

MECOSTA COUNTY  
Commission on Aging



ACTIVITY  
CENTER

Phone: 231-972-2884  
12954 80th Avenue  
Mecosta, MI 49332

# The Keyhole

News on Commission on Aging  
services and activities  
for older adults

March 2024

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### MONTHLY MEETINGS

Marketing Group  
TBA 9:00 am

Senior Center Board of Directors  
March 12, 10:00 am

Commission on Aging Advisory Board  
March 20, 9:00 am

MARCH  
FOR  
MEALS

## March 18-22

**Celebrity Community  
Champion Servers and Musical  
Guests will be joining us  
all week!**

**Come join us this week as we  
shed light on the increasing  
need for support for the  
county's seniors!**

**See pages 16, 18 and 21 for details.**

This newsletter can be accessed online at:  
[www.mecostacounty.org/mcco](http://www.mecostacounty.org/mcco)  
Like us on Facebook: Mecostacounty seniorcenter

**COUNTY COMMISSIONERS**

|                  |            |
|------------------|------------|
| Randy Vetter     | District 1 |
| Jerrilynn Strong | District 2 |
| Linda Howard     | District 3 |
| Raymond Steinke  | District 4 |
| Tom O'Neil       | District 5 |
| Chris Jane       | District 6 |
| William Routley  | District 7 |

**ADVISORY BOARD**

|                  |                        |
|------------------|------------------------|
| Linda LaLonde    | President / Barryton   |
| William Routley  | Vice Pres/Commissioner |
| Mary Bechaz      | Secretary/Big Rapids   |
| Rick Hatkowski   | Colfax                 |
| Jerrilynn Strong | Sheridan               |
| Brenda Lambrix   | Deerfield              |
| Sharon Bongard   | Aetna                  |

**SENIOR CENTER**

**BOARD OF DIRECTORS**

|                    |                    |
|--------------------|--------------------|
| Marie Wilkerson    | President/Chippewa |
| Open               | Vice President/    |
| Mike Dick          | Treasurer/Morton   |
| Marlene Cummings   | Martiny            |
| Marge Smith        | Chippewa           |
| James Romine       | Big Rapids         |
| Robert Routley     | Austin             |
| Cathy Rotramel     | Austin             |
| Jeannette Houghton | Wheatland          |

**COMMISSION ON AGING**

|                   |                       |
|-------------------|-----------------------|
| Cynthia Mallory   | Director              |
| Beth Whyte        | Meals Coordinator     |
| Shannon Sobieski  | Transportation Coor.  |
| Doreen Fisher     | In-Home Service Coor. |
| Jessica Tice      | Activity Center Coor. |
| Karrilynn Mollett | Outreach Worker       |
| Open              | Outreach Worker       |
| Cindy McClurken   | Volunteer Coor.       |
| Julie Marrison    | Accountant            |
| Jackie Hulbert    | Receptionist          |
| Jon Hahn          | Maintenance           |
| Sally Wolfbrandt  | Data Entry            |
| Dolly Snyder      | Homemaker Aide        |
| Kelli Johansen    | Homemaker Aide        |
| Jessica Snyder    | Homemaker Aide        |
| Dawn Ketchum      | Homemaker Aide        |
| Open              | Homemaker/Respite     |
| Kathy Payton      | Homemaker/Respite     |
| N/A               | Homemaker/Respite     |
| N/A               | Homemaker/Respite     |
| Shawn Young       | Van Driver            |
| Steven Angell     | Van Driver            |
| Paul Owens        | Van Driver            |
| Jody Blain        | Van Driver            |
| Open              | Van Driver Sub        |
| Mark Sholty       | Meals on Wheels       |
| Dennis Zietlow    | Meals on Wheels       |
| Al Garner         | Meals on Wheels       |
| Jeffrey Bidelman  | Meals on Wheels       |
| Mary Dodge        | Cook                  |
| Julia Hoisington  | Cook                  |
| Marion Crawford   | Cook                  |
| Jayne Spedowski   | Cook                  |
| Bill Sharkey      | Custodian             |
| Betty Wright      | AARP                  |

# The Director's Corner

## AARP VOLUNTEER TAX PREPARERS!

Appointments are being scheduled by calling the Retired Senior Volunteer Program (RSVP) at 231-796-4848.

