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CAREGIVER WELL-BEING SERIES

SEE PAGE 5 FOR DETAILS

Caring for a loved one with dementia:

#1 What is dementia & how does it affect my loved one?

#2 Communication and Mobility Strategies

Staying Healthy While Caregiving:

#3 Preventing Pain & Injury

#4 Caregiving Skills for the Daily Routine

Senior Project Fresh Is Back!

Please call the COA office (231-533-8703) to reserve your \$25 book of coupons. Coupons will be available (on a first call, first served basis) until all books have been distributed.

You Must Sign Up to Participate and Must be Present to Receive Coupons



Antrim Senior Update

The Mission of the Antrim County Commission on Aging is to Improve the quality of life and maintain the highest level of independence for those persons age 60 and over, who reside in Antrim County.

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"BOOKS ON WHEELS"

Working in cooperation with the Antrim County Commission on Aging, the Elk Rapids District Library offers "Books on Wheels" - a program for Home Delivered Meal participants.

Antrim county residents are now able to browse from a curated crate of books, supplied by the library to the volunteers that deliver meals. Books may be chosen or returned whenever meals are delivered and there are no requirements for taking or returning books. Plans for specific book requests are in the works to begin at a later date.

Director's Corner

Welcome to the remainder of the "Snowbirds". We are always happy to see you come back — knowing that, along with you and your sun-kissed, glowing faces, comes the promise of Summer.

This year –beginning June 5th, Antrim County COA has the opportunity to provide a ***Caregiver Well-Being Series***, presented by Northbound Physical Therapy & Wellness and sponsored by Area Agency on Aging of Northwest Michigan. These seminars are for **any community member who is fulfilling a caregiving role** for a family member or friend. They will be held at the **Bellaire Senior Center (308 East Cayuga)**. If you need help with transportation, please contact the COA at 231-533-8703 for free tickets to ride the Antrim County Transportation bus to the seminar and back home. There is no cost but space is limited, so please call as soon as possible, to reserve your spot. You may choose one, two, three or all four sessions to attend. Please **see page 5** for a short description of each seminar. If you are a caregiver or know of someone caring for a loved one, please consider attending and/or passing along the information. These seminars will help you understand more about what Dementia is and what your loved one is going through, as well as how best to communicate with them during the most difficult times. Additionally, caregiving is hard work and can be hard on your body. The June 24th seminar will focus on basic body mechanics and how to prevent hurting yourself while caregiving. The July 8th Seminar will allow time for practicing hands on skills related to mobility, car transfers and activities of daily living. I hope you (caregivers) will take this time to educate and care for yourselves while these seminars are **available**.

Judy L. Parliament, Director

***Remember: Without Change,
there would be no butterflies.***



Antrim County Senior Update is published by
The Antrim County Commission on Aging and printed by LPI

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Antrim County Commission on Aging is funded by the ACLS Bureau; Area Agency on Aging of Northwest Michigan; State of Michigan; County millage for senior services; corporate gifts; fundraisers; client contributions; memorials & private donations.

The Commission on Aging Office hours are 8:30am to 4:30pm - Monday through Friday

The Antrim County *Senior Update* is funded through advertisers and subscription donations. Publishing costs do not come out of federal/state grants or millage dollars.

If you would like to make a donation to help support our Senior Programs in Antrim County, please make your check or money order payable to Antrim COA and mail it to:

P.O. Box 614, Bellaire, MI 49615

Phone: (231) 533-8703 (for credit/debit)

Fax: (231) 533-5310

Email: coa@antrimcountymi.gov

Website: www.antrimcountymi.gov/departments_services/commission_on_aging/index.php

