DECEMBER 2016

Volume XL Number 12

Antrim County Senior Update

The Mission of the Antrim County Commission on Aging is to improve the quality of life, and maintain the highest level of independence for those persons age 60 and over who reside in Antrim County.

TABLE OF CONTENTS

Director's Corner / Foot Care Times	Page 2
Meal Site Information / Renewal Form	Page 3
Meal Site Activities / COA Board Mtgs.	Page 4
More Meal Site Activities/COA Services	Page 5
Empower / Holiday Pop Up	Page 6
Medicare	Page 7
Ethnic Dinner / Portugal	Page 8
Winter Safety	Page 9
Veteran's Day Luncheon	Page 10
Type II Diabetes	Page 11
Snow Removal Program	Page 12
Snow Removal Application	Page 13
Birthday / Anniversaries	Page 14
Memorials / Donations	Page 15
ASI Community Center & Park	Page 16
Christmas Activity Page	Page 17
Events Calendar	Page 18
December Menu	Page 19
Back Page	Page 20

Mailing Address:
P.O. Box 614, Bellaire, MI 49615
Phone: (231) 533-8703
Fax: (231) 533-5310
Email: coa@antrimcounty.org/coa.asp

Hours of Business:

8:30 a.m.- 4:30 p.m. Monday through Friday
Information also available on the Antrim County Website: www.antrimcounty.org
Like us on Facebook

Medicare Open Enrollment

LAST DAY is December 7th.! DON'T MISS OUT!

Snow Removal Program for 2016 / 17

Our snow removal program remains the same as last year—one annual fee for those who do not qualify for the free service. This program is designed to subsidize the cost of snow removal for those persons who have incomes at, or below 135% of the national poverty guideline. **For more information and/or to apply, see pages 12 & 13.** **Please Note: A new application and confirmation of income (if requesting no cost service) is required each season.**

Thank You, Meijer of Acme!

The Tuesday Night Senior Euchre group has four new card tables, thanks to Shirley DeWitt & Meijer. Shirley asked for the small grant application from the new Meijer store on M-72 in Acme. The COA then completed the application and quickly received a $100 gift card to help with the purchase of the new tables. Just goes to show - it never hurts to ask. Happy Playing!!!

Reminder:

WHEN AREA SCHOOLS ARE CLOSED DUE TO WEATHER CONDITIONS, MEALS-ON-WHEELS AND THE MEAL SITES ARE ALSO CLOSED.

NEED ASSISTANCE PAYING FOR HEAT?

SEE PAGE 6 - CALL US FOR MORE INFORMATION.

Seasonal Address Changes

Please remember to contact the C.O.A. office with your address change or a discontinuation of mailing for your monthly Update newsletter if you will be leaving for an extended time period. Our newsletters are mailed using a bulk mail permit. Therefore, the post office will not forward them to you. They are returned to us at a cost of **66 cents per issue**. Just fill out the form on the bottom of page 3 or call us at 231-533-8703.Thank you, in advance, for your cooperation.

The Antrim County Senior Update is published by
Antrim County Commission on Aging

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Commission on Aging Office hours are
8:30am to 4:30pm, Monday through Friday.

Antrim County Commission on Aging is funded by the Aging & Adult Services Agency; Area Agency on Aging of Northwest Michigan; State of Michigan; county millage for senior services; corporate gifts; fund-raisers; client contributions; memorials, and private donations.

The *Senior Update* is funded solely through subscription donations, and publishing costs do not come out of federal/state grants or millage dollars.

If you would like to make a donation to help support our Senior Programs in Antrim County, please make your check or money order payable to Antrim COA and mail it to: P.O. Box 614, Bellaire, MI 49615.

Be an Angel for someone today!

FOOT CARE

BELLAIRE: Wednesday, December 21st
Call the COA office at 533-8703 for appointment

ELK RAPIDS: (Noble Pines) Tuesday, December 20th
Call Gertrude at 264-8043 for appointment. Please note: Foot care has moved to the 3rd Tues. of each month.

MANCELONA: Thursday, January 4th
Call Linda at 587-9131 for appointment

Don't forget to thank Jane Denay, our foot care nurse, for her provision of this much needed service.

Director's Corner

Well, we have made it through a year with one of the most controversial campaigns and elections in the history of our great country. It only takes a short time viewing any recent newscast to see that the stress of the whole process has had a very negative and visible effect on our nation. While we are all happy that the election is over, the media (and especially social media) remains loaded with negative comments and stories of protests, violence and acts of prejudice playing out in our schools and communities. It breaks my heart and weighs on my psyche to see families, friends and neighbors being separated by differing opinions. I would suggest that if you are feeling as I am - turn away from what is being portrayed through national and social media, and instead look at the hearts and good intentions of the people we live, work and play with every day.

I must admit, unapologetically, that I have been accused of being an eternal optimist but I am hopeful that the spirit of the Christmas Season will settle in our hearts and warm our souls and that the news will begin to fill with stories of the good people and acts of courage and kindness that happen all around us on a daily basis. In closing, I would like to share the lyrics of one of my favorite Christmas songs for you to ponder and imagine what life would be like if we each took a solemn vow to take, and live each moment in peace eternally.

Judy Parliament,
Director

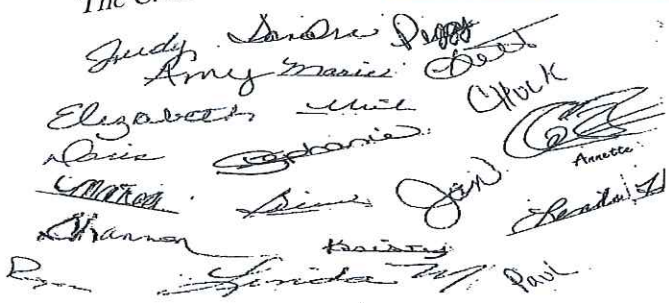
LET THERE BE PEACE ON EARTH

Let there be peace on earth
And let it begin with me.
Let there be peace on earth
The peace that was meant to be.
With God as our Father
Brothers all are we.
Let me walk with my brother
In perfect harmony.

Let peace begin with me
Let this be the moment now.
With every step I take
Let this be my solemn vow.
To take each moment
And live each moment
With peace eternally.
Let there be peace on earth
And let it begin with me.

Remember:
Without Change There
Would Be No Butterflies!