**LOCATIONS AND TIMES ARE:**

Salvation Army, Big Rapids – Tuesdays and Thursdays, 9:00 a.m. to 4:00 p.m., beginning 2/6 through 4/11  
Morton Township Hall, Mecosta – Mondays, 9:00 a.m. to 4:00 p.m., beginning 2/5 through 4/15  
Morton Township Library, Mecosta – Fridays 10:00 a.m. - 4:00 p.m., beginning 2/9 through 4/12  
Wheatland Township Library, Remus – Wednesdays 9:00 a.m. to 4:00 p.m. beginning 2/7 through 4/10

**At the time of the appointment, volunteers need to see:**

- Photo identification and Social Security cards for the taxpayer(s) and Social Security Cards for all dependents are REQUIRED.
- copy of last year's income tax return – Federal, State and Local
- All W-2 forms from each employer
- Any 1099-R if a pension or annuity is received
- Any SSA-1099 if Social Security benefits are received
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends as well as documentation showing the original purchase price of any assets sold
- Any 1099-MISC showing any miscellaneous income
- All forms indicating any Federal or State income tax paid.
- Any unemployment compensation statements, if applicable
- Child care provider information, including name, employer ID, Social Security number
- Any 1095-A or 1095-C forms received.
- Only standard deduction returns will be completed. NO itemized deductions
- No Schedule C returns if they are the primary source of income
- A printed card from the bank showing savings account information, or a blank check are required for direct deposit.

**Memorial Contributions May Be Sent To:**

**Mecosta County Commission on Aging  
 12954 80th Avenue  
 Mecosta, MI 49332**



Hi Everyone!!!

I hope everyone is ready for spring!  
We have had some really fun activities and events! I  
look forward to a new year and what this year will  
bring!

Looking ahead we have some really fun things  
happening!

Because we had some snow days and lunch was cancelled and we missed January and February birthdays we are going to throw a BBQ Belated Birthday Bash to celebrate all the birthdays in January, February and March! We will be serving BBQ Chicken and Steve Troyer will be here to play for us!  
Come out and join us March 6th for all the fun!



# In Home Services

-Doreen

**Looking for a rewarding opportunity to supplement your senior income?**

*Mecosta County needs Senior Companions and Foster Grandparents!*

**Senior Companions** help people remain independent in their home by visiting them weekly and offering support and socialization. Visits can consist of chatting over a cup of coffee, playing cards or just reminiscing.

**Foster Grandparents** help children maintain or improve their self esteem by encouraging them, reading with them and assisting throughout the day in a school/daycare setting.

### Requirements:

- Must be age 55 or over
- Income less than \$30,120per year for one person and \$40,880 for a couple
- Medical expenses are deducted from income to determine eligibility
- Serve at least 10 hours per week (Monday-Friday 8:00 Am-4:30 PM)

### Benefits you receive:

- An extra \$320.00 per month (tax free)
- Mileage reimbursement of \$.45 cents per mile
- If you don't drive, transportation can be arranged
- Social opportunities for men and women
- One free meal or lunch reimbursement per service day
- Paid time off (P.T.O.) = vacation and sick time \* Paid holidays
- A healthier, happier heart!

