Senior Centers and Sites are still closed at the time of this publication.

SEPT | OCT ISSUE

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CENSUS STATISTICS

- Michigan overall has a 68.7% response rate
- Jackson County has a 70.3% response rate
- 55.4% of individuals in Jackson County are completing the census online

Complete your census by September 30!

SHOW YOUR COMMUNITY YOU CARE

Fill out your 2020 Census.

2020CENSUS.GOV

Everyone Counts. Everyone Wins!
10 YEAR SENIOR MILLAGE PASSED

Senior Millage Thank you! 788-4364


October 29, 1945: The first commercial ballpoint pens went on sale at Gimbels department store in New York at the price of $12.50 each.

October 23, 1956: Twelve-year-old Steveland Morris Judkins, later known as Little Stevie Wonder, recorded his first single called “Thank You for Loving Me All the Way.”

October 22, 1939: The first televised pro football game was telecast from New York. Brooklyn defeated Philadelphia 23-14.

October 31, 1926: Magician Harry Houdini died of gangrene and peritonitis resulting from a ruptured appendix after being unexpectedly punched in the stomach.

October 1, 1880: Thomas Edison began the commercial production of electric lamps at Edison Lamp Works in Menlo Park, NJ.

Address: 1715 Lansing Avenue, Jackson, MI 49202       Phone: (517) 788.4364       Website: www.mijackson.org/619
Curbside Meals!

While the Jackson County Department on Aging congregate sites and senior centers are closed, seniors are offered the option of picking up nutritious meals, curbside.

Many seniors have taken advantage of this convenient option of picking up well-balanced, prepared meals.

If you, or someone you know, needs meals-to-go, please contact Jennifer Guthrie at 768-8652.
DEPARTMENT ON AGING ZOOM CLASSES

Let’s Play Number Bingo 1 - 75

VIRTUAL BINGO
Zoom from Home with Friends

Every Wednesday
September & October
(not playing Sept. 16)
1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No problem. Call in and listen by PHONE. Pre-Register and get the meeting ID by contacting Laurie at 768-8691 or LMead@mijackson.org

- Bingo from home
- Download or create your own cards from bingobaker.com
- We will play Number Bingo 1 - 75
- Play begins around 1:15 - to give everyone time to sign in and say “hello”
- We will play several games and 1 coverall
- Highest September and Highest October player will receive a prize from HUMANA and ComForCare. Thank you Bill!

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Paint Parties from Home!

Paint Parties To Go
Instructor Karen Olmos
Mondays
Sept. 28 & Oct. 19 at 1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone. Pre-Register and get the meeting ID by contacting Laurie at 768-8691 or email LMead@mijackson.org

- Curbside Supply Pickup will be by appointment
- Free Supplies - project, paint and brushes for people 60+
- $10 supply donation for people under 60
- Class Size Limited to 20

Kevin S. Devine Entertainment

Seasonal Specials
with Kevin On Line from Home

SEPTEMBER & OCTOBER
go to www.mijackson.org/619 for dates or call us!

Get Your On Line Details by calling 768-8691 or Email LMead@mijackson.org
ENHANCE FITNESS FROM HOME

Zoom Class with Ken
Monday, Wednesday, Friday
10:30 am - 11:30 am

Pre-Register: Get your Zoom meeting ID by calling Laurie at 768-8691 or email LMead@mijackson.org

No Internet? No Problem!
Call in and listen via phone.

Enhance Fitness is a moderate-impact class with high-impact results! Simple, easy to learn movements that motivate individuals (particularly those with arthritis). More Energy! Better Balance! Increased Body Strength! YMCA Instructor Ken.

Please Join Us!

Follow the Department on Aging website for updates at www.mijackson.org/619
ON LINE ZOOM CLASSES WITH DR. BILL

If Zooming makes you feel like an Alien...

