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### Aging Well

### **Reminder Calls**

We have a new reminder system!

Monthly customers will again 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 x1203.

### **Focus on: SilverSneakers**

The nation’s leading community fitness program designed specifically for seniors, SilverSneakers® promotes greater health engagement and accountability by providing members with regular exercise (strength training, aerobics, flexibility) and social opportunities at up to 22,000 locations nationwide—all at no additional cost to them. As America continues to age, senior-focused health and vitality programs will become more and more essential to ensuring aging adults can continue to be vital, active members of our communities and our world.

Here's how a SilverSneakers membership works.

Start with 3 easy steps:

1. Check to see if you have SilverSneakers with your Medicare Advantage Plan.
2. Log in and create an online account and download your SilverSneakers member ID at <https://tools.silversneakers.com>
3. Find the nearest location and join a fitness class or exercise on your own.

*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 newsletter is appropriate for you.*

### Key facts

- The pace of population aging is much faster than in the past.
- In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.
- Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%

### Factors influencing healthy aging

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion. Older people also contribute in many ways to their families and communities. Yet the extent of these opportunities and contributions depends heavily on one factor: health.

Evidence suggests that the proportion of life in good health has remained broadly constant, implying that the additional years are in poor health. If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person. If these added years are dominated by declines in physical and mental capacity, the implications for older people and for society are more negative.

Physical and social environments can affect health directly or through barriers or incentives that affect opportunities, decisions and health behavior. Maintaining healthy behaviors throughout life, particularly eating a balanced diet, engaging in regular physical activity and refraining from tobacco use, all contribute to reducing the risk of non-communicable diseases, improving physical and mental capacity and delaying care dependency.

Supportive physical and social environments also enable people to do what is important to them, despite losses in capacity. The availability of safe and accessible public buildings and transport, and places that are easy to walk around, are examples of supportive environments.

For more information, visit <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

### **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](http://www.mmcaa.org)

## Featured Commodity: UHT Milk

All food and beverage choices matter. Focus on variety, amount, and nutrition. Calcium and vitamin D are important nutrients at any age. Eating or drinking dairy products that have these nutrients help to:

- Improve bone health, especially in children and adolescents when bone mass is being built.
- Promote bone health and prevent the start of osteoporosis in adults.

In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk
- 1 ½ ounces of natural cheese

### Uses & Tips:

UHT Milk can be used just like regular milk, and it has a longer shelf life. You can use this milk in recipes as well as for drinking by itself to compliment the 3 cups of the daily recommendations by the USDA at <https://www.myplate.gov/eat-healthy/dairy>

## 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](http://www.mmcaa.org), Facebook and sent to customers via robocall.*

- **Albright Shores Eagles:** July 11, 10:30-11:30
- **Alma Elks:** August 28, 9:30-11:00
- **Anchor Point Bible Church, Norton Shores:** July 26, 10:30-11:30
- **Arms of Love, Greenville:** August 3, 10:30-11:30
- **Bay City Town Center:** July 12, 1:00-2:30
- **Clare Moose Lodge:** July 20, 10:00-11:00
- **Essexville Community Church:** July 3, 12:30-1:30
- **Ewart Moose Lodge:** July 19, 11:00-12:00
- **Christ Temple Apostolic Church, Muskegon:** July 24, 10:30-11:30
- **Clare Co. Fairgrounds, Harrison:** July 18, 10:00-11:00
- **Gladwin Free Methodist Church:** July 10, 10:00-11:00
- **God's Helping Hands, Remus:** July 5, 2:00-3:00
- **Gratiot Commission on Aging:** August 28, 12:30-1:30
- **Greendale Township Offices:** July 6, 1:00-2:00
- **Grace Community Church, Howard City:** August 3, 1:30-2:30
- **Holton Community Center:** July 25, 11:30-12:30
- **Immanuel Lutheran Church, Mt. Pleasant:** August 23, 10:00-11:00
- **Ionia Moose Lodge:** August 22, 10:30-11:30
- **Marion VFW Post:** July 19, 1:30-2:30
- **New Hope Community Church, Shelby:** July 24, 10:30-11:30
- **Pinconning United Methodist:** July 11, 1:00-2:00
- **Resurrection Life Church, Big Rapids:** July 5, 11:00-12:00
- **Sanford American Legion:** July 6, 10:30-11:30
- **United Methodist Church of Reed City:** July 20, 2:00-3:00

*Private distributions are not listed. The calendar is also available at [www.mmcaa.org](http://www.mmcaa.org).*

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

## June Recipe: Cornflake Slice

### Ingredients

- 1/3 cup butter
- 30 regular size marshmallows
- 1 cup sliced almonds, toasted
- 1 cup flaked coconut
- 3 ½ cups cornflakes cereal

### Directions

1. Combine the butter and marshmallows in a medium saucepan.
2. Cook over medium heat, stirring occasionally, until melted.
3. Stir in the toasted almonds and cornflakes.
4. Press into a 9x13 inch baking pan and let sit for 1/2 hour.
5. Cut into squares and enjoy!

*You can also add chocolate chips or any variation of chips to this recipe. You can also leave out the coconut and switch the almonds to another fruit or nut.*

### Agency Closures:

**June 19, 2023**  
**July 4, 2023**  
**September 4, 2023**