Supplement your senior citizen income without effecting your social security, rent, Medicaid/Medicare, Commodities or any services you may receive from the Department of Health and Human Services

**Call: 866-754-9315, Option #5**



### Highlights In Home Services– January2024

|                          |    |                         |     |
|--------------------------|----|-------------------------|-----|
| Homemaker Aide Client's  | 77 | Homemaker Aide Hours    | 369 |
| Homemaker/Respite Clints | 1  | Homemaker/Respite Hours | 16  |
| Respite Clients          | 5  | Respite Hours           | 58  |

# TRAVELING TIMES

**Transportation  
Coordinator:  
Shannon**

## **April 10th, 2024 Little River Casino**

Motorcoach will depart from Mecosta County Senior Center at 9 AM sharp. Loading will begin at 8:45 AM. Pickup stop at Big Rapids Meijer at 9:30 AM.

Arrive at Little River around 11:30 AM.

Bus leaves Little River at 3:30 PM.

Play \$20, get \$20 in credit at the Casino.

Must be 18 years old and have valid photo ID card to enter Casino.

Price is \$35 per person and must be paid in full to reserve your spot.

You will need to provide full name, address, birthdate, and pickup location at the time of sign up.

## **Maryland– Ocean City Delaware May 4th -11th, 2024 Buffalo Round Up South Dakota Sept 21st-30th, 2024 Branson Trip Dec 2nd-7th, 2024**

Buffalo Round up is sold out  
Maryland –Delaware is sold out.  
Branson Trip is sold out.

We are taking names for a wait list for these trips. Keep in mind these trips are 4 - 6 months out or more and a lot can happen. If you are on the waiting list, you could get on the trip if you don't mind with a last minute notice.

Ed is going to be retiring and not sure if he will be offering any trips in 2025. If you would like to travel one more trip with Ed, sign up for the waiting list for the Branson Trip. You will not be disappointed!

## **January Facts**

**Volunteer Driver Miles–Out of County: 6066.50 In County: 2794  
Total Volunteer Hours: 484.50 Medical Van Miles: 2972**

## Saint Patrick's Day Word Search

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



Celtic  
Ireland  
Leprechaun  
Potofgold  
Shamrock

Dublin  
Irish  
Limerick  
Rainbow  
Snakes

Green  
Legend  
Patrick  
Saint



# MARCH

## Volunteer and Home Maintenance Corner



3/1 Beth Boehs  
3/1 Julie Hoisington  
3/2 Jeanne Barstow  
3/7 Talia Putansu  
3/10 Pam Maxey  
3/17 Skylar Dodge  
3/20 Ron Ketchum Jr.  
3/21 Robert Herndon  
3/24 Kevin Chipman



**April 24**  
**Volunteer Appreciation**  
**Luncheon**



### Shout Out to Our Librarians

When you donate your old books to the MCCOA, our clientele enjoy the books. Eventually the books rotate off the shelves . . .

- go to the Morton Public Library where they're added to their collection or sold at the annual book sale.
- Any books the library doesn't want, go to God's Helping Hands. Any books God's Helping Hands can't sell . . .
- go to the Salvation Army in GR.
- From there they go to Nu-Wool Company Inc. & are ground up for insulation.

The insulation is donated to Habitat for Humanity.

### Home Maintenance Member Responsibilities

- ◆ Pay a \$20 nonrefundable membership fee
- ◆ The Home Maintenance Program is a referral service. Workers are not Commission on Aging employees.
- ◆ You should call the office for each job you want done. Do not call the worker directly.
- ◆ You should give the Commission on Aging 24 hours notice with a request
- ◆ You are responsible for the cost of all materials & labor for the worker.
- ◆ You pay the worker directly upon completion of the job & sign after all paperwork has been filled out.
- ◆ Notify the Home Maintenance Coordinator immediately if you are not satisfied with the work provided.
- ◆ Understand that your homeowner's insurance is responsible for any damages resulting from the work or any injuries, damage or loss to the worker.
- ◆ Members who cancel their request must notify the worker in advance or they will be billed \$20 if the worker shows up.