Facebook: www.facebook.com/AntrimCOA

ANTRIM COUNTY NUTRITION SITES

<u>SITE LOCATION</u>	<u>HOURS</u>	<u>SITE COORDINATOR</u>
BELLAIRE Bellaire Senior Center 308 E. Cayuga, Bellaire	Monday through Friday 8:30-400 Lunch & Salad Bar 11:30-12:30	Beth Lacy Call 231-533-8703 Open for Pick Up and Indoor Dining
MANCELONA Mancelona Senior Center 122 E. State Street, Mancelona	Monday through Friday 9:00-1:30 Salad Bar 11:00-11:45 Lunch Served 12:00	Marianne Shackelford Call 231-587-9131 Open for Indoor Dining Reservations Required
ELK RAPIDS Sacred Heart Catholic Church 143 Charles St. Elk Rapids	Monday through Thursday 11:30-12:30 Salad Bar 11:15-11:45 Lunch Served 12:00	Maria Garcia-VanConett Call 231-264-6490 Open for Indoor Dining Reservations Required
CENTRAL LAKE Central Lake Government Center 1622 N. M-88 Central Lake	Monday through Friday 10:00—12:30 Salad Bar 11:15-12:15 Lunch Served 11:30	Lois Sutherland Call 231-350-6583 Open for Indoor Dining Reservations Required



Subscription **Renewal or Change of Address** Form

I WOULD PREFER TO RECEIVE MY MONTHLY NEWSLETTER BY:

PLEASE CIRCLE ONLY ONE MAILING PREFERENCE - E-MAIL or U.S. MAIL or...

** From your home computer or phone go to:

<https://mycommunityonline.com/organization/antrim-county-commission-on-aging>

and click subscribe to receive it monthly via email. **

EVEN IF YOU ARE UNABLE TO DONATE, PLEASE LET US KNOW YOU WANT TO REMAIN

ON OUR MAILING LIST BY COMPLETING THIS FORM ANNUALLY. THANK YOU

Antrim County Commission on Aging
P.O. Box 614
Bellaire, MI 49615

**\$5.00 Minimum Suggested Donation
DONATIONS ARE ENCOURAGED**

UPDATE SUBSCRIPTION FORM

DATE: _____

NAME #1 _____ BIRTHDATE: _____

NAME #2 _____ BIRTHDATE: _____

CONTACT PHONE: _____ - _____ - _____ ANNIVERSARY DATE: ____/____/____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

EMAIL ADDRESS: _____

NEED HELP WITH ESTATE PLANNING?

Michael Swogger, an attorney with
Swogger Estate Law PLLC
will be available at the COA
(308 E. Cayuga St., Bellaire)

Monday, June 2nd 2024

CALL 231-533-8703 to make your
appointment for a free initial
consultation.

GET ALL YOUR DUCKS IN A ROW.



Antrim County
Commission on Aging
Board Of Advisors
Next Meeting is
Monday

**June 17th, 2024
@ 1:00 PM**

Board meetings are held
in the Conference Room
at Bellaire Senior Center
308 E. Cayuga St.

NEW!

Free Estate Planning

Provided by Attorney
Michael McCulloch
in Bellaire, Central Lake,
Elk Rapids and Mancelona.
By Appointment Only.

Call COA (231) 533-8703
for more information.



**Stroke Recovery Group meets third Monday
of each month in Bellaire from 3-4 pm.**

**Call 533-8703 to register before each
session.**

**Next Foot Care Clinic will be held
Tuesday, June 25th in Mancelona.**

**Please call the office for details or to
make an appointment.**



533-8703

Bellaire Meal Site Activities

Bingosize starting in June! Please call Beth Lacy for more information 533-8703

Chair Exercise -Monday, Wednesday & **Thursday** 10:00 a.m.-10:45 a.m.

Wii Bowling– Tuesdays at 12:30 p.m.

Quilters Corner– Tuesdays at 12:30 p.m.

Euchre -Tuesdays at 6:00 p.m., **\$5.00** to play. Prizes based on number of players present.

Mah Jongg -Thursdays at 12:45 p.m.

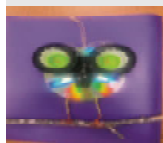
Group Painting– Fridays at 12:30 p.m.

Loan Closet - Available for Antrim County Residents 55 and older 9am-4pm M-F

Bingo– Every 3rd Thursday of the Month (Birthday Dinner)

OWL CRAFT

JUNE 13th at 12:30
in Bellaire
Made from
recycled material
Cost: Free



Call Beth
to sign-up
231-533-8703

Central Lake Meal Site

10:00a.m.—12:30p.m.