Join Dr. Bill’s On Line Zoom Tips!
Tuesdays at 1:00
September thru October
Join any time, as many classes as you would like! (no class on September 15)

Get your Zoom meeting ID by calling 768-8691 or email LMead@mijackson.org
No Internet? No Problem. Call in and listen by phone.

A BLAST FROM THE PAST - DEPARTMENT ON AGING FALL MEMORIES!

Center for Family Health COVID INFORMATION
COVID Hotline Number  517-748-5363
Monday - Friday 8 am to 9 pm & Sat/Sun 9 am to 6 pm
HENRY FORD HFAH COVID INFORMATION
Patient COVID Hotline Number 313-874-1055
• Call for up-to-date COVID information and to ask questions
• Available Monday - Friday 8 am to 5 pm & Sat. 8 am to 2 pm
Follow the Jackson County Health Department for up-to-date COVID-19 information at:
www.mijackson.org/hd

Zoom Thursdays!

1:00 Thursdays October
Zoom On Line From Home
Host: Laurie
What: Chit Chat and Catch Up with Senior Center friends and Pop In Guests...
• Guest - Heather, YOGA
• Guest - Entertainer Kevin

Get the Meeting ID by contacting Laurie at 768-8691 or email LMead@mijackson.org
No Internet? No Problem. Call in and listen by Phone.

Zoom Chair YOGA
with Heather
Certified Instructor
Thursday
October 15 at 1:00

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone.
Pre-Register and get the meeting ID by contacting Laurie at 768-8691 or email LMead@mijackson.org
COMMUNITY ZOOM & ONLINE PROGRAMS
1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

REGION 2 AREA AGENCY ON AGING

Online Workshops

Living with a chronic condition? Caring for someone who has one? Either situation can feel overwhelming and discouraging at times. Trying to manage your condition can be stressful, especially during this COVID-19 era.

We can help you! Region 2 Area Agency on Aging has developed a new format for our PATH workshops which allows for people with chronic health concerns and their caregivers to attend from the comfort of their own homes via the internet or through using an app on your phone. We even offer the technical support to help you get started.

CALL US to learn more about our on-line workshops for Diabetes, Chronic Pain, & Cancer at 517-592-1678.

FALL WORKSHOP SCHEDULE
Cancer PATH: Fridays, 9/11 - 10/16 from 10 am to 12:30 pm
Diabetes PATH: Tuesdays, 8/18 - 9/22 from 1:30 to 4 pm
Chronic Pain PATH: Mondays, 8/17 - 9/28 from 1 to 1:30 pm
(Not Meeting on Labor Day)
“Confident Dementia Caregiving” Webinar - 592-1678

2020 CORONAVIRUS FACTS

RELIABLE INFORMATION
Make sure you’re getting accurate information.
www.cdc.gov/COVID19
Jackson County Health Department
www.mijackson.org/hd
ALWAYS BE READY
www.ready.gov

WASH YOUR HANDS
Scrub for 20 seconds. If you can’t wash, use a hand sanitizer with at least 60% alcohol.

DISINFECT SURFACES
Clean frequently-touched surfaces. Wash your hands after visiting public places.

SOCIAL DISTANCING
Someone coughing? Move 6 feet away or more.
MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)

Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2021). While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing your options before making a decision. (Please note that prescription drug plan premiums usually increase each year. There may be a lower priced option available compared to your current plan.)

Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list). You need to make sure the prescriptions you take will still be covered and if there are any restrictions like requiring prior authorization, quantity limits or step therapy.

Other considerations include the pharmacy you like to use, whether you want a mail order option, and whether you will be able to get your prescriptions if you travel.

Low-income individuals may qualify for “Extra Help” paying for premiums and co-pays by contacting the Social Security Administration.

You may also call your local MMAP office at 1-800-803-7174 for eligibility requirements or application assistance.
WRITE YOUR LIFE - Writing At Home Is NOT Canceled!