## BARRYTON MEAL SITE

Barryton Senior Building, 71 Northern Ave,  
Barryton, Michigan 49305

**OPEN TO THE GENERAL PUBLIC!!!**



**Open: Mondays & Tuesdays**  
11:30AM-12:30PM

**Birthday Celebration March 5, 2024**

**For Reservations:** call the COA phone at  
231-972-2884



**Cost:** Persons age 60+  
suggested donation is \$3.00.  
Persons under age 60 cost is \$6.00.

## DID YOU KNOW...

**In February we served**

**4170** Home Delivered Meals  
To Homebound Seniors

**652** Congregate Site Meals  
Mecosta & Barryton

**Help us bring our congregate  
counts up by inviting  
a friend to lunch!**

## DID YOU KNOW?

- THE EGG YOLK IS THE MOST NUTRITIOUS PART OF THE EGG, CONTAINING ESSENTIAL FATTY ACIDS, VITAMINS & MINERALS INCLUDING IRON, FOLATE, VITAMIN D AND CHOLINE AN IMPORTANT VITAMIN INVOLVED IN THE STRUCTURE OF OUR CELLS AND PLAYS A VITAL ROLE IN COGNITIVE HEALTH.
- PURPLE & DARK RED FRUITS & VEGETABLES CONTAIN A COMPOUND CALLED ANTHOCYANINS WHICH MAY HELP REDUCE THE RISK OF CARDIOVASCULAR DISEASE, COGNITIVE DECLINE AND CANCER. EXAMPLES OF THESE FOODS INCLUDE BLACKBERRIES, EGGPLANT, BEETS, GRAPES & RED CABBAGE.
- ARTICHOKES ARE THE VEGETABLE HIGHEST IN FIBER.
- FIGS, MANGO & GRAPES ARE AMONG SOME OF THE FRUITS WITH THE HIGHEST SUGAR CONTENT WHILE BERRIES, LEMONS & LIMES ARE AMONG THE LOWEST.
- VITAMIN D, WHICH PLAYS A ROLE IN BONE FORMATION, IMMUNE HEALTH, CANCER RISK, AND SO MUCH MORE, CAN BE OBTAINED NOT ONLY FROM SUNLIGHT, BUT ALSO FROM FOODS LIKE SALMON, MUSHROOMS & EGG YOLKS.
- VITAMINS A,C,E AND SELENIUM ARE ALL SOURCES OF ANTIOXIDANTS, WHICH PROTECT THE BODY FROM DAMAGE FROM HARMFUL MOLECULES CALLED FREE RADICALS AND DECREASE CANCER RISKS.
- BRAZIL NUTS ARE THE FOOD HIGHEST IN THE ANTIOXIDANT SELENIUM AND CONTAIN OVER 700% OF THE RECOMMENDED DAILY ALLOWANCE FOR THIS MINERAL IN JUST 1 OUNCE!



# ACTIVITY CENTER MEMORIAL TREE

MAY YOU FIND COMFORT IN KNOWING YOUR  
THOUGHTFUL GIFTS HAVE MADE A DIFFERENCE IN  
THE LIVES OF SENIORS.

WE RECEIVED DONATIONS IN MEMORY OF:

**BARBARA GOMBER**

"WHEN SOMEONE YOU LOVE BECOMES A MEMORY, THE  
MEMORY BECOMES A TREASURE."

AUTHOR UNKNOWN



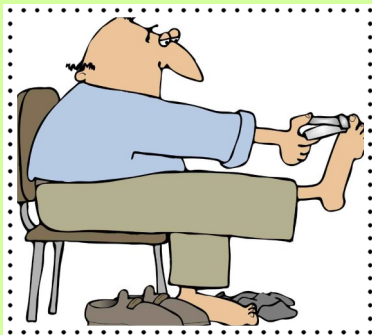
**MUSIC WITH MARK BAUMANN  
WEDNESDAY March 20th AT  
10:45AM at the Mecosta County  
Commission on Aging**