Salad Bar 11:15-12:15 - Lunch Served 11:30

Mancelona Meal Site

Bingo– Every 3rd Thursday of the Month (Birthday Dinner)

Elk Rapids Meal Site Activities

Chair Exercise -Monday, Tuesday & Thursday 10:30 a.m.-11:30 a.m.

Knitting- Wednesday at 4:00 p.m.

Euchre - Thursdays at 9:30 a.m.

Antrim County Commission on Aging Presents

CAREGIVER WELL BEING SERIES

These seminars are for community members who fulfill a caregiving role for a family member or friend

Caring for a loved-one with dementia: What is dementia and how does it affect my loved-one?

Wednesday June 5th
11:00 a.m.- 12:00 pm

Dementia affects people differently. Better understanding what dementia is and what your loved-one is going through can help you better fulfill your caregiving role.

Caring for a loved-one with dementia: Communication and mobility strategies

Wednesday June 12
11:00 am - 12:00 pm

Communicating with a person with dementia and getting tasks done can be difficult. Learn how to improve communication and promote mobility in a loved one with dementia.

Staying Healthy While Caregiving: Preventing pain & injury

Monday, June 24
3:00 p.m.- 4:00 p.m.

Being a caregiver is hard work. Come learn basic body mechanics and how to prevent hurting yourself while caregiving, and what to do if you do.

Caregiving Skills for the Daily Routine

Monday July 8th
3:00 p.m. - 5:00 p.m.

Come learn and practice hands-on skills for caring for your loved one including skills related to mobility, car transfers, and activities of daily living.

No cost.
Space is limited.
Call **231-533-8703** to reserve your spot.

Held at:
Bellaire Senior Center
308 E. Cayuga, Bellaire, MI 49615



Presented by: Aubrey Jabour, PT, DPT of





KNOW ABUSE REPORT ABUSE
ELDER AND DEPENDENT ADULT ABUSE AWARENESS MONTH

DON'T MISS THE SIGNS



NEGLECT / SELF-NEGLECT

- Lack of adequate food and water
- Dirty clothing and changes in personal hygiene
- Unusually messy home
- Lack of medical aids or medication



FINANCIAL ABUSE

- Basic needs not being met
- Bills not paid
- New credit cards and increased cash withdrawals
- Unusual purchases by caregiver



PHYSICAL ABUSE

- Bruises, black eyes, welts
- Broken bones, cuts, sprains
- Sudden change in behavior
- Caregiver refusal to leave elder or dependent adult alone



MENTAL ABUSE

- Threatening significant physical harm
- Derogatory or inappropriate names, insults, profanity, or ridicule
- Harassment, coercion, intimidation, humiliation



SEXUAL ABUSE

- Unusual bruising on thighs and chest
- Unexplained sexually transmitted diseases
- Unusual stains on clothing or sheets
- Withdrawn from social interactions / panic attacks



June ADRC Medicare Information

C
O
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N
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R

Did You Know?

That Medicare has coverage for mental health and addiction treatment!

Outpatient Care can include:

- Individual and group therapy. Substance use treatment. Activity therapies, like art or dance therapy. Annual depression screening Opioid treatment services (OTP).

Prescription Medication:

- You can get coverage for meds through your Part D plan or your Advantage plan. Before joining a plan, make sure that your plan has co-pays that you can meet.

Inpatient Care:

- Medicare has coverage for Hospitals and Psychiatric Hospitals. General and psychiatric hospitals have the same out-of-pocket costs, which include the Part A deductible and daily coinsurances after 60 days of inpatient care. Contact your Medicare Advantage Plan for exact costs and rules.

Who should I contact if I need help related to my mental health care?

- Your doctor: Talk to your doctor about your mental health challenges and what care is best for you. Your doctor may be able to recommend mental health specialists to you.
- 988 Suicide and Crisis Lifeline: Call or text 988 for 24/7 support. Counselors can help when you are in crisis, as well as provide resources for you.
- 911: A mental Health crisis that causes self harming thoughts is a Medical Emergency!

