



EXECUTIVE DIRECTOR'S REPORT

April 2022

Let your voice be heard and make an impact on your community! Take the Community Needs Assessment below and encourage your friends, neighbors and community leaders to do the same.

WE WANT TO HEAR FROM YOU!

THE NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY (NEMCSA) IS CONDUCTING A COMMUNITY NEEDS ASSESSMENT TO HELP US IMPROVE IN THE FIGHT AGAINST POVERTY.

THE SURVEY SHOULD TAKE 5-10 MINUTES TO COMPLETE

BE ENTERED TO WIN A \$50.00 GIFT CARD!!*

SURVEY OPEN UNTIL MAY 15, 2022

TO COMPLETE THE SURVEY:

SCAN THE QR CODE

-OR-

VISIT THE LINK BELOW:

[HTTPS://FORMS.OFFICE.COM/R/J49R5ZVE8J](https://forms.office.com/R/J49R5ZVE8J)

*NO MORE THAN ONE GIFT CARD PER PERSON WWW.NEMCSA.ORG WWW.FACEBOOK.COM/NEMCSA

NEMCSA will be distributing FREE COVID-19 home test kits, program resource information, and 2nd chance food pick up on Monday, April 11.

Alcona Health Center will be offering walk-in COVID vaccines (first dose/boosters) to adults. For more information call 989-358-4690.



Next month is Community Action Awareness Month. In honor of this important effort, NEMCSA will be launching a month long CAA awareness campaign. Lisa Bolen, Executive Director/CEO and Frances Ommani, Communication and Development Director, will be meeting with Board members and elected officials to discuss strategies to increase community awareness of NEMCSA programs and services.

**FREE
HOME
COVID TEST KIT
PICK UP**

MONDAY, APRIL 11 5PM-7PM

NEMCSA Ossineke Location
11765 US-23, Ossineke MI

Enhancing quality of life by empowering individuals and strengthening communities.

Thanks to GAP Funding two Sanborn Elementary children were able to sleep in their own twin beds this past Holiday season.

We often take for granted things in our lives that we normalize, such as beds. In reality, beds are not always accessible for families even in our own community. As a School Success Liaison, I get to work with elementary aged children and their families. In this case, the family had recently welcomed a new baby and reached out to me in need of beds for their two elementary aged students. They had just found a place, but having previously been homeless they were limited on items including beds that they could use to turn their new space into a safe, warm home for their children. It was recognized that a quick solution needed to take place in order for the children to have beds to sleep on. After checking with community resources GAP funding was chosen as the proper way to quickly get the children the beds that they needed.



Submitted by: Dorothy Pintar,
Community Programs Director

Our friend, Betty Kochis, has given our Community Programs clients her time and talents by donating her beautifully knitted hats and mittens. She has already knitted and donated over 150 sets of winter items just this year. Our programs thank Betty from the bottom of our hearts for her generosity.



NEMCSA's Shine Bright volunteer program is currently looking for volunteers to help fill critical needs across northeast Michigan.

Interested in working alongside NEMCSA and our fight against food insecurity? Have a couple hours to spare 1-2 days a month? We are looking for volunteers in all counties across NE Michigan to help our emergency food programs reach home bound seniors. We have a need for volunteers to deliver boxes of food to recipients that are unable to make it to scheduled distributions sites. No heavy lifting required, just the willingness to deliver a few boxes of food to those in need in your local area.

If you're interested or want more information, please contact Rick at 989-358-4637 or email shinebright@nemcsa.org.

**BECOME A NEMCSA
SHINE BRIGHT
VOLUNTEER!**

WHERE CAN YOU SHINE BRIGHT?
You have the power to shine bright and help
your community become a stronger, safer,
healthier place for all to live.

Volunteer Roles:

- Advisory Committee
- Food Programs
- Office Assistant
- Outdoor Work
- Classroom Helper
- Deliveries
- Event Organizing
- Fundraising
- Handyman Work
- Much More!

The Northeast Michigan Community Service Agency has ongoing needs for volunteers to serve our communities through fulfilling our mission of "Enhancing quality of life by empowering individuals and strengthening communities." Selfless acts of volunteerism can enhance the quality of life of others and make our communities better places to live. **JOIN US TODAY!**



To get started today contact:
NEMCSA Shine Bright Volunteer Program
Phone: 989-358-4637
Email: shinebright@nemcsa.org



*Early Childhood
Services*

PROGRAM IMPACT



A Month of Nutrition

March was National Nutrition Month, and our Registered Dietician Janet Malusi provided four weeks of fun and engaging resources for staff to share. The focus was on how to help children and families make informed food choices and develop healthful eating and physical activity habits. Information included

- Smart Snacking Tips for Kids
- Kitchen Helper Activities for 2-5 year olds;
- Eating Right on a Budget
- Shop Smart
- Family-Friendly Recipes
- Healthy Eating on the Run

Nutrition is just one part of the comprehensive services Head Start has provided since 1967.

