EXECUTIVE DERING INDIVIDUALS PROSTRENCTHENING CO **DIRECTOR'S** REPORT



September

2023

I am sad to share with you the obituary of Karen Kelly. What a wonderful person! For the staff that do not recognize her name, she was the person at the Main who tirelessly keyed 750 timesheets (pre-UKG) to ensure we all got paid every two weeks. Karen was with us at NEMCSA for 32 years. She was a quiet and kind soul. Smart. Caring. I always enjoyed catching up with her on what was going on in her life. She was the proud mother of two boys, like me (although her sons are now adults). She was also a hockey mom, so we often talked hockey. People like Karen are the heart that made NEMCSA tick for so many years. It's hard to believe she's gone. She will be missed.



Remembering Karen Kelly





Karen Sue Kelly September 6, 1959 — July 24, 2023 Alpena

Thirly—IWO
YEARS OF SERVICE AT NEMCSA

Karen Sue Kelly, 63, of Alpena, passed away at her home on Monday, July 24, 2023, after a courageous year-long battle with Cancer. She was a loving, kind, and selfless, wife, mother, grandmother, sister, aunt, and friend that will be dearly missed by many. Karen was born on September 6, 1959, to Arthur and Gertrude (Zielaskowski) Samp in Alpena. Karen was a lifelong resident of the area and graduated from Alpena High School in 1977. On June 21, 1980, Karen married the love of her life James Kelly at St. John Catholic Church of All Saints Parish. She worked for many years for Northeast Michigan Community Service Agency as a Payroll Accountant until her retirement in 2022.

There were many things that Karen enjoyed such as exercising, riding her bike, spending time with friends at the lake, and she loved to cook. But nothing brought her greater joy than spending time with her family, especially her grandkids. Karen was a selfless woman who always put others first and always tried to make others happy. She was full of love, compassion, and kindness for her family and left behind countless joyful memories for her family to cherish. She was also a lifetime member of the VFW Post 2496 Ladies Auxillary.

Karen is survived by her loving husband of 43 years, James, two sons, Jason (Heather) Kelly of Battle Creek, MI., and Matt (Ashleigh) Kelly of Alpena, five grandchildren, Leigha, James, Kora, Elise, and Izaac, her parents, Arthur and Gertrude Samp, her siblings, Bernadine (Mark) Gagnon of Alpena, Michael (Patty) Samp of Grand Rapids, MI., and Sharon (Ray) Hamilton of Dallas, TX., and many nieces and nephews.

In following Karen's wishes, no funeral services will take place. A Celebration of her life will take place on September 9, 2023, from 2:00 p.m. to 5:00 p.m. at the VFW Post 2496 Canteen Lounge, 2900 Connon St., Alpena, MI 49707. Memorial contributions may be made in Karen's name to St. Jude Children's Hospital.

(Karen's obituary as prepared by Karpus, Hunter, and Ross Funeral Home)



AREA AGENCY ON AGING

Congratulations MMAP Counselors!

Region 9 AAA MMAP (Medicare Medicaid Assistance Program) Counselors were recognized recently at the 2023 Statewide MMAP Awards Ceremony and acknowledged at its August Region 9 MMAP meeting. The awardees are:

- *Theresa Ross*, Otsego County Commission on Aging: Above and Beyond Award
- *Julie Robinette*, Alpena Senior Citizens Council: Above and Beyond Award
- Sandy Woods, Crawford County Commission on Aging: Above and Beyond Award/Highest Number of Counseling Hours in Region 9 (Volunteer)
- *Charles May*, Otsego County Commission on Aging: Above and Beyond Award/Highest Number of Counseling Hours in Region 9 (Inkind Staff Member)
- Region 9 AAA- for efforts to meet and exceed SHIP and SMP goals.