Make it ok - Stop the Mental Health and Substance Use Stigma!

If you have questions, please call the Antrim County Commission on Aging at 231-533-8703 to leave a message for Annette or Gary—our Volunteer Medicare Counselors.

Or send an email to falesa@antrimcountymi.gov

Survey of Services – PLEASE FILL OUT AND RETURN

In order to provide the services needed within our community, it is important to have feedback from those using them, or considering using them. Please take a few minutes of your time and fill this survey out and return it. Your time & opinions are VERY valuable to us.

Name (Optional):

Age: Gender:

For each item identified below, circle the number to the right that best fits your judgment of its quality, if used – **1 being Poorest, 5 being Excellent**. If you do not use a specific service, do not rate. Please make suggestions / Comments at the bottom of this page – it's important we know where we need to make changes and/or improvements to services.

Item	Scale					Item	Scale				
	P	Good			E		P	Good			E
PLEASE RATE COA SERVICES BELOW, IF YOU HAVE HAD AN OPPORTUNITY TO USE ANY											
Congregate Meals	1	2	3	4	5	Personal Care	1	2	3	4	5
Curbside	1	2	3	4	5	Respite	1	2	3	4	5
Home Delivered Meals	1	2	3	4	5	Homemaker Program	1	2	3	4	5
Phone Courtesy	1	2	3	4	5	MMAP (Medicare) Counseling	1	2	3	4	5
Foot Care Clinics	1	2	3	4	5	Senior Update Newsletter	1	2	3	4	5
Loan Closet	1	2	3	4	5	Exercise	1	2	3	4	5
Snow Removal	1	2	3	4	5	Project Fresh	1	2	3	4	5
Medical Transportation	1	2	3	4	5	Tax Assistance	1	2	3	4	5
HAVE YOU USED ANY OF THE BELOW SERVICES OFFERED BY OTHER AGENCIES?											
In-Home Care	YES				NO	Energy Assistance	YES				NO
Bridge Card	YES				NO	Dial-a-Ride Transportation	YES				NO
Medicaid	YES				NO	Home Improvement Grant/Loans (PIP-Plus)	YES				NO
SSI	YES				NO	Other _____	YES				NO
WHAT ACTIVITIES WOULD YOU LIKE TO SEE AT THE MEAL SITES? (1 IS LEAST, 5 IS MOST DESIRED)											
Monthly Birthday Parties	1	2	3	4	5	Games	1	2	3	4	5
Crafts	1	2	3	4	5	Cards	1	2	3	4	5
Travelogue	1	2	3	4	5	Dances	1	2	3	4	5
Technology Classes	1	2	3	4	5	Other _____	1	2	3	4	5

Suggestions for improvements / Comments regarding services:

Please fill out and return to: COA, P.O. Box 614, Bellaire, MI 49615-0614

If you receive Home Delivered Meals, you may give this to your driver.

If you participate in the Congregate Meals Program,

please drop this off at the meal site nearest to you.

4/24/2024

HAPPY BIRTHDAY

1st

Eloise Litwaitis
Wanda Weisler
Billie Tremblay

2nd

Leona Martin
Rickey Gordon
Janet Risteau
Sherwood Mitter
Debra Sexton-Lull

3rd

Gail Eby
Jack Hammond

4th

Catherine King
Gordon McPherson
Katheryn McPherson
Richard Putman

6th

Polly Ritchie
Dennis Bryant
Gerald Delling
Theresa McCuen
Nanette Miller

7th

Irene Estelle
Janice Simpkins
John Hylan
Nancy Eby

8th

Ruth Ann Belfi
David Roberts
Patricia Cuadros
Lyle McFarren

9th

Russell Ulrey

11th

Bonnie Hammond
Rosemarie Mills
Sue Forman
Mary Harvey

13th

Sheri Hill
Jack Glyshaw
Char Gretel
Billie Jean Washburn
Mary Szejback
James Crowell

