

## ACTIVITIES INCLUDES:

CONGREGATE MEALS  
HOME DELIVERED MEALS  
HOMEMAKING  
RESPIRE CARE  
PERSONAL CARE  
HEALTH FAIR  
FLU SHOTS  
CHOLESTEROL SCREENINGS  
LENDING MEDICAL EQUIPMENT  
SENIOR COMMODITIES  
TEPPA COMMODITIES  
MEDICARE HELP (MMAP)  
FOOT CARE  
DICE GAMES  
PUZZLES  
BOARD GAMES  
BINGO  
INCOME TAXES  
COMPUTER CLASSES  
NOTARY  
VIDEO EXERCISE  
SEWING  
CRAFTS  
WIFI BUILDING  
POPCORN & MOVIE  
PROJECT FRESH COUPONS  
EMERGENCY ROAD SIGNS  
EXERCISE CLASS  
VOLUNTEERING  
SING-A-LONG  
RETIRES POTLUCK & GAMES  
LENDING BOOK LIBRARY  
WALKING IN UPSTAIRS HALL  
SNOWBALL DANCE  
WII ELECTRONIC GAMES  
COMPUTERS FOR SENIOR USE  
KINSHIP PROGRAM

## ALCONA SENIOR CITIZEN CENTERS

### GLENNIE SENIOR SITE

CURTIS TOWNSHIP HALL

4932 BAMFIELD, GLENNIE 48737

989-736-5191

DINNER SERVED AT 4:45PM MON—THUR

### GREENBUSH SENIOR SITE

GREENBUSH TOWNSHIP HALL

5037 CAMPBELL RD, GREENBUSH 48738

989-736-8879

DINNER SERVED AT 5:00 PM MON—THUR

EXCEPT LAST THURSDAY OF THE MONTH

### LINCOLN SENIOR CENTER

207 Church Street

P.O. Box 218

Lincoln, MI 48742

989-736-8879

DINNER SERVED AT 5:00PM MON—FRI

PLEASE CALL AHEAD FOR RESERVATIONS

## ALCONA COUNTY COMMISSION ON AGING



**WE STRIVE TO MAKE LIFE  
BETTER FOR MATURE  
ADULTS IN ALCONA COUNTY**

# Alcona County Commission on Aging

207 Church Street, P.O. Box 218

Lincoln MI 48742

(989) 736-8879

Alcona County Commission on Aging has operated through Trio Council on Aging since 1974. The mission of Alcona County Commission on Aging is to coordinate, provide and initiate programs, promote the independence and well-being of mature adults of Alcona County.

## **WHO IS ELIGIBLE?**

Services are available to residents of Alcona County who are 60 years of age and older and spouses.

## **IS THERE A CHARGE?**

Although there is no charge for any of our services, programs administered by the Commission on Aging, rely heavily on your donations for support. You can also provide now for a future gift to Alcona County Commission on Aging by including a bequest provision in your will or revocable trust.

Our In-Home Service Programs are funded in part by Federal, State, and County dollars as well as client donations. Although clients are not charged a fee for services, donations are encouraged to help maintain the program.

---

If you have any questions regarding Alcona County Commission on Aging or the services that are available to you, please call or visit the Commission on Aging Office.

## **NUTRITION PROGRAM**

### **Site Meals**

A hot, well-balanced meal is provided at each of our three senior centers. Each meal provides one-third of the daily required nutrients for senior citizens. Reservations are required.

### **Home Delivered Meals**

Hot meals, sack lunches and frozen meals are available for seniors who are homebound and unable to prepare meals. These meals are prepared at the Lincoln Senior Center and delivered by ACCOA employees.

### **Liquid Nutrition**

Ensure is also offered to those determined to be in need by their physician and a prescription for liquid nutrition has been issued.

Suggested Donation for all Meals, \$2.50

---

## **In-Home Services**

In-Home Services consist of a variety of services including homemaker, respite care, and personal care. These services are available to the homebound senior citizens of Alcona County who have been assessed by our In-Home Services Coordinator and are found to be in need of assistance in maintaining an independent lifestyle.

### **Homemaker**

Provides assistance with routine activities to maintain a clean and safe environment for the older individual. Tasks may include light housekeeping, shopping for necessities such as groceries, meal preparation and laundry.

### **Respite Care**

Provides companionship, supervision and assistance to frail elderly persons while allowing the primary caregiver a reprieve from his/her duties.

### **Personal Care**

In-home help with the activities of daily living for the frail individual such as assistance with bathing, dressing, grooming, toileting, eating, and general moving about.

### **Requesting Service**

You may contact our In-Home Service Coordinator at (989) 736-6685 or toll free at 1-800-818-7898.

Our Coordinator will set up an appointment with you to complete an assessment and determine eligibility. Referrals are accepted from older adults, family members, physicians, hospital discharge planners and concerned individuals.