

SAGINAW COUNTY COMMISSION ON AGING

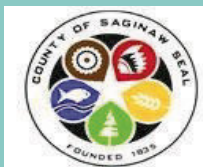


Happy Social Workers Month

Thank you to our caring team! We appreciate you!

OUR MISSION STATEMENT

Since 1973 Saginaw County Commission on Aging has provided many programs and services to meet the needs of older adults. Our goal is to help older adults to continue living independently in their own homes. We also offer unlimited volunteer opportunities for older adults who desire to stay active and involved in the community.



March 2025

OFFICE HOURS: MON-FRI 8AM-5PM

Office: 989-797-6880 / **Toll-Free:** 1-866-763-6336

Fax: 989-797-6882 / **Transp:** 989-797-6888

Website: saginawcounty.com

Facebook: @SAGINAWCOA

Jessica Sargent, Director

jsargent@saginawcounty.com

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rcorley@saginawcounty.com

Karen Brenner, Admin. Prog. & Transp. Supervisor

kbrenner@saginawcounty.com

Adam Stephan, Food Service Supervisor

astephan@saginawcounty.com

Susan Caister R.D., Nutrition Program Manager

Dine-In & Carry Out Meals

Senior Centers are a place to gather, meet our friends and share a meal, recently we have added the ability to order a Carry Out Meal. These meals still must be reserved but you can take it out and eat at home or with friends not in the Center.

The process is the same as eating at the Center, you must fill out a Master Record yearly, sign-up for the meal, but we have some additional nutrition information regarding holding meals which we will review with you. We have several individuals that have started utilizing this service, picking up food for mom, taking a meal home to their spouse or taking it home after the activity at the Center.

We encourage participation at the Center but sometimes it just doesn't work. This now offers you flexibility.

Donations for all meals are \$2.25. As a reminder the money received in donations go directly to the food, we provide for meals served out of your Center.



Wait List Policy for Meals on Wheels Program

It may be necessary from time to time to place new Meals on Wheels applicants on a temporary wait list. A wait list is created when the demand for Meals on Wheels services exceeds our organizations funding capacity OR route space availability.

Right now, **route space availability** is the reason for the wait list. Our routes can only have so many people on it to ensure the food is held safely during the delivery process. We are experiencing an ongoing shortage of paid delivery drivers and volunteer delivery drivers which has made it challenging to deliver the already established routes. If there are more volunteers willing to assist with delivery, it may be an option to create new routes in the future.

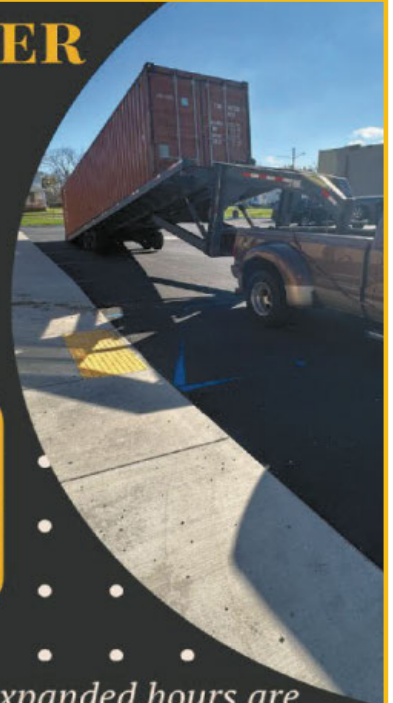
Our organization is required by the state to prioritize those of highest need first. As openings become available, participants are opened based on highest need which is determined through the assessment process. Individuals on the wait list for more than 60 days are also given priority. Of the 50 routes that are delivered each week, 16 currently have a wait list.

If you or someone you know would like to volunteer to deliver meals on wheels, contact Sheila McIntosh, Volunteer/Activities Coordinator, at 989-797-7566.



MARIE E. DAVIS SENIOR CENTER CONSTRUCTION UPDATE

- DEMOLITION BEGAN IN DECEMBER
- PROJECTED CONSTRUCTION COMPLETION 5/1/2025



Reminder to participants:

Helen Lutz is working at the Buena Vista Senior Center and expanded hours are available at this location. Contact BV Center @ 989-752-1655 to sign-up for lunch or activities OR check out any of the other locations throughout the County.

