

JULY

July 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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**Home Delivered
Meals,
Offices
and
Activity Centers
will be closed for
Independence Day
on
Friday, July 4th.**

Let's pretend you receive a text message from an unknown phone number that reads "Hello." The message seems harmless, and you might think it's a genuine text meant for someone else. Because the message appears friendly, you may be tempted to respond. However, this message is actually a text-based phishing scam called a smishing attack. Scammers send thousands of these messages to random phone numbers, hoping to receive a reply. If you reply to the text, the scammer confirms that your phone number is active and that they have contacted a real person. They will continue texting you to try to gain your trust so that they can steal your data or financial information. What you thought was an innocent text from a wrong number is actually a scam! Follow these tips to avoid falling victim to a smishing scam:

- If you think you have received a smishing message, block the number and report the text as junk or spam on your smartphone.
- You should never share personal or financial information in text messages, especially if you do not recognize the number!
- If you receive a text message from an unknown number, simply don't answer. It's not rude to protect yourself!

Thank you to the Bay County Security Team for information to keep us Cyber safe!

WELCOME— Department Corner

Fireworks, Veterans, Dogs and PTSD!!

It is that time a year again that all the fireworks and time honored traditions begin. When celebrating America's birthday this year, we need to keep our veterans and our pets in mind. Did you know that while we find those fireworks, that fill us with awe and patriotism, a combat veteran is pacing, agitated, panicked and trying to remember where they are and your beloved pet may "escape"?

With the very "bangs" and "booms" we find exciting that same combat veteran is transported, sometime an ocean away, and is desperately grasping for anything and everything to help themselves come back to the present and escape the hell of the past.

Then there are those who have live through a traumatic experience such as a car accident, physical and sexual abuse, or a life-threatening medical scare. All of these along with our veterans can develop something called Post-traumatic stress disorder or as we know it PTSD.

PTSD causes the sufferer to re-live or re-experience traumatic situations via flashbacks, panic attacks and can be characterized by strong emotional responses, including depression, suicidal ideation, social anxiety to name a few. "Triggers" vary for each individual, but typically environmental encounters, such as fireworks, cans set off a PTSD episode.

Many Veterans can prepare mentally if they know when you'll be setting off the fireworks. If you know you have a combat veteran, of the past or present, living in your neighborhood be courteous and inform them of any fireworks you may be setting off, give them the date and times so they can prepare themselves and it is the neighborly thing to do.

While fireworks can be hard for veterans, the booms, screeches, and flashes also may be frightening for our four-legged friends. As a result, they may try and escape the loud noises and bright lights, according to the Michigan Humane Society.

The first thing to do is to keep pets inside and secure. Frightened animals may jump tall fences, bolt out gates, or run through screens during fireworks displays to "escape."

Although it might sound like a good idea, resist the urge to take dogs to firework displays, and if you know your pet is afraid of loud noises, confine them to a safe, quiet room with their favorite toy and comfortable bedding.

Finally, if your dog shows signs of distress, give it something to keep it occupied like a peanut butter-stuffed toy, chew toy, or a bone. It will help distract them and calm their nerves. Playing soft music or turning the TV up to drown out the firework noise also may help relieve the animal's stress.

Have a Safe and Enjoyable 4th of July Everyone, *Beth Eurich, Department on Aging Director*



We welcome everyone to our Caregiver Education Meetings. Whether you are a caregiver, or a senior yourself and would like to learn what resources are available come attend one meeting. Meetings are held at the Bay County Building at 515 Center Ave Bay City, MI 48708 on the second floor from 1pm – 2pm. Here is a look ahead at our next topics and dates.

August 28, 2025

Tips for bath time and personal care for those caring for someone with dementia. Bring your own tips and questions.

September 25, 2025

Medication Management: Tips for organizing medications and tricks for reminders.

October 23, 2025

Guardianship Diversion: A look at other options.

November 20, 2025

Adaptations for living with hearing and vision loss.

No Meeting December 2025

Jessica Somerlott, Senior Services Manager

Events and more...

Congratulations to our winners of the 2nd Pinconning Euchre Tournament!

