



The Senior Connection

February 2021

VOLUME 2

ISSUE 7

St. Joseph County Commission on Aging Newsletter



**Need Help
Registering
for the
COVID-19
Vaccine?**

**The COA & Area Agency on Aging are
working with our County Health
Department to Ensure our
Seniors Get Registered.
Turn to Page 4 for Details!**

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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:

Monday

February 15

Presidents Day

Like us on Facebook!

Follow us on

Instagram (sjccoa)

and YouTube



COA Welcomes New Executive Director

Pamela Riley, Au.D., is the new Executive Director for the COA. Pamela, a Centreville resident, brings a wealth of business acumen to the COA as a former CEO of a medical-based audiology practice.

With Pamela's leadership, the practice grew from two to seven private audiology clinics in Michigan and Indiana. Her more than two decades of expertise in financial oversight, public relations, personnel and program management are a perfect fit for the Commission on Aging as it continues to serve as the primary resource for senior citizens in St. Joseph County to help them maintain independence.

"I am thrilled that our county leadership offered me this opportunity," said Pamela, who started at the COA January 4. "I am looking forward to helping the COA continue to strengthen its role in our community as a leader in senior services."

The COA has a strong reputation in the county and she said she is excited to build on that to ensure all seniors have the support and resources they need to thrive physically, mentally and socially.

County Administrator Teresa Doehring said there were several strong candidates that applied for the position, but Pamela stood out during the interview process.

"Pam's extensive business experience and leadership skills were impressive, and it was clear she would be an exceptional leader for the Commission on Aging, which supports such an important segment of our county's citizens," Doehring noted.



THANK YOU TO OUR GENEROUS DONORS!

Once again, the Three Rivers Elks Club stepped up to help provide a few seniors with gift cards to Meijer. The cards were donated to seniors in financial need and were given to them right before Christmas. Each year, the Three Rivers Elks Club has provided food and holiday gifts to seniors in need and we truly appreciate their support!

Meijer in Sturgis donated gift cards to the COA that members of our Life Enrichment and Nutrition teams will use to purchase craft supplies, treats, Bingo prizes and other items that we LOVE to provide to our seniors. Their donation helps us out and we are thankful to have a partnership with community leaders like Meijer!

AARP Foundation Tax Aide

Not Offering In-Person Tax Preparation

Due to COVID-19, the AARP Foundation is **not** offering in-person tax preparation at the COA Enrichment Centers. If this decision changes, we will make sure to announce it in the media, on our Facebook page and on our website.

In the meantime, the AARP Foundation may be offering tax preparation virtually. Please call the AARP Foundation Tax Aide at 888-687-2277 for more information or visit their website at www.aarp.org/money/taxes/aarp_taxaide/

Project Advisory Council (P.A.C.) Meeting

Tuesday, February 16, 2021

11:00 a.m.

This meeting will 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@sjcoa.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 III C
- ◆ St. Joseph County Senior Millage
- ◆ Older Americans Act
- ◆ Older Michigianians Act
- ◆ Donations

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

Mardi Gras Drive Thru Celebration

We miss having our parties at the centers on special occasions like Mardi Gras. We're not going to let this pandemic stop us from still having some fun.

On Wednesday, February 10 we're going to offer a Mardi Gras Celebration Kit to our members. Just drive up to the front door and we will give you a bag filled with treats and fun facts about Mardi Gras.

In Three Rivers we'll be giving out kits from 11 a.m. to 11:30 a.m. and in Sturgis we'll be there from 1 p.m. to 1:30 p.m.



Our bags will include a cup of Gumbo that can be re-heated for later. It also will have a piece of King Baby cake, another New Orleans tradition. One lucky individual will get a piece of cake that has a small baby figurine baked inside the cake. If you get the baby, please call us and let us know - we have a special prize for the winner from each center.

If you would like to receive a Mardi Gras Celebration Kit, you must call the COA at (269) 279-8083 by Friday, February 5.

ZOOM SCHOOL 101

Zoom is a video & audio conferencing system that allows you to interact with other people using your computer. It is a great way to participate in a class or chat with friends in the comfort and safety of your home.



However, even though Zoom is super easy to use, it can be intimidating to learn something new.