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Joyce Sheredy Bierlein
Volunteer

June 11, 1957 – January 30, 2025

Joyce passed away peacefully Thursday, January 30, 2025 after a courageous battle with cancer. Joyce volunteered as a Meals on Wheels driver and touched the lives of many seniors on her route. She started volunteering at SCCOA in 2011. Joyce enjoyed volunteering and helping others. She had a zest for life and was full of laughter and love.

SAGINAW COUNTY COMMISSION ON AGING

Donations needed!

WE ACCEPT ANY BRAND OF INCONTINENCE SUPPLIES (UNOPENED)
Our agency assists participants by providing adult incontinence supplies, as needed, through our programs. We can do this through donations and our supply closet is getting low. Supplies are distributed out, as available, at no cost.

We have a HIGH NEED for:

- Adults Pull-up Underwear for MEN and WOMEN Size S-XL (**L and XL have highest need**).
- Adult Poise Pads
- Adult Disposable Wipes
- Disposable Under pads
- Adult Disposable Gloves (latex-free)

989-797-6880
2355 SCHUST RD, SAGINAW 48603

Celebrating the lives and legacies of our Great Lakes Bay Community

Case
W. L. Case and Company
Funeral Directors
www.casefuneralhome.com

Four Locations:
4480 Mackinaw Rd., Saginaw, MI 48603 989-793-9700
Mary Lou Case, Mngr.
201 N. Miller Rd., Saginaw, MI 48609 989-781-1070
David B. Case, Mngr.
125 E. Saginaw St., Merrill, MI 48637 989-643-5990
Rebecca L. Case, Mngr.
5700 Dixie HWY., Saginaw, MI 48601 989-777-0300
Brad D. Balderstone, Mngr.

Chesaning Comfort Care
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1800 W Brady Rd.
Chesaning, MI 48616
989-607-0011

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(989) 754-3425 ext. 3502
www.voami.org • BuenaVista@voami.org
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Partnership for AFFORDABLE COMMUNITIES | Volunteers of America | MICIGAN

Swanhaven Manor
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(989) 781-6909 | TTY: 711

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INFORMATION & REFERRAL

Friendly Commission on Aging staff answer questions, provide information and refer callers to an appropriate service. This is your first step to finding the help you need for yourself or a loved one. Making this call opens a variety of assistance and opportunity to make life easier. **Unless otherwise noted you must be 60 years of age or older and a resident of Saginaw County to be eligible for services.** For more information call the main office at 989-797-6880 or TOLL FREE at 1-866-763-6336.

CASE MANAGEMENT

Professional caseworkers complete in home visits to evaluate residents for services provided by the Commission on Aging, such as Meals on Wheels, Homemaking, Personal Care, and Respite. The Case Management team is an advocate for resources and connects individuals to other agencies and programs as needed if unable to assist at our agency.

CARE MANAGEMENT

A Registered Nurse and Licensed Social Worker team use person centered planning to assist medically needy/nursing home level of care participants to remain in their homes. The team identifies needs, explores services and care options. The agency requests a voluntary cost share, based on the participants income.

MEALS ON WHEELS

Homebound older adults who are unable to prepare a well-balanced meal will receive hot and frozen meal delivery two times per week. Homebound is defined as *normally unable to leave the home unassisted, and for whom leaving takes considerable and taxing effort.* The suggested donation is \$2.25 per meal.

IN-HOME SUPPORT SERVICES

Provides limited assistance in the home in the form of Homemaking, Personal Care, or Respite. Voluntary donations are requested based on total hours of care. (Homemaking: light housekeeping; Personal Care: bathing, toileting, dressing; Respite: provides a break for Caregivers residing in the home to do with what they choose).

CAREGIVER SUPPORT

Provides training, education and support services to family, friends, partners and neighbors who are caregivers. The caregiver or the person receiving the care must be at least 60 years of age to qualify for this program.

TRANSPORTATION

Door-to-door service to medical appointments, and essential shopping. Rides must be prescheduled. Wheelchair lift service is available. Transportation prepaid tickets are available. Cost: \$2.00 each way. To schedule a ride please call up to two weeks in advance 989-797-6888.

MINORITY OUTREACH

Staff locates elderly persons in our community who may require assistance with daily living requirements. Service provision by the agency's bi-lingual staff may be in the form of assisting with issues of housing, Medicare or Medicaid questions, and referral to community resources if appropriate.