1st Place winners: Barb Dewald
Donald Risch
2nd Place winners: Kathleen Zwetzig
Orville (Bill) Goschka
3rd Place winners: Tied - Madeline Berkobien & Judy Fenwick
Rick Behmlander

Thank you to the Pinconning Community Center Committee, prize donors, and Dustin Weiss for their support for the event.

Prizes donated by: Cheese from the Pinconning Cheese Company
Oil change donated by Bob Charlevoix
2 Family Style Chicken Meals gift cards from the H and H Bakery and Restaurant.

Thank you to Bruce McShane and Brittany Hawes for their assistance to make the event a success. Thank you to the Bay County Department on Aging kitchen staff who prepared the Southwest Chicken Wrap for all the players and our staff.

Watch your Wonderful Times newsletter for news on when we will have our third tournament.

Patty Gomez, Programming Services Manager

Healthy Summer Eating: 60 and Better Nutrition Tips for July

As July heats up, so does the importance of mindful nutrition, especially for those 60 and better. Warm weather, abundant fresh produce, and longer days offer an ideal opportunity to refresh your eating habits while staying energized and hydrated. Here are key nutrition tips and healthy food ideas tailored for you in July.

1. Hydration Is Key

Summer dehydration is a serious concern for older adults. As we age, our sense of thirst may decline, making it easier to become dehydrated without realizing it. To stay hydrated:

- Drink water regularly, even if you're not thirsty.
- Include hydrating foods such as watermelon, cucumbers, strawberries, and lettuce.
- Avoid excess caffeine and alcohol, which can contribute to dehydration.

2. Light and Balanced Meals

Hot weather often makes heavy meals less appealing. You can benefit from smaller, lighter meals that are nutrient-dense:

- Opt. for grilled or baked fish for omega-3s.
- Try cold pasta salads with whole grains, veggies, and lean protein.
- Incorporate Greek yogurt or cottage cheese with fruit for a refreshing snack or breakfast.

3. Safe Food Handling in the Heat

Foodborne illness risk increases in summer. Keep these safety tips in mind:

- Refrigerate perishable items promptly, especially during picnics or barbecues.
- Avoid leaving food out for more than two hours (or one hour if it's above 90°F).
- Wash fruits and vegetables thoroughly before eating.

In Summary

July is a great time to embrace a colorful, hydrating, and nutritious diet that supports your health and well-being. By making smart choices and savoring seasonal flavors, you can feel your best and enjoy everything summer has to offer.

Jessica Foss, Nutrition Services Manager

Miscellaneous

ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP OF BAY COUNTY:

Tuesday, July 8th, 2025 from 6:00 – 8:00 p.m.

Now meeting in-person at
Golden Horizons
1001 Marsac St.
Bay City, MI

Facilitator: Stacy McIntyre, LMSW~The support group meets the second Tuesday of each month~For more information call 989-892-6644

Friends of Bay County Libraries Annual Book Sale

Where: Bay County Civic Arena,
4231 Shrestha Dr.

When: July 31, August 1 and 2, 2025

Thursday 8am to 8pm

Friday 10am to 8pm

Saturday 10am 5pm

Hard Covers: \$2 Thursday/\$1 Friday

Paperbacks: \$1 Thursday/.50 Friday

Saturday Closeout: \$4 per box/bag of items

See you there!

FREE DEMENTIA TRAINING CLASSES IN JULY 2025:

"Communicating Effectively"
Wednesday, July 16, 2025

10:00 a.m. – 12:00 noon

**Class held at Golden Horizons,
1001 Marsac St., Bay City, MI.
Call 989-892-6644 to register.**

**Complimentary adult day care
available during class by
reservation in advance.**

**Funded by Region VII
Area Agency on Aging and the
Alzheimer's Fund of the Bay
Area Community Foundation.**

VIRTUAL CONNECTIONS

Do you have any questions about
how to use your smart phone?

Department on Aging is providing a Virtual Connections class on Android phones and iPhones. We are accepting names for our next class in **September 2025**. This is a 4 week class with one on one coaching.

Classes will be located on the 2nd floor of the
Bay County Building.

515 Center Ave. Suite 202

Bay City, MI 48708

Cost for the class will be \$20 for materials and meals.

Class size is limited.