Light, My First Dog by Younis Alsaffar

We moved to a home close to the military base in the city of Basra, Iraq, where my father was stationed. A few days later, I saw a white dog in the backyard. I asked my father if he knew about the dog. He said, “No,” but he added that maybe the dog came back to his old home after his owner moved. “Meanwhile,” he said, “We have to care for him until I find out who his owner is.”

After a few days my dad found the owner of the dog. The owner told my father that every time he goes to get the dog from the old house, the dog goes back, again and again. So the dog’s owner asked my dad if he would like to have ownership of the dog.

My father said, “Yes, I’m sure my son would like to have him.” And that is how I got my first dog. As I remember, the dog looked like the one in this picture. I named him, “Light.”

The Crouch Center’s Write Your Life Group invites you to follow their stories on the JACKSON MEMOIR WRITERS Facebook Page led by Coralie Cederna Johnson, Instructor. Please see Page 10 for more details.

CARD & ART CLASSES STAYING CREATIVE AT HOME!!

Because of a nasty virus,
I’m missing all of YOU!
The first and third Wednesday each month,
What on earth can we do?

I’m missing our stampin’ class,
While remaining sheltered in place.
I’ve been thinking ‘bout all of you!
And the smile on every face.

Just stay home, stay safe
So we can meet again some day.

Keeping a safe distance from you,
Is, sadly, the only way.

MAY ALL OF YOU STAY HEALTHY
UNTIL WE CAN STAMP AGAIN!

Card Class Instructor, Bev

Lindy’s Shout Outs

Know that there is something inside you greater than any obstacle!
COMMUNITY SUPPORT

CROUCH SENIOR CENTER SEWERS
HENRY FORD ALLEGIANCE HEALTH HOSPICE SEWING GROUP

SEWING FROM HOME IS NOT CANCELED!
The Crouch Senior Center Sewers and Henry Ford Allegiance Health Hospice sewing group has continued sewing from home during this Covid 19 era. This group creates and donates quilts to hospice patients, designs fidget blankets for HFAH patients, and they have also been making masks - from home.

Thank you Crouch HFAH Sewers!

CROUCH SENIOR CENTER WRITE YOUR LIFE
Thank You to instructor, Coralie Cederna Johnson, for her fabulous leadership during this COVID 19 era.

Hello, everyone!

I would like to invite everyone to visit the Crouch Center’s JACKSON MEMOIR WRITERS Facebook Page to read more about what we are doing during the pandemic. We are continuing to write focusing on memories of wonderful animals in our lives! The following are the most recent:

1) LIGHT by Younis Alsaffar is a story of a beautiful white shepherd that became his first pet dog!
2) BERTRAM by Coralie Cederna Johnson is the story of a little dog who was looking for a family and found the perfect match.
3) SMOKEY tells of the joy brought to the local children in Pat Cochrane’s memory of Smokey, an unforgettable black and white horse.

Coralie Cederna Johnson, Instructor

Please see page nine to read LIGHT by Younis Alsaffar.
The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate. Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, text messages, social media platforms, and door-to-door visits. These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

Protect Yourself
Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.

Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing. Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19. Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number or financial information.

If you suspect COVID-19 health care fraud, report it immediately online at https://oig.hhs.gov/fraud/report-fraud/ or call 800-HHS-TIPS (800-447-8477).

FALL RECIPE FUN!!

SAVORY CURRY SNACK MIX

Serving Size: 1/3 Cup

Ingredients:
- 1 cup whole roasted almonds
- 1/2 cup puffed brown rice cereal, unsweetened
- 1/2 cup golden raisins
- 1 teaspoon curry powder
- 1 teaspoon avocado oil

Mix: Put ingredients into a medium-sized plastic freezer bag. Shake until mixed.

Put smaller portions in air-tight containers or small baggies for an easy snack throughout the week!

Nutritional Info:
Calories 211, Fat 15 g, Sat Fat 1g, Protein 6 g, Carb 16 g, Fiber 3 g, Sugars 9 g, Added Sugars 0, Cholesterol 0, Sodium 110mg, Calcium 83 mg, Potassium 276 mg, Iron 2 mg

Courtesy of BPT @LPI
A red, shiny apple has become the emblem for healthy eating. So why are there so many mixed messages about whether you should have fruit when you’re trying to lose weight? The answer isn't black and white—it's not “eat all the fruit you want” and it's not “never eat fruit again”, but somewhere in between.

