



# *The Senior Connection*

January 2021

**VOLUME 1**

**ISSUE 7**

*St. Joseph County Commission on Aging Newsletter*



**Happy Birthday Michigan! Our beautiful state was admitted to the  
Union 184 years ago on January 26, 1837.**



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**St. Joseph County**  
**Commission on Aging**

**Rivers Enrichment Center**  
**& Residence**

1200 W. Broadway Street  
Three Rivers, MI 49093  
269-279-8083  
1-800-641-9899  
8am - 4pm (M-F)

**Oaks Enrichment Center**

306 N. Franks Avenue  
Sturgis, MI 49091  
269-279-8083  
1-800-641-9899  
8am - 4pm (M-F)

www.sjccoa.com  
FAX: (269) 273-7058

**Holiday Closings:**  
**Friday, January 1,**  
**2021 and Monday,**  
**January 18**

**Like us on Facebook!**  
**Follow us on**  
**Instagram (sjccoa)**  
**and YouTube**



# A Season to Give Thanks

We can all agree that 2020 has been a rough year. However, there is little doubt that the COA has been blessed with generous donations *to* our seniors and *by* our seniors. It truly is heartwarming! Here is a recap of some fantastic donations we have received and given in December.

Both our centers had an Angel Tree so seniors could donate new, unwrapped toys to the **Salvation Army** for children in need. We also had a hat and mitten tree to give these cold weather necessities away to people who could not afford them. As always, our seniors did not disappoint with their generous spirit. Our Life Enrichment Team filled their cars in mid December with bags of toys to give to the Salvation Army. To everyone who donated, thank you for your kindness!



Residence. **Thank you Home Depot** for your generous gift that will be enjoyed for years to come not only by the residents of the apartments but also by our seniors who come to our center for lunch and activities.

**L.A. Café in Three Rivers** also has found a way to let our seniors know that their community cares about them. The restaurant donated 20 lunches each week for six weeks to be distributed to our Meals on Wheels clients. What a treat! **We are so thankful to L.A. Café** and its desire to give back!

Once again, **UAW Local 2093** in Three Rivers came forward and donated three Thanksgiving dinners to COA veterans who may struggle to afford a nice meal. Our Nutrition Department identified those veterans and they were thrilled to receive a delicious and nourishing meal for the holiday.

**THANK YOU TO EVERYONE WHO HAS DONATED!** We are so fortunate to have a community as generous as St. Joe County!



**Home Depot in Three Rivers** contacted the COA and offered to donate holiday decorations for the residents living in the apartments at the Three Rivers center. Wow! What a nice gift. Lights and a new tree and other holiday décor were donated and displayed in the atrium of the Rivers



## Senior Advisory Council Meetings

Tuesday, January 19, 2021

9:00 a.m.

This meeting will most likely take place via Zoom. Please call the COA at 279-8083 and ask for Ruth if you would like a Zoom invite or email her at [rmancina@sjccoa.com](mailto:rmancina@sjccoa.com)

All seniors are welcome to participate

## Severe Weather Closings

To find out if the COA will be closed during severe weather, we suggest you obtain information from the following radio and television stations:

WLKM AM 1510

WLKM FM 96

WBET FM 99.3

WWMT (CBS)

WOOD (NBC)

WOTV (ABC)

### The COA is supported by funds from:

- ♦ Administration on Aging
- ♦ Michigan Office of Services to the Aging
- ♦ Branch-St. Joseph County Area Agency on Aging IIIC
- ♦ St. Joseph County Senior Millage
- ♦ Older Americans Act
- ♦ Older Michiganians Act
- ♦ Donations

The COA complies with Title VI of the Civil Rights Act of 1964.

# Update on COA Centers



To comply with the Michigan Department of Health and Human Services Epidemic Order, the COA stopped offering any group activities at its two enrichment centers on Wednesday, Nov. 18, 2020 and this order remained in effect through the end of the year.

The COA remains open for single household exercise and computer use; purchase restaurant tickets; medical loan closet needs; membership renewals and for Medicaid/Medicare enrollment assistance.

Our community-based support services such as Meals on Wheels will continue to serve meals to our homebound seniors and our aides will also continue to help seniors in their homes. The COA is committed to helping its seniors and staff stay safe and our staff adhere to all recommended safety protocols when serving seniors in their homes.