Please call 989-895-4100 to get your name on the list. We hope to see you there!

DONATIONS ACCEPTED

As you know, there is no annual subscription fee to receive this Wonderful Times Newsletter; however, we would be happy to accept any donation (whatever you can afford) to help defray the cost of postage.



Bruce McShane—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Tue. 10am Bingo

Wed. 10:00am Card games

Thur. 10:00am Shuffleboard and Crafts

Join us for
Shuffleboard
every Thursday!



Blood Pressure Clinic!!

We will be at the
Canteen

on

Tuesday, July 15th

from

11:30am to 12:30pm!



"Sue's Stichin and Crafts"
Thursday, July 3rd at 10:30am

Crochet/Knitting and Crafts

First Thursday of every month.

Please bring your own yarn and supplies. There is no charge for this monthly event. Donations of yarn and supplies always welcome.

'Christmas in July' kits will be available this time for
\$2.00



Canteen Book Club



will meet
Thursday, June 10th
at
10:00am

July Birthday Celebration

Dessert will be served
after lunch on
Thursday, July 31st



Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Tue-Thur 9am-12:30pm

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, July 16th
from
11:00am to 12:00pm!



4th of July Word Search

F	O	U	R	T	H	A	U	N	I	T	E	D	S	O
R	R	E	F	I	R	E	W	O	R	K	S	Y	B	D
E	I	E	P	A	R	A	D	E	R	W	H	I	R	A
E	B	E	V	A	S	F	L	A	T	G	A	T	I	T
N	B	L	E	O	L	U	L	I	B	E	R	E	T	H
A	S	D	E	C	L	A	R	A	T	I	O	N	A	I
T	A	U	C	D	J	U	L	Y	G	J	U	E	I	R
I	M	E	M	R	E	O	T	O	A	N	M	A	N	T
O	I	F	A	M	A	M	R	I	G	H	T	S	T	E
N	C	R	C	A	E	R	A	D	O	S	O	T	H	E
W	J	E	R	I	G	R	E	D	A	N	S	A	I	N
H	U	E	A	L	I	B	E	R	T	Y	R	T	L	I
I	N	D	E	P	E	N	D	E	N	C	E	E	R	B
T	D	O	M	E	T	A	C	P	A	T	R	S	T	Y
E	A	M	E	R	I	C	A	N	B	L	U	E	W	I



AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

Mon-Thurs 9am-1pm
1080 West Midland Road | Auburn, MI 48611

Mon. 10am Mexican Train Dominoes

Tue. 10am-Euchre

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

*****All Events Subject to Change.*****

4th of July Root Beer Floats

Join us
Thursday July 3rd at 11 AM



Please RSVP by
Thursday, June
26th.

Blood Pressure Clinic

Will be here at
Williams
on
Thursday, July 17th
from 11:30am-12:30pm



July
Birthday Celebrations!
Thursday, July 24th
Join us for a
Tim Hortons Treat



**Come and paint a
ceramic gnome!**
Cost is \$5.00
RSVP by Thursday, July 10th
Space is limited.

Cam Langenburg -Site Coordinators
989-893-7070

Blood pressure clinic!!

We will be at Riverside
Monday, July 14th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'Bridge over a Creek'

Monday, July 7th

1 Class available

9:30-12:30, Cost is \$20.50.

Please RSVP by Thursday July 3rd

We will continue painting
after lunch until 1:30 if needed.

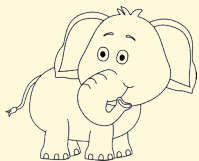


Join us

Monday, July 21st at 10am

White Elephant Bingo

Whether its new, used (clean and functional) or edible (non-perishable, in a can, box, or company sealed package) put in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3. One card per prize.



RIVERSIDE

Mon-Fri 9am-2pm

800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. 12pm Hand and Foot
9:30am Smear

Tues. 9am-12pm Knit/Crochet Group (Craft Room)
9:30am Bid Euchre
12:00pm Cribbage

Wed. 9:30am-12pm Euchre

Thurs. 12pm Dominoes
9:30am Pinochle

Fri. 9:30am-12pm Millie's Gin
12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)

Come and Celebrate the 4th of July



With Ice Cream & Trivia!

