



Our Front Page Heroes are (left to right):  
Sue Osborne  
Sandy Jozwiak  
Rebekah Wieland  
Karen Bublitz  
Irma LaPlant

SEPTEMBER | 2020

## Bay County Department on Aging

# WONDERFUL TIMES ...for all of us!

### My Community Dental Centers Coming to Bay City

My Community Dental Centers (MCDC) will be opening a new Bay City office soon at 2614 Center Avenue next to Little Caesars Pizza.

These non-profit dental centers partner with local health departments to offer the best in patient-centered, full-service care – from regular checkups and cleanings to ongoing treatments.

Bay County Executive Jim Barcia stated: “We are excited to see My Community Dental Centers opening in September 2020 on Center Avenue. Our Bay County Health Department worked tirelessly with MCDC to make this a reality due to the significant need for dental services of nearly 50% of our residents with Medicaid, Medicare, or do not have access to dental insurance. This clinic will offer low-cost dental services as well as reduce the number of emergency room visits for dental emergencies. We are proud to welcome MCDC to Bay County!”



**My Community Dental Centers**

**Everyone Deserves a Healthy Smile!**

**We Accept:**

- Adult Medicaid
- Healthy Kids Medicaid
- Most Private Insurance
- Payment Options for Uninsured

**My Community Dental Centers**

**\$39 initial visit\***

Includes Oral Exam and X-Rays\*

\*Some restrictions do apply  
\*Cleaning is not included

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**A FULL SERVICE CENTER**

**My Community Dental Centers Bay City**

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Partials and Dentures

Emergency Care and More

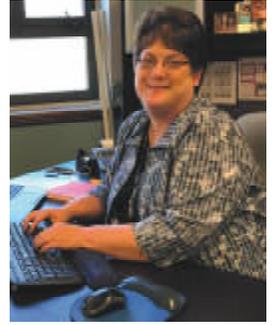
**My Community Dental Centers**  
mydental.org

# WELCOME— Department Corner

Have you completed the Census form? The Census count is what the government uses to distribute funds to agencies countrywide.

**BE COUNTED**  
**MICHIGAN2020**

Remember that every year, the Federal government distributes more than \$800 billion to state, local, and tribal governments based upon census data. These are the state and federal grants that many agencies rely upon to fund services for our Bay County residents. This includes the Department on Aging.



Filling out the census is quick and easy and only takes about ten minutes. If you need assistance with filling out the census, you may call Department on Aging to speak with the Case Manager on Duty who will answer questions or assist with either the paper form or the on-line form.

So, come on Bay County and fill out that census! "We Count" because you deserve the best that Bay County Department on Aging has to offer. Thank you for your continued support!

*Beth Eurich*

*Department on Aging Director*

Food labels often mislead the consumer by claiming a food item is something more than it is. Here are some common marketing ploys to be aware of:



**Organic:** This claim alone says very little about whether the product is healthy; for example, organic sugar is still sugar. Organic potato chips or cheese puffs?

**Multigrain:** This means there is more than one type of grain and possibly some refined grains. Read the label and look for "whole grain" in the first three ingredients for a high-fiber food.

**Natural:** At some point in processing, the product worked with a "natural" food item, such as apples, but the end product may still be highly processed.

**Low-fat:** Sometimes the fat content is reduced at the expense of adding more sugar. Be sure to read the ingredients list.

**Gluten-free:** Gluten-free foods does not mean healthier; it just means they contain no

wheat, spelt, rye, or barley. Many gluten-free products are highly processed and loaded with unhealthy fats or sugar.

**Low-calorie:** This means that the product has  $\frac{1}{3}$  fewer calories than the original, but the low-calorie version could still be much higher than another original brand.

When reading the food label, pay attention to the serving size and how many servings are in the container.



Ingredients are listed from highest to lowest amounts. Look for whole foods as the first three ingredients and avoid sugar, hydrogenated fats, or refined grains at the beginning of the list.

Watch for hidden sugar listed as high fructose corn syrup, honey, fructose, fruit juice concentrate, corn sweetener, maltose, and maltodextrin to name a few.

*Barb Kraycsir*

*Nutrition Services Manager*

## IN THE KNOW...

Department on Aging, in cooperation with the Bay County Recreation Department, offers Outdoor Aging Well Chair Yoga with Beth Trahan outside in front of the Community Center, 800 J. F. Kennedy Drive, Bay City. This program is especially geared to the 60+ age group. Class emphasis includes proper breathing techniques, stretching, relaxation, and visualization components.