Fruit has gotten a bad rap in some circles because it's high in a natural sugar called fructose and rich in carbohydrates. People who severely restrict carbohydrates may consider fruit off-limits, especially certain kinds of fruit like bananas that are higher in carbs than others. Fruit tends to pack more calories and carbs than non-starchy vegetables like broccoli and leafy greens do, serving for serving.

But fruit is also loaded with nutrients the body needs to strengthen the immune system, plant compounds that help fight disease, and fiber that can help lower cholesterol and keep you satisfied. Fruit’s high-water content helps keep you hydrated.

What’s the best approach? If you’re trying to lose weight, here’s how you can happily enjoy fruit and still meet your goals:

Choose whole fruit. As much as possible, choose a whole piece of fruit over juice. Whole fruit contains fiber and fluid that are naturally filling, which is why you’re fuller after eating an apple than drinking a cup of apple juice. Fresh, whole fruit also has a low “glycemic load”, which means it won’t spike your blood sugar after eating it. Blood sugar spikes and dips can leave you feeling zapped and hungry. Choose fresh over dried fruit too. Dried fruit is a highly concentrated source of natural sugar (and often contains added sugar too). If you choose dried fruit, limit to ¼ cup portion.

Balance it out. Adults should aim for about two servings (or two medium pieces of fresh fruit) a day. Pairing fruit with a protein or healthy fat can make your snacks more satisfying, such as pears and cheese or apples slices with nut butter. You can use fruit to make already healthy foods even more appealing, like chicken or fish topped with fruit salsa or fresh fruit added to veggie salads.
Throughout the Coronavirus pandemic, Department on Aging staff have been supporting seniors by providing meals they may eat at home. When programs return to normal, we will notify local media to let you know when senior centers and nutrition sites reopen. Until then, the Department on Aging team wishes you well during this health pandemic.

For information about Meals on Wheels delivered to someone’s home who is age 60 and better and Curbside Meal Pickup, please call the Department on Aging at 788-4364.

On the Menu...
- Crispy Chicken Breast with Baby Spinach and Rice
- Beef Rotini
- Salisbury Steak with Mushroom Gravy
- Cheezy Tuna Casserole
- Beef Pepper Patty
- Chicken Fajita with Peppers and Rice
- Egg Scramble with Baby Spinach
- Chicken Pasty with gravy
- Chicken Nuggets
- Hamburger Stew
- Chicken Stuffing Casserole
- Beef Ribbette
- Taco Casserole
- Mac & Cheese
- Crispy Chicken Breast
- Western Beef Steak Patty
- Chicken Cordon Bleu Alfredo

And So Much More!!!!!
OUR GATHERING PLACES

Sites Currently Closed due to COVID. Call 768-8684 for Curbside Meals.

IT'S MORE THAN JUST LUNCH!

When we reopen, you are invited to lunch at one of our Gathering Places. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships every time you lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon, but come early to enjoy many exciting activities and enrichment programs. Call 788-4364 for times.

Join a site when we reopen!

Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.
9:00 a.m. - 4:00 p.m.

King Recreation Center Food with Friends Site
1107 Adrian St.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

Grass Lake Senior Center Food with Friends Site
373 Lakeside Dr.
Tues. through Fri.
Call 522-8466 for Time

Spring Arbor
122 Star St.
Mon. through Fri.
9:45 a.m. - 1:45 p.m.

Norvell Township Hall
106 E. Commercial
Mon., Wed., & Fri.
10:30 a.m. - 1:30 p.m.

Napoleon Township Hall (M-50)
6755 Brooklyn Rd.
Tues. & Thurs.
10:30 a.m. - 1:30 p.m.