Happy Holidays from
The C.O.A. Staff



ANTRIM COUNTY NUTRITION SITES

SITE LOCATION	HOURS	SITE COORDINATOR

ALL SITES WILL BE CLOSED Fri. December 23, Mon. December 26, Fri. December 30 and Mon. January 2*

(Please Note – Lunch is served at 11:30—12:30 at the Bellaire meal site)

BELLAIRE Bellaire Senior Center 308 E. Cayuga, Bellaire	Monday through Friday 8:30 - 4:30	Beth Lacy Call 533-8703 Reservation ***not*** required

HOT BREAKFAST EACH MORNING FROM 8:00 - 9:00 A.M. AT THE BELLAIRE SENIOR CENTER

****(Please Note – Lunch is served at NOON at our 3 off-campus sites on the days they are open)****

CENTRAL LAKE New Governmental Building 1622 N. M-88 Central Lake	Monday through Thursday 10:00 - 1:00	Linda Hilts Call 544-6435 or 544-6687 for reservation
ELK RAPIDS Sacred Heart Catholic Church 143 Charles Street, Elk Rapids	Tuesday through Friday 9:00 - 1:00	Maria Garcia-VanConett Call 1-231-322-2031 or 1-231-264-6490 for reservation
MANCELONA Mancelona Senior Center 122 E. State Street, Mancelona	Monday through Friday 9:00 - 1:30	Linda Matson Call 587-9131 for reservation

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Subscription **Renewal or *Change of Address*** Form

I WOULD PREFER TO RECEIVE MY MONTHLY NEWSLETTER BY: ***E-MAIL*** ***U.S. MAIL***

PLEASE CIRCLE ONLY ONE MAILING PREFERENCE ABOVE

Antrim County Commission on Aging
P.O. Box 614
Bellaire, MI 49615
UPDATE SUBSCRIPTION FORM

$5.00 Minimum Suggested Donation
DONATIONS ARE ENCOURAGED

DATE: _____

NAME #1 _____ **BIRTHDATE:** _____

NAME #2 _____ **BIRTHDATE:** _____

CONTACT PHONE: _____ - _____ - _____ **ANNIVERSARY DATE:** _____/_____/_____

MAILING ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

EMAIL ADDRESS: _____

PLEASE FILL OUT AND RETURN THE ABOVE RENEWAL FORM AT LEAST ONCE A YEAR.

EVEN IF YOU ARE UNABLE TO DONATE, LET US KNOW YOU WANT TO REMAIN ON OUR MAILING LIST BY COMPLETING THIS FORM ANNUALLY. ***FURTHER, IF YOU MOVE OR RETURN TO YOUR SEASONAL HOME, PLEASE SEND US YOUR UPDATED INFORMATION. THANK YOU.***

PLEASE NOTE: WE ARE JUST BEGINNING TO SET UP OUR E-MAIL DATABASE. YOU WILL CONTINUE TO RECEIVE YOUR NEWSLETTER BY U.S. MAIL UNTIL IT IS FULLY FUNCTIONAL.

Bellaire Meal Site

~ Open Monday thru Friday ~
Breakfast served from 8-9
Lunch served from 11:30-12:30

All Sites will be CLOSED
Dec.23,26,30 & Jan 2

Chair Exercises

Join us **Mondays, Wednesdays, and Fridays at 10:00 A.M.**

Euchre

Tuesdays at 6:30 P.M. $3.00 to play. Prizes based on number of players present.

Mah Jongg

Thursdays at 1:00 P.M.

Come in and play!

Group Painting

Fridays at 12:45 P.M. All ages are welcome to attend. Supplies used on-site are free. **(None on Dec. 16)**

Decorate the COA and Christmas Tree

Thursday, December 1 at 10:30 A.M., tree at 12:45 P.M.

Card Making

Tuesday, December 6 at 10 A.M. - 10 cards for $5

Christmas Craft

Thursday, December 8 at 12:45 P.M.

Ugly Sweater Christmas Party & Sing a Long

Friday, December 16 at 12:45 P.M.- No Painting today

Foot Care Clinic (by appointment)

Wednesday, December 21 at 9:00 A.M.

BINGO

Thursday, December 15 at 12:45 P.M. Free

Antrim County
Commission On Aging
Board of Advisors
2016 Schedule of Meetings

NEXT MEETING: December 19

Meetings are held at 1:00 p.m. in the Conference Room of The Bellaire Senior Center 308 E Cayuga, Bellaire, MI.

The public is invited & encouraged to attend.

Elk Rapids Meal Site

~ Open Tuesday thru Friday ~
Lunch served at NOON

All Sites will be CLOSED
Dec.23,26,30 & Jan 2

Exercise

Tuesdays, Thursdays, & Fridays at 10:30 A.M.

Knitting

Tuesdays & Fridays at 12:30 P.M.

Mah Jongg

Wednesdays at 12:30 P.M.

All players are welcome to play.

Bingo

Thursday, December 8 at 12:30 P.M.

Foot Care Clinic (by appointment)

Tuesday, December 20 at Noble Pines. Please note the change to the 3rd Tuesday of each month.

Christmas Gathering - Thursday December 22

Music Therapy

Thursday December 22 at 11:30 A.M.

Miracle-Ear

Miracle Ear is pleased to announce that they will be holding a Service Center in Elk Rapids at the Sacred Heart Church on every 3rd Thursday of the month from 9am-3pm. The next one will be **Thursday December 15.**
They will be doing no cost hearing tests and clean/ check of any make or model of hearing aid (programming is limited to Miracle Ear brand only)
Please call 231-947-3337 or 1-800-459-5992 to schedule an appointment.

Senior Update
Work Bee

Tuesday, December 27
at 8:30 A.M.
until completed at the Bellaire Senior Center.
Coffee and Donuts provided!
Fun, fellowship & refreshments!

Mancelona Meal Site

~ Open Monday thru Friday ~
Lunch served at NOON

All Sites will be CLOSED
Dec.23,26,30 & Jan 2

Exercise

Tuesdays at 10:00 A.M.

Live Music

Thursday, December 1 & 15 at 10:30 A.M.

Ron & Herb Music

Décor for the Holidays - Friday December 2

Dance

Friday, December 2 & 16 at 6:00 P.M.

Puzzle & Game Day

Monday, December 5 at 9:30 A.M.

Come in and play some games or help put together a puzzle.

Bake and Craft Sale

Thursday, December 8

Book & Magazine Exchange

Monday, December 19 at 9:30 A.M.

