
Chicken
Pico de Gallo
Cheese
Lettuce
Southwest Ranch

<u>Week of 5/27—5/31</u>
BLUE LIGHT SPECIAL SUB
Bologna, Ham, Salami
American Cheese
Onion, tomato, lettuce, banana pepper
Yellow mustard
Sub Bun
Dill pickle chips

May 2024

<u>Menus are subject to change without notice</u>

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 **<u>Friday before</u>**.

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 accept any donation (whatever you can afford) to help defray the cost of postage.

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

Return Service Requested

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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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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.