LEGAL CONSULTATION & REFERRAL CLINICS

Free legal services provided by Region VII Area Agency on Aging for an appointment call 1-800-858-1637 or 989-893-4506.

PROJECT LIFESAVER

A collaborative effort between the Saginaw County Commission on Aging and the Saginaw County Sheriff's Department. This program is offered to Saginaw County residents, who are affected by severe forms of dementia related illnesses. It gives clients access to a transmitter bracelet that is designed to assist in the tracking and locating of people who have the tendency to wander.

MEMORIALS & DONATIONS

Checks should be made payable to the **Saginaw County Commission on Aging**. Cash donations may be dropped off at our office at 2355 Schust Rd., Saginaw, MI during business hours. If you are making a donation in honor of a loved one, please write the name of that person on the memo line of the check. If you would like your donation to be applied to a particular program, service, or activity, please include it on the memo line of your check.

FOSTER GRANDPARENT

Seniors age 55 or older, who meet income guidelines, receive a tax-exempt stipend and other benefits for volunteer work with special needs children in schools and day programs.

KINSHIP CARE SUPPORT

Kinship Care Support Services offers assistance to adults aged 55 and over in Saginaw County who are raising grandchildren, nieces, nephews, and other related minors. They can receive case management services, information and referral, support groups, monthly newsletters, free educational and recreational events for the adults and children, emergency and respite care funds.

FREE CELL PHONES FOR SENIORS

Free cell phones for seniors age 60+. Donated phones programmed to reach 911 in most geographic areas that provide 911 emergency service. Contact the main office or your caseworker for more information.



**Please call the
Main office
989-797-6880**

CHESANING CENTER

Monday-Thursday | Lunch @ 11:30a

Mondays | 12:15p

Stretch & Move with Holly

Friday 7 | 10:30p

Council Meeting

Thursday 13 | Nutrition Education

Tuesday 18

Blood Pressure Checks w/ Charle Kline

Tuesday 18

Birthday Party w/ live music

cake, ice cream, free prize drawings & bingo after lunch

Tuesday | 11a-1:45p

Senior Commodities Distribution

For info call Charle Kline 517-294-3224 or

charlekline1413@gmail.com

Monday-Thursday | Open Pool

Monday-Thursday (anytime)

Boardgames, cards, puzzles, cornhole



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Senior lunch served | 11:30a
Tuesday, Wednesday, Thursday



Wednesday 12 | 11a

Speaker: Sarah Kagey, Winter Village
"The Benefits of Senior Living"

Tuesdays & Thursdays
Euchre (following lunch)

Wednesdays
Baked Goods Bingo
(following lunch)

Happy "93rd" Birthday Anne!

This bubbly lady is full of life and joy! She's a teenager at heart and we just love her. She stays active with her hobbies, reading, dancing, traveling, sewing and art.
Favorite Color: Purple
Favorite TV Show: Rick Steve's
Favorite Food: Fish
Favorite Music: Big Bands

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Have our newsletter emailed to you.

Visit www.mycommunityonline.com

BRADY

16020 PEET, OAKLEY, MI 48649
Phone: 989-845-7200
Hours: Mon-Thurs 10AM-1PM
Coordinator: Laura Nixon

BUENA VISTA

1940 S. OUTER DRIVE, SAGINAW, MI 48601
Phone: 989-752-1655
Hours: Mon-Thurs 9AM-3PM
Coordinator: Barbara Kemp-Lauria

CHESANING

YOUNG @ HEART CLUB

218 CHURCH, CHESANING, MI 48616
Phone: 989-845-6565
Hours: Mon-Fri 10AM-1:30PM
Coordinator: Amy DeGeus

ELEANOR FRANK

ROCKIN' SENIORS CLUB

2355 SCHUST ROAD, SAGINAW, MI 48603
Phone: 989-797-6895
Hours: Mon, Wed, Fri 8:30AM-2PM
Coordinator: Roselyn Turnage

FRANKENMUTH

240 W. GENESEE, FRANKENMUTH, MI 48734
Phone: 989-652-3430 EXT.197
Hours: Tues, Wed, Thurs 10AM-1:30PM
Coordinator: Joanie Patyk

FREELAND

MEMORIAL PARK

150 PARK ST., FREELAND, MI 48623
Phone: 989-798-3594
Hours: Tues, Wed, Thurs 10AM-2PM
Coordinator: Joy Scott

FRIENDSHIP (located in YMCA)