We will be honoring social distance requirements and wearing masks whenever away from our chairs. Sanitation supplies will be available. The Community Center and Riverside Activity Center buildings are closed, so there are no restroom facilities available.

Outdoor Aging Well Chair Yoga – With Beth Trahan  
Mondays, Tuesdays, Wednesdays, and Thursdays  
11am to 11:30am

\$2 per class drop-in fee  
Class size is limited  
Pre-registration is required

Check or exact cash in an envelope are acceptable. We are unable to process debit or credit cards or make change. Make checks payable to "Bay County Department on Aging."



Call at least 24 hours in advance to reserve a meal. Entrée, salad, or sandwich may be picked up after class. To make meal reservations, call Riverside at 989-893-7070 and indicate participation in the Chair Yoga class.

Our efforts to start acclimating 60-and-better residents back to the Congregate Activity Centers has been successful. We have initiated a Curbside Meal Opportunity at the Riverside location, 800 J. F. Kennedy Drive, Bay City.

As of this correspondence, the Activity Centers are still on hold in compliance with the State of Michigan. Our primary objective is to open the Activity Centers as safely and as soon as possible in accordance with our local, state, and Centers for Disease Control and Prevention requirements. In the meantime, the second best option is to get a meal to our non-homebound 60-and-better residents.



The Riverside location has been offering a hot meal, salad, and/or sandwich for pick-up between 12 noon and 1pm Monday through Friday. The procedure is as follows:

- ◊Must be 60+ or a spouse or caregiver to a person 60+
- ◊Reservations required at least 1 day in advance, Curbside Meal Reservation Hotline, 989-893-7070
- ◊Cancellations are required by calling the Hotline number in advance



Meal donations will be accepted; the suggested donation amount is \$2.50 per meal. Check or exact cash in an envelope are acceptable. We are unable to process debit or credit cards or make change. Make checks payable to "Bay County Department on Aging."

We are excited to continue offering this opportunity and to get back to the new "normal." We are happy to see everyone and thank you for your continued support. Please visit the webpage or Facebook or check the [Wonderful Times](#) newsletter for up-to-date information as more opportunities arise. Please call the main office at 989-895-4100 or toll-free at 1-877-229-9960 with any questions.

# IN THE KNOW...

In cooperation with the Bay County Library System, the Movie and Lunch Series has been put on hold at this time.



After more than 30 years, Cathy Sujkowski, R.N., has retired. Please join us in wishing her a well-deserved and Happy Retirement! We will miss her!



Dear Wonderful Times readers,

Just wanted everyone to know that I have retired! I have worked for Bay County for 33 years and the last 15 of those years have been with Department on Aging.

I have been blessed to have worn many hats, so I have come in contact with many of you in various ways: blood pressure clinics; A Matter of Balance; caregiver support; and Case Coordination Services for Personal Care, Home Delivered Meals, and Homemaking services, as well as special events and Olympics.



I will miss coming in contact with you!

Try to stay positive and live in the moment!

It has been a pleasure to be a part of your life at Department on Aging!

Take care and God bless!

~ Cathy Sujkowski, R.N.

## DISABILITY SERVICES RESOURCE CENTER



— Serving People With Disabilities Since 1933 —

Disability Services Resource Center (DSRC), 1820 North Trumbull Drive, Bay City, takes donations and also serves as a lending closet for gently used medical equipment and supplies.

Examples of items they both accept as donations and lend include: hospital beds, bedside commodes, walkers, canes, wheelchairs, Hoyer lifts, bath chairs, Amigos, lift chairs, and incontinence supplies. DSRC loans over 400 pieces of equipment annually to Bay County residents.

In order to borrow a piece of equipment, they do require a prescription from the doctor and completion of a request form.

At this time, DSRC is in great need of: lift chairs, knee scooters, transfer tub seats, and pull-up adult incontinence briefs. To donate, contact DSRC at 989-895-5444. Office hours are Monday through Thursday, from 9am to 4pm.

### FREE Hearing Aids, Dental & Vision

#### Programs for Seniors



#### Now Accepting Referrals!

- ✓ Region VII Area Agency on Aging is now accepting referrals for our FREE Vision, Dental, and Hearing Aid Programs.
- ✓ Eligibility for these programs requires the participant or caregiver be aged 60 or older and a resident of Bay, Clare, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac or Tuscola County.
- ✓ Region VII Area Agency on Aging is providing funding for these FREE services through September 30, 2020 or until funding is depleted.
- ✓ Region VII Area Agency on Aging offers a comprehensive list of services for older adults that includes assistance with Medicaid and Medicare questions, volunteer opportunities, and the USDA Food Box Program.