14th

Don Shurte
Kevin Seidel

15th

Mary Ruth
Ethel Franklin
Rose Underhill
Greg Coon
Michael Murphy
Kathy Williams
Pamela Crick

16th

Jean Berry
Denise Moody
Sidney Riddle
Maggie Smith
Evelyn Kraatz

17th

Martha McGuire



18th

Judy MacLean
Mary Ann Petersen
Ken Kleeman

19th

Jerry Dobrzelewski
Carol Lewellen
Bob Rodriguez

20th

Michael Reed
Sharon Williams
Jennifer Strauss
Jane Curry
June Corbett
Silverio Delarosa
Lisa Lalone

21st

Alben Gross
Maureen Patton
Barbara Rutcoskey
Zelda Douglas
Chuck Johnson
Carl Barber
Richard Dulbs
Michele Mogford
Steven Laurenz
Conie Newton

22nd

Larry Fyan
Gary Serrell
Elizabeth Webb
Marlene Stellin
Marilyn Wilson

23rd

Margie VanLooy
Harriet Greiser
Marty Carey

24th

Lorna Peebles
Charlotte Fichtner
Mike Crick
Martha Downing

25th

Jean Howard
Joseph Malbouef
Diane Spence

26th

Virginia Hiser
Adrienne Harvey
Marilyn Shaw

27th

Ross D. Corne Sr.
Carolyn Royal
Terri Cleis
Robert Sieniarecki
Nancy Culver

28th

Vickie Fiedrich
Arlene Jahr
Tim Meeder
Lary Damer

29th

Richard Kler
Donna Marrs
Pauline Scott
Sharon Buhl
Janice Crowell
Ron Prins

30th

Ruth Basch
Ted Kolsky
Dennis Lanning





John & Betty Merchant
6/01/1957

Ken & Nellie Kuzma
6/3/1966

Ronald & Joyce Grammer
6/4/1960

Clifford & Dian Boatwright
6/5/1965

John & Trudy Mann
6/6/1987

Michael & Rita Barrett
6/6/1970

Robert & Kay Taylor
6/7/1980

Bob & Mae Mohr
6/9/1951

Robert & Lori Smalley
6/11/1972

Tom & Louise Ernst
6/12/1970

Richard & Carol Austin
6/12/1993

Robert & Marilyn Shaw
6/14/1957

Dale & Iris Musser
6/15/1963

Gail & Nancy Eby
6/15/1968

Leslie & Elaine Spires
6/15/1968

Marvin & Irene Trowbridge
6/15/1991

Rod & Mary Love
6/17/2017

Richard & Carol Smith
6/17/1957

Stan & Gerri Bean
6/17/1956

Marvin & Betty Pederson
6/18/1977

Gerald & Ruth Basch
6/18/1960

Stephen & Dorothy Gould
6/18/1966

Richard & Connie Garcia
6/16/1956

Chuck & Linda Johnson
6/18/1994

Tim & Sally Hannert
6/19/1965

Tim & Barbara Proos
6/19/1999

Jim & Sherry Bailey
6/20/2002

Ronald & Sandra Churchill
6/20/1987

Hartley & Judith Comfort
6/20/2014

David & Cheryl Hardy
6/20/1997

Charlie & Betty Jean Holton
6/22/1962

Michael & Susan Reed
6/24/1967

Robert & Dorothy Clore
6/24/1967

Gerald & Martha Downing
6/24/1989

Tom & Barbara Naumes
6/26/1971

Michael & Janet Manzardo
6/26/1965

Ronald & Elaine LaLone
6/27/1953

Marvin & Tanya Seaman
6/27/1981

Bruce & Karen Bigelow
6/29/1967

Gene & Judith Their
6/29/1963

Bert & Kathy Richardson
6/29/1963

Jack & Linda Sisson
6/30/1967

60th

Larry & Susan Towe
6/19/1964

and

Charles & Jeanne
Newberry
6/20/1964

55th

Rodger & Carol
Ransom
6/14/1969

50th

Greg & Chris Golday
6/15/1974

and

Nelson & Lorna
Brookins
6/29/1974

Memorials

Memorial donations made to the Commission on Aging are used to purchase equipment necessary to enable seniors to remain independent in their own homes as long as possible, as well as special items for use by our congregate meals participants. The durable medical equipment is loaned to seniors at NO COST. Memorial donations are a wonderful way to acknowledge the people we cherished and at the same time help others. If you would like the families of your memorial honoree to know that a donation has been made, please supply us with the name and address of those persons who should be notified.