1915 FORDNEY ST., SAGINAW, MI 48602
Phone: 989-797-6801 / 989-797-6896
Hours: Mon-Thurs 9AM-1:30PM

HEMLOCK

218 S. ELM, HEMLOCK, MI 48626
Phone: 989-642-2610
Hours: Mon, Wed, Thurs 10AM-1:30PM
Coordinator: Shirley Dunbar

MAPLE GROVE

4017 PEET, CHESANING, MI 48616
Phone: 989-845-7444
Hours: Mon-Fri 9AM-2:30PM
Coordinator: Sue Quaderer

MARIE E. DAVIS

**TEMPORARILY CLOSED FOR CONSTRUCTION
NOVEMBER 1, 2024-MAY 2025**

233 N. ROOSEVELT AUSTIN AVE.
SAGINAW, MI 48607

SOUTH COLONY

180 S. COLONY, SAGINAW, MI 48638
Phone: 989-790-3289
Hours: Mon-Fri 10:30AM-1PM
Coordinator: Carol Zaremba



Hello All:

Looking for a healthier version of an egg bake by Betty Crocker? Here you go! Fresh veggies, fat-free dairy products and Bisquick Heart Smart mix make it work deliciously!

Ingredients

- 1 cup chopped zucchini
- 1 large tomato, seeded, chopped (1 cup)
- 1 medium onion, chopped (1/2 cup)
- 1/3 cup grated Parmesan Cheese
- 1/2 cup Bisquick Heart Smart Mix
- 1 cup Fat Free (Skim) milk
- 1/2 cup Fat Free egg product or 2 eggs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



Instructions

Step 1 Heat oven to 400° F. Lightly spray 8-inch square baking dish or 9-inch pie plate with cooking spray. Sprinkle zucchini, tomato, onion and cheese in baking dish.

Step 2 In medium bowl, stir remaining ingredients until blended. Pour over vegetables and cheese.

Step 3 Bake uncovered about 35 minutes or until knife inserted in center comes out clean. Cool 5 minute

Please join us for our next Caregiver/Kinship Support group meetings. You can attend by coming into the building site, 2355 Schust Road or log into our Zoom Webinar Meeting. If you have any questions or concerns please contact me at **(989) 797-7571**.

March Caregiver/Kinship Meeting are as following

<https://zoom.us> - Meeting ID Number 447 2775 - Meeting Pass Code – 9PvihQ

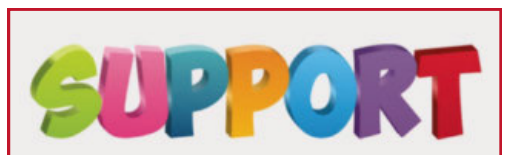
March 6, 2025 - Time 12:00 p.m.

March 13, 2025 - Time 12:00 p.m. - Speaker: Peggy, Case Funeral Home “Making Future Preparations”

March 27, 2025 - Time 12:00 p.m. - Speaker: Amy Brookdale Senior Living

Thank You,

Darlene Byrd Young, M.Ed., B.S.W.