Christmas Party and Cookie Decorating

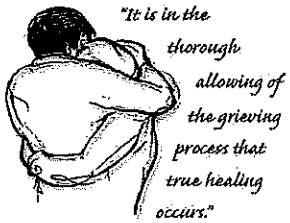
Thursday. December 22

Blood Pressure Clinic

Tuesday December 27 at 10:30

Your Partners in Healthcare

Please join
Munson Hospice
Grief Support



Meeting Schedule:
Friday
December 9, 2016
11am – 12pm

Held at Meadow Brook Medical Care Facility
All are welcome. No need to register.

Sponsored by Munson Hospice
For additional information or questions:
1-800-252-2065 or
hospicebereavement@mhc.net

Central Lake Meal Site

~ Open Monday thru Thursday~
Lunch served at NOON

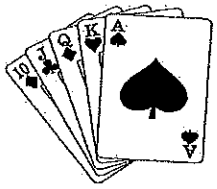
All Sites will be CLOSED
Dec.23,26,30 & Jan 2

Daily : 10:00 - 11:30 A.M.

Playing Cards and Walking

Watercolor Painting

Mondays at 10:00 A.M.



COA Services

Antrim County Commission on Aging would like you to be aware of the many services available to our Antrim County Seniors who are 60 years or older.

Homemaking - This service can be provided up to 4 hours a month and is based on a sliding fee scale for payment.

Respite / Personal Care - We have CNA's available to assist with daily personal care needs, such as bathing, dressing, grooming, etc. This service is also based on a sliding fee scale.

Meals on Wheels - This program is designed to enable eligible homebound seniors, 60 or over who are unable to prepare nutritious meals, to live independently in their homes. Suggested donation is $3.00 per meal.

Loan Closet - Our loan closet has durable medical equipment that has been donated or purchased to loan out to Antrim County seniors, at no cost to them. Some of the items available include canes, walkers, wheelchairs, tub/shower seats, commodes, hospital beds, etc. Please call ahead to check for availability of items.

For more information on any of our services, please call 533-8703 or visit 308 E. Cayuga St. Bellaire.

Antrim County
Parkinson Support Group
Meeting on December 21 from 2-4PM at the
Bellaire Family Health Center
Contact Linda Cran @ 231-633-1237
Meetings are held every 3rd Wednesday of the month.

emPower

Your Energy. Your Solutions.

A TrueNorth Community Service

What is EmPower? Empower is a TrueNorth Community Service Program which provides assistance to qualified famililes throughout Michigan with heat/utility bills, energy conservation education, and self-sufficiency initiatives.

EmPower can only provide financial assistance if the total income of everyone living in your home is at or less than the amount listed in the chart for your family size. To qualify, your total household before-tax (gross) income must be at or below 150% of the Federal Poverty Rate.

Type of Assistance - EmPower focuses on the heat and energy needs of those living in rural Michigan. We can help with: Electric, Natural Gas, Propane, Wood, Pellets, Coal, Fuel Oil, Other deliverable fuels, Existing Balances.

Diane will be here on January 20 at 11:30 A.M. to give an educational session called "Dial Down, Bundle Up" and to answer any questions.

Family Size	Gross yearly Income	Gross Monthly income	Approx. Hourly In-come
1	$ 17, 820	$1,485.00	$8.57
2	$24,030	$2,002.50	$11.55
3	$30,240	$2,520.00	$14.54
4	$36,450	$3,037.50	$17.52
5	$42,660	$3,555.00	$20.51
6	$48,870	$4,072.50	$23.50
7	$55,095	$4,591.25	$26.49
8	$61,335	$5,111.25	$29.49

How to Apply - Download/print the application online at www.truenorthservices.org. No internet access? Contact TrueNorth for an application at 231-355-5880 or 1-855-300-8013. The Antrim County COA office also has some applications available.

Holiday Pop-Up

Hosted by Antrim County COA

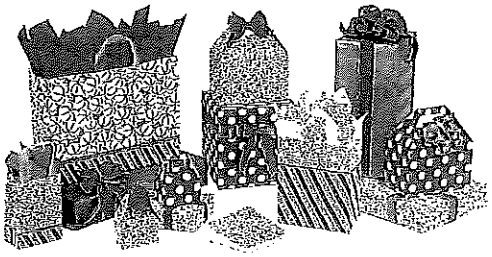
Come shop local vendors for all your holiday gifts!

Saturday December 3. 2016

9a.m.- 1p.m.

Bellaire Senior Center

308 E. Cayuga St.



For more information
Beth Lacy 231-533-8703
lacyb@antrimcounty.org

Box Lunch available $5.00 each

Sandwich, chips, drink and a cookie

Medicare News – December 2016

Michigan Medigap Subsidy

MMAP
We Speak Medicare!
Call 800-803-7174
For Local Help

MEDICARE OPEN ENROLLMENT TIME

To make an appointment with a MMAP counselor in Antrim County, please call the COA @ 231-533-8703 and ask for Annette or Gary.

The Michigan Health Endowment Fund (MHEF) is sponsoring a new Medigap subsidy that will provide financial assistance to qualified Medicare beneficiaries who are enrolled in Medigap plans from insurance companies who have agreed to participate in the program.

The MHEF has earmarked $120 million for the subsidy that will be spread out over a period of up to 5 years. The funds are part of the requirements established by Michigan lawmakers when they passed a bill to reorganize Blue Cross Blue Shield of Michigan a few years ago.

Eligibility for the subsidy is based on the following conditions:

- Be currently eligible for Medicare
- Be a Michigan resident
- Have current Medigap coverage from one of the participating insurers
- Have annual household income no more than $17,820 for one person, or $24,030 for two people

Participating insurers are:

Blue Care Network, Blue Cross Blue Shield of Michigan, Priority Health, and United Healthcare/AARP.

