

March 2024

## Bay County Department on Aging

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

IN THIS ISSUE
Department Corner2
Events and more3
Miscellaneous4
Canteen5
Kawkawlin6
Williams7
Riverside8
Hampton9
Menus11/12

Department on Aging
Offices, Home Delivered
Meals, and Activity
Centers will be closed
for
Good Friday
On
Friday, March 29th.



This Facebook phishing scam starts with a post from a friend that says, "I can't believe he is gone. I'm gonna miss him so much." The post contains a link to a news article or video, but when you click the link, you are taken to a web page that prompts you to log in to Facebook. If you enter your information, you are taken to an unrelated page. No news article exists, but scammers have just stolen your Facebook credentials using a phishing attack. Scammers use compromised Facebook accounts to post these "I can't believe he is gone" phishing links. The posts appear to come from your friends and family, which makes this phishing attack very convincing. If you fall for their tricks, scammers can then use your Facebook account to post the same message to your friends and family. Follow these tips to avoid falling victim to a Facebook phishing attack:

- When possible, use multi-factor authentication (MFA) as an added layer of security for your accounts. The MFA will prompt you to provide additional verification before logging in, making it more difficult for scammers to compromise your account.
- A post from a friend may seem trustworthy, but their account could be compromised. Reach out to your friend over the phone or text to verify that their post was legitimate.
  - · Remember, this type of phishing attack isn't exclusive to Facebook. Scammers could use this type of attack on any social media platform.

Thanks to our IT Department for keeping us up to date on potential and current scams! Stay Safe Everyone!

## WELCOME – Department Corner

The US Internal Revenue Service (IRS) recently held the eighth annual Security Summit. The IRS concluded the summit with a reminder to stay alert during the upcoming tax season. Specifically, they warned taxpayers and tax professionals to watch for phishing and smishing scams. Tax scams aren't specific to the US. Around the world, cybercriminals are readying their phishing emails and text messages (smishing). Handling your taxes is often a difficult task. So, bad actors use this sensitive topic to catch your attention or manipulate your emotions.

Follow the tips below to stay safe during tax season:

- · Know what to expect from your local revenue agency. For example, in the US, the IRS typically contacts taxpayers by mail, not email or text.
- · Always think before you click. Cyberattacks are designed to catch you off guard and trick you into clicking impulsively.
- Use extra caution when handling tax documents. For digital documents, use password protection. For physical documents, keep paperwork in a secure location and shred anything that is no longer needed.

## Beth Eurich, Department on Aging Director

Bay County has many helpful resources and agencies doing great work in the community. The Great Lakes Dream Center is one of those agencies serving 3,423 households in 2022 alone. The Great Lakes Dream Center is a practical needs pantry helping households with material needs, emotional needs, and spiritual needs. The material needs include things like household cleaners, diapers/wipes, feminine hygiene items, male/female shower supplies, dental hygiene, laundry & dish soap, and paper products. To meet emotional needs, the building is open to recovery and support groups. The building also is used for spiritual needs by holding worship services, bible study and more.

The Great Lakes Dream goal is to help people dream again. Their website states "Not only do we want to help people in their current situation, we want to inspire them to be hopeful for their future as well."

If you feel you may benefit from this agency:

**Great Lakes Dream Center** 

Location: 700 Lafayette Ave. Bay City, MI 48708

Phone: 989-270-7575

Hours: Mon/Wed 10am – 1pm & Tues/Thurs 3pm – 6pm

Jessica Somerlott, Senior Services Manager



## Events and more...

## St. Patrick's Day

St. Patrick's Day began as a holy feast day commemorating the anniversary of the death of the missionary credited with converting the Druid culture of Ireland to Christianity in the 5th-century. Since 1631, Catholics have attended church in the morning and ate small feasts of ham and cabbage in the afternoon. It's believed St. Patrick used the clover in his preaching to symbolize the Christian Holy Trinity which is how the shamrock became a symbol of Irish nationalism. Green became the official color associated with St. Patrick's Day only after the Irish Rebellion in 1798. Before that, it was blue which was the color featured in both the royal court and on ancient Irish flags.