MARCH MEAL MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|---|--|--|---|---|
| <p align="center">- 3 -</p> Alfredo Chicken Breast Bowtie Pasta Broccoli Pineapple Bits Garlic Bread Chocolate Milk | <p align="center">- 4 -</p> Chicken Tenders Mac & Cheese Diced Seasoned Tomatoes Mixed Fruit Cup Creamy Yogurt Whole Wheat Bread White Milk | <p align="center">- 5 -</p> Pollock Lemon Butter Baby Yukon Potatoes Ventian Blend Ambrosia White Whole Grain Roll White Milk | <p align="center">- 6 -</p> Salisbury Steak w/ gravy Mashed Potatoes Caribbean Blend Vegetables Grapes Multigrain Dinner Roll Chocolate Milk | |
| <p align="center">- 10 -</p> Chicken Teriyaki Seasoned Brown Rice Peas Orange Yogurt Whole Wheat Bread White Milk | <p align="center">- 11 -</p> White Chicken Chilli Malibu Veggie Blend Cornbread Fruit Punch Juice Box Mozzarella String Cheese Chocolate Milk | <p align="center">- 12 -</p> Italian Chicken Northwest Blend Tropical Fruit Salad Multigrain Dinner Roll Chocolate Milk | <p align="center">- 13 -</p> Goulash Prince Charles Garden Tossed Salad Mozzarella String Cheese Apple Chocolate Milk | |
| <p align="center">- 17 -</p> Boiled Dinner w/ Ham Green Beans Mandarin Oranges in Gelatin Sugar Cookie Whole Wheat Dinner Roll Chocolate Milk | <p align="center">- 18 -</p> Stuffed Green Pepper Redskin Potatoes Mixed Vegetables Gelatin Cup Grapes Chocolate Milk | <p align="center">- 19 -</p> Pork Cutlet w/ gravy Whole Potatoes Corn O'Brien Crispy Tomatoes w/ cucumber Chilled Pears Butterscotch Pudding White Milk | <p align="center">- 20 -</p> Country Style Turkey Casserole Key West Blend Sliced Apples Caramel Dip Multigrain Dinner Roll White Milk | |
| <p align="center">- 24 -</p> Sloppy Joe on Whole Wheat Bun Baked Beans Steamed Carrots Mandarin Oranges White Milk | <p align="center">- 25 -</p> Meatballs w/ gravy Brown Rice Pilaf w/ mushrooms Southern Style Green Beans Tropical Fruit Salad Whole Wheat Bread Chocolate Milk | <p align="center">- 26 -</p> Fish Parmesan Sliced Potatoes Swiss Vegetable Medley Pineapple Bits Multigrain Dinner Roll Chocolate Milk | <p align="center">- 27 -</p> Sliced Turkey Mashed Potatoes Glazed Carrots Cranberry Grape Juice Whole Grain Dinner Roll White Milk | |
| <p align="center">- 31 -</p> BBQ Pork Chop Mashed Potatoes Brussel Sprouts Applesauce Whole Wheat Bread Chocolate Milk | <p align="center"> SUGGESTED MEAL DONATION: \$2.25 CALL 989-797-6880 </p> | | |  |

Sunday, March 9, 2025

We are having great difficulty in getting food for the menu. Substitutions are being made and the menu is subject to change without notice. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products. **Meals on Wheels clients: It's your responsibility to call**, if you won't be home for the day, or need to place your meals on hold. **YOU MUST** call the number provided to you by your caseworker no later than 12 noon the day before to cancel your meal. Also, you can contact the front desk at 989-797-6880 for additional help. **Congregation participants:** Lunch will be offered "to-go" for those not yet comfortable participating in person and reservations are required for the meal 48 hours in advance. Please contact one of the senior centers listed on our Senior Center locations page.

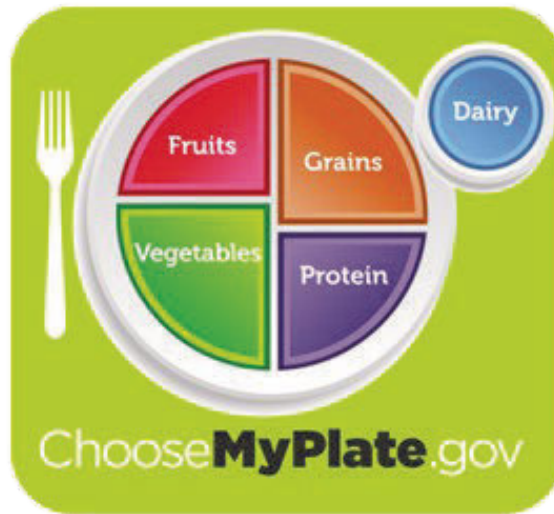
How Food Choices Affect Chronic Illness

Healthy eating is important across your entire life, especially as you age. As you age, your caloric needs will probably decrease while nutrient needs may increase. Choosing nutrient-rich, lower calorie foods may help you prevent or manage chronic health conditions.

To meet your nutritional needs, eat foods that are rich in fiber, vitamins, minerals, and other nutrients. Limit foods that are high in processed sugars, saturated/trans fats, and salt.

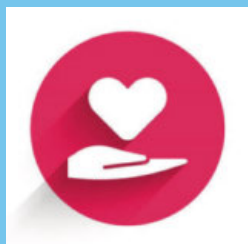
To improve your health, choose half your plate as fruits and vegetables. Include a variety of types and colors of fruits and vegetables. Get most of your calories from nutrient dense foods such as:

- ◆ Vegetables and fruits
- ◆ Beans and lentils
- ◆ Nuts and seeds
- ◆ Whole Grains
- ◆ Low Fat Dairy
- ◆ Lean Protein



Chronic Illness can be prevented or managed well by healthier eating, drinking more water and increase physical activity. Nutrients help maintain healthy organs, muscles and bones. It can help you feel stronger and energized, allowing you to enjoy the golden years of your life.