The amount of the individual subsidy is based on the applicant's age as follows:

If you are:	You pay:
65-75 years old	$40 less
Over 75 years old	$65 less
Under 65 and disabled	$125 less

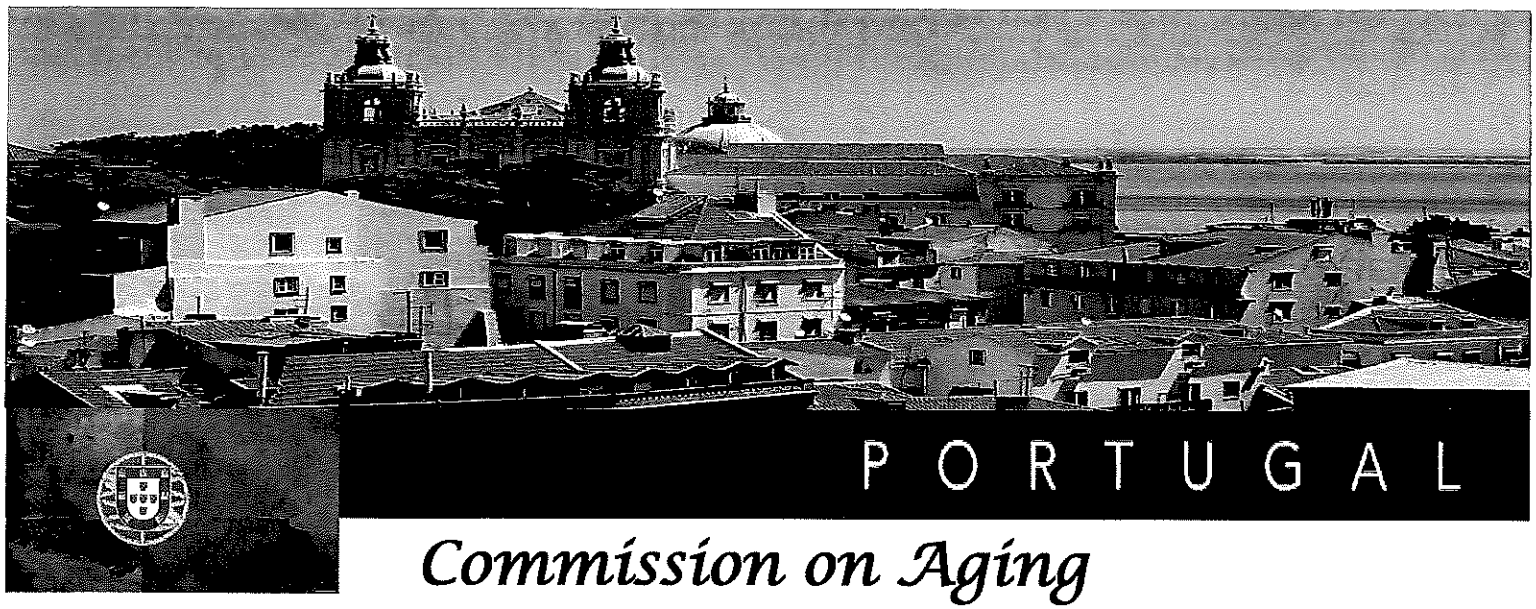
Individuals can apply in one of three ways:

- Complete the application online at **MichiganMedigapSubsidy.com**
- Call the MHEF at **1-866-824-9772** Monday through Friday from 8:00 AM – 6:00 PM
- Go to **MichiganMedigapSubsidy.com** and download the application form, complete and mail in

The subsidy will begin on January 1, 2017. In order to ensure that approved applicants receive the subsidy benefit on that date, **they will need to have their application in by December 15th**. Otherwise, the start date for the benefit will be delayed.

Also, as a means to verify eligibility, the MHEF will ask for proof of income.

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan



Commission on Aging
Ethnic Meal Day, December 1, 2016

MENU

Appetizers 11:00-11:30

Dark Roast Coffee
Croissant drizzled with Chocolate

Main Dish 11:30-12:30

FeiJoada: A Bean Stew with Pork
Fresh Vegetables
Fresh Baked Bread

Dessert

Queijada: Portuguese Cheese Cake Tart

Facts

◊**Capital** - Lisbon

◊**Official Name** - Portuguese Republic

◊**Official Language** - Portuguese

◊**Other Languages** - Mirandese

◊**Government** - Parliamentary Republic

◊**Ethnic Groups** - 96.87% Portuguese
3.13% Legal Immigrants (Cape Verdeans, Brazilians, Ukrainians, Angolans, etc.)

◊**Population** - 11,317,000

Portugal officially the Portuguese Republic, is a country on the Iberian Peninsula, in Southwestern Europe. It is the westernmost country of mainland Europe. To the west and south it is bordered by the Atlantic Ocean and to the east and north by Spain. The Portugal - Spain border is 1,214 km (754 mi) long and considered the longest uninterrupted border within the European Union. The republic also includes the Atlantic archipelagos of the Azores and Madeira, both autonomous regions with their own regional governments.

Portugal is a developed country with a high-income, advanced economy and has a high living standard. It is the 5th most peaceful country in the world, maintaining a unitary semi-presidential republican form of government. A founding member of NATO and the Community of Portuguese Language Countries, it is also a member of numerous other international organizations, including the United Nations, the European Union, the eurozone, and OECD.

Let's travel together! We welcome your ideas for countries or regions to visit for future Meal celebrations.

Winter Safety Tips

Living in our beautiful state of Michigan, we have that lovely season called Winter to look forward to. Since we never know what Old Man Winter has in store, here are a few tips to help you stay safe and healthy this upcoming Winter.

HEALTH AND PERSONAL SAFETY

With Winter comes the bitter cold. To stay safe and healthy, make sure to stay warm when going outside so you don't get hypothermia. Hypothermia can happen very quickly and is a result of your body temperature dropping to dangerous levels. SHIVERING is NOT a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops. Warning signs include:

- Cold skin that is pale or ashy
- feeling very tired, confused and sleepy
- feeling weak
- problems walking
- slowed breathing or heart rate

Call 911 if you think you or someone else has hypothermia

Falls are another big problem during this icy time of the year. Make sure your steps and walkways are clear of ice and snow before you go out on them. Wet looking ground could be black ice. Put salt on these areas or if you can't, have someone do it for you. Wear boots with non-skid soles and make sure if you use a cane or other device, that the bottom rubber tip is in good condition.

HOME SAFETY

During these cold months, we turn the heat on, enjoy the warmth and think nothing more about it. If you are heating with natural gas, a wood or gas stove, or natural gas, carbon monoxide - a deadly gas that is odorless and clear, could leak from these sources if they are not cleaned or properly vented. Signs that you may have a carbon monoxide problem include: headache, unexplained weakness, nausea or vomiting, dizziness, confusion, blurred vision, or even loss of consciousness. If you have any of these symptoms and believe you have carbon monoxide poisoning, get to fresh air and seek medical care immediately.

TRAVELING ON WINTER ROADS

Adults 65 years and older are involved in more car accidents per mile driven than those in nearly all other age groups. Some precautions to take when going out in bad weather:

- Winterize your vehicle. Get your tires checked. Check all of the fluids and get them changed, as necessary.
- Remember your cell phone. Always tell someone where you are going and when you are expected back.
- Be smart about going out. Check the roads and only go out if it's an emergency when the roads are bad.
- Stock your car with an emergency kit. Some things to include are: First aid kit, blankets, extra warm clothes, booster cables, windshield scraper, shovel, rock salt or a bag of cat litter in case you get stuck, water and dried food or canned food, flashlight and batteries.