Statewide Award: Volunteer of the Year

- *Elizabeth Hoogerhyde*, from Promedica Hospice and Homecare (formerly Heartland), West Branch and working through the Iosco County COA

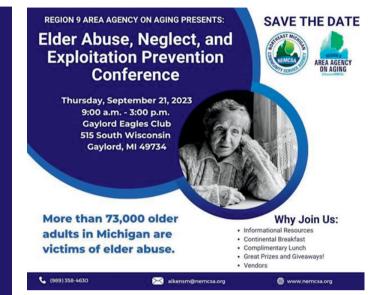
Commission Approves Annual Plan

Laurie Sauer presented the Region 9 Area Agency on Aging 2023–2024 Annual Implementation Plan (AIP) to the State Commission on Services to the Aging (CSA) on August 18 in Lansing. The plan was reviewed and unanimously approved by the Commission members. The CSA, a 15–member body appointed by the Governor, advises the Governor and Legislature on the coordination and administration of state programs, changes in federal and state programs, and the nature and magnitude of aging priorities. The Commission also reviews and approves grants made by the Bureau of Aging, Community Living, and Supports (ACLS Bureau) and participates in the development of the state plan and budget as required by the federal Older Americans Act of 1965, as amended.

New to Medicare Presentations Now Available

Medicare Presentations are available monthly throughout the 12 counties for anyone: planning for retirement, starting Medicare at age 65, starting Medicare at an earlier age due to a disability, or anyone wanting more information about how Medicare works. Check it out on the second Wednesday of each month from 10:00 to 11:00 a.m. The virtual presentations can be viewed by beneficiaries over the internet on their home computing device or can be viewed at their local Council or Commission on Aging. Follow-up appointments can be made with a certified MMAP counselor to review individual insurance options.

Preregistration is required; call your local COA or 800-803-7174 to register.



Registration for the annual Elder Abuse, Neglect, and Exploitation Prevention Conference is OPEN!

Click here, to register: https://forms.office.com/r/deEVsuUgoG

AAA Staff withstood the chilly weather Aug. 24th for their annual staff meeting and picnic at the Otsego County Lake Park. Staff members received important training on Naloxone from Catholic Human Services; the Veterans Administration's S.A.V.E. Program, which aims to prevent suicide among veterans; and information about domestic abuse services and supports in northern Michigan.



A little bit of staff teambuilding fun after a day of heavy training topics.



VA trainers presenting the S.A.V.E. Program.

Starting October 10th!



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS? Attend this Dementia Caregiving series. It is a three-session webinar series, for those caring for a person with dementia. It assists with reducing caregiving stress by providing useful tools and information. Learn How To: • Understand basic information about dementia and its impact on brain function. • Recognize atages of dementia. • Provide meaningful daily activities based on your care recipient's Provide meaningful daily activities based on your care recipient's Provide meaningful daily activities based on your care recipient's Provide meaningful daily activities based on your care recipient's Provide meaningful daily activities based on your care recipient's Provide meaningful daily activities and provide meaningful daily activities and provide meaning to a prov

EARLY CHILDHOOD SERVICES



Reviewing our mission and goals reminds leaders of our purpose. Program leadership recently spent 2 days planning and preparing for the new school year. NEMCSA staff are ready to begin welcoming children back on September 5!



Special thanks to **Gleaner Life Insurance** for their donation supporting the Annual Health Event in **Tuscola** County. Their donation will help purchase necessary supplies for the event, as well as health items for Head Start families who attend. Cheers to Sean Smith, Region 4 Family Services Manager, for obtaining the donation.

DID YOU KNOW?

300

of NEMCSA'S Early
Childhood Staff
are current or former
Head Start parents



Ten classrooms will be part of a nutrition research project this school year with Michigan State University College of Nursing. The "Eat My ABCs" project is a 14-week healthy eating program that aims to examine the effects of improving children's healthy eating behavior and weight status. Weekly communication with parents connects classroom learning with practices at home. NEMCSA is excited to see our results at the end of the 14-week project.

FOOD PROGRAM

We are thrilled to share some significant developments and accomplishments within The Food Program! Our dedicated team has been working diligently to enhance our services and expand our reach, and we are excited to highlight some key achievements.



In collaboration with staff members Jodie Baker, Tammy Dean, Jeana Bellanger, and Amanda Bergeron, staff have made significant progress in transitioning The Food Program to the new data software, EmpowOR. This transition will streamline operations, enhance data accuracy, and provide valuable insights to further improve program services.

NEMCSA is proud to share that the Allen Foundation Grant has had a transformative impact on the food programs. The recent acquisition and installation of an external freezer mark a significant milestone.

This new freezer will enable the program to offer frozen produce and meats on a consistent basis, enhancing the variety and nutritional value of the offerings to those served!