Michigan Center
St. Aidan's Church
361 Grove St.
Mon., Wed., & Fri.
10:30 - 2:30 p.m.

Napoleon Township Hall (M-50)
6755 Brooklyn Rd.
Tues. & Thurs.
10:30 a.m. - 1:30 p.m.

Grass Lake Senior Center Food with Friends Site
373 Lakeside Dr.
Tues. through Fri.
Call 522-8466 for Time

THIS DAY IN HISTORY:
September 21, 1970:

“NFL Monday Night Football” made its debut on ABC-TV. The game was between the Cleveland Browns and the New York Jets.

MEALS ON WHEELS AND CURBSIDE MEAL PICKUP AVAILABLE NOW PLEASE CALL 768-8684 FOR INFORMATION

Apple & Pear Party Salsa
Makes 4 Servings
Prep Time: 10 minutes

Ingredients:
1 pear, cored & finely chopped
1 apple, cored & f. chopped
2 kiwifruit, cored & f. chopped
1 orange, peeled & f. chopped
2 tablespoons honey
1 teaspoon lemon juice
Cinnamon graham crackers

To Prepare:
1. medium bowl, combine pear, apple, kiwi, orange
2. Pour honey and lemon juice over fruit, gently toss

Eat:
Scoop up bites of fruit salsa using cinnamon graham crackers! Enjoy.

159 Calories per serving; 1g Fat; 30mg Sodium; 39g Carbs (3g Fiber, 27g Sugar); 1g Protein; Calcium 4%; Potassium 6%

Provided by Angela, MSU Ext.
**This Day In History**

September 26, 1955: The New York Stock Exchange suffered its worst decline since 1929 when the word was released concerning U.S. President Eisenhower’s heart attack.

September 1, 1939: World War II began when Germany invaded Poland.

September 3, 1954: “The Lone Ranger” was heard on radio for the final time after 2,956 episodes over a period of 21 years.

September 4, 1888: Printing and imaging company Kodak, also known as Eastman Kodak Company, was founded by inventor George Eastman.

September 8, 1935: The Hoboken Four, featuring Frank Sinatra as lead singer, appeared on “Major Bowes Amateur Hour” on WOR radio.

September 23, 1962: “The Jetsons” premiered on ABC-TV. It was the first program on the network to be carried in color.
THE SENIOR CENTER AND SITES MISS YOU!

All About Autumn

T U R K E Y U M C S N I K P M U P I
U T S E V R A E W O B A N T Y F S
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Word List:
APPLES  AUTUMN  HOUND  BISQUE
CHRISTMAS  DOWNS  COLORS  COLLARDS
COOL  CORNCOCSIA  COSTUMES  CHANGSHILLS
ELECTIONS  FALL  TEAST  FALLER
FOOTBALL  FOREST  GHOSTS  GODRIS
HALLOWEEN  HARVEST  BAYRIS  LEAFES
HARVEST  NOVEMBER  NUTS  OCTOBER
HARES  PIE  PUMPKINS  RARE
SCARECROW  SCARF  STUFFING  SWEATERS
THANKSGIVING  TAKES  TURKEY  VETERANS

PHOTOGRAPHY DISCLAIMER: Jackson County Department on Aging uses pictures of events and participants to inform others about these opportunities. We will not use identification. If you do not want your picture taken, please tell our photographer.

SPECIAL ACCOMMODATION: When registering for an event, please notify Jackson County Department on Aging of any special accommodations needed.

DISCLAIMER: The opinions by presenters are their own and do not reflect the views of Jackson County Department on Aging or any agency sponsors.
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For ad info. call 1-800-477-4574 • www.4lpi.com
AVOID BACK & NECK SURGERY

If you are suffering with Sciatica, Stenosis, Herniated/Bulging Discs or Neuropathy

You’re invited to a Free Dinner

Preceding your free dinner, Dr. Brad Dionne will be speaking on the latest FDA cleared treatment program found to relieve pain where others have failed.