Thank you to the following:

Hap & Sylvia Dawson
In Memory of Chuck Hebden

Bob Bacon
In Memory of Larry Smith

Dorothy Drenth
In Memory of Sally Hebden

Pauline Scott
In Memory of Chuck Hebden
(truck fund)

Dorothy McCleary
In Loving Memory of Dale L. McCleary

Donna Paradis
In Memory of Gertrude Gross
(truck fund)

Bertha Baker
In Loving Memory of Merle Baker

Terry Martin
In Memory of Ron Patton

Dale & Eileen Allemang
In Memory & Honor of
Gertrude E. Gross

Bob & Yolanda Ayala
In Honor of Ray & Rosemarie Mills

General Donations, Update Donations and Truck Fund Donations

The contributions listed below reflect the past month's donations. These gifts to the Commission on Aging help support programs, newsletter publications and truck purchases. Thank you to the donors:

Patricia Santore
Donna Bedtelyon
Patricia Carpenter
Cliff Lockman
Shelby Ziegler
Thomas & Cynthia Kenyon
Steven & Linda Laurenz
Patricia Ferguson
Doug & Kathy White
Louise Williams
Linda Swanstrom

Robert & Dorothy Clore
Roberta Koutnik
Dorothy McCleary
Dan & Martha Downing
Marcia & Mack Endo
Felix Casillas
Larry & Susan Towe
Leon Bush
Nancy Wheeler
David & Donna Heeres
Sam & Mary Chile

Julia Pollister Amos
Bob & Lori Smalley
Mary Scholl
Ruth & James Peterson
Sharon Homan
Truck Fund
Faith & John Hershisier
Louise Williams
Keith Shreve

ASI

Community Center & Park

Non-Profit Organization

102 S. Maple Street

(231) 350-8835

Located behind the Bellaire Senior Center

JUNE 2024

CALENDAR OF EVENTS

Home of BINGO and the Friday Yard
Sales & Bellaire Farmers Market



WEEKLY EVENTS:

Mondays ~ Antrim County Duplicate Bridge Club at **12:45 p.m.**
Contact Judy King for additional info at 231-590-7293

Tuesdays ~ Yard Sale donation drop-offs from 9 am – Noon.
Our volunteers will be onsite to accept your gently used items for
our yard sale. Thank you!

Wednesdays ~ Yoga with Daryl Allison-Busch, Licensed Instructor
(231-564-0010). **12:30 pm** Gentle Yoga & **2 pm** Hatha Yoga.

Fridays ~ **Bellaire Farmers Market** and **ASI Yard Sale!**
8:00 am – 12:00 pm every Friday until Friday, October 11th.
Shop Local. Purchase Local. Support Local.

OTHER SINGULAR EVENTS BY DATE:

Wednesday, June 12th ~ 9:00 am ASI Board of Directors meeting.

Thursday, June 13th ~ **BINGO!** Gaming starts at 5 pm.
Must be 18 or older to play.

Thursday, June 27th ~ **BINGO!** Gaming starts at
5 pm. Must be 18 or older to play.



!PAY IT FORWARD!

Sharon Nicholas is offering FREE haircuts to
Veterans!

Next hair cut days will be Tues 6/25
(9am – noon) and
Fri 6/28 (12 – 4 pm).

Thank you, Veterans!

Call Sharon to reserve your time
(231) 350-0460.

Community Center CLOSED:

Sat 6/15, Wed 6/26 (5 pm on), Sat 6/29 for Private Events



Polly

The Two Gaited Pony

One Christmas
Polly appeared
in our barn stable.