Over the past six months, staff are thrilled to report that The Food Program has processed a remarkable 376 new applications in the Golden Grocery Giveaway Program. This achievement underscores the commitment to supporting individuals and families in need within the community. This program's success is a testament to the dedication of the team and the effectiveness of program outreach efforts.

Program staff are pleased to announce the well-deserved **promotion of Tammy Dean from Food Program Coordinator to Food Program Director**. Tammy's commitment, dedication, and exemplary leadership have been instrumental in driving the success of the food programs. Her expertise and vision will continue to shape the future of The Food Program.

Contact Food Programs at: 989-358-4700 or www.nemcsa.org/services/need-food/nemcsafood-programs



Celebrating 1 Year of Progress with BOSS Mentors & Families:

Staff are excited to share a heartwarming update on the Bridges of Self-Sufficiency (BOSS) Program, recently the one-year milestone was celebrated with the dedicated participants and their families. Staff commitment to empowering families on their journey to self-sufficiency continues to yield remarkable results.

A New Home and New Beginnings:

Staff are thrilled to share that one of the BOSS families achieved a major milestone by securing a new 3-bedroom home for themselves. This accomplishment is a testament to the perseverance and hard work put forth by the family, as well as the support provided by the BOSS Program. The BOSS Program continues to transform lives by providing families with the tools, resources, and support they need to

achieve self-sufficiency. As progress made over the past year is celebrated, staff are reminded of the impact that collective efforts, dedication, and collaboration can have on individuals and their families. Thank you for your ongoing support of the BOSS Program. Program staff are committed to building brighter futures and look forward to the continued success of participants.

BOSS Mentors Facilitate 1 Year Progress Celebration:

NEMCSA is proud to acknowledge the invaluable efforts of BOSS mentors, Robyn Hart, Brooke Mainville, Traci Schuelke, and Amanda Bergeron. Together, they organized a celebration marking one year of progress for BOSS families. The event took place at the picturesque Oscoda Beach Park, providing the perfect setting for a memorable gathering. The participants and their families were treated to a special day filled with meaningful activities and expressions of support. A sumptuous lunch and delightful desserts set the tone for the event. Family-friendly activities brought smiles and laughter, fostering a sense of community among the attendees. As part of the celebration, each family received items designed to support them on their path to self-sufficiency. Planners and notebooks were provided to help them organize and plan their future steps, ensuring a smooth journey toward their goals. During the celebration, Robyn Hart and Amanda Bergeron expressed their heartfelt gratitude for the unwavering commitment and dedication demonstrated by each family throughout their participation in the BOSS Program. The mentors' words of encouragement and acknowledgment reinforced the significance of their achievements and efforts.

Program Impact SCHOOL SUCCESS



Anne Proctor, Senior School Success
Liaison (Lewiston Elementary) and Jenelle
King, School Success Liaison
(Johannesburg High School) participated
in the Lewiston Project Connect which
helps community members connect to
valuable community resources.

Student Volunteers from Ogemaw (IRESA) Alternative Education helped out at Pegasus Springs Therapeutic Riding Center through the summer semester!



Special thanks to CertaSite staff who provided a generous donation of school supplies for students in the community.



THANK YOU

Special thanks to United Way of Northeast Michigan and many community donors who stuffed the bus! Donations were provided to School Success staff to share with students in the communities who need school supplies as they head back to school.

Wolverine Hygiene Bags
Christ Child Society of Harbor Springs, provided
Kristin Prokop with a huge variety of hygiene
and household products to build summer kits
which were provided to families at home visits
throughout the School Success pilot summer
program. Christ Child Society of Harbor Springs
regularly supports the students in Wolverine
through generous donations to keep their
clothing closet fully stocked and adopts many
students at Christmas time.



Amy Hunt, Senior School Success Liaison for the PIVOT Program taking the new PIVOT program van for a ride.

BACK TO SCHOOL



School Success Liaisons at Alpena Public Schools
Elementary Schools held a Back to School BBQ.
37 families attended the event where they were able to
enjoy a picnic lunch, get a hair cut and pick up backpacks
full of back-to-school supplies. Special Thanks to Lisa
Werth, Senior School Success Liaison who came up with
the items and helped make the event happen with
donations from: Walmart, Thunder Bay Tree Service,
Butterwerth Dairy, and Lisa Garant (Hair Cuts).