**Foot Clinic *Wednesday, March 20th,*  
2024**

**AT MECOSTA COUNTY COMMISSION ON  
AGING & ACTIVITY CENTER**

**PLEASE CALL (231) 972-2884  
TO MAKE AN APPOINTMENT!**



**PLEASE BRING YOUR OWN SOAK TUB, TOWEL & \$20 CASH!**

**\*\*\*CLINIC IS NOW ON WEDNESDAYS!\*\*\***



# March Meals Menu

Meals On Wheels DO NOT have a meal delivered on WEDNESDAYS

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|                          |  |  |  | <p>1<br/>Fish Sticks<br/>Baked Mac &amp; Cheese<br/>Broccoli Normandy<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                              |
|   |  |  | <p>4<br/>Kielbasa/Sauerkraut<br/>Oven Browned Potatoes<br/>Vegetable Medley<br/>Bread<br/>Fresh Fruit<br/>Milk</p>               | <p>5<br/>Western Egg Bake<br/>Hash Browns<br/>Spinach<br/>Bread<br/>Fruit<br/>Milk</p>  |
| <p>11<br/>Chef Salad<br/>3 Bean Salad<br/>Beets<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                    | <p>12<br/>Cranberry Chicken<br/>Rice Pilaf<br/>Broccoli<br/>Bread<br/>Mandarin Oranges<br/>Milk</p>        | <p>13<br/>Pepperoni Pizza<br/>Salad Bar<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>  | <p>14<br/>Creamy Ham Penne`<br/>California Blend Veg<br/>Baked Potato<br/>Brussel Sprouts<br/>Bread<br/>Fresh Fruit<br/>Milk</p> | <p>15<br/>Breaded Flounder<br/>Creamy Potatoes<br/>Green Beans<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                                     |
| <p>18<br/>Chicken Drummy<br/>Parmesan Potatoes<br/>Mixed Vegetable<br/>Bread<br/>Fresh Fruit<br/>Milk</p> | <p>19<br/>Salisbury Steak<br/>Mashed Potatoes/Gravy<br/>Corn<br/>Bread<br/>Banana<br/>Milk</p>             | <p>20<br/>Prime Rib Sandwich<br/>With Horseradish Sauce<br/>French Fries<br/>Cole Slaw<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p> | <p>21<br/>Turkey/Stuffing<br/>Mashed Potatoes/Gravy<br/>Vegetable Medley<br/>Bread<br/>Cranberries<br/>Milk</p>                  | <p>22<br/>Baked Pork Chop<br/>Au Gratin Potatoes<br/>Brussel Sprouts<br/>Bread<br/>Fruit<br/>Milk</p>                                     |
| <p>25<br/>Veal Cutlet<br/>Baked Potato<br/>Green Beans<br/>Bread<br/>Fresh Fruit<br/>Milk</p>             | <p>26<br/>Chicken Cordon Bleu<br/>Rice Pilaf<br/>Vegetable Blend<br/>Bread<br/>Tropical Fruit<br/>Milk</p> | <p>27<br/>BLT Wrap<br/>Cup of Soup<br/>Salad Bar<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>                                       | <p>28<br/>Beef Tips/Noodles<br/>Vegetable Medley<br/>Bread<br/>Fresh Fruit<br/>Milk</p>  | <p>29<br/><b>GOOD FRIDAY<br/>CLOSED AT NOON</b></p>  |