At the time this newsletter went to print, no decision had been made as to when we would open again for group activities. Stay tuned to the COA website, its Facebook page, radio stations WLKM, WRCL, and WBET and local newspapers for updates.

Stay Safe and Stay Healthy!

## Book Club News

The Three Rivers Book Club is reading *Women Who Run with Wolves* by Clarissa Perkola Estes. That book will be discussed on Thursday, January 14 at Noon. At the time the newsletter went to print, it was not known if the center would be open for group activities. If it is, we will meet in person. If we are still closed for group activities, then we will do it through Zoom. Please call Ruth Mancina at (269) 279-8083 or email her at [rmancina@sjccoa.com](mailto:rmancina@sjccoa.com) for more information on how you can participate.

The Sturgis Book Club is reading *The Giver of Stars* by Jojo Moyes. Please call the Sturgis Library and ask for Karen Good if you would like a copy of the book. The group is scheduled to meet January 21, 2021 at 3 p.m. Again, whether that meeting will take place in person or not was not known when the newsletter went to press. Questions about Book Club? Contact a member of our Life Enrichment Team, Amanda or Ruth.

## Upcoming Foot Doctor Dates

Oaks Enrichment Center in Sturgis

Tuesday, February 9

Rivers Enrichment Center

Monday, March 1

The 2021 schedule is available at our reception desks and on our website. Appointments required by calling the COA

The COA Advisory Board is scheduled to meet on Wednesday, January 20, 2021 at 1:30 p.m. It most likely will be a Zoom meeting. If you would like an invitation to the meeting, please contact Ruth Mancina at (269) 279-8083. You can also email her at [rmancina@sjccoa.com](mailto:rmancina@sjccoa.com)

Any member of the public is welcome to attend these meetings. A listing of who is on the COA Advisory Board, minutes from past meetings, and a 2021 meeting schedule are on the COA website: [www.sjccoa.com](http://www.sjccoa.com)



## Craft Kits for January!

It's all about creating a warm and friendly environment in the home. All of our craft kits are to-go. Please call the COA at (269) 279-8083 to make a reservation as supplies are limited. All kits can be picked up at the center of your choice on the Fridays listed below. Questions? Give us a call at 279-8083 and we'll be happy to help.

### January 8

Grapevine wreath inside a frame. Please note our wreaths are round.



### January 15

Bead Décor that could be used anywhere in the home. Amanda will give you some ideas on her video.



### January 22

Vase Enclosure. Add a battery-operated candle and the effect is stunning.



## HAPPY BIRTHDAY ELVIS!



The King of Rock and Roll was born on January 8, 1935 in Tupelo, Mississippi. Most of us know that. But here are a few other fun facts about Elvis and his famous home, Graceland, that maybe you did not know. Presley paid \$102,500 for Graceland - an equivalent of about \$924,000 today. You

would probably guess that he always had peanut butter and bananas in the mansion, but he also insisted there be cans of sauerkraut, fresh banana pudding and Doublemint gum in the kitchen at all times? Did you know that Graceland has five sets of stairs and a portion of the upstairs area is forbidden to the public - it was a private place where Presley found solace from the outside world. He, along with his mother Gladys were reinterred at Graceland's Meditation Garden in 1977 because attempts were made to steal his body from his gravesite in Forest Hill Cemetery.

Get on the COA Facebook Page on January 8th and Amanda will have posted a special Elvis video by 8 a.m.

## Popcorn and a Movie: Perfect on a Cold Winter Night!

Most people love popcorn. Actually, there is scientific evidence that people especially love the *smell*! When you're watching a movie, there is nothing better than snacking on a big bowl of buttery popcorn. We're giving away a free tub of popcorn to any senior who stops by the COA on **Friday, January 29**. Please call us and let us know you plan to snag some popcorn that day so we can make sure we have enough for everyone.



**The popcorn will be available for pickup from 8 a.m. to Noon on the 29th.**

We'll post something on Facebook that day, too. Leave your comments below the post and let us know what movie you plan to watch or offer some suggestions for great movies to help all of us get through these cold, winter months!

## VOLUNTEER OPPORTUNITY!

Three Rivers Area Mentoring (TRAM) is looking for volunteers. The organization is looking at ways to mentor on-line. Are you interested in mentoring a student one hour per week? Then please call Teri Lennon at (269) 503-3581 for more information.