- *Learn coping techniques***
- *Share knowledge and experience***
- *Make new friends***
- *Offer and receive support from***
- *Those who understand***



Next Meeting

March 20, 2025

Management of Parkinson Disease
In the Hospital, Tina Reuben, PT, MPF

Meets: Every 3rd Thursday

Time: 1:00 p.m.

Place: Eleanor Frank Center
2355 Schust Road, Saginaw, MI 48603
(Registration requested)
989-793-7319 or vkbuggia@gmail.com

For more information call

Virginia Buggia 989-793-7319
Lori Eberling 989-790-7563
Elizabeth Gradowski 989-746-4404

- *Learn coping techniques***
- *Share knowledge and experience***
- *Make new friends***
- *Offer and receive support from those
Who understand***



Meets: Every 3rd Wednesday

Time: 1:00 p.m.

Address: Winter Village
255 Mayer Road
Frankenmuth, MI 48734
Contact: Marilyn Bernthal
989-652-2515

*The Saginaw County Commission on Aging (SCCOA) is partnering with the Michigan Parkinson Foundation (MPF), to offer a meeting space for Saginaw support group meetings. The SCCOA is not affiliated with the Michigan Parkinson Foundation and questions regarding programs and services available through MPF should be directed to **800-852-9781**.*

The Michigan Parkinson Foundation (MPF) is a non-profit 501 (c-) (3) organization in Michigan whose mission is to educate and provide support to people with Parkinson's and related disorders. Programs and Services of the Michigan Parkinson Foundation include:

- Information packets for the newly diagnosed
- Listing of Parkinson's exercise classes scheduled throughout the state
- List of Parkinson support groups in Michigan communities
- Financial assistance for Parkinson medication
- Financial assistance for respite care in the home or at a facility
- Orientation to Parkinson's, a two hour program for the newly diagnosed
- Living with Parkinson's, a five week patient education series
- Legal guidance for obtaining medical disability
- Mobility equipment lending program



As a Foster Grandparent, working with my students, guarantees me a smile everyday. Any time I help a student and put a smile on their faces, is always rewarding to me. Being a Foster Grandparent is sharing and caring with children with the bumps and bruises in learning.

-- Grandma Debra Lane
Jessie Loomis Elementary



"I joined the Grandparent program because I believe in the positive impact we can have on students and the vital support we offer to teachers. My love and passion for working with children along with the opportunity to connect with amazing students to meet wonderful people, makes every day truly rewarding."

-- Grandma Connie Gray
Sherwood Elementary



I love being a Foster Grandparent. working with the little ones. When I walk in the classroom the students always put a smile on Grandma Tee's face. It takes special people to be a part of FGP. I love what I do with our little ones. Show love and you receive love.

-- Grandma Thelma Prescott
Jessie Loomis Elementary



MARCH IS WOMEN'S HISTORY MONTH

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987.

Women's History Month is a dedicated month to reflect on the often overlooked contributions of women to U.S. history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

From a plea to a founding father, to the suffragists to Title IX, to the first female political figures, women have blazed a steady trail towards equality in the United States.

Women's history is full of trailblazers in the fight for equality in the United States. Fighting for women's right to vote, to the rise of feminism, American women have long fought for equal footing throughout the nation's history.

While some glass ceilings have been shattered, others remain, but progress continues to be made.

The Foster Grandparent Staff would like to thank the Classroom Grandparent heroes! You are all amazing. Your contributions to our children and our community do not go unnoticed. We appreciate you and all you do! THANK YOU!

Foster Grandparents is a national program, established in 1965 for the purpose of pairing senior citizens with children. Foster grandparents volunteer their time to enhance the quality of life of children and youth in area schools and other community programs. You may help preschool children learn colors and shapes and develop fine and gross motor skills. You could also tutor children in reading and other subjects in elementary school.

