

# JUNE

June 2024

Bay County Department on Aging

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

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**Home Delivered Meals, Offices and Activity Centers will be closed for Juneteenth on Wednesday, June 19th.**



### Are you in need of a handyman?

Department on Aging has a “light” home repair program, and there is a fee for services, based on you and your spouse’s income. You will be responsible for purchase of all materials needed. We do have small grants that can assist with purchase of materials and Handyman time, but these are small, are first come first serve and are grants that go quickly.

So what can the Handyman Program repair? Below is a list of what can be done by our Handyman.

- \*Minor water leaks including replacement of faucet
- \*Broken door handles or locks
- \*Installation of grab bars, handrails or other safety items in the home, with the exclusion of jobs requiring specialty tools
- \*Installation of smoke detectors and carbon monoxide detectors
- \*Weatherization of windows and doors
- \*Change light bulbs in and out of home

Any job requiring a permit, or a licensed professional will be denied as Department on Aging’s Handyman is not a licensed contractor, electrician or plumber. We also cannot work on a home/apartment that is a rental. For more information, please contact Department on Aging and ask to speak to your Case Manager or the Case Manager on Duty.



# WELCOME— Department Corner



Emancipation Day celebration, June 19, 1900 held in "East Woods" on East 24th Street in Austin. Credit: Austin History Center. Publishers throughout the North responded to a demand for copies of Lincoln's proclamation and produced numerous decorative versions, including this engraving by R. A. Dimmick in 1864. National Museum of American History, gift of Ralph E. Becker



On "Freedom's Eve," or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the **Thirteenth Amendment** did emancipation end slavery throughout the United States.

But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "**Juneteenth**," by the newly freed people in Texas.

The post-emancipation period known as Reconstruction (1865-1877) marked an era of great hope, uncertainty, and struggle for the nation as a whole. Formerly enslaved people immediately sought to reunify families, establish schools, run for political office, push radical legislation and even sue slaveholders for compensation. Given the 200+ years of enslavement, such changes were nothing short of amazing. Not even a generation out of slavery, African Americans were inspired and empowered to transform their lives and their country.

Juneteenth marks our country's second independence day. Although it has long celebrated in the African American community, this monumental event remains largely unknown to most Americans. The historical legacy of Juneteenth shows the value of never giving up hope in uncertain times. The National Museum of African American History and Culture is a community space where this spirit of hope lives on; a place where historical events like Juneteenth are shared and new stories are told. <https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>



*Beth Eurich, Department on Aging Director*

Anyone else out there receive WAY TOO MANY telemarketing calls? I think everyone just said YES! I wanted to give everyone a reminder about the Michigan "DO NOT CALL" list. Michigan Consumers can register for the Federal Trade Commission's (FTC) "Do Not Call Registry" by phone or online. This can include both your cell phone and your land lines phones. You should renew this request every 5 years.

TO REGISTER:

Call this number from the phone you would like registered 1-888-382-1222 –OR-

Go Online – [www.donotcall.gov](http://www.donotcall.gov)

- Requires an active email.
- Requires response to an email to confirm the phone number.

This will not completely stop telemarketers but should help. Here are some helpful reminders about calls you may receive:

- Charitable and public safety organizations are allowed to call.
- Companies you have given consent to may call you.
- Political organizations or survey companies may call you.
- Legitimate callers will give their name and the name of their company first thing when calling.
- Michigan's Penal Code makes it a misdemeanor for any telemarketer to make "an unsolicited commercial telephone call" by a person or recording device between the hours of 9pm and 8am.

*Jessica Somerlott, Senior Services Manager*

## Events and more...

### 2024 Summer Olympics

It's that time of year again. If you participated in the Bay County Department on Aging 2023 Olympic Games, watch the mail for your 2024 Olympic Games registration packet.



The 2024 Summer Olympics begins on Monday, June 10th. The registration deadline is Friday, May 17th.

We look forward to seeing past participants and hope to see a lot of new faces. Join us for a week filled with fun in the sun!

If you have questions or wish to be added to our Olympic Games mailing list, call 895-4100.