Never fear, your Life Enrichment Team is here to help. If you would like to take a Zoom class, Amanda and Ruth are offering a class on Tuesday, February 23 at 1 p.m. Let us know you would like to participate in the class and we will call you for a one-on-one consultation on the phone, prior to February 23 to teach you how to get on Zoom.

Then we will have a Zoom meeting at 1 p.m. on February 23 with all of our class participants and you will become a graduate of Zoom School 101.

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February Means Valentine's Day

This month we have two craft kits available. The first one is "Love Lives Here" Décor. Our version is smaller - each heart is approximately five inches in diameter. You can hang it on your door or anywhere in your house and it will be super cute.

Our second craft kit is a white bowl/planter that will be perfect to use with a live plant or you could fill in with faux flowers and change it for different seasons or holidays. How cute will this bowl be next month with just some simple greenery? You are ready to celebrate St. Patrick's Day. Add some tulips the next month and your home will be ready to welcome Spring!

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. The COA is open from 8 a.m. - 4 p.m.

Friday, February 12



Friday, February 19



*Greenery and Books
Not Included*

Help is Available to Register for COVID-19 Vaccine

The Branch-Hillsdale-St. Joseph Community Health Agency is working with the COA and the Area Agency on Aging IIC and Region 2 to help ensure those over 65 know they are eligible for vaccination.

As the registration process is only online, please reach out to a friend, neighbor or family member to assist you. To register, you need to go to the Branch-Hillsdale-St. Joseph Community Health Agency website, which is www.bhsj.org

If you do not have the technology or an email address to get registered, or you do not have a friend or family member to assist, a message can be left at 517-278-2538 if in Branch or St. Joseph counties to request assistance in scheduling an appointment.

PLEASE LEAVE A MESSAGE WHEN YOU CALL AND DO NOT KEEP CALLING BACK. THEY WILL CALL YOU.

The health department will post available vaccine appointments on its website - www.bhsj.org - weekly on Mondays at 9 a.m. These slots fill up FAST, so make sure you are on the website early.

COA Board Meeting

The COA Advisory Board is meeting Wednesday, February 17, 2021 at 1:30 p.m. It will be a Zoom meeting until further notice.

Please call the COA in early February to find out details about the meeting location and/or format if you would like to attend. Any member of the public is welcome to attend COA Board meetings.

More information about the Advisory Board can be found on the COA website: www.sjcco.com

SERVICES

Foot Doctor

Oaks Enrichment Center in Sturgis

Tuesday, February 9

9:30 am - Noon

Rivers Enrichment Center

Monday, March 1

9:00am - Noon

The 2021 schedule is available at our reception desks. We can also email you the 2021 schedule or mail it to you - just give us a call and let us know.

Appointments required by calling the COA at 269-8083.

Free On-Line Classes for Seniors

Michigan's Aging & Adult Services Agency has formed a partnership with GetSetup, a company dedicated to creating economic and learning opportunities for adults.

Offerings include classes on how to use a smartphone or tablet, how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine, as well as virtual social hours. An internet connection is all that is needed to access GetSetup.

To learn more, go to the GetSetup website at: <https://www.getsetup.io/partner/michigan>

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 meets on the third Thursday of the month at 6:00 pm. In-person meetings are cancelled until further notice. **The support group leader is going to have a virtual meeting on Thursday, February 18 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.

Book Club

The Three Rivers Book Club is reading *Dutch House* by Ann Patchett. That book will be discussed on Thursday, February 11 at Noon via Zoom.

Please call Ruth Mancina at (269) 279-8083 or email her at rmancina@sjcco.com for information on how you can participate.

Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *Educated* by Tara Westover. 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 February 18, 2021 at 3 p.m.

COA ACTIVITIES

VIRTUAL FITNESS CLASSES



We are offering all exercise classes on our Facebook page or via Zoom.

We also upload our classes to our YouTube channel.

If you need any help with Facebook, YouTube or Zoom, or

finding the COA on these platforms, please call us at 279-8083 and ask for Ruth or Amanda. This exercise schedule is subject to change. We are following the guidelines and orders coming from the Michigan Department of Health and Human Services.

Please visit the COA website at www.sjccoa.com or our Facebook for up-to-the-minute news.

We miss all of you!