You will discover how Dr. Brad Dionne’s unique treatment program is designed to decrease pain, improve function and relieve the following symptoms:

• Back/Neck Pain • Leg Pain
• Chronic Low Back Pain • Sciatica
• Herniated/Degenerative Discs • Stenosis
• Numbness in Legs, Feet or Hands
• Neuropathy

“If you suffer from pain due to Peripheral Neuropathy — tingling, numbness, or loss of feeling in your feet — I invite you to call our office and reserve a spot for our FREE dinner seminar to learn more about the latest treatment available. More than 20 million Americans suffer from Peripheral Neuropathy, a condition caused by damage to the nerves. This pain affects everything you do, from work, play, and ultimately your quality of life. I am here to tell you that there is hope. You can reduce or get rid of your pain and get your life back. At our offices, we offer advanced customized treatment programs and our goal is to help you have a better quality of life.”

- Dr. Brad Dionne

FREE DINNER SEMINAR to be held at:

Steaks Eatery
4243 Oak Lane Rd • Jackson, MI 49203
Thursday, March 19th
at 7:00pm

Reservation Required Please RSVP to 517-784-3388

Feel Free to bring a guest.
Seating is limited to ONLY 20 spots. Adults only.
Dr. Brad Dionne, DC BS, presenter
Mid-Michigan Home Health & Hospice’s mission is to provide the patient and their loved ones with the support and care they require to live their life comfortably. Our team’s mission is maintaining dignity and quality of life for the patient and their family whether they be in our home health, palliative or hospice care.

- Nurses
- Home Health Aides
- CNA's
- Companions
- Skilled Therapy
- Private Duty
- Pet Therapy
- Psychiatric Nursing

We serve the Michigan counties of Barry, Bay, Branch, Calhoun, Clinton, Eaton, Genesee, Hillsdale, Ingham, Ionia, Jackson, Kalamazoo, Lenawee, Livingston, Macomb, Monroe, Oakland, Saginaw, Shiawassee, St. Clair, St. Joseph, Washtenaw and Wayne.

Located 1 mile from I-94 and 1.5 miles from Allegiance Hospital, our newly renovated subacute rehabilitation and skilled nursing center provides a truly warm and homelike setting for individuals recovering from surgery and illness.

Distinguished By
- Our Patient-Centered Care

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- Individualized Care Plans
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Preferred Care is a healthcare management firm that is redefining the meaning of first class rehabilitation and subacute care.

1055 Professional Dr., Building C Suite 4, Flint, MI 48532
1-877-732-9528 • Fax 1-888-497-2479
1020 Professional Drive
Building B, Flint, MI 48532
midmichiganhc.com

Our MISSION is to Provide the elderly, those with disabilities, injury or illness the option to remain at home safely. Regardless of the level of care needed, our trained staff are guided by a tradition of providing quality personal care, customer service and business excellence. We are here to offer you A CARING HAND to assist you with ALL of your home care needs.

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Preferred Care is a healthcare management firm that is redefining the meaning of first class rehabilitation and subacute care.

Located 1 mile from I-94 and 1.5 miles from Allegiance Hospital, our newly renovated subacute rehabilitation and skilled nursing center provides a truly warm and homelike setting for individuals recovering from surgery and illness.

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Alzheimer's Respite & Counseling
Amy Jehnzen, Mental Health Coordinator

Caregiver Information & Assistance and Meals on Wheels & Home Care-New Clients
Jennifer Guthrie, In-Home Services Coordinator

Caregiver Support
Lisa Brand, Caregiver Support Coordinator

Chore & Home Services Outreach
Lora Stacey, Support Worker

Home Care Services—Current Clients
Angie Duckham, Home Care Supervisor

Meals on Wheels & Nutrition Site Meals
Annie Sottek, Nutrition Services Manager

Medicare/Medicaid Assistance Program
Amy Minix, Outreach Worker

Nutrition Site and Senior Center Programs
Laurie Mead, Enrichment Specialist