



Like us on Facebook for agency updates! 

Reminder Calls

We have a reminder system!

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x1202.

Focus On: Foster Grandparent & Senior Companion Programs

Foster Grandparent

Foster Grandparent volunteers are 55 or better, who serve as role models, mentors, and friends to children in need. They serve at thousands of local organizations throughout the State of Michigan, including faith-based groups, Head Start Centers, schools, and other youth facilities. Foster Grandparents serve an average of 20 hours per week providing guidance to children at a critical time in their lives.

To qualify volunteers must be income eligible (200% poverty level or less). For their service they earn a tax-free, hourly stipend, transportation reimbursement and other benefits. Prior to placement, volunteers must complete 20 hours of pre-service orientation/training, a physical and various background checks. At least 24 hours of in-service training is provided annually.

Senior Companion

Senior Companion volunteers are 55 or better. They serve as advocates, supporters and friends to older adults who are frail and isolated, as well as young adults with developmental disabilities. Placements include private homes, mental health centers, convalescent facilities, and other community sites. Senior Companions are the connection to the community for their clients.

To qualify volunteers must be income eligible (200% poverty level or less). For their service they earn a tax-free, hourly stipend, transportation reimbursement and other benefits. Prior to placement, volunteers must complete 20 hours of pre-service orientation/training, a physical and various background checks. At least 24 hours of in-service training is provided annually.

For more information visit:
<http://www.mafgscp.org/>

Exercise for Seniors

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Plus activities to improve balance, such as standing on one foot.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Don't worry if you're thinking, "How can I get the recommended amount of physical activity each week?" You'll be surprised by the variety of activities you have to choose from. Basically any aerobic activity counts, as long as it's done at a moderate- or vigorous-intensity. Any amount of physical activity has some health benefits.

For more information visit:

https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm

This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta,
Midland & Osceola Counties: 989-386-3805

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org

Featured Commodity: Pasta

Nutrition Information:

Eating grains, especially whole grains, provides health benefits. People who eat grains regularly may have a reduced risk of some diseases. Grains provide many nutrients like Iron and B Vitamins that are vital for the health and maintenance of our bodies.

Women ages 60+ should have 5-7 oz equivalent of grains per day and Men should have 6-9 oz equivalent of grains per day. 1/2 cup of cooked pasta counts as 1 ounce of grains in the ChooseMyPlate.gov Grains group.

Uses & Tips:

- Pasta can be boiled, baked, pressure cooked and also used in slow cooker meals.

Upcoming Distribution Schedule

If someone else is picking up your food for you, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID. *Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** June 13, 10:30-11:30
- **Alma Elks:** June 26, 9:30-11:00
- **Arms of Love, Greenville:** June 1, 10:30-11:30
- **Bay City Town Center:** June 14, 1:00-2:30
- **Clare Moose Lodge:** June 15, 10:00-11:00
- **Essexville Community Church:** June 5, 12:30-1:30
- **Evart Moose Lodge:** June 21, 11:00-12:00
- **Clare Co. Fairgrounds, Harrison:** June 20, 10:00-11:00
- **Gladwin Free Methodist Church:** June 12, 10:00-11:00
- **God's Helping Hands, Remus:** June 7, 2:00-3:00
- **Gratiot Commission on Aging:** June 26, 12:30-1:30
- **Greendale Township Offices:** June 6, 1:00-2:00
- **Grace Community Church, Howard City:** June 1, 1:30-2:30
- **Immanuel Lutheran, Mt. Pleasant:** June 28, 10:00-11:00
- **Ionia Moose Lodge:** June 27, 10:30-11:30
- **Marion VFW Post:** June 21, 1:30-2:30
- **Pinconning United Methodist:** June 13, 1:00-2:00
- **Resurrection Life Church, Big Rapids:** June 7, 11:00-12:00
- **Sanford American Legion:** June 6, 10:30-11:30
- **United Methodist Church, Reed City:** June 15, 2:00-3:00
- **New Hope Community Church, Shelby:** July 24, 10:30-11:30
- **Christ Temple Apostolic Church, Muskegon:** July 24, 10:30-11:30
- **Holton Community Center, Holton:** July 25, 11:30-12:30
- **Anchor Point Bible Church, Norton Shores:** July 24, 10:30-11:30

Private distributions are not listed. The calendar is also available at www.mmcaa.org.

Customers must inform Mid Michigan CAA of changes in income or household composition within 10 days of the change.

May Recipe: Seven Can Vegetable Soup

Ingredients

- 1 can kidney beans*
- 1 can chili beans
- 1 can mixed vegetables
- 1 can corn
- 1 can petite diced tomatoes
- 1 can tomatoes with bell peppers and onion
- 1 can original Ro*Tel

Instructions

- Place all ingredients in a slow cooker and set on low.
- Cook for 4-6.

*You can substitute the Kidney beans with Black beans (Rinsed well) or even Pinto Beans.

Pasta elbows or Rotini as well as rice can be added as well. If you choose this option, vegetable or chicken broth will be required to keep the soup from becoming too thick if cooking pasta or rice in the slow cooker.

**Other variations may include adding canned beef, fresh cut vegetables and even topping the soup with parmesan cheese.

Holiday Closures

May 29, 2023
June 19, 2023
July 4, 2023