PLEASE CALL TO USE OUR FITNESS ROOMS

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, please call the COA at 279-8083 to make a reservation.

Chair Yoga - Facebook

Mondays & Thursdays
(1pm - 1:45pm)

Instructor: Lynn Zeiler

Zumba Gold - Virtual via Zoom

Mondays & Thursdays
(2pm)

Instructor: Lynn Zeiler

Zumba Gold is offered through Zoom - email Lynn at coazumbagold@gmail.com and let her know you would like an invite.

Say YES! To Weights - Facebook

Three Rivers: Wednesdays
(9:30am)

Instructor: Cathy Taylor

Arthritis Exercise - Facebook

Take part in low impact exercise for those with arthritis or related conditions. Class designed to help mobility. Our instructor is AFEP Certified. (Evidence Based)

Tuesdays & Thursdays
(11am)

Instructor: Cathy Taylor

FEBRUARY 2021

DATE	HOME DELIVERED MENU ENTRÉE	TO-GO MENU
Monday, February 1	Cheese Ravioli with Marinara, Cauliflower, Broccoli	Roast Beef & Swiss Sliders, Potato Salad, Baked Beans
Tuesday, February 2	Breaded Pollock, Green Peas, Carrots, Fruit	Chicken Salad Croissant, Broccoli Salad, Three Bean Salad
Wednesday, February 3	Sausage & Egg Burrito, Applesauce, Hash Browns	Deviled Ham Sandwich, Tomato Salad, Coleslaw, Fruit
Thursday, February 4	Turkey & Dressing with Gravy, Green Beans, Corn, Fruit	Winter Chopped Salad with Chicken, Fruit, Muffin
Friday, Friday, February 5	Homestyle Meatloaf, Redskin Potatoes, Winter Vegetables	Meatloaf Sandwich, German Potato Salad, Tossed Salad
Monday, February 8	Honey Mustard Chicken, Sweet Potatoes, Brussels Sprouts	Ham Sandwich, Potato Salad, Kidney Bean & Pea Salad
Tuesday, February 9	BBQ Pork Patty, Whole Kernel Corn, Redskin Potatoes,	Butternut Squash & Bacon Salad, Muffin, Fruit
Wednesday, February 10	Swedish Meatballs Over Noodles, Broccoli, Black Bean Blend	Bruschetta Chicken Wrap, 3-Bean Salad, Creamy Cucumbers
Thursday, February 11	Pork Patty & Mushroom Gravy, Green Beans, Fruit	Roast Beef & Cheddar Sliders, Potato Salad, Bean & Corn Salad
Friday, February 12	Sausage Patties & Biscuit with Gravy, Cinnamon Apples	Cobb Salad, Roll, Mandarin Oranges
Monday, February 15	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
Tuesday, February 16	Cheese Omelet, Potatoes, Turkey Sausage, Applesauce	Egg Salad Croissant, Carrot Raisin Salad, Cole Slaw, Fruit
Wednesday, February 17	Cheese Lasagna, Green Beans, Yellow Squash, Fruit	Turkey & Swiss Sandwich, Loaded Potato Salad, Veggies & Dip
Thursday, February 18	Breaded Fish with Coconut Curry Rice, Butternut Squash	Chopped Chicken & Sweet Potato Salad, Muffin, Fruit
Friday, February 19	Chicken and Honey Lemon Rice, Black Beans & Corn	Chef Salad, Roll, Fruit
Monday, February 22	Chicken Parmesan, Redskin Potatoes, Mixed Vegetables	Turkey & Cheddar Sandwich, Baked Beans, Potato Salad
Tuesday, February 23	Pork Patty & Gravy, Spinach, Sweet Potatoes, Fruit	Tomato & Egg Sandwich, Broccoli Salad, Marinated Veggies
Wednesday, February 24	Creamy Country Fried Steak, Redskin Potatoes, Mixed Veggies	Cream Cheese Sliders, Black Bean & Corn Salad, Coleslaw
Thursday, February 25	Breakfast Scramble, Asparagus, Hash Browns, Fruit	Tuna Salad Croissant, Ambrosia, Carrot Raisin Salad, Potato Salad
Friday, February 26	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli, 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.sjcco.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 Monday, February 15, in honor of



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 # _____