**Dine In Meals are Monday thru Friday 11:30 am - 12:30 pm**

# March 2024 Center PULL OUT & PIN UP

| <u>Daily Activities</u>   | SUNDAY  | MONDAY   | TUESDAY   |
|---|---|--|---|
| <p><b><u>EXERCISE</u></b><br/> <b>Enhance Fitness 8:30 am</b><br/>                     Monday through Friday (Wed Zoom)</p> <p><b><u>DANCE INSTRUCTION</u></b><br/> <b>Line Dance:</b> Every Tuesday from 10:00am until 11:30am<br/> <b>Chair Line Dance:</b> 11 am Mondays &amp; Wednesdays</p> <p><b><u>CARD GAMES</u></b><br/> <b>Bridge:</b> 12:45 pm Monday<br/> <b>Euchre:</b> 12:45 pm Tuesday Wednesday Friday<br/> <b>Pinochle:</b> 12:45 pm Thursday</p> <p><b><u>OTHER ACTIVITIES</u></b><br/> <b>Bingo</b> 1 pm Every Friday<br/> <b>Greeting Card Recycling:</b> 10 am Tuesdays<br/> <b>Scrabble:</b> 12:45p Thursdays<br/> <b>Mah Jongg:</b> 12:45p Thursdays<br/> <b>Bunco:</b> 1st Monday of every month at 10:00am</p> <p style="text-align: center;"><b><u>Monthly</u></b><br/> <b>Support Groups &amp; Clinics</b></p> <p style="text-align: center;">Foot Clinic<br/>                     *Please call (231)972-2884 to make an appointment</p> <p>* Denotes a change</p> | <p style="text-align: center; font-size: 24px; font-weight: bold;">3</p>  | <p style="text-align: center; font-size: 24px; font-weight: bold;">4</p> <p>8:30 am EnhanceFitness®<br/>                     11:00 am Chair Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     12:45 pm Bridge</p>  | <p style="text-align: center; font-size: 24px; font-weight: bold;">5</p> <p>8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     1:00pm Euchre</p> |
| <p style="text-align: center; font-size: 24px; font-weight: bold;">10</p> <p style="text-align: center;"><b>Daylight Savings Time!</b></p>   | <p style="text-align: center; font-size: 24px; font-weight: bold;">11</p> <p>8:30 am EnhanceFitness®<br/>                     11:00 am Chair Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     12:45 pm Bridge</p>  | <p style="text-align: center; font-size: 24px; font-weight: bold;">12</p> <p>8:30 am EnhanceFitness®<br/>                     10:00am Senior Center Board Meeting<br/>                     10:00am Line Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     1:00pm Euchre</p>                  |   |
| <p style="text-align: center; font-size: 24px; font-weight: bold;">17</p>   | <p style="text-align: center; font-size: 24px; font-weight: bold;">18 <b>March For Meals!</b></p> <p>8:30 am EnhanceFitness®<br/>                     11:00 am Chair Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     12:45 pm Bridge</p>  | <p style="text-align: center; font-size: 24px; font-weight: bold;">19 <b>March For Meals!</b></p> <p>8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30am - 12:30pm Lunch<br/>                     1:00pm Euchre</p> <p style="text-align: center;">~Chocolate Fountain~</p> |   |
| <p style="text-align: center; font-size: 24px; font-weight: bold;">24</p>   | <p style="text-align: center; font-size: 24px; font-weight: bold;">25</p> <p>8:30 am EnhanceFitness®<br/>                     11:00 am Chair Dance<br/>                     11:30 am - 12:30 pm Lunch<br/>                     12:45 pm Bridge</p>  | <p style="text-align: center; font-size: 24px; font-weight: bold;">26</p> <p>8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30am - 12:30pm Lunch<br/>                     1:00pm Euchre</p>   |   |

# What's your **LEPRECHAUN** name?



## The first letter of your name:

|              |             |              |                   |
|--------------|-------------|--------------|-------------------|
| A - Adorable | H - Helpful | O - Outgoing | V - Vibrant       |
| B - Bubbly   | I - Itchy   | P - Playful  | W - Witty         |
| C - Cheerful | J - Jolly   | Q - Quiet    | X - X-tra Special |
| D - Dreamy   | K - Kind    | R - Restless | Y - Youthful      |
| E - Eager    | L - Lucky   | S - Silly    | Z - Zany          |
| F - Fussy    | M - Musical | T - Timid    |                   |
| G - Grouchy  | N - Noisy   | U - Useful   |                   |