We look forward to seeing you there!

*Patty Gomez, Programming Services Manager*

## Calcium

### Sources & Benefits for Bone Health

Building strong bones starts when we are young. We need to continue throughout our whole life eating foods high in calcium as this is one of major nutrient to help keep our bones healthy. Osteoporosis a disease which is a weakening of the bones and is sometimes only determined after we break a bone. Prevention is the key.

**General recommendations for calcium is an intake of 1,200 milligrams of calcium daily.**

**It is recommended that we eat 3 servings of high calcium containing foods daily.**

A calcium rich serving of food equals:

- 1 cup milk
- 1 cup yogurt
- 1 & 1/2 oz cheese
- 1 cup almond/soy milk
- 1 cup fortified fruit juice
- 1/2 cup Dark green leafy vegetables (kale, spinach, collard greens)
- 1/2 cup dried soybeans
- 3oz canned salmon & sardines (including bones)
- 1 cup fortified cereal

It is important to read nutrition facts on the label. Foods that are naturally high in calcium or fortified will be labeled "calcium rich" or "excellent source of calcium".

Vitamin D is an additional nutrient which help your bones absorb calcium. The best sources of Vitamin D are sunlight and foods such as milk and juice which are fortified with D. It is never too late to work on improving your food choices. Adding the calcium rich foods as a snack is a great option.

*Zach Brunett, Nutrition Services Manager*

## Miscellaneous

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

**Tuesday, June 11, 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  
JUNE 2024

**"Overview of Alzheimer's"**

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

**Morning:**

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

**Evening:**

Tuesday, June 18th  
6:00 p.m. – 8:00 p.m.

**VIRTUAL ON ZOOM:**

**Afternoon:**

Tuesday, June 4th  
2:00 p.m.— 3:00 p.m.  
Register in advance by calling  
989-892-6644 to request the link  
be sent to you.

Registration is required.  
Please call (989) 892-  
6644. Complimentary  
adult day care available  
for morning sessions.  
Reservations required.

### TEMPORARILY AWAY

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at 989-895-4100.



## YOUR MONTHLY FALL PREVENTION TIP!

### Step Stools

*Keep items you use often at levels you can easily reach without having to use a step stool. If you must use a step stool, use a step stool that is sturdy and that has a bar on it. Do not use improvised stools such as chairs!*

Brought to you by:





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

**Wed.** 10:00am Card games, Crafting, Walking,  
Osteo classes for registered participants

**Thur.** 10am Crafting, Walking

### Blood Pressure Clinic!!

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



### Getting your Affairs in Order

#### Part II

Join us on

Tuesday, June 18th

11:00am



## Book Club!

Thursday, June 13th

10:00am—12:00pm

Club is limited  
to 10 people.

Call Janie to reserve your spot.



## Farm to Table

Thursday,

June 20th

11:00am

Presented by

Melissa Borowski



Join us for Social Hour!

Wednesday, June 26th at 10:00am

Music and Dancing

with

“Double Take” William Stein Entertainment

Bring your dancing shoes and stay for lunch!

Lunch \$2.50

50/50 drawing and door prizes \$3.00

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, June 12th  
from  
11:00am to 12:00pm!



# SUDOKU

for those long summer days

						4		8
7	1			3	9		6	5
8	9		6		4			
	4		1				2	
6					8	5	1	9
5	3			6	2	7		
1		3	5				4	
4				9	6	1		7
	7	9			3			6



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

# ELVIS

Bryan Elzie Dixon  
will be  
performing!!!!  
on  
Thursday, June 6th  
at  
11:00am  
Please RSVP by  
Tuesday, May 28th



## Blood Pressure Clinic

Will be here at  
Williams  
on  
Thursday, June 20th  
from 11:15am-12:15pm!



## Tammy from Great Lakes Crafting

will be here to do  
glass succulents.  
Cost is \$20.



## June Birthday Celebrations!

Thursday, June 20th  
At 11:00am  
Come in for a  
donut from Tim Horton's!



