

# FEBRUARY

February 2024

Bay County Department on Aging

## WONDERFUL TIMES ...for all of us!

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**Department on Aging  
Offices, Home Delivered  
Meals, and Activity  
Centers will be closed  
for President's Day  
On  
Monday, February 19th.**

Department on Aging received a grant from the Women's Philanthropy Circle Endowment Fund of the Bay Area Community Foundation. This grant was awarded for the purchase of small Christmas gifts to assist with outreach to our clients receiving the Christmas Food Basket from the Emergency Food Pantry.

Department on Aging Case Managers delivered said Christmas Food Baskets, along with a small gift to send some holiday cheer, to those client that have no support system during the holidays. Both the staff and clients were on the receiving end of the Christmas Spirit. Our clients were very surprised and thankful for the food and the gift.

Department on Aging would like to thank the Women's Philanthropy Circle Endowment Fund of the Bay Area Community Foundation for assisting us with providing the "Christmas Spirit" to our clients.



## WELCOME— Department Corner

### **Did you know...?**

That our Home Delivered Meal Drivers have only 4 hours to deliver the meals? That means once they start packing meals it is only a 4 hour window for them to deliver meals to all clients.

### **Did you know...?**

That Department on Aging covers all of Bay County in delivering meals? That means we go all the way out to Bentley, over to the Tuscola County line, to the Saginaw County line and even into Midland City? Whew, that is a lot of area to cover in 4 hours.

### **Did you know...?**

That Bay County Department on Aging has 15 vehicles, with 15 routes, that run Monday through Friday to deliver meals? Again following the 4 hour delivery window set by Michigan Food Code and Older American Act.

### **Did you know...?**

That the Average number of meals delivered and dropped off to the Activity Centers averages about 950 to 1100 meals a day Monday through Friday? You can see why it is not feasible for us to "come back" and deliver your meal once we leave your house.

### **Did you know...?**

That it is against our regulations to leave any meal for any client if you do not answer the door? That is why you sometimes get a yellow door hanger from us letting you know you missed meal delivery and a call from our Case Manager on Duty to check on you.

While Department on Aging wants to make sure everyone gets a meal, it is part of the responsibilities of our clients to make sure you are home, awake, door is unlocked, dog is secured, etc. to name a few of the issues that have arisen.

It is also the responsibility of our clients to call and cancel meals when you will not be home. The HDM Driver cannot take this message for you as they are moving to get meals delivered and may not always remember; and we understand "emergency situations" arise and do take that into consideration. Let's continue to work together, be safe everyone and Have a Happy 2024!

*Beth Eurich, Department on Aging Director*



Some quick WINTER reminders for those that receive Department on Aging services in their homes. Meal drivers, homemakers, bath aides, handyman, and case managers may reschedule or change visits due to winter weather or if your road, driveway, or entrance to your home is blocked with snow and/or ice. Due to the volume of services that our agency provides, we may not be able to immediately reschedule. We understand you are not in charge of road conditions but understand that we are not as well. Please make sure your home is accessible and safe for our employees through the winter months. Winter can be a real downer, but we will get through it together!

*Jessica Somerlott, Senior Services Manager*



## Events and more...

Groundhog Day as we know it today, originated thousands of years ago and was called Candlemas Day. It was the day Christians would take their candles to the church to have them blessed. They felt these blessed candles would bring blessings to their household for the remaining winter. They were a sign of a source of light and warmth for winter.

The holiday has evolved over centuries as it was observed by different groups, from the Celts to Germans to the Pennsylvania Dutch and eventually, those in other parts of the U.S.

It was the Germans that brought an animal into the holiday. According to German lore, if a hedgehog saw his shadow on Candlemas Day there would be a "Second Winter" or 6 more weeks of bad weather. German settlers brought their traditions with them to the United States, but, since we don't have hedgehogs, a similar hibernating animal was chosen.

Evidence found in a diary states the first Groundhog Day like event dates back to 1840 despite claims that the original Groundhog Day took place in 1887.

It wasn't until the 1960's that Phil got his name. Before that, he was simply referred to as "Br'er Groundhog."

The Punxsutawney Groundhog Club claims there has only been one Phil since 1886. He's given an "elixir of life" every year at the summertime Groundhog Picnic, which "magically gives him seven more years of life".

*Patty Gomez, Programming Services Manager*

### How to Make Healthy Meals with Pantry Staples

Making healthy choices is an everyday struggle for a lot of people. We consume most of our day with an active schedule, running errands, going to work early and staying out late. With that in mind, we have become comfortable with, as an everyday reaction to our busy lives, shopping for the quickest, most filling option to fill our stomachs. However, there are safer, healthier and cheaper alternatives.

We tend to forget that we overlook simple products that hold tremendous value on our health at half the cost, Pantry Staples.

These often dry, canned, or vacuumed sealed products allow us to save money, and stock our shelves at home. But we often forget that these items are the same items we can use on an everyday basis to accommodate our appetites and also feed our families.

Pantry Staples are simply anything you can keep in your pantry. Pasta, grains, canned goods and baking items to name a few. These foods have longer shelf lives and there is no need to refrigerate before cooking.