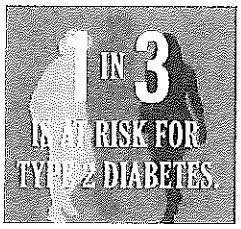
Some information found on healthinaging.org

Veteran's Luncheon 2016

THANK YOU to all those who attended the 10th Annual Veteran's Day Remembrance Program. It is our privilege to join forces each year with the Area Seniors, Inc. and the American Legion Post 247 to honor and show respect to all those who have served and who are currently serving our country. One Hundred Thirty-Three (133) people attended this year, which included Veterans, their spouses and guests. The COA Office Staff handled reservations and assisted with serving. The COA Food Service Staff prepared the delicious meals. Area Seniors, Inc. paid for the meals of each Veteran and their spouse and provided volunteers to set up, serve the meals and clean up. The American Legion led the program which they dedicated in Memory of Ordon (Bud) Hierlihy. Bud served for 63 years as a member of the American Legion Post 247 - following his return from Korea in 1953 until his passing in 2016. Bryan Hardy and Shannon Meeder provided the music for this very touching program. Thanks again to everyone who helped make this a very special day!

Ordon (Bud) Hierlihy
August 20, 1930 - March 19, 2016

Did you know that more than 1 in 3 people are at risk for developing type 2 diabetes?



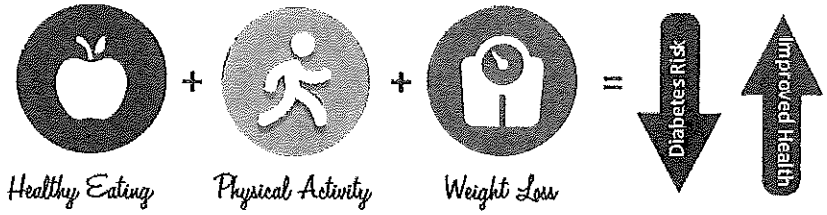
The risk factors for developing type 2 Diabetes are:

- Higher than normal blood glucose (sugar) levels
- Diagnosis of gestational diabetes
- Being overweight (or having a Body Mass Index score of 24 and up, or, if Asian, 22 and up)
- Inactive lifestyle

During a recent review of our clinic data, you were identified as having one of the risk factors above for developing type 2 diabetes.

Do you want to reduce your risk of developing type 2 diabetes?

Please join us for an important program called Healthy Lifestyle Management at the Bellaire Family Health Center. This program is a proven way to reduce your risk of developing type 2 diabetes. The Healthy Lifestyle Management Program works by giving you the information and support you need to eat healthily, increase your physical activity levels and lose weight.



What is type 2 diabetes?

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

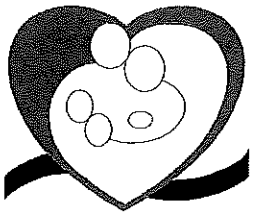
- Right away, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Best of all, you're not alone. You'll work one-on-one with a lifestyle coach and other participants to overcome obstacles. You'll share stories and tips, provide support to one another, and, through this process, make friends!

Interested? Attend the Information Session on **Wednesday, November 30th at 6pm** to learn more. We will meet in the Bellaire Family Health Center's Community Room at 4955 M-88 Hwy, Bellaire, MI 49615. Please contact Jennifer or Coleen at 231-533-8649 if you are unable to make this info session or with any questions. Classes begin December 7th—we look forward to seeing you there!

Sincerely,

Jennifer DeNise, RN Case Manager
Coleen Dewey, Community Health Worker
Bellaire, Central Lake, and East Jordan Family Health Centers



Antrim County Commission on Aging

(231) 533-8703

2016-17 SNOW REMOVAL PROGRAM RULES

This program provides basic snow removal services only to seniors, 60 years of age and older, who are full-time Antrim County residents/homeowners.

COST: A non-refundable cost of $250 (basic snow removal) or $350 (to include shoveling of one walkway & mailbox) is required at time of sign up. The cost may be subsidized if the household income is at or below 135% of the Federal Poverty Guidelines (See Boxed Information Below). ***Proof (i.e. Bank Statements) of total household income is only required if applicant desires subsidy (service at no cost).*** Once you sign up & pay, your contractor will be assigned and you will be covered for the duration of the 2016/17 snow program.

1 Person Annual Income at 135% of Poverty = $16,038 or less ($1,337 Monthly)
2 Person Annual Income at 135% of Poverty = $21,627 or less ($1,802 Monthly)

ENROLLMENT: Enrollment will begin Monday, October 24, 2016 and end on Thursday, December 29, 2016.

Program Rules:

- Program starts November 1, 2016 and ends April 15, 2017 or **until the budget has been expended.**
- Plowing occurs after 4 (four) inches of **new** snow. Client can expect up to a **150 foot driveway** cleaned and **one clear access to their home** and **access to their mailbox** (if needed and requested, in advance).
- Plowing will be completed 24 – 36 hours after a snowfall.
- Payment for additional plowing requested by the client or family beyond the 150 foot drive, for less than required 4 inches, or for drifting or snowbanks caused by county plows, will be the responsibility of the client.

The COA Snow Program…

- Does **not** plow during an active snow storm
- Does **not** plow for excessive blowing or drifting
- Does **not** plow if you are out of your home (e.g. Hospital, Nursing Home, Florida, Out of Town, etc.)
- Is **not** an emergency service.
- Does **not** plow for businesses, AFC or SNF Homes, rental duplexes, boarding homes, apartments, etc…
- Snow Plow providers do not clean off your car and/or move it to be able to plow.

ANTRIM COUNTY – COMMISSION ON AGING
Snow Removal Self Declaration Form 2016/17 Season

Date of Birth:_____ Number of People in Household:_____

First Name_____ Last Name_____
(Please Print)

Street Address:_____

Mailing Address (If different): _____

City: _____ State: _____ Zip Code:_____

Telephone #: _____ Cell Phone #:_____

Office use.

Contractor Requested_____ Contractor Selected_____

Monthly Social Security Deposit Amount $ _____

Pension(s) $ _____

Other Income $ _____

Additional Household Income $ _____

TOTAL MONTHLY HOUSEHOLD INCOME $ _____

Persons knowingly providing false information related to total household income may have services discontinued and may be requested to repay COA for monies spent on their services.