Mentors spend one-on-one time with their mentee, typically students in second through 12th grade. TRAM will match you with a student that has similar interests so you will enjoy activities together.

TRAM strives to empower young people to pursue excellence, productivity, and responsibility, to succeed in school, friend and family relationships and to combat substance abuse and violence.

If you are interested in getting involved, then consider volunteering with TRAM. You can learn more by visiting its website at [www.threeriversareamentoring.org](http://www.threeriversareamentoring.org)



## SUPPORT

### Alzheimer's Association Caregiver Support Group

In-person meetings are still on hold. If you need support, please call the Alzheimer's Association 24/7 Hotline (800.272.3900). Through this free service, specialists and master's level clinicians offer confidential support and information to people with the disease, caregivers, families and the public. You can contact the helpline day or night for information about local programs and services. You can also receive a confidential care consultation and receive help with decision-making support, crisis assistance and education on issues families face every day.

alzheimer's  association

### Kinship Care Support Group

A support group for grandparents and other relative caregivers raising grandchildren.

This group normally meets on the third Thursday of the month at 6:00 pm but meetings are cancelled until further notice.

**The support group leader is going to have a virtual meeting on Thursday, January 21 at 6 p.m.** If you would like to participate, please give the group leader a call so he can email you an invitation. The contact person is Clark Fries and he can be reached at 269-858-5704.

## EDUCATIONAL

### Technology Help is Available at the COA - Give us a Call!

If you have any questions related to your computer or a mobile device, such as a smart phone or iPad, perhaps we can help! Whether you need help turning things on, navigating the Internet, sending photos, questions about your email, or questions about Facebook and other social media sites, we can try to assist you. Call 279-8083 to make an appointment.

## JANUARY PRODUCE GUIDE



BEETS



BROCCOLI



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



CITRUS FRUITS



HARDY HERBS



KALE



PEARS



POMEGRANATES



SWEET POTATOES



WINTER SQUASH

Every Monday in January we will post a recipe on Facebook using produce that is in season. We also will have copies of the recipes at our reception desks!

## FITNESS

### VIRTUAL CLASSES

*If you can't join the instructor at the time she does her class, no problem. You can always find the video on our Facebook page and on our YouTube channel and watch it when it's convenient for you. THE ONLY EXCEPTION IS OUR ZUMBA GOLD CLASS WHICH CAN ONLY BE OFFERED THROUGH ZOOM. IF YOU WOULD LIKE TO RECEIVE AN EMAIL INVITATION TO DO ZUMBA GOLD PLEASE READ THE PINK BOX BELOW.*

#### MONDAY

1pm - Chair Yoga with Lynn Zeiler

2pm - Zumba Gold with Lynn Zeiler - ZOOM ONLY

#### TUESDAY

11am - Arthritis Exercise with Cathy Taylor

#### WEDNESDAY

9:30am - Say YES! To Weights with Cathy Taylor

#### THURSDAY

11am - Arthritis Exercise with Cathy Taylor

1pm - Chair Yoga with Lynn Zeiler

2pm - Zumba Gold with Lynn Zeiler - ZOOM ONLY

**Lynn Zeiler is offering Zumba Gold through Zoom. If you would like to participate, please email Lynn at [coazumbagold@gmail.com](mailto:coazumbagold@gmail.com)**

**You can also call her at 269-COA-1692 or 269-262-1692.**

**Lynn will give you the invitation to the class. Zoom is super easy to use and you can do Zumba Gold in the comfort and safety of your own home.**

**If you need help with Zoom - call the COA and a staff member will be happy to help.**

#### **PLEASE CALL TO USE OUR FITNESS ROOMS**

Both our Enrichment Centers in Three Rivers and Sturgis have fitness rooms that are available for individual use or up to 2-3 people from the same household. If you would like to use either one of our Fitness Rooms, you must call the COA at 279-8083 and make a reservation.