CALL TODAY! 1-800-858-1637



The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If your newsletter is returned, we will remove your name from the mailing list.



To get your name back on the mailing list, you must contact Department on Aging. If you plan to be away or are moving, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.

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.

You may visit the main office or an Activity Center to make a donation, or you may send a check to:

Bay County Department on Aging  
515 Center Avenue, Suite 202  
Bay City, MI 48708-5123

WORLD RELIGIONS WORD SEARCH PUZZLE



- |              |           |             |
|--------------|-----------|-------------|
| BAHA'I       | JAINISM   | SANTERIA    |
| BUDDHIST     | JEHOVAH'S | SHINTO      |
| CANDOMBLE    | WITNESS   | SIKHISM     |
| CHRISTIANITY | JUDAISM   | TAOISM      |
| HINDU        | MORMON    | TENRIKYO    |
| HOA HAO      | MUSLIM    | UNITARIAN   |
| ISLAM        | RASTAFARI | ZOROASTRIAN |

September 2020

HOME DELIVERED MEALS  
and CURBSIDE MEAL PICK-UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(AUGUST 31)</b> <b>SAUERKRAUT AND PORK (21)</b> Parsley Boiled Potatoes (12) Garden Green Peas (11) Whole Wheat Bread (10) Strawberry Applesauce (13)	<b>(1)</b> <b>AL DENTE SPAGHETTI (20) WITH ITALIAN SAUCE (9)</b> Green Beans (5) Garlic Toast (10) Mandarin Oranges (13)	<b>(2)</b> <b>CLASSIC CHEESEBURGER (1) ON A WHOLE WHEAT BUN (26)</b> Down-Home Fries (15) Fresh Tossed Salad (3) Baked Apples (23)	<b>(3)</b> <b>HONEY MUSTARD LEG QUARTER (11)</b> Oven-Baked Potato (28) California Blend Vegetables (4) Whole Wheat Bread (10) Chocolate Cake with Whipped Frosting (42)	<b>(4)</b> <b>CHICKEN NOODLE SOUP (30)</b> Mixed Vegetables (10) Southern Style Biscuit (12) Fig Newtons (20)
<b>(7)</b> <b>LABOR DAY</b>  <b>ALL OFFICES AND ACTIVITY CENTERS WILL BE CLOSED</b>	<b>(8)</b> <b>HEARTY GOULASH (28)</b> Southern Succotash (20) Multigrain Dinner Roll (27) Lime Pear Jell-O (26)	<b>(9)</b> <b>SWEDISH MEATBALLS (21)</b> Redskin Potatoes (23) Glazed Carrots (10) Whole Wheat Bread (10) Gala Apple (29)	<b>(10)</b> <b>POLLOCK ALMONDINE (7)</b> Cheesy Mashed Potatoes (16) Mixed Vegetables (10) Whole Wheat Bread (10) Mandarin Oranges & Pineapple Chunks (20)	<b>(11)</b> <b>TACO SALAD (30)</b> Grape Slushie (15)
<b>(14)</b> <b>GOURMET CHICKEN TETRAZINNI (31)</b> Kyoto Blend Vegetables (9) Hawaiian Roll (0) Apricots (15)	<b>(15)</b> <b>SAVORY BEEF STEW w/VEGETABLES (9)</b> Mashed Potatoes (17) Parmesan Brussels Sprouts (7) Whole Wheat Bread (10) Lime Poke Cake (33)	<b>(16)</b> <b>PATTY MELT ON (6) A WHOLE WHEAT BUN (26)</b> Oven-Baked Potato (28) Colorful Peas and Carrots (9) Apple (21)	<b>(17)</b> <b>HAM (1)</b> Scalloped Potatoes (21) Green Beans Almondine (6) Hawaiian Fruit Salad (19)	<b>(18)</b> <b>CHICKEN &amp; PASTA ALFREDO (21)</b> Diced Carrots (7) Hawaiian Roll (0) Fresh Pear (23)
<b>(21)</b> <b>BAKED PORK CHOPS (2)</b> Scalloped Potatoes (21) Garden Green Peas (11) Whole Wheat Bread (10) Baked Apples (23)	<b>(22)</b> <b>MARINATED CHICKEN BREAST (1)</b> Oven-Baked Potato (28) Broccoli with Cheese Sauce (6) Whole Wheat Bread (10) Banana Pudding (25)	<b>(23)</b> <b>SPINACH SALAD (64)</b> Oreo Cookies (16)	<b>(24)</b> <b>SCRAMBLED EGGS (3)</b> Sausage Links (1) Oven-Browned Potatoes (16) Whole Wheat Bread (10) Orange Juice Box (13)	<b>(25)</b> <b>COD FISH SANDWICH (16) ON A WHOLE WHEAT BUN (26)</b> Redskin Potatoes (23) Corn (21) Fresh Clementine (9)
<b>(28)</b> <b>ITALIAN STEAK SANDWICH (4) ON A WHOLE WHEAT BUN (26)</b> Down-Home Fries (15) Green and Yellow Beans (6) Cranberry Juice Cup (17)	<b>(29)</b> <b>SMOTHERED CHICKEN (7)</b> Diced Redskin Potatoes w/Onion (13) Kyoto Blend Vegetables (9) Whole Wheat Bread (10) Peaches (14)	<b>(30)</b> <b>HAWAIIAN MEATBALLS (26)</b> Fried Rice (19) Oriental Blend Vegetables (6) Whole Wheat Bread (10) Pineapple Upside Down Cake (45)	<b>(OCTOBER 1)</b> <b>BAKED PORK CHOP (7) w/MUSHROOM GRAVY</b> Steamed Brown Rice (16) California Blend Vegetables (4) Whole Wheat Bread (10) Tropical Fruit Salad (21)	<b>(OCTOBER 2)</b> <b>CITRUS DILL COD (0)</b> Cheesy Mashed Potatoes (16) European Blend Vegetables (5) Whole Wheat Bread (10) Lemon Pudding (33)