I certify the financial information I have provided is correct.

SIGNATURE_____**DATE**_____

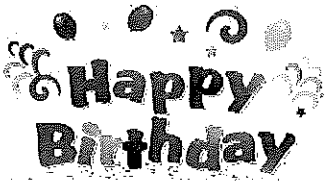
Shovel ____ **No Shovel** ____ **Amount Paid**_____ **Date**_____**Check #**_____

If someone other than the applicant assisted in completing this form, please print and sign your name below.

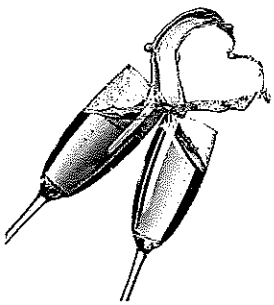
SIGNATURE_____

PRINTED _____CONTACT PHONE _____

December Birthdays



Clyde Atkinson	1st
Leon Bush	1st
Ralph Coleman	1st
Ellie Kowall	1st
Mary Jo Percha	1st
Isabell Peterson	1st
Connie Turner	1st
David Verstrat	1st
Ron Warns	1st
Jean Gaymer Webb	1st
Robin Homan	2nd
Catherine Allegrina	3rd
Dorothy Cole	3rd
Howard Richards	3rd
Richard Smith	3rd
Joseph Geshel	4th
Brenda Lockman	4th
Marie Jacobs	5th
Judy Nickerson	5th
Donald Perrin	5th
Della Bryan	6th
William Coburn	6th
Kathyrn Heeres	6th
Donald Lane	6th
Marian Anderson	7th
Evalyn Fleet	7th
Janine Howland	7th
Herb Reiley	7th
Terry Willenborg	7th
Bill Webb	8th
Vern Dickeson	9th
Amy Hynes	9th
Catherine Kestner	9th
Ursula Leiter	9th
Elmer McNeil	9th
Jeanne Newberry	9th
Olga Dann	10th
Sally Hannert	10th
Jane Philippart	10th
Brenda Ricksgers	10th
Lucille Conley	11th
Nancy Gelazin	11th
Elizabeth Hall	11th
Michael Shagena	11th
Raymond Vivyan	11th
Frances Creagh	12th
Beth Serrell	12th
Phyllis Streeter	12th
Richard Gibbs	13th
Christine Watrous	13th
Geri Carroll	14th
Thomas Frey	14th
Lois Robinson	14th
Helen Wilks	15th
Kenneth Merrill	16th
Charles Anderson	17th
Tom Dionne	17th
William Griffith	17th
Ray Karabin	17th
Clint Scouill	17th
Ruth Walton	17th
Joann Mayer	18th
Paula Strine	18th
Larry Terpstra	18th
Barbara Verstrate	18th
Willard Douglas	19th
Jerry Jackman	19th
Doris Osaer	19th
Patty Ellavich	21st
Betty Heffner	21st
Rick Teague	21st
John Tisch	21st
Lee Atkinson	22nd
Rose Bechtold	22nd
Jack Reger	22nd
John Flisnik	23rd
Richard Gotts	23rd
Ken Klynstra	24th
Nancy Patton	24th
Ann Whipple	24th
Warner Brown	25th
John Meeske	25th
Emmalee Ellison	26th
Dolores Karlskin	26th
Patricia Montgomery	26th
Shirley Wick	26th
Dawn Hebden	27th
Marcia Varble	27th
Lois Hart	28th
Reg Sprik	28th
Nancy Tisch	28th
Kim Twill	28th
Lillian White	28th
Joseph Fick	29th
Diane Huller	29th
Jerry O'Boyle	29th
Mary A Smith	29th
Barbara Teno	29th
Rhoda Colwell	30th
Carol Hoadley	30th
Mary Louise Bugajski	31st
Tom Fabatz	31st
Gerrie Phillips	31st
Don Schultz	31st



December Anniversaries

May each new day you share be even more beautiful than the last!

Willard & Zelda Douglas
December 3, 1952
David & Maureen Patton
December 4, 1954
Jack & Janet Patterson
December 7, 1955
Patrick & Bedella Brennan
December 8, 1989
David & Kathleen Brookins
December 12, 1970
Richard & Margaret Klett
December 14, 1981
John & Maureen Brown
December 18, 1965
Arthur & Carol Hoadley
December 20, 1969
Chester & Shirley Farrell
December 21, 1953
Robert & Yolanda Ayala
December 22, 1962
Wayne & Sharon Oliver
December 22, 1962

-Happy 60th Anniversary-
Don & Ruth Wing
December 22, 1956

James & Joan Braun
December 26, 1982
Glen & Helen Dockery
December 26, 1968
Leonard & Marlene Stokes
December 26, 1975
George & Mary Jo Percha
December 27, 1986
Dennis & Lois Reed
December 27, 1979
Dennis & Nancy Gray
December 28, 1957
Leonard & Janice Simpkins
December 28, 1991

-Happy 60th Anniversary-
Earl & Darlene Paige Jr.
December 29, 1956

John & Arlene Polaski
December 29, 1984
Kenneth & Brenda Lockman
December 30, 1960
Bob & Diane LaBeau
December 31, 1993

General Memorials

Memorial donations made to the Commission on Aging are used to purchase equipment necessary to enable seniors to remain independent, as long as possible, in their own homes, as well as special items for use by our congregate meals participants. We will continue to purchase additional items for use as memorial donations are made. The durable medical equipment is loaned to seniors at NO COST. Your memorial donation will help provide these most needed items to those who need the equipment for temporary use or on a more permanent basis for those who cannot financially afford them on their own. What a wonderful way to remember those who meant so much to us.

In Memory of
Joyce Seaman
Michael & Susan Reed
Al & Alice Seaman
Robert & Elaine Barley
Terry & Mary Seaman
Virginia Walsh

In Memory of
Inez Harris
Dawn Hebden

In Memory of
Bob Maltby
Kleo Maltby

Memorial donations are a wonderful way to acknowledge the people we cherished and at the same time help others. If you would like the families of those you are making a memorial donation for to know that a donation has been made, please supply us with the name and address of those persons who should be notified.