# Meals on Wheels & To-Go Menu

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## JANUARY 2021

DATE	HOME DELIVERED MENU ENTRÉE	TO-GO MENU
Monday, January 4	Salisbury Steak, Potatoes & Mushroom Gravy, Veggies	Chicken Salad Croissant, Broccoli Salad, Three Bean Salad
Tuesday, January 5	Breaded Fish Wedge, Autumn Blend Veggies, Fruit	Deviled Ham Sandwich, Tomato Salad, Coleslaw
Wednesday, January 6	Rosemary Chicken, Lima Beans, Spring Vegetables	Winter Chopped Salad with Chicken, Fruit, Muffin
Thursday, January 7	Red Beans & Rice with Sausage, Corn with Peppers, Squash	Meatloaf Sandwich, German Potato Salad, Tossed Salad
Friday, January 8	Cheese Tortellini with Marinara Sauce, Carrots, Fruit	Apple-Swiss-Turkey Sandwich, Potato Salad, Veggies & Dip
Monday, January 11	Chicken Tenders over Zesty Orange Rice, Bean Blend, Veggies	Ham & Swiss Sandwich, Potato Salad, Kidney Bean Salad
Tuesday, January 12	Western Style Omelet, Peaches, Cheese, Fruit	Butternut Squash & Bacon Salad, Muffin, Fruit
Wednesday, January 13	Turkey & Dressing with Gravy, Green Beans, Corn, Fruit	Bruschetta Chicken Wrap, 3-Bean Salad, Creamy Cucumbers
Thursday, January 14	Beef Patty & Onion Gravy, Redskin Potatoes, Fruit	Roast Beef & Cheddar Sliders, Potato Salad, Bean & Corn Salad
Friday, January 15	Pork Patty & Gravy, Spinach, Sweet Potatoes, Fruit	Cobb Salad, Roll, Mandarin Oranges
Monday, January 18	<b>CLOSED FOR HOLIDAY</b>	<b>CLOSED FOR HOLIDAY</b>
Tuesday, January 19	Cheese Manicotti & Alfredo Sauce, Veggies, Squash, Fruit	Egg Salad Croissant, Carrot Raisin Salad, Cole Slaw, Fruit
Wednesday, January 20	Chimichurri Chicken, Stewed Tomatoes, Black Beans & Corn	Chopped Chicken & Sweet Potato Salad, Muffin, Fruit
Thursday, January 21	Meatballs & Mushroom Gravy, Rice, Zucchini, Mixed Veg	Chef Salad, Roll, Fruit
Friday, January 22	Ginger Pork, Redskin Potatoes, Green Pea Blend, Fruit	Chicken Cucumber Pitas, Tomato Salad, Pea Salad, Fruit
Monday, January 25	Waffles, Turkey Sausage, Cubed Potatoes, Sliced Apples	Turkey & Cheddar Sandwich, Baked Beans, Potato Salad
Tuesday, January 26	Herb Chicken, Mashed Potatoes & Gravy, Green Beans	Tomato & Egg Sandwich, Broccoli Salad, Marinated Veggies
Wednesday, January 27	Macaroni & Cheese, Stewed Tomatoes, Bean Blend, Fruit	Cream Cheese Sliders, Black Bean & Corn Salad, Coleslaw
Thursday, January 28	Swedish Meatballs Over Noodles, Broccoli, Black Bean Blend	Tuna Salad Croissant, Ambrosia, Carrot Raisin Salad, Potato Salad
Friday, January 29	Southern Style Fish Over Rice and Veggies, Peas, Fruit	Cranberry Turkey with Arugula Sandwich, Pea Salad, Marinated Vegetables, Fruit

Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

**Call the COA 48 hours in advance to reserve your to-go lunch at Three Rivers or Sturgis.**

**You can also make a reservation on our website at [www.sjccoa.com](http://www.sjccoa.com)**

**Questions? Call Nutrition Manager Katie Hughes at 279-8083, Ext. 109**



**Rivers Enrichment Center**  
**269-279-8083**  
**1200 W. Broadway Street**  
**Three Rivers, MI 49093**  
**Lunch can be picked up**  
**between 11:30-12:30**

**Oaks Enrichment Center**  
**269-279-8083**  
**306 N. Franks Avenue**  
**Sturgis, MI 49091**  
**Lunch can be picked up**  
**between 11:30-12:30**



The Commission on Aging will be closed on Friday, January 1, 2021 for New Year's Day and Monday, January 18, in honor of Martin Luther King, Jr. Day.

*The Senior Connection*

St. Joseph County Commission on Aging  
1200 W. Broadway Street  
Three Rivers, MI 49093

Address Label



Want *The Senior Connection* mailed to your home?

Please enclose this form with a check for \$8.00 and mail to:

COA  
1200 W. Broadway Street  
Three Rivers, MI 49093

Checks payable to: COA

\*Include your full name and mailing address

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_