HOUSING

THANK YOU TO OUR TEAM!

households out of homelessness

households prevented from homelessness

previously were living on the street

previously were staying in a shelter

household received a motel paid for by NEMCSA





Pictured to the right is Hudson Bergeron. Hudson kindly wanted to donate his earned money to NEMCSA's Homeless Department because "they help so many people and it makes him sad when he thinks of families and kids not having homes." Thank you, Hudson; your generous donation will be used to purchase supplies for children experiencing housing insecurities.





Thank you to Absopure for their donation of 500 bottles of water for individuals experiencing homelessness. Our region has over 115 households on the street this month.

To find out more about Homeless & Prevention Services, call: 989-358-4678.

FINANCIAL EMPOWERMENT

NEMCSA Financial Empowerment Programs partnered with staff at Alpena's Sunrise Centre – Recovery Center to offer budgeting classes to their guests who are staying with them to work toward sobriety. This month NEMCSA's Financial Coach held the first class and met with 31 participants and discussed budgeting, credit repair, banking, and Fair Housing.

The Family Self-Sufficiency program received 2 new applicants to the program from MSHDA. That brings the total number of program participants in our area to 27.

NEMCSA's partnerships with lenders to offer Homebuyer Education and Prepurchase Counseling to their future homebuyers have been progressing well. In the month of August, staff offered classes and counseling to 4 lenders who are working with Nicolet Bank.

The MIHAF program is still accepting applications. Since June, program staff have helped submit 11 applications as well as meeting with those applicants and completing Foreclosure Counseling with hopes of helping them avoid future issues in their homeownership journey.

To find out more about the Financial Empowerment Programs, Call: 989-358-4627.

VOLUNTEER PROGRAMS



REMEMBER THE FALLEN BY LIFTING OUR COMMUNITIES AND HONOR THE HEROES BY

RECOMING ONE TO SOMEONE IN NEED

Join AmeriCorps Seniors and NEMCSA for 9/11 Day of Service Events! Donate goods to benefit those transitioning from or experiencing homelessness or domestic violence at Lydia's Gate Mio, River House Grayling, and Oasis of Hope House Houghton Lake. Or volunteer your time! Donations needed include: toilet paper, feminine hygiene products, new men's

and women's underwear, body wash/soap, garbage bags, and shelf-stable food items.

9/11/23

11:00AM-2:00PM **HOUGHTON LAKE SENIOR COMMUNITY CENTER**

2625 S. TOWNLINE RD. HOUGHTON LAKE

Donations will also be accepted during business hours beginning 8/28/23 until 9/11/23.

9/14/23

2:00PM-3:30PM CCCC HELP CENTER FOOD PANTRY

300 HURON ST. GRAYLING

9/11/23 -9/15/23

RSVP OFFICE 1015 SHORT DRIVE

PRUDENVILLE

Oonations will be accepted any time between 8:30am and 4:30pm during this week.



Unite in Service, Never Forget,

REMEMBER THE FALLEN BY LIFTING OUR COMMUNITIES AND HONOR THE HEROES BY

BECOMING ONE TO SOMEONE IN NEED

Join AmeriCorps Seniors, NEMCSA, and Rogers City Senior Center for 9/11 Day of Service Events! Donate goods to benefit the Rogers City Senior Center Food Pantry and NEMCSA's Homeless and Assistance Programs. Or volunteer your time!

9/11/23

10:00AM-1:00PM **ROGERS CITY SENIOR CENTER -**

131 E. Superior St. Rogers City Donations Needed: Non-

perishable/shelf stable food items for the food pantry such as rice, crackers, canned goods, pasta, nuts, oats, applesauce, etc.

9/13/23

10:00AM-1:00PM WATZ RADIO -

123 Prentiss St. Alpena

Donations Needed: paper towels, toilet paper, towels, personal hygiene products, disinfectant cleaners, household cleaning supplies, can openers, laundry baskets, dryer sheets, bathroom supplies, wastebaskets and liners/bags, silverware and dishes.