Leprechaun folklore began to emerge in the 8th century among the Celts. Known to dwell in hollow tree trunks or tiny underground caves to hide from humans, these small creatures of 2-3 feet tall were called "faerie folk" associated with faerie forts (ancient Celtic settlements). It's also said that wearing green on St. Patrick's Day makes you invisible to leprechauns, which like to pinch anyone they can see.

Leprechauns are often depicted as an old man wearing green clothes, buckled shoes, a beard and smoking a pipe, they're known as being tricksters unwilling to part with their fortune. His nature is to be cunning and mischievous doing anything to keep his pot of gold. They deceive humans and serve as a warning against greed. There are no female leprechauns, which only adds to their mysterious and magical origins. The lore of hidden pots of gold and the granting of 3 wishes if captured is why they're associated with the "luck of the Irish". The first St. Patrick's Day parade was organized by the Irish vicar Ricardo Artur, in the Spanish colony now known as St. Augustine, Florida on March 17, 1601. More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772, to honor the Irish patron saint. Enthusiasm for St. Patrick's Day parades in other early American cities only grew from there.

St. Patrick's Day remained a solemn day in Ireland until the arrival of television. Once Ireland, and the rest of the world, were able to see the fun the Irish in America were having, the traditions we know of today began to spread.

Patty Gomez, Programming Services Manager



Clients and Participants,

There's no doubt about it, winter has officially arrived! The decisions regarding when to close meal routes and activity centers and when to remain open are always challenging, especially when everyone's threshold for what is "safe" varies greatly. It's even more complicated when weather systems arrive, or are forecasted to arrive, at inopportune times.

Department on Aging has to start cooking the meals at 6:30am and delivery times, as you know, can vary. We appreciate your patience and kindness during these winter months as we make every attempt to provide these essential services in a safe manner.

In saying that, we ask that you understand, and continue to understand that our drivers will arrive with your meal when they can. Several factors dictate those delivery times, and our number one priority is safety.

Please, show respect and leniency to our drivers as they do all they can to safely deliver you your meal. And please know that we do not have a set-time in regard to meal delivery when inclement weather is upon us, as several factors on the roadway and the weather can inhibit our normal delivery window.

Also, it is the responsibility of the Clients to have their driveway, sidewalk and porch/stairs cleaned and free from snow and ice. All of our Meal Drivers, In-Home Services Workers, and Case Managers have been told to use their best judgement if they cannot approach a client's home to provide DOA services safely.

Thank you for your understanding and patience as we get through the winter months.

Zach Brunett,

Nutrition Services Manager

## Miscellaneous

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

Tuesday, March 12, 2024 from 6:00 - 8:00 p.m.

Now meeting in-person at Golden Horizons 1001 Marsac St.

Bay City, MIFacilitator: 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 MARCH 2024 "The Other Dementias"

**IN-PERSON:** at

Golden Horizons 1001 Marsac St Bay City, Michigan

**Morning:** 

Wednesday, March 6th 10:00 a.m. – 12:00 noon

**Evening:** 

Thursday, March 7th 6:00 p.m. – 8:00 p.m.

## VIRTUAL ON ZOOM: Afternoon:

Tuesday, March 5th 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

### Join the Bay City Noon Optimist Club

Monday, March 18th at 7:00p.m. State Theater Cost is \$10.00

MARLIN DARRAH "South & Central America" A Journey from Chile to Peru, Ecuador to Panama, and Costa Rica to Nicaragua This journey through South America & Central America gives the viewer a sample of some of the great natural wonders, architectural treasures, and cultural and artistic highlights of several cities and countries. Here are inspired scenes from Santiago, Chile; Lima, Cuzco & Machu Picchu in Peru; the Amazon; the Galapagos Islands; the Panama Canal; San Juan and the National Parks of Costa Rica; and the volcanoes and colonial cities of Nicaragua. A beautiful sampler of cathedrals, lively pedestrian streets, palaces and parks, fascinating wildlife, tropical rainforests, and meetings with passionate Latin Americans.



Spring is here! Time to clean out the clutter and ditch those rugs. This will dramatically decrease your chances of falling! Common objects being shoes, cords, rugs, books, clothing and papers.