Starting a healthy meal using pantry staples begins with an idea. When making that grocery list, think of those busy days when stopping at the store may not be an option. What can you use? A great meal alternative that is healthy and can be used right out of your pantry is a simple spaghetti meal. Noodles, sauce in a jar and seasonings to your taste offer a very hearty meal. Most of these sauces you can get with lower sodium and lower sugar, along with grain pasta noodles. For flare, you can add turkey sausage or ground chicken. This is just one option.

Next, think of those times when we may be forced to stay at home for an extended period of time, as we most recently saw with Covid 19. Healthy pantry staples are a must.

When shopping, always remember to dedicate at least 10% of your shopping cart to pantry staples. This helps build up your stock. Items that are important to stock up on and offer much needed nourishment are soups, nuts, crackers, canned and packaged fruit, grains such as rice and grits, protein bars and powders and items like jams and peanut butters. All of these options are inherently healthier and cheaper than going out. Lastly, meals to go. When planning a trip, making snacks and to-go meals that you can make from your pantry offer a cheaper and healthier alternative. By bagging up items such as nuts, raisins and chocolate chips, you can have a fulfilling snack getting you from point A to B all while using what you have at home. Research shows that home cooking is almost always healthier than eating out. And since a well-stocked pantry will help you to do more home cooking and feed yourself more consistently, you can be confident that your overall diet will also become healthier simply by using wholesome simple ingredients as mentioned above.

So challenge yourself when shopping next and dedicate some time to educating yourself on all the fun and healthy ideas pantry staples offer. In doing so you will become consistently healthier, waste less food, and build confidence in yourself and your kitchen.

*Zach Brunett, Nutrition Services Manager*



## Miscellaneous

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

**Tuesday, February 13, 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  
February 2024

### "Overview of Alzheimer's"

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

### Morning:

Wednesday, February 7th  
10:00 a.m. – 12:00 noon

### Evening:

Thursday, February 8th  
6:00 p.m. – 8:00 p.m.

### VIRTUAL ON ZOOM:

#### Afternoon:

Tuesday, February 6th  
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.



**DON'T PRESS  
YOUR LUCK  
WALK LIKE  
A DUCK**

**WHEN OUTDOORS  
WALK LIKE A DUCK**

Winter is here with its cold temperatures,  
wind, ice, and snow.

Slow down, take small steps with your toes  
pointed outward, and evenly distribute your  
weight over each foot to prevent falls.

Stay Safe and Healthy.

**McLaren**  
BAY REGION  
Trauma Services

DOING WHAT'S BEST.™

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  
**Thur.** 10am Crafting, Walking, Shuffle Board



### Book Club!

**Thursday, February 8th**  
**10:00am—12:00pm**  
**Club will be limited to 10 people.**  
**Call Janie to reserve your spot.**

### Blood Pressure Clinic!!

We will be at the  
Canteen  
on  
Tuesday, February 20th  
from  
11:30am to 12:00pm!



**Join us**  
**Tuesday, February 13th**  
**at 11:00am**  
**Joseph Hunt**  
**will be here**  
**playing Ukulele**  
**music**  
**to celebrate Valentine's Day.**

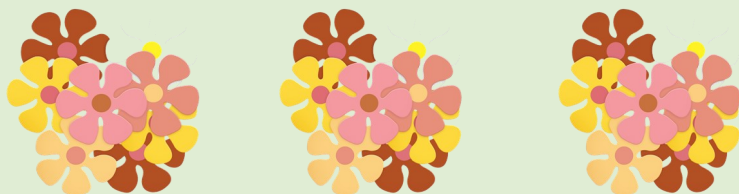


### Join us for Shuffleboard!

10:00am on  
Thursday, February 1st,  
Thursday, February 15th,  
Thursday, February 22nd,  
Thursday, February 29th



On  
Wednesday, February 14th  
At 10:00am  
We will be  
*Exploring Crafts from the 70s*  
Class will be taught by Susanne Lind  
Cost is \$5.00



### How's Your Balance?

Friday, February 23rd at 11:00am  
Presented by  
Renue Physical Therapy -  
Paul Sevila, PT, DPT

Please RSVP to Janie for Lunch  
Donations will be accepted.

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, February 14th  
from  
11:00am to 12:00pm!



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

## Valentine Word Search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	



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

Please join us!  
Tuesday, February 13th at  
11:00am  
For our

**Valentine's Day Party!**

Come for some yummy  
Valentine's Day treats!



**February Birthday  
Celebrations!!!!**

Tuesday, February 6th  
Come join us for a  
birthday treat after lunch!

Williams will be  
**closed**

Wednesday, February 21st thru  
Thursday, February 29th. To  
prepare for the  
primary election.

Tuesday, February 20th at 11:00am

**President's Day Trivia**

We will be playing a presidential trivia game.  
Winner will walk away with a presidential size  
prize!



February 2024

Amanda Goulet /Cam Langenburg -  
Site Coordinator  
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  
On  
Monday, February 12th  
11:30am until 12:30pm.