Thursday, July 3rd

12pm



July Birthday Celebration!

Come in **Friday, July 25th**
for your birthday treat! (Dine in Only)



Karen Gettel—Site Coordinator
989-895-5968

* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

Blood Pressure Clinic!

We will be at Hampton on
Friday, July 18th
from
11:30am—12:30pm.



4th of July Celebration!

Thursday, July 3rd

Surprise Dessert
served with lunch!



HAMPTON Mon-Fri 10am-2pm
801 West Center Rd. | Essexville, MI 48732

- Mon.** 11am Low-Impact Exercise* with Laura
- Tue.** 10am Indoor Walking, Card Games and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes w/Ken and Wanda
- Fri.** 11am Low-Impact Exercise Class* with Laura
Weather Permitting, 7up Card Games

Grocery Bingo

Thursday, July 24 at 10:30am
Prize donations
are welcomed
\$.25 per card to play.



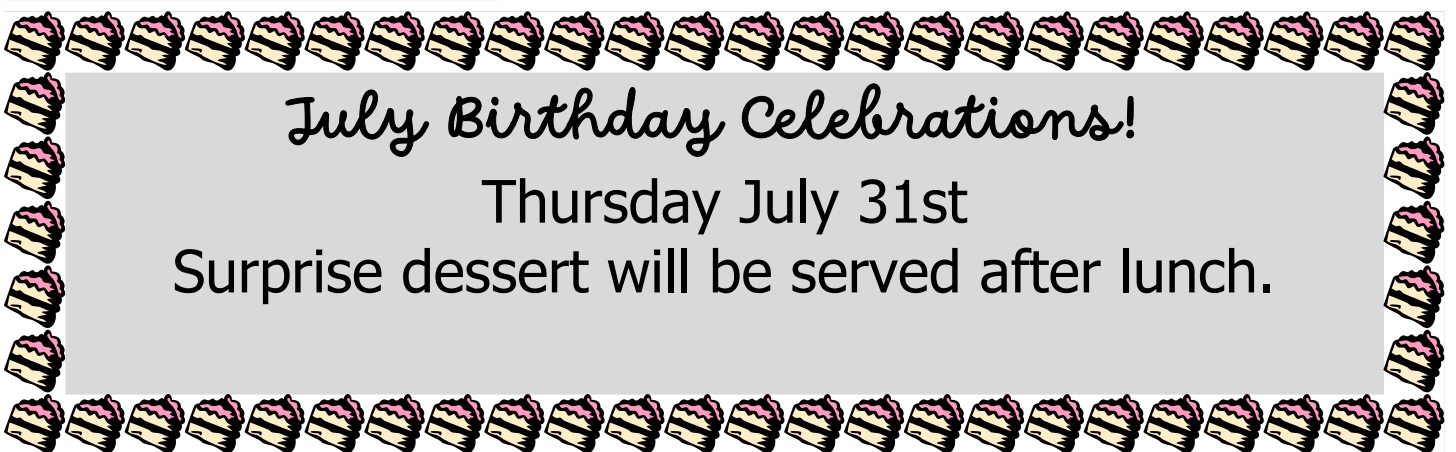
Root Beer Float Day

Come join us for lunch and a
summer treat!
Tuesday, July 15th






July Birthday Celebrations!

Thursday July 31st
Surprise dessert will be served after lunch.