For more information:

989-797-6898
989-797-6897
989-797-6869



Monday-Thursday | 10-11:30a

Coffee & Cards

Monday-Thursday | 10a-2p

Fitness Center & Gym |

Tuesday-Thursday | 12:30p

Bingo



- Annetta (Anita) Clark **1**
- Judith Block **7**
- Charlene Bosquet **10**
- Lesley (Renee) Kaiser **15**
- Bobby Martin **15**
- Gerold Eiland **17**
- Jerrold Rance **18**
- Janice Staples **18**
- Josie Blue **21**
- Dennis Hall **24**
- Clifford Adams **25**
- Linda Veasley **31**
- Minnie Reese **2-23**
- Happy Belated Birthday



**Happy "101st" Birthday
Mrs. Odahlia L. Rance
March 8**

Saginaw County COA Staff

Happy February Work Anniversary

Justin Guerra **1**



Monday 17

St. Patrick's Day Party & Birthday Party

Wednesday 19

Case Funeral Home "Pre-Planning"

Monday 24

Merrill Fire Department

Monday & Wednesday

Bingo

- Dennis O'Connor **3**
- Shirley Dunbar **4**
- Mary Grunewald **11**
- Loretta White **20**
- Barb Wood **23**
- Suzie Sheltraw **30**



FREELAND CENTER

Tuesday 4 | 10:30a

Council meeting

Thursday 20 | 10a

Senior Tech Connect

Tuesday, Wednesday & Thursday

Cards before lunch

Bingo 12:15p | after lunch

- Darrell Lyvere **15**
- Jean Draves **30**



PHONE BUDDIES FOR SENIORS

**NEW SERVICE AVAILABLE THROUGH
SAGINAW COUNTY COMMISSION ON AGING**



We know many Meals on Wheels clients and volunteers alike cherish the smiles and friendly conversation that go hand-in-hand with every meal delivery, and we are excited to now offer you the opportunity to enjoy **friendly phone calls**.

What are our Friendly Phone Call services?

If you choose to participate in this new program, you will be paired with a dedicated volunteer who will call you every week. Through these weekly calls, you will get to know one another well and have meaningful conversations.

By participating in this new program, you and your matched volunteer alike will each gain a new friend you can count on talking to once a week.

Interested in signing up to be paired with a Friendly volunteer?

Contact Sheila at 989-797-7566 to learn more about our friendly phone calls and get started today! A new friend is just around the corner!

Tuesday 4 | 10a

Advisory Meeting

Wednesday 12

Easter Crafts

w/ Kelsey, St. Francis

Wednesdays | 3p

March 5, 12, 19 & 26

Tai Chi Class for Arthritis

Mondays | 10a

Bridge

Mondays (every 3rd) | 10:30a

Blood Pressure Checks

Mondays & Fridays | 9a

Open Euchre

Tuesdays | 11:15a-12:45p

Line Dancing w/ Instructor Carolyn J.

Walk-in fee \$3

Wednesdays | 9:30a

Euchre & Pinochle drop in card games
(no partner needed)