General Donations and Senior Update Donations

The donations listed below reflect the past month's (as of November16th) donations in excess of $5.00 that have been made as gifts to the Commission on Aging to help support programs or as subscription donations:

Clayton & JoAnn Moers
Jean Schurch
James & Jean Petrie
Kent & Claudia Libbey
Winifred Stephens
Stephen & Dorothy Gould
Jim & Nancy Brake
Duane & Kathy Laubach
Doris Mason
Patricia Burns
Mabel Pintcke
Gena Calkins
Judy Newkirk
Eugene & JoAnne Dawson
Tim & Sally Hannert
Tim Meeder
Mary Ellen Sarasin
Micky & Martha McGuire
Leslie & Elaine Spires
Thomas & Mary Edens
Dick & Nancy Thompson
Arlen & Connie Turner
Frank & Phyllis Truchan
Alfred & Joyce Cannarile
Nancy Gelazin
Charles Hommel
David & Carol Gregory
Henry & Alice Zimmerman
Jim Stout & Ginny Guy
Jerry & Janeny Dobrzelewski
Pauline Bechtold
Ute Janego
Jim & Patty Ellavich
Joanne Duff
Josephine Zerilli
Dorothy Johnson
Gary & Mary Cantrell
Central Lake Lioness Club

Bellaire Public Library

111 South Bridge Street Bellaire, MI 49615 231-533-8814

Wednesdays **Story Hour Ages 0-5** 11:00AM – with Miss Diane
Fridays **Beans & Books** 10:00AM - Free cup of coffee at the library from Moka
December 3rd **LIGHT UP THE NIGHT** ALL DAY - Silent Auction, Kids Scavenger Hunt, more
December 6th, 20th **Yarn Yarn Sisterhood** 4:00PM - Sit & knit with other needle heads

Volunteering time, energy and goodwill are invaluable assets to the library and enhances our ability to fulfill its mission. If you are interested in becoming a volunteer at the library, please contact Director Jane Gyulveszi at 231-533-8814

Located behind the COA Senior Center
Home of the Friday Yard Sales &
Bellaire Farmers Market

ASI

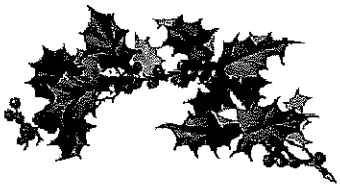
Community Center & Park

Your local 501(c)3
Non-Profit Organization

102 Maple Street
P.O. Box 146
Bellaire, MI 49615
(231) 350-8835
www.areaseniorsinc.org
areaseniorsinc@gmail.com
www.facebook.com/areaseniorinc

DECEMBER 2016

CALENDAR OF EVENTS



WEEKLY EVENTS:

Monday & Tuesdays ~ ASI Community Center & Park
Community Center open for Shuffleboard and Billiards play *(sports charges apply).* Please call ahead if you'd like the indoor Shuffleboard court set up for you. (Other days/times are available throughout the week. Call the office for open times or check our website www.areaseniorsinc.org)

Wednesdays ~ YOGA
Classes with Daryl Allison-Busch, Licensed Instructor (231-564-0010). **12:30 pm** Gentle Yoga & **2 pm** Hatha Yoga. No minimum/maximum class requirements and open to all ages/public! Call Daryl for pricing and availability.

Fridays ~ ASI Community Center **December 2nd, 9th, 16th, & 23rd**

9 am – 1 pm BELLAIRE FARMERS MARKET & SPECIALTIES + YARD SALE! Held **INSIDE** the Community Center, hosting approximately 16 vendors weekly. Join us for some awesome shopping, gift ideas, gift baskets, etc.....plus, we'll have the pole barns open for you to peruse looking for those yard sale treasures!

OTHER SINGULAR EVENTS BY DATE:

Thursday, December 8th ~ ASI Community Center
5 – 7 p.m. ANNUAL MERRY CHRISTMAS OPEN HOUSE! Bring your family and friends and enjoy Community Fellowship, hors d'oeuvres, Christmas singing, a special visit by Santa, and music provided by PETER & LESLEE. Come celebrate with us! If you're new to the area and/or have never been to our multi-use Community Center, this is a great time to check out our facilities! Merry Christmas!

2017 Memberships Are Available

To obtain your membership form: *Visit the brochure rack inside the Community Center, visit our website, or call/email Bryan.* Rates have not changed! $10-general membership or $40-sports membership. The sports membership covers open play on Billiards, Shuffleboard, Corn Hole and Pickleball for **the entire year!** As a 501(c)3 non-profit, we rely on your generous donations and memberships. Join our *Tree of Life* with your special donation! Call the office for additional details. Memberships are for all ages!

Office & Community Center CLOSED: Monday & Tuesday, 12/26 & 12/27

We wish you and yours a blessed Christmas Season and a healthy New Year!
Thank you for your continued support!

Christmas Riddles

Use the code below to solve the riddles.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Why does Santa Claus have three gardens?

19 15 8 5 3 1 14 8 15 8 15 8

What does Santa clean his sleigh with?

3 15 13 5 20 15 6 3 15 21 18 19 5

Who came bearing gifts of Gold, Frankincense, and Myrrh?

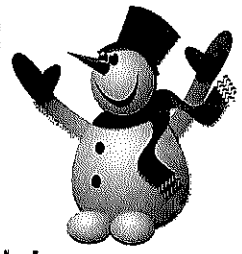
23 9 19 5 13 5 14.

Where was Jesus born?

1 19 20 1 2 11 5.

Christmas Word Search

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



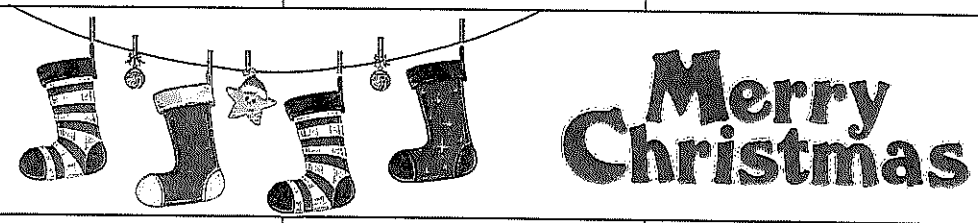
1. Bells
2. Bethlehem
3. Candy
4. Carol
5. Christmas
6. Elves
7. Gifts
8. Gingerbread
9. Holly
10. Jesus
11. Manger
12. Merry
13. Ornament
14. Peace
15. Reindeer
16. Santa
17. Sleigh
18. Snowman
19. Star
20. Stocking
21. Toys
22. Tree
23. Wisemen
24. Yuletide