## The month you were born:

|                  |                  |                   |
|------------------|------------------|-------------------|
| Jan. - McCheesy  | May - McWiggles  | Sept. - McBlarney |
| Feb. - O'Gratin  | June - O'Lucky   | Oct. - O'Doodles  |
| March - McMuffin | July - McNoodles | Nov. - McWobbles  |
| April - O'Really | Aug. - O'Wacky   | Dec. - O'Goofy    |

[www.LearningStationMusic.com](http://www.LearningStationMusic.com)

# MEALS WHEELS<sup>®</sup>

## MECOSTA COUNTY







**Save The Date!**  
**March 18th through March 22nd!**

**Join us in celebrating our  
March For Meals Campaign!**

**We will be having Celebrity Community  
Champion Servers and Musical Guests  
all week as well as a Bake Sale and a  
Chocolate Fountain station!**

# March 2024 Center PULL OUT & PIN UP

| WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY     |
|--|---|---|--------------|
|  |   | <b>1</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm Lunch<br>1 pm Euchre<br>1 pm Bingo   | <b>2</b>     |
| <b>6</b><br>8:30am EnhanceFitness®<br>Zoom<br>10:45am Steve Troyer<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm <br>Lunch<br>1 pm Euchre<br>BBQ Belated Birthday Bash!  | <b>7</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                      | <b>8</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo  | <b>9</b>     |
| <b>13</b><br>8:30am EnhanceFitness®<br>Zoom<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre   | <b>14</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm Lunch<br>12:45pm Pinochle<br>12:45pm Scrabble & Mah Jongg   | <b>15</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo   | <b>16</b>    |
| <b>20 March For Meals!</b><br>8:30am EnhanceFitness® Zoom<br>9:00am Advisory Board Mtg.<br>9a-3p Foot Clinic(By Apt)<br>10:45 Music with Mark B.<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm <br>Lunch<br>1 pm Euchre <br>~Bake Sale~ | <b>21 March For Meals!</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg<br><br>~Bake Sale~ | <b>22 March For Meals!</b><br>8:30 am EnhanceFitness®<br>10:45am Dave Marasus<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre <br>1 pm Bingo<br><br>~Bake Sale~ | <b>23</b>    |
| <b>27</b><br>8:30am EnhanceFitness®<br>Zoom<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre   | <b>28</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                     | <b>29 Good Friday!</b><br><br>8:30 am EnhanceFitness®<br><br><b>Closing at Noon!</b>  | <b>30/31</b> |



# MARCH FOR MEALS

The annual March for Meals celebration commemorates the historic day on March 22, 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for awareness to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come! Call and ask what you can do to support our local Meals on Wheels here in Mecosta County!



BELATED



**BASH**

JOIN US WEDNESDAY MARCH 6TH TO CELEBRATE OUR BIRTH-DAYS FOR THE MONTHS OF JANUARY, FEBRUARY AND MARCH! WE COULDN'T CELEBRATE BECAUSE OF THE SNOW DAYS SO WE ARE HAVING ONE BIG PARTY! WE WILL BE SERVING BBQ CHICKEN AND STEVE TROYER WILL BE JOINING US FOR THE DAY TO PLAY SOME FUN MUSIC!

# Are you interested in learning how to play Euchre?

We have started a beginners class in January at 12:00pm and will run every Wednesday. Come out and join us and try your hand! If you would like to stay after the class and observe our normal scheduled Euchre group the game starts at 1:00pm and goes until 3:00pm. If you have any questions you can contact Jess at 231-972-2884. Hope to see you there!



MARCH  
FOR  
MEALS

MARCH 18TH THROUGH MARCH 22ND!!!

MONDAY

Lunch will be Chicken Drummy and it will be served by Sheriff Brian Miller as well as the Under Sheriff from Mecosta County. We are also having a St. Patrick's Day inspired dessert!

TUESDAY

Lunch will be Salisbury Steak and we will be having a Chocolate Fountain Station! You can get a skewer with 4 pieces of fruit for only \$1!