Wednesdays | 9:30-11:30a

Quilting

Fridays | 11a & 1p

Wii Bowling League

Call Jan to join 989-280-6087

or 989-539-2047



FRIENDSHIP CENTER

Monday 3 | 10a

Senior Center Meeting

Tuesday 4 | 10-11a

Public Libraries of Saginaw Book Mobile

Thursday 27

Birthday Celebration

Monday-Thursday | 9a

Keno

Monday-Thursday | 9a

Karaoke

Monday-Thursday

Visit the front lobby for popcorn

w/ Joe & Madeleine, small bag \$1

& large bag \$2

Tuesdays | 10a-11a

Senior Sit & Strengthening Class

Thursday | 10a

Big Bingo



Diane Chaney 1

Jeanette Byers 1

Phyllis Dawkins 1

Wanda Hale 4

Madeleine O'Neal 4

Herman Garcia 6

Alice Chapman 8

Georgia Reyes 15

Rosalinda Soza 19

Emma Navarrete 20

Pam Dork 20

Delores Houston 26

Rubie Zuchowski 27

Juanita Hernandez 28

Donna Rupp 31

Tai Chi Classes

Mondays & Wednesday @ 11a

March 3, 5, 10, 12, 17, 19, 24, 26 & 31

Thursday 6 & 20 | 10:30a

Zumba w/ Amy, Certified Instructor

Friday 7 | 10:30a

Senior Council Meeting

Tuesday 11 | Bingo after lunch

Wednesday 12 | 11a

Blood Pressure Checks w/ Charlie Kline

Wednesday 12 | Craft Day

Thursday 13

Nutrition Education

Wednesday 19 | 11a

Birthday Party & St. Patrick's Day Party

Bring a Friend Day **(win a free meal)**

Mondays-Thursdays | 10a-1p

Card/Dice Game, Dominoes, Bid Euchre

Euchre & Puzzles

Mondays-Thursdays | 10-11:30a

Coffee & Social Time

Mondays, Wednesdays & Thursdays

UNO, Golf Game/Dominoes or games

Mondays-Thursdays

Bring a Friend Day **(win a free meal)**

**HAPPY
BIRTHDAY!**

Carla Christenson **2**
Bernie McSweyn **30**

SOUTH COLONY CENTER

Lunch served daily
Monday - Thursday | 11:30a - 1:00 p.m.

Tuesday 4 | 10-11a

Saginaw Book Mobile

Wednesday 12 | 11:45

Speaker: Jason, Great Lakes Pace

Tai Chi Classes

Mondays & Wednesdays @ 2-3p



By Jill Lowe Brumwell Uncle Georgie's House

Some of my happiest memories of growing up on Drummond Island are the times Joyce, Sally and I, played at their Grandfather's house. We called him Uncle Georgie and he was a wonderful, patient man. His house was the one next to where the Island's Post Office is today.

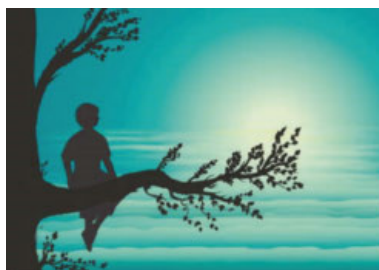
Uncle Georgie was very patriotic. I wonder if anyone has a picture of his house the way I remember it. In those days, his yard was big and he really was on the corner. Now the post office is on the corner and Uncle Georgie's house, still there, has another owner. The house was painted white with red stripes and had large tin stars, painted blue, circling the whole house just below the roof. Even the large stumps in the yard were painted red, white and blue, and the base of each standing pine was painted, also.

We had the run of Uncle Georgie's house. I guess we took over and he never objected. I can still see him sitting in his big chair beside the table, and my memory is of a very kind face. He often would give us money, "To go to the store and buy a lipstick." That was what Uncle Georgie always called candy. Now I wonder if he gave us money for candy to get some peace and quiet, as we would quickly leave with the money and run to the store. Whenever I see an artist's rendition of Geppetto in the story of Pinocchio, I think of Uncle Georgie, for he must have looked something like that.

He had a big upright piano and we'd play and bang on it to our hearts' content. He never seemed to mind and never told us to stop, like my mother did. Maybe he didn't hear too well, but I'd rather think he liked our songs. I know we drove my mother crazy playing, "Doctor, Doctor can you tell," over and over again, but not Uncle Georgie.

Uncle Georgie's house was like a giant playhouse. He let us sweep and dust. A friend, Jeannine, remembers washing mounds of dishes, a chore she never wanted to do at home. He even let us cook in his kitchen. One day, we decided we were going to make him a cake. We found a recipe and looked around for all the ingredients and couldn't find many of them. We had to improvise. The cake looked pretty good, even though it was missing the sugar and probably half-baked because he had a wood stove we tried to keep going. We were surprised and a little disappointed when Uncle Georgie wouldn't eat any of our cake and pushed the plate away, but then we didn't eat it either. We weren't mad at Uncle Georgie because he was our friend, and I daresay I loved Uncle Georgie. I know to this day that I love the memories I have of him.

Jill Lowe Brumwell is a freelance writer and award-winning columnist. She writes about the history and stories of growing up on Drummond Island and has written five books.



Monday-Thursday * Lunch served | 12 noon

Mondays | 11:15a –12noon

Exercise Class
Bunco after lunch

Mondays (every 4th)

Blood Pressure Checks & Nutrition Education

Mondays (after lunch) | Bunco Club

Mondays-Thursdays | Puzzles

Monday-Friday | 10a-12noon

Bid Euchre Tournament

Tuesdays | 10-11a

Line Dancing

Wednesdays (after lunch)

UNO

Wednesdays (2nd & 4th) after lunch

Crochet Class

Thursdays (after lunch) | Regular Euchre

Thursdays (every 3rd) | 9:30-11:30a

Paint Class w/ Steve Wood

Thursdays (every 4th) | Birthday Party

Friday | 12:30p

Bingo



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