Antrim County Commission on Aging

December Events – 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	Abbreviations: Bellaire = BLR Central Lake = C/L Elk Rapids = E/R Mancelona = MCL Noble Pines = N/P	**Central Lake** **Play cards everyday @ 9:30**	**1** 10:30 Decorate the COA - BLR 10:30 Ron & Herb Music - MCL 10:30 Exercise - E/R 12:45 Mah Jongg - BLR 12:45 Decorate the Tree - BLR	**2** Décor for the Holidays - MCL 10:00 Exercise - BLR 10:30 Exercise - E/R 12:30 Knitting - E/R 12:45 Painting - BLR 6:00 Dance - MCL
5 9:30 Puzzles & Games - MCL 10:00 Watercolor Painting - C/L 10:00 Exercise - BLR	**6** 9:30 Euchre - E/R 10:00 Exercise - MCL 10:00 Card Making 10 cards for $5 - BLR 10:30 Exercise - E/R 12:30 Knitting - E/R 6:30 Euchre - BLR	**7** 10:00 Exercise - BLR 10:30 Nail Painting - BLR 12:30 Mah Jongg - E/R	**8** Bake and Craft Sale - MCL 10:30 B/P Clinic - MCL 10:30 Exercise - E/R 12:30 BINGO - E/R 12:45 Mah Jongg - BLR 12:45 Christmas Craft - BLR	**9** 10:00 Exercise - BLR 10:30 Exercise - E/R 12:30 Knitting - E/R 12:45 Painting - BLR
12 10:00 Watercolor Painting - C/L 10:00 Exercise - BLR 10:30 B/P Clinic - BLR 10:45 Games - BLR	**13** 9:30 Euchre - E/R 10:00 Exercise - MCL 10:30 Exercise - E/R 12:30 Knitting - E/R 6:30 Euchre - BLR	**14** 10:00 Exercise - BLR 12:30 Mah Jongg - E/R	**15** 9:30 Miracle Ear - E/R 10:30 Ron & Herb Music - MCL 10:30 Exercise - E/R 12:45 BINGO - BLR 12:45 Mah Jongg - BLR	**16** 10:00 Exercise - BLR 10:30 Exercise - E/R 12:30 Knitting - E/R 12:45 Ugly Sweater Christmas Party and Sing Along -BLR 6:00 Dance - MCL
19 9:30 Book Exchange - MCL 10:00 Watercolor Painting - C/L 10:00 Exercise - BLR 1:00 COA Board Meeting- BLR	**20** **9:00 Foot Clinic - N/P** 9:30 Euchre - E/R 10:00 Exercise - MCL 10:30 Exercise - E/R 12:30 Knitting - E/R 6:30 Euchre - BLR	**21** **9:00 Foot Care - BLR** 10:00 Exercise - BLR 10:45 Games - BLR 12:30 Mah Jongg - E/R	**22** Christmas Party / Cookie Décor. - MCL Christmas Gathering - E/R 10:30 Exercise - E/R 11:30 Music Therapy - E/R 12:30 BINGO - E/R 12:45 Mah Jongg - BLR	**23** *Closed*
26 *Closed*	**27** **8:30 Update Work Bee - BLR** 9:30 Euchre - E/R 10:00 Exercise - MCL 10:30 BP Clinic - MCL 10:30 Exercise - E/R 12:30 Knitting - E/R 6:30 Euchre - BLR	**28** 10:00 Exercise - BLR 10:45 Games - BLR 12:30 Mah Jongg - E/R	**29** 10:30 Exercise - E/R 12:45 Mah Jongg - BLR	**30** HAPPY NEW YEAR *Closed* *Fri. Dec. 30 - Mon. Jan. 2*

Antrim County Commission on Aging Menu December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Ethnic Meal - Portugal** **Appetizer** - Dark Roast coffee Croissant with chocolate **FeiJoada** - Bean Stew w/Pork **Queijada** - Cheese Cake Tart	2 Ham & Cheese Pizza Green Beans
5 Sweet & Sour Chicken Rice	6 Meatloaf Baked Potato	7 Macaroni & Cheese Stewed Tomatoes	8 **COOKS CHOICE**	9 Reuben Casserole Sauerkraut Mashed Potatoes
12 Potato Soup w/ Ham Hard Boiled Egg Fresh Fruit	13 Sub Sandwich Three Bean Salad Cole Slaw	14 Salisbury Steak Mashed Potatoes	15 **BIRTHDAY DINNER** Ham Sweet Potatos	16 Beef Lasagna Garlic Bread
19 Chicken Paprika Noodles	20 Fish Almondine Rice	21 Hot Dog Tater Tots	22 Chicken Alfredo Noodles	23 **Closed** **Christmas Eve** **No Meal Delivery**
26 **Closed** **Christmas Day** **No Meal Delivery**	27 Stuffed Chicken Rice	28 Seafood Pasta French Bread	29 Chicken Tortilla Soup Cheese Stick Fresh Fruit	30 **Closed** **New Years Eve** **No Meal Delivery**

ALTERNATE MEAL:

WEEK OF **11/28 -12/2** - Hard Boiled Egg w/ Cheese Stick, Potato Salad and an Orange
12/5-12/9 - Italian Sub w/ Chilled Carrots and Fresh Fruit
12/12-12/16 -Turkey Sandwich w/ Chilled Carrots and Fresh Fruit
12/19-12/23 - Egg Salad Sandwich w/ Three Bean Salad and Mixed Fruit
12/26-12/30 - Chicken Salad w/ Coleslaw and Fruit Cocktail

Bellaire Site Breakfast

Omelets will be made to order Monday – Thursday from 8-9 a.m.

Breakfast on Fridays from 8-9 a.m.
(See Friday breakfast menu below)

Friday 2nd	Friday 9th	Friday 16	Friday 23rd	Friday 30th
Waffles & Fruit	Sausage Gravy & Biscuit	Oatmeal & Poached Egg	**CLOSED**	**CLOSED**

Bread, Fruit, Vegetable and Milk will be provided with each Congregate Meal. Salad Bar is available with lunches eaten on site or as a 2nd meal to take home. ***Please note: This menu is subject to change.***

Antrim County
Commission on Aging
P.O. Box 614
Bellaire, MI 49615-0614

Non-Profit Organization
U.S. Postage Paid
Bellaire, MI 49615-0614
Permit No. 31

POSTMASTER PLEASE NOTE

RETURN SERVICE REQUESTED

May all your dreams come true.
May love work its magic into your life.
May your heart be filled with hope
and joy. May you touch every life you meet.
Merry Christmas and a prosperous new year!

Reminder that all sites and
Meals on Wheels will be closed on December 23, 26, 30
and January 2.