FOR MORE INFORMATION OR TO VOLUNTEER, PLEASE CONTACT RSVP STAFF: BROOKE (989) 358-4728 OR RICK (989) 358-4637, OR EMAIL RSVP@NEMCSA.ORG

Volunteers and staff from NEMCSA's Retired and Senior Volunteer Program (RSVP) and Shine Bright volunteer program will commemorate the anniversary of the 9/11 attacks by joining in patriotic acts of volunteer service as part of the September 11th National Day of Service and Remembrance, commonly known as 9/11

It's been more than 20 years since the 9/11 tragedy. To honor and commemorate the anniversary of this solemn moment in history - now recognized as a National Day of Service and Remembrance - community members are asked to pay tribute to those we lost and the many who rose in service on that fateful day by rekindling the spirit of compassion and volunteer service that unified our nation.

The events of 9/11 and the heroism of first responders inspired

thousands of people to get involved and ultimately, led to the birth of the September 11 National Day of Service and Remembrance, founded by the nonprofit 9/11 Day with the support of the 9/11 community. AmeriCorps, and bipartisan leaders in Congress. Many voluntarily enlisted during wartime and knowingly risked their lives to protect the country, while others found their calling in national and civic service. "As we reflect on 9/11, it is important to remember that community service is a powerful act of remembrance and unity," says Rick Houchin, NEMCSA RSVP Project Director and event planner. "By selflessly giving back to communities, NEMCSA honors the lives lost and helps create a brighter future built on compassion and solidarity."

To **promote community service** in the region, the Volunteer Programs will be holding four events taking place during the week of September 11th in Roscommon and Crawford County, Alpena, and Rogers City. Each event provides an opportunity for you to contribute your time, skills, and compassion to causes that align with the spirit of the National Day of Service. This year, NEMCSA has organized a series of donation drives to support non-profit organizations in our region that tirelessly serve and support community members in times of need.

NEMCSA Volunteer Programs extend a warm invitation to you to join u staff for the week of September 11th. Whether you can help staff an event, deliver donations at the end of the day, make a simple donation, or help spread the word among your friends and neighbors, all forms of service are welcome. Together, we can make a difference and continue the legacy of unity and compassion that arose from the events of 9/11.

> Please contact Rick Houchin at 989-358-4637 or houchinr@nemcsa.org for more information.

VOLUNTEER PROGRAMS

SENIOR COMPANION & FOSTER GRANDPARENT PROGRAMS

In last month's report, staff focused on the benefits and impact of the Foster Grandparent and Senior Companion programs on the community and shared the number of volunteers (50 combined) and the number of students and clients impacted by their service (232). This month, the focus will be on what an average volunteer may look like and the impact the programs have on the volunteers themselves.

Starting with age, the minimum age to become a Foster Grandparent or Senior Companion is 55. The youngest member is 58 years old and the oldest is 93. Current enrollment averages 74 years and serves an average of 21 hours (SP) and 27 (FG) hours a week. The oldest volunteer was a Senior Companion who retired at 98 years old after volunteering for 31 years!

The Foster Grandparent and Senior Companion programs are designed to "Enable low-income individuals to remain physically and mentally active and enhance their self-esteem through participation in needed services" and "Provide the stipend and other resources to make volunteering possible". Here is what these statements look like in terms of income for volunteers: the average income of a single household volunteer is \$16,008 or 110% of poverty. Husband-and-wife duos average \$20,726 or 105% of poverty. Taking these numbers a little further, consider the hourly stipend of \$4 per hour and a minimum weekly average of 20 hours per week... the stipend adds a tax-free \$4,176 to volunteers' annual income or a 26% increase yearly!



Even more interesting, staff rarely hear anything about the financial benefit of programs from the volunteers or the difference they are making with their students or clients. Instead, things like "I get more from serving my clients/students than I ever give" and "If I wasn't able to volunteer, I'd be lounging around watching television all day and who knows where I'd be, I might not be alive today" are heard. While the volunteer's stipend makes a difference in their everyday lives by helping make a car payment or help with food costs, it also allows them to give back. We have a Senior Companion who purchases milkshakes every week to share with her too-thin client or Foster Grandparents being able to fill their pockets with candy or stickers to reward students for a job well done or a way to simply say "I see you and I care for you".

It's been said before in past reports but it is worth repeating: The Foster Grandparent and Senior Companion programs fulfill NEMCSA's mission by enhancing our volunteer's quality of life by helping them remain physically and mentally active and helping them feel valued and purposeful and these programs are strengthening the communities by helping students be successful in school and reducing the adverse effects of loneliness and social isolation in adults.