**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 (being played at Comm Ctr.)

### ACRYLIC PAINTING CLASS

WITH

**STEVE WOOD**

**Mountain Peace**

**Monday, February 5th**

**1 Class available**

**9:30-12:30, Cost is \$20.50.**

Please RSVP by  
Friday, February 1st  
We will continue painting  
after lunch until 1:30  
if needed.

### St Patrick's Day Pizza Pan Craft Wednesday, February 21st at 10am



**Cost is \$12 and  
includes lunch  
RSVP by  
February 16th**

**Wednesday, February 7th  
at 10am**

### St Patrick's Day Deco Mesh Wreath



**Cost is \$20 and  
includes lunch  
RSVP by  
February 1st**

Join us

Monday, February 26th 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.

### February 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, February 16th  
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.** Bingo \$.25 to play, \$.25 per card  
**Fri.** 10am Indoor Walking and Coffee Hour



***Valentine's Celebration!***  
Wednesday, February 14th at 10:00am  
Sponsored by Petit Four Pastries.  
Special thanks to Rachel for the sweet treats!

**February Birthday Celebrations**  
**A special dessert will be served after**  
**lunch on**  
**Friday, February 29th at 12:00pm**






*Hello Winter*



February 2024

February 2024

# HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>(1) SWEET AND SOUR PORK (22)</b> Steamed Brown Rice (16) Colorful Peas and Carrots (9) Pineapple Bits (15) Whole Wheat Bread (10)	<b>(2) POTATO HAM CHOWDER (27)</b> Mixed Vegetables (11) Garlic and Cheese Biscuits (10) Chocolate Caramel Cookie (28)
<b>(5) CHICKEN &amp; PASTA ALFREDO (21)</b> Broccoli Florets (4) Chocolate Chip Cookie (27)	<b>(6) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25)</b> Oven-Baked Potato (33) Winter Blend Vegetables (5) Gelatin Cup (5)	<b>(7) PULLED CHICKEN BBQ SANDWICH (35)</b> WHOLE WHEAT BUN (25) Mixed Vegetables (11) Baked Beans w/Ham (29) Orange (0)	<b>(8) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)	<b>(9) TENDER BEEF TIPS (8)</b> Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Apple (21)
<b>(12) LASAGNA (25)</b> French Dinner Roll (19) Italian Blend Veggies (6) Oreo 4 Ct (33)	<b>(13) CHICKEN BREAST W/ TARRAGON GRAVY (4)</b> Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad	<b>(14) BAKED TURKEY (3)</b> Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Strawberry Poke Cake (32)	<b>(15) HONEY MUSTARD PORK CHOP (12)</b> Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	<b>(16) CHICKEN FINGERS (19)</b> Tator Tots (15) Garden Green Peas (11) Whole Wheat Bread (10) Ambrosia Salad (32)
<b>(19)</b> 	<b>(20) CLASSIC CHEESEBURGER (0)</b> ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Gelatin Cup (5)	<b>(21) SAUERKRAUT AND POLISH SAUSAGE (23)</b> Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Applesauce (13)	<b>(22) SWEET AND SASSY MEATBALLS (52)</b> Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)	<b>(23) ALMOND MANDARIN SALAD (37)</b> Snickerdoodle (28)
<b>(26) ALMONDINE POLLOCK (7)</b> Cheesy Mashed Potatoes (16) Mixed Vegetables (11) Mandarin Oranges (20)	<b>(27) ASIAN CHICKEN (30)</b> Steamed Brown Rice (17) Spring Rolls (14) Snickerdoodle (28)	<b>(28) ITALIAN STEAK SANDWICH (4)</b> Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)	<b>(29) MARINATED CHICKEN BREAST (1)</b> Baked Potato (18) Broccoli w/ Cheese Sauce (6) Banana Pudding (25)	

## 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 1/29—2/2** **CHICKEN SALAD CROISSANT**

Diced Chicken  
Celery  
Red grapes  
Lettuce  
Mayo

### **WEEK OF 2/5—2/9** **Antipasta Salad**

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

### **WEEK OF 2/12-2/16**

#### **Seafood Salad**

Imitation Crab Meat  
Celery  
Green Onions  
Water Chestnuts  
Cucumber

### **WEEK OF 2/19—2/23**

#### **CHEF SALAD**

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

### **Week of 2/26—3/1**

#### **Steak Salad**

Roast Beef  
Seedless Cucumber  
Grape Tomatoes  
Onion  
Pepper  
Avocado  
Cheese  
Balsamic Vinaigrette

As we enter the cold weather months, we remind readers that Department on Aging will sometimes close Activity Centers and Home Delivered Meals routes due to inclement weather and road conditions.

The following TV stations are notified of our closing announcements:

**WJRT-TV 12 WNEM-TV 5 WEYI-TV 25**

The following radio station is also notified of our closing announcements:

**AM radio WSGW 790**

Please tune in to one of these stations and watch or listen for our announcements. Normally, the business office remains open.

February 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.



February 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.

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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  
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](http://www.baycounty-mi.gov).