Wednesday

Lunch will be Prime Rib Sandwich and we will be having a Bake Sale with all the proceeds going to the Meals on Wheels! We will also have Mark Baumann playing music with us!

THURSDAY

Lunch will be Turkey with all the Fixins! We are continuing our Bake Sale today!

Friday!

Lunch today will be Baked Pork Chop! We will have a 50/50 Raffle today as well as our Bake Sale! We will also have music with Dave Marasus!



We Have the Best Volunteers  
In the Mid-West

Put on Your Best Western Dress

On April 24 at High Noon  
We'll Rustle Up Some Grub

&

Try to Show You How Much We Appreciate You



# **SCAMS SCAMS SCAMS SCAMS SCAMS!!**

Please be aware there are many scammers attempting to contact you on a daily basis. Below are just a few to watch out for:



## **Grandparent Scams**

In this scenario, a person will pretend to be the grandchild of the person who answers the phone and ask for money. The caller might claim they are having an emergency, such as a car accident or problem with the law, and don't want anyone to find out. They might ask you to send them money or gift cards.

These scammers often harvest the information they need to make the call appear legitimate from obituaries and social media. Setting up a code word for the grandchild to use in a real emergency is a good thing to do. Hang up and call the grandchild yourself to make sure the call is legitimate.

## **Internet Scams**

If you share information about yourself through social media, you could be targeted by scammers online. Internet scammers can find out personal information about you that is available online and use that to craft a scenario that might motivate you to provide funds or share more information. Below is a popular example:

The scammer pretends to be an officer in the army and claims they need money to get back from Afghanistan and visit their kids. If you receive a message on line or on facebook that asks you to click on a link or share details about your identity or make a payment, press "delete."

## **Investment Scams**

You might get contacted by a person claiming to be a financial advisor, real estate investor or wealth manager who promises an exciting investment opportunity or big returns if you send them funds. These scams will take your money and not return anything to you. Before sending any contributions to a new investment, consult a trusted advisor with appropriate credentials and avoid fast decisions.

## **Medicare Scams**

Someone may contact you claiming to be a Medicare representative who can help you save money by getting some form of additional coverage. The caller might ask for personal information or checking account numbers, and even have some information about you. If you get a Medicare-related call, email or text, ignore it. If you have questions about your health coverage, contact Medicare directly.

# SIGN UP FOR OUR BROADCAST SYSTEM!!!

If you would like to stay on top of what's going on here at the Commission on Aging you can sign up to receive text and or phone calls about our upcoming events, holidays we are closed or cancellations due to weather. If you haven't signed up yet stop and see Jess or call 231-972-2884.



# STATS

Country Boutique Sales: \$154.98  
Card Sales: \$82.00  
Yard Sale:  
Consignee Sales: \$66.50  
**Total Country Boutique Sales: \$303.48**



**Registered Visits For:**

|  |     |
|--|-----|
| Dining Room Meals                                | 660 |
| Activities/Special Events & Educational Speakers | 310 |
| Service Inquiries & Clinic Visits                | 18  |
| Registered To Volunteer Positions                | 377 |

If you have items that have been recently removed from the boutique please contact Jess to pick them up.



**Mecosta County Senior Center Board**  
12954 80th Avenue  
Mecosta, Michigan 49332

Mecosta County  
Senior Center Board  
Nonprofit Organization  
U.S. Postage Paid  
Mecosta, Michigan  
Permit No. 5

The Mecosta County Commission on Aging is funded by county millage, contributions, memorials, and local fundraising. Grant funding is through the Michigan Department of Transportation, Older Americans Act, Office of Services to the aging, Mecosta-Osceola United Way, Area Agency on Aging, and Mecosta County Area Foundation. The Mecosta County Commission on Aging certifies that it complies with the Department of Health and Human Services Regulations under Title VI of the Civil Rights Act of 1964.

[www.mecostacounty.org/mccoa](http://www.mecostacounty.org/mccoa)