The picture is of our current volunteers and their guests who attended our 2023 Volunteer Recognition luncheon.

Program ImpactWEATHERIZATION





You may be eligible for up to \$25,000 in assistance through the Michigan Housing Opportunities Promoting Energy-Efficiency Program (MI-HOPE).

MI-HOPE can assist eligible households who have experienced financial hardship with repairs or upgrades to the following:

- Roof
- Windows
- Storm Doors/Exterior Doors
- Insulation
- Appliances
- Electrical
- Heating & Cooling
- Water Heater

For more information call 517-335-2524

For application assistance call 844-477-0340
To apply visit Michigan.gov/MI-HOPE

Thank you for your interest in the MI-HOPE Program. Please note that no individual from or on behalf of the State of Michigan will visit your property unannounced. All communication will be initiated through the applicant portal and/or via a local subrecipient agency.



The MI-HOPE portal is now open for all clients who are in need of energy efficiency updates and/or repairs to their homes.



Our program staff is very happy to spotlight Weatherization Program Manager, Douglas Tallant. Doug has worked for NEMCSA in the WAP program for 5 years. In those 5 years, he has assisted almost 500 homes in becoming more energy efficient, completed the quality control inspections on at least 350 of those homes, and has been an integral part of the program from the start of the application process to job completion and we could not do the work in WX we do without the relationships he has formed with our contractors.

When asked by his staff what makes him a great manager, an array of positive responses was received; with a few of them always being consistent. Doug is known by his staff as a natural-born leader, he is supportive, approachable, trustworthy and he never asks anything of his staff he wouldn't or hasn't done himself.

If you happen to run into Doug outside of his working hours you will most likely see him building things as that is his favorite hobby, possibly throwing a ball for his dog named Emmy, taking his wife to a good old-fashioned musical, or enjoying a great big cheeseburger and onion rings.

Doug really enjoys the interactions he has been fortunate enough to have with the diverse clients NEMCSA serves throughout the region. His fondest memory during his time as program manager is when he was able to assist a veteran who was also a single parent in making his home safer, warmer, and a solid place to raise his children.

Doug is truly a friend to everyone he meets, if you happen to run into him, please thank him for all the hard work and time he dedicates to this program, it just wouldn't be the same without him.

EMPLOYEE SPOTLIGHT

+ Congrats Ladies! +



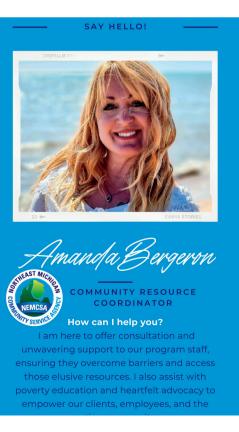


A big Congratulations to Mary Ciarkowski and Lisa Werth who both were recently promoted to Senior School Success Liaisons. Both bring so much talent and passion to the School Success Program and will no doubt excel in their new leadership roles. Way to go ladies!

After **32 years**, 9 months, and 20 days of devoted service to the countless children and families positively impacted by her work, **Rhonda Kuehn**, Head Start Assistant Director, retired Friday, August 18.

Rhonda's efforts to create a nurturing and supportive environment have left an indelible mark on our organization as well as the State. In addition to her work with NEMCSA, she served several terms as a Board Member of the Michigan Head Start Association, sharing her knowledge with other grantees and strengthening the Association itself. Her passion for her work and boundless kindness have touched the lives of so many, leaving a legacy that will be remembered for years to come. As Rhonda embarks on the next chapter of her journey, we hope she carries a deep sense of pride for all she has accomplished.

Staff shared well wishes at a party in Rhonda's honor on her last day.









NEED ASSISTANCE WITH YOUR WATER OR SEWER BILL?

Eligibility:

- Reside with one of NEMCSA's core counties (see below)
- Responsible for paying your water bill
- At or below 200% of the federal poverty guideline (see below)

Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isla

Alcona, Alpena, Alenac, Cheboygan, Crawlord, 105co, Monthorency, Ogernaw, Oscoda, Otsego, Presque isle														
200% Federal Poverty Chart														
Number of Household Members	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Income Limit (\$)	29,160	39,440	49,720	60,000	70,280	80,560	90,840	101,120	111,400	121,680	131,960	142,240	152,520	162,800