Uncle Vic
said "Mount again.
Show her who is boss."

A pony!
Not in our dreams
was this expected.

My brother
wisely declined,
but not so myself.

Images
flashed through our minds
We would be cowboys!

I clung to
that bouncing back
till low barn door
loomed

Riders of
the Purple Sage.
Just like Zane Grey said.

and I left
in favor of
a soft white snow bank.

Cold or snow
or no breakfast
kept us from her back.

Uncle Vic
decided he
would take charge
himself.

Assisted
by Uncle Vic
and our Mom and Dad

He had a
painful landing
on froze corn stubble.

We mounted.
Me at the reins,
my brother behind.

We recall
Polly having
been blest with two
gaits.

Polly soon
begin a most
bouncing, jarring trot.

"Grazing speed"
and the other
"Get the hell off back"

We could not
hold position
on her bouncing back

Since then we've
all rode off to
those greener pastures

and we were
deposited
to the frozen ground.

Michigan Farm Boy
(Local author,
volunteer contributor)

Polly back
to her warm barn,
we to parents arms.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (BLR) 8-9am Breakfast
3 Beef Goulash with Stewed Tomatoes	4 Chef Salad with Ham, Turkey, Egg, Cheese, Cucumber and Tomato	5 Jan's Chicken Bowl Mashed Potatoes topped with Popcorn Chicken, Corn, Gravy and Cheese	6 Beef Wet Burrito with Lettuce, Tomato and Spanish Rice	7 Baked Fish with Scalloped Potatoes
10 Cheese Ravioli with Meat Sauce	11 BBQ Chicken Pizza with a Garden Salad	12 Beef Shepard's Pie Mashed Potatoes, Mixes Vegetables and Gravy	13 Chicken Lasagna	14 Salisbury Steak with Red Skin Potatoes
17 Swedish Meatballs served with Pasta	18 Chicken with Rice and Broccoli topped with a Cheese Sauce	19 Sweet & Sour Pork with Carrots, Peppers and Rice	20 Birthday Dinner Baked Ham with Pineapple and Baked Potato	21 Crab Cakes served with Cole Slaw and Baked Beans
24 Spaghetti with Meat Sauce and Breadstick	25 Chicken Cordon Bleu with Rice	26 Jan's Special Meatloaf with Au Gratin Potatoes	27 Tuna Salad with Tomatoes, Crackers and Carrot Sticks	28 Beef Pot Roast served with Red Skin Potatoes and Carrots

ALTERNATE MEAL - Week of:

06/03-06/07 - Ham & Cheese Bagel with Pickled Beets

06/10-06/14 - Chef Salad with Ham, Turkey, Egg, Cheese, Cucumber and Tomato

06/17-06/21 - Turkey & Cheese Sandwich with Macaroni Salad

06/24-06/28 - Cranberry Chicken Salad with Cheese, Oranges, Tomatoes & Raspberry Vinaigrette



Breakfast Friday Mornings 8am-9am (Bellaire site only)

06/07 - Ham & Cheese Omelet with an English Muffin

06/14 - French Toast & Sausage Patties

06/21- Biscuits & Gravy with Eggs

06/28 - Ham, Egg & Cheese Breakfast Sandwich



Fruit, Vegetable and Milk will be provided with each Meal.

Please note: This menu is subject to change.

**NORTHERN MICHIGAN'S PREMIER
SENIOR REAL ESTATE SPECIALIST**

21

Contact Kellie Today!
O: 231.264.4500 | C: 231.499.1814
kelliesergent@outlook.com
www.KSergent.C21northland.com

Kellie SERGENT REALTOR®
ABR | SRS | RSPS

CENTURY 21
Northland

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CHIROPRACTIC CARE

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Free Consultation

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PROPERTIES
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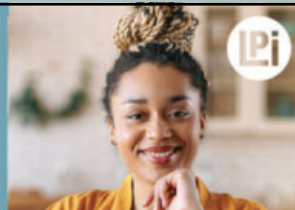
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