**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 or toll-free at 1-877-229-9960 to cancel meal delivery for that day.

Suggested Donation for HDM: \$2.75 per meal

# SALAD AND SANDWICH

Available at Curbside Meal Pick-Up only

## September 2020

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<b>(WEEK OF 8-31 THRU 9-4-20)</b> <b><u>ALOHA SALAD</u></b> White Meat Chicken Pineapple Mozzarella Cheese Onion Lettuce Green Goddess Dressing Cottage Cheese	<b><u>ANTIPASTA WRAP</u></b> Ham Genoa Salami Black Olives Mozzarella Cheese Mild Banana Peppers Tomatoes Multigrain Wrap
<b>(WEEK OF 9-7 THRU 9-11-20)</b> <b><u>FALL APPLE SALAD</u></b> Diced Chicken Gala Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll	<b><u>ROAST BEEF SLIDER</u></b> Pepper Jack Cheese Onions Horseradish Sauce Onion Bun
<b>(WEEK OF 9-14 THRU 9-18-20)</b> <b><u>SEAFOOD SALAD</u></b> Imitation Crab Meat Celery Green Onions Water Chestnuts Cucumber	<b><u>TURKEY CRANBERRY PITA</u></b> Turkey Breast Dried Cranberries Baby Lettuce Mix Walnuts Pita Pocket
<b>(WEEK OF 9-21 THRU 9-25-20)</b> <b><u>SPINACH SALAD</u></b> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll	<b><u>CALIFORNIA CHICKEN WRAP</u></b> Chicken Cabbage Cheese Ranch Dressing Whole Wheat Wrap
<b>(WEEK OF 9-28 THRU 10-2-20)</b> <b><u>TACO SALAD</u></b> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing	<b><u>AMERICAN CLUB WRAP</u></b> Ham Turkey Bacon Tomatoes Cheese Ranch Dressing Whole Wheat Wrap

Menus are subject to change without notice

All Meals at the Curbside Meal Pick-Up served with Fat-Free Milk (13)

(Number next to the menu item indicates grams of carbohydrate.)

ALL LUNCHEES AVAILABLE FOR PICK-UP BETWEEN 12 NOON AND 1PM.

Suggested Donation for Curbside Meal Pick-Up: \$2.50 per meal

Reservations are encouraged by noon one day in advance.

Make reservations by calling Riverside Activity Center at 989-893-7070.

All menus are certified by our Registered Dietitian.

Meals include 1/3 of the Recommended Daily Allowance (RDA).

All Salads and Sandwiches served with Dessert and/or Fruit of the Day and Fat-Free Milk





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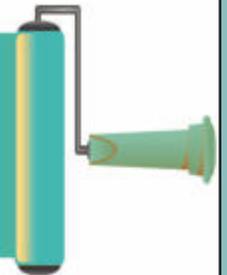
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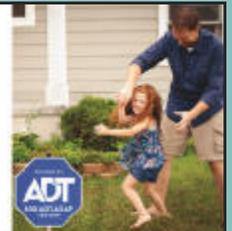
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## WONDERFUL TIMES

### 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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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).