**Brought to you by:** 





Spring is here! Time to clean out the clutter and ditch those rugs. This will dramatically decrease your chances of falling! Common objects being shoes, cords, rugs, books, clothing and papers.

#### **TEMPORARILY AWAY**

The <u>Wonderful Times</u> 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

**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, March 14th 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, March 12th 11:30am to 12:00pm!



Join us on
Tuesday, March 19th at
10:30am
Jolly Hammers and Strings will
be here performing! 



Join us for Shuffleboard! 10:00am Thursday, March 7th Thursday, March 21st tors

On Tuesday, March 12th At 10:00am The Petal Boutique Will be here To Create a Memory Board. Cost is \$22.50 some supplies included. Call to get a list of what to bring.

Please RSVP by Tuesday, March 5th Space is limited.



## **Farm to Table**

The Beginnings of a Plants Life

**Thursday, March 21st** 11:00am



## KAWKAWLIN

Wed -Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Blood Pressure Clinic!! We will be in Kawkawlin on

Wednesday, March 13th from

11:00am to 12:00pm!



**Daily** Puzzles, Board Games and Cards

Ale
Cabbage
Coins
emerald isle
Good Luck
Ireland
Leprechaun
Magical
Pinches
Seventeenth

St Pattys Day

Bagpipe
Carrots
Corned Beef
Four Leaf Clover
Green
Irish
Limerick
March
Potato
Shamrock
Tradition

Blarney
Celtic
Donnybrook
Gaelic
Harp
Jig
Little People
Mischief
Rainbow
Shillelagh
Walking Stick

Brogue Clover Dublin Gold Holiday Legend Lucky Patron Saint St Patrick

Wearing of the Green

# Day of the Green

C S х Ι K O R Α R J Е Е F D U D Н L C Ι м S G C F E Q v G Α O F S Ν U J S R Α C S F J S Α Α C J т O R М Ν D L Ι G А м R C Ι Ι P Ι F Т 0 Z Т P х L Ν D н Е N Ν Е G O U C G Ι Ν W F K K м O U E J G W P D J Т L М K K S C R Α Ι G м Υ Е U Е C А ν R N D R Е Υ C K L L O Е J Е М R S Н Ρ S G Α Т C А Α Ι Т S А В В Ν Ι R R Р C Т C K ν R В W Α K O Н Н O L O D Μ R Е Е Т J Ι O Υ D N R Е E Ι Ν Н Υ Е R Ι В w т L v D R C O P Е S J D D R Ρ L Е w S R R Т Т м А А Е E Е C O K K F Ν Р Ι Ν Р L Х L D K Ι А Ι Р L Р N Α J P J C R Н Ν S Ι Е Е Н W Α J R Ρ O G K Т Т L Z В Т D Т O C Z L L т L K Z Υ E N R Ν 0 Ι S Е L F S S Α В Е Х R C Ν Е В Т Ι G O D R O O Е L V Ν Α Х K Ν D W Ι Ν Z U Μ Ι G Ν Е Е R G S R D G Q N S S P Ι S Т Е Α т D D Е Н E Р Р G Α В Α G F S E Е Ι н C Ι м Q W R R Α Ι Ν В O W Н U Т Н Υ R Ι F Т Н C S Y Е w Е Α Ν G O Е G R Е Е Ν Ι U м Ι Α Ι М S C Q Ι S V O В F S Α Ι Ν Т L K C O ν Н D R Α Ν Е Н Α R Ρ В G А Ν C D Α D т O K Х G Ι Ι Ρ R F L G Х V В L Α R Ν Е Υ U D Н Х М D N н S C D Т K C O R Μ Α S S F C Z Α L Е C Е н Н K Ι J н O н Н В Υ Х ν Z Х Z D L F K Х L E G E N D D C O т J Р O т т O G E U G O R В Т S Н А Y

Rebekah Wieland- Site Coordinator 989-245-0290

## WILLIAMS

Mon-Thurs 9am-1pm 1080 West Midland Road | Auburn, MI 48611

10am Mexican Train Dominoes Mon.

10am-Euchre Tue.

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

## St Patty's Day

Celebration!

Thursday, March 14th 11:00a.m. Come and enjoy some green treats!



### **Blood Pressure Clinic**

Will be here at Williams on Thursday, March 14th from 11:15am-12:15pm!