July 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27)	(2) BAJA FISH TACO (31) Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44)	(3) HOT DOG (1) Whole wheat bun (19) Green Beans (5) Cherry Crisp (55) Potato Chips (15)	(4) CLOSED 
(7) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (20) Fig Newtons (13) Orange Juice Box (13)	(8) DUTCH CHICKEN (9) Cheesy Mashed Potatoes (14) Peas and Carrots (9) Oatmeal Rasin Cookie (23)	(9) BAKED PORK CHOPS (1) Mashed Potatoes (17) Green Beans (5) Fruit Cocktail (17)	(10) CHOP SUEY (14) Yukon Gold Mashed Potatoes (16) Green Peas (11) Butterscotch Pudding (27)	(11) TACO SALAD (24) Apple Slices (7) V8 Vegetable Juice (6) Strawberries w/ Whip Topping (7)
(14) COD FISH FILET (16) Whole Wheat Bun (25) Down Home Fries (15) Diced Carrots (7)	(15) MEATBALL STROGANOFF (18) Buttered Noodles (13) Mixed Vegetables (11) Pineapple Chunks (18)	(16) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	(17) PEPPER STEAK (12) Broccoli Florets (4) Steamed Brown Rice (16) Grapes (13) Orange Juice Box (13)	(18) CRISP CHICKEN FINGERS (20) Down Home Fries (15) Scandinavian Blend Veggies (7) Strawberry Applesauce (15)
(21) HUNGARIAN PORK CHOP (6) Buttered Rotini Noodles (43) Spinach (5) Clementine (9)	(22) CHICKEN ENCHILADAS (20) Roasted Corn and Beans (14) Spanish Rice (25) Lime Pear Jello (25)	(23) HAMBURGER GRAVY (9) Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	(24) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9) Whole	(25) BBQ CHICKEN BREAST (14) Redskin Potatoes w/ onions (23) Green Beans (5)
(28) PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Baked Potato (24) Riviera Blend Vegetables (6)	(29) CHICKEN CORDON BLEU (12) Candied Sweet Potatoes (31) Mixed Vegetables (11) Apple (29)	(30) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (17) w/Beef Gravy (2) Cauliflower (4) Fresh Strawberries (6)	(31) SPANISH RICE W/MEAT (27) Broccoli (4) Corn Muffin (21) Sugar Cookie (26)	

REMINDER for Home Delivered Meals clients:

***You must be home when meals are delivered. We will not leave your meal.**

*When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.

*Suggested Donation for HDM: \$2.75 per meal.

***Menu is subject to change without notice.** *Please be advised, Menu items may contain Nuts!

Salad

Available at the Activity Centers only

Salad Choice for the week:

WEEK OF 6/30-7/4

TURKEY BACON RANCH CROISSANT

Turkey
Bacon
Lettuce
Ranch
Croissant

WEEK OF 7/7-7/11

TAVERN STYLE HAM AND CHEESE SUB

Ham
Cheese
Lettuce
Cucumber
Tomato

WEEK OF 7/14-7/18

CALIFORNIA CHICKEN WRAP

Diced Chicken
Cole Slaw
Dill Pickle Chips
Red Grapes
Cucumber

WEEK OF 7/21-7/25

CALI TURKEY RUBEN

Turkey Breast
Coleslaw
Swiss Cheese
Pickles
White Bread

WEEK OF 7/28-8/1

ROAST BEEF SLIDER

Pepper Jack Cheese
Onions
Horseradish Sauce
Onion Bun

July 2025

Menus are subject to change without notice

ALL LUNCHES
SERVED AT 12 NOON.

Suggested Donation at
Activity Centers: \$2.50 per
meal

Reservations by 1pm one
day in advance by calling
the Activity Center of your
choice.

For Monday reservations
please call no later than
1pm the **Friday before**.

Please be advised that
Menu items may contain
nuts!

All menus are certified by
Region 7's Registered
Dietitian.

TEMPORARILY AWAY?

The Wonderful Times
newsletter is mailed under
a non-profit bulk mail rate
and is not forwarded by
the Post Office. If you
plan to be away or are
moving, please call the
main office at
(989)895-4100.



July 2025



YOUR MONTHLY FALL PREVENTION TIP!

Assistive devices, such as canes and walkers, can be a tremendous help when maintaining balance. Canes can support up to 25% of your weight. Check with your healthcare provider for a prescription and proper usage.

Brought to you by:



BAY COUNTY DEPARTMENT ON AGING
SECOND FLOOR, BAY COUNTY BUILDING
515 CENTER AVENUE, SUITE 202
BAY CITY, MI 48708-5123

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Return Service Requested

WONDERFUL TIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing a supportive and professional environment with continued opportunities for the 60 years and better population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

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www.baycountymi.gov/Aging/
Donations Accepted

County of Bay
Jim Barcia
County Executive

Department on Aging – Publisher
Beth Eurich – Director/Editor
Amanda Goulet – Distribution
Jonelle Box – Layout
Liturgical Publications, Inc. - Printer



The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.