Thursday, June 20th  
10:30am  
Please RSVP by  
Thursday, June 13th

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

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

We will be at Riverside  
Monday, June 10th  
11:30am until 12:30pm.



### **ACRYLIC PAINTING CLASS**

WITH  
**STEVE WOOD**

### **'Tropical Waterfall'**

**Monday, June 3rd**

**1 Class available**

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

Please RSVP by  
Friday, May 3rd

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

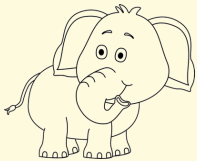


Join us

Monday, June 24th 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 Scrabble  
12:30pm Double Pinochle (being played at Comm Ctr.)



Join us on Friday, June 14th

At 12:00pm

Games and Treats  
for

# **Father's Day!**

Come and make a

### **Patriotic Gnome Door Hanger**

Friday, June 21st at 10:00am

Cost is \$15 and includes lunch.

Please RSVP by Friday, June 14th



## **June Birthday Celebration!**

Come in **Friday, June 28th** 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, June 14th  
from 11:30am—12:30pm.



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



# ROOT BEER FLOAT DAY!!!




Tuesday, June 11th  
Enjoy a Root Beer float after  
lunch!

## JUNE Birthday Celebrations

A special dessert will be served after lunch on  
Friday, June 28th at 12:00pm

June 2024

**HOME DELIVERED MEALS  
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(3) DEVEILED PORK CHOPS (21)</b> Buttered Rotini Noodles (42) Cali Blend Veggies (4) White Chocolate Raspberry Cookie (28)	<b>(4) PATTY MELT (6)</b> Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	<b>(5) GOURMET CHICKEN TETRAZINNI (27)</b> Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	<b>(7) SAVORY BEEF STEW (20)</b> Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	<b>(8) POLLACK BITES (22)</b> Down Home Fries (15) Blueberry Crisp (53) Creamy Coleslaw (15)
<b>(10) SMOTHERED CHICKEN (7)</b> Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)	<b>(11) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13)	<b>(12) COUNTRY FRIED STEAK AND GRAVY (21)</b> Corn (21) Garlic/Cheese Biscuits (10) Apple (21) Caramel Dip (18)	<b>(13) GOLD COAST PORK CHOPS (8)</b> Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	<b>(14) COD FISH FILET (16)</b> Whole Wheat Bun (25) Ranch Spudsters (18) Mixed Veggies (11) Tapioca Pudding (25)
<b>(17) VEGETABLE LASAGNA (27)</b> Scandinavian Blend Veggies(7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)	<b>(18) CRISP CHICKEN FINGERS (17)</b> Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)	<b>(19)</b> 	<b>(20) HAM (2)</b> Dinner Roll (1) Glazed Carrots (10) Scalloped Potatoes (21) Sugar Cookie (26)	<b>(21) GARLICKY CHICKEN (16)</b> Parsley Potatoes (12) Green Beans (5) Lemon Pear Jello(0)
<b>(24) BREADED POLLACK (16)</b> Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (17)	<b>(25) HEARTY GOULASH (28)</b> Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)	<b>(26) CHICKEN &amp; DUMPLINGS (23)</b> Mixed Vegetables (11) Peanut Butter Cookie (20)	<b>(27) CABBAGE ROLLS (17)</b> Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)	<b>(28) BAKED PORK CHOP/ MUSHROOM GRAVY (6)</b> Cali Blend Veggies (4) Steamed Brown Rice (16) Tropical Fruit Salad (21)



**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 6/3—6/7

#### **CHEF SALAD**

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

### WEEK OF 6/10-6/14

#### **Almond Mandarin Salad**

Mandarin Oranges  
Roasted Almonds  
Poppy Seed Dressing

### WEEK OF 6/17-6/21

#### **Southwest Chicken Salad**

Fajita Chicken  
Tomato  
Cheese  
Guacamole  
Crushed Chili Cheese Fritos  
Southwest Ranch

### WEEK OF 6/24-6/28

#### **Antipasta Salad**

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



## June 2024

Menus are subject to change without notice

ALL LUNCHESES  
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.



June 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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[www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)  
**Donations Accepted**

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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).