Come and paint a dandelion puff! Tuesday, March 26th 10:30a.m. Cost is \$5.00 Please RSVP to Rebekah by March 19th.





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

### **Blood pressure clinic!!**

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



# ACRYLIC PAINTING CLASS WITH STEVE WOOD

Northern Lights
Monday, March 4th

1 Class available 9:30-12:30, Cost is \$20.50.

Please RSVP by Friday, March 1st



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

Join us on
Wednesday, March 13th
at 10:00am
Golden Horizons
will be presenting a
"Communicating Effectively with
People who have dementia"
workshop.
Please RSVP by
Monday, March 11th.

Join us Monday, March 25th 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.

## 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 Double Pinochle (being played at Comm Ctr.)



Join us on Friday, March 8th at 10:00am to make a

## **Bunny Butt Wreath!**

Cost is \$15 and includes lunch. Please RSVP by Monday, March 1st



## **Spring Dance Party!**

Thursday, March 21st at 10:00am
DJ and Refreshments provided!
Bring your dancing shoes!
Please RSVP by Friday, March 15th.

## 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

\* 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, March 15th
from 11:30am—12:30pm.



## 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



Golden Horizons—Bonnie Fritz will be here at Hampton to give an overview of Alzheimer's and how to keep your mind sharp!

Join us on
Friday, March 8th at 11:30am



St Patrick's Day Telebration

Friday, March 15th at 10:30am Join us for Coffee and snacks!

March Birthday Celebrations
A special dessert will be served after lunch
on
Thursday, March 28th at 12:00pm



## HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ST PAI	RICKS	Happ	ester.	(1) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear ()
(4) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Cali Blend Veggies (4) Choc/Caramel Cookie (28)	(5) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(6) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	(7) SAVORY BEEF STEW (20) Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	(8) POLLACK BITES (22) Down Home Fries (15) Blueberry Crisp (53) Creamy Coleslaw (15)
(11) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)	(12) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13)	(13) COUNTRY FRIED STEAK AND GRAVY (21) Corn (21) Garlic/Cheese Biscuits (10) Apple (21) Caramel Dip (18)	(14) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(15) COD FISH FILET (16) Whole Wheat Bun (25) Ranch Spudsters (18) Mixed Veggies (11) Tapioca Pudding (25)
(18) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies(7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)	(19) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)	(20) HAWAIIN MEATBALLS (33) Fried Rice (19) Sliced Carrots (7) Banana (44)	(21) HAM (2) Dinner Roll (1) Glazed Carrots (10) Scalloped Potatoes (21) Cheesecake (51)	(22) GARLICKY CHICKEN (16) Parsley Potatoes (12) Green Beans (5) Lemon Lime Gelatin Cup (0)
(25) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Kyoto Blend Vegs (9) Chocolate Mousse (17)	(26) HEARTY GOULASH (28) Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)	(27) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Peanut Butter Cookie (20)	(28) CABBAGE ROLLS (17) Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)	CLOSED FOR GOOD FRIDAY

### **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 2/26-3/1

#### **Steak Salad**

Roast Beef Seedless Cucumber

Grape Tomatoes

Onion

Pepper

Avocado

Cheese

**Balsamic Vinaigrette** 

### WEEK OF 3/4-3/8

#### **ROAST BEEF SLIDER**

Pepper Jack Cheese

Onions

Horseradish Sauce

Onion Bun

## WEEK OF 3/11—3/15 CALI CHICKEN WRAP

Chicken

Coleslaw

Ranch

Dill Pickle Chips

Cheddar Cheese

Red Grapes

Seedless Cucumber

### WEEK OF 3/18-3/22

#### **SMOKED HAM AND SWISS**

**Smoked Hickory Ham** 

Sliced Swiss

**Iceberg Lettuce** 

**Tomato** 

Honey Mustard

## Week of 3/25-3/28 CALI TURKEY RUBEN

#### CALI IORREI RO

Turkey Breast Coleslaw

**Swiss Cheese** 

Pickles

White Bread

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.

## March 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 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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### WONDERFULTIMES

### **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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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 <a href="https://www.baycounty-mi.gov">www.baycounty-mi.gov</a>.