How do you fix a broken tomato?



With tomato paste!

What did the burger name her daughter?



Patty!

Did you know?

*Michigan Head Start
programs enrolled 1,326
homeless families in the
2020-2021 school year.*

CSBG and ROMA

PROGRAM IMPACT

**The 2022 Community Needs Assessment
(CNA) is live.**

Everyone should complete the CNA, as this data is used to help steer the agency for the next three years.



Scan QR code to complete the 5-10 minute survey.

Pilot Program

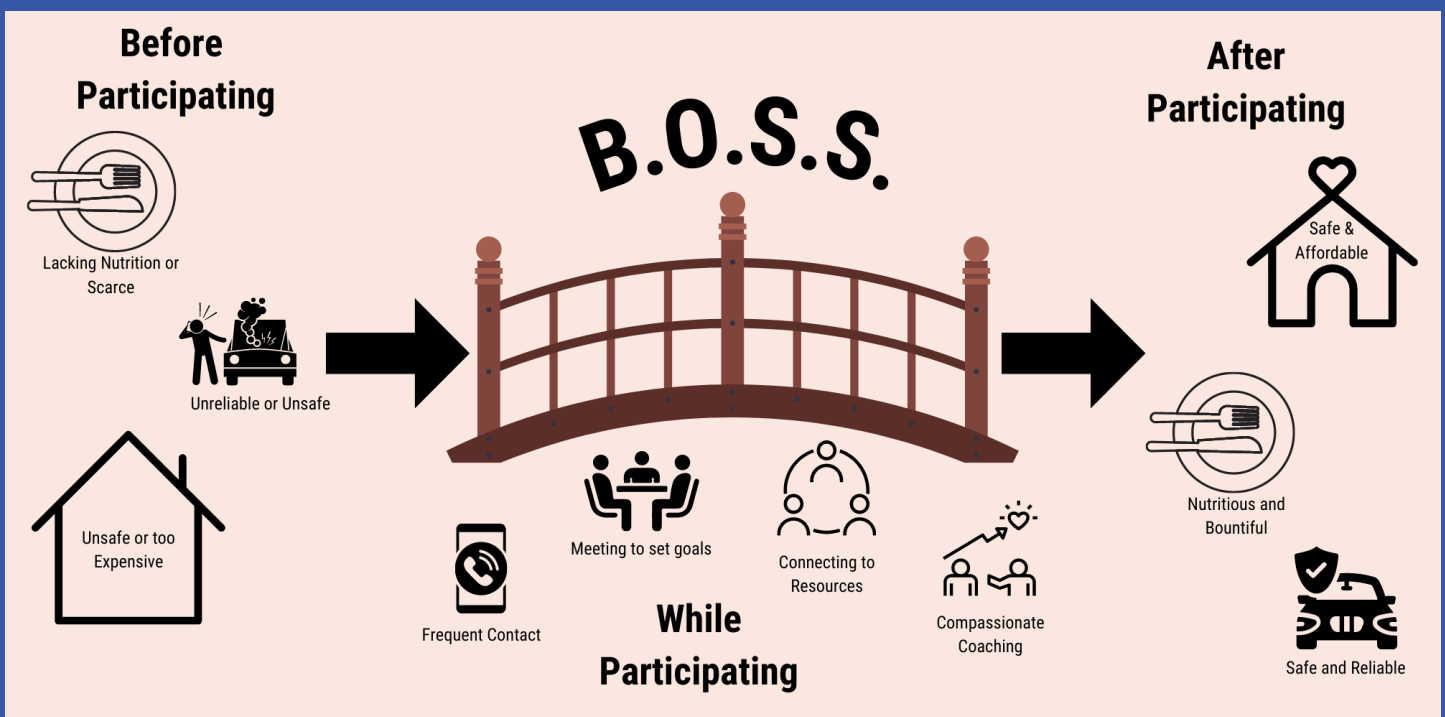
NEMCSA was awarded one of four state-wide Innovative grants to develop a new pilot program.

The new program will be called **Bridges of Self Sufficiency (BOSS)**.

For this initial pilot program, four current program participants will be paired one-on-one with a current staff member and will receive individualized support to move them towards self-sufficiency. The assistance of a mentor can be paramount in achieving goals.

The program is structured to be a two-year commitment for both the individual receiving services and the staff person providing the service. Staff will meet with these individuals regularly and set goals that they help them achieve.

Lessons learned while conducting the pilot program will be shared and best practices incorporated into existing grant programming in the future. If appropriate funding is obtained, this program would expand to include more participants and staff over time.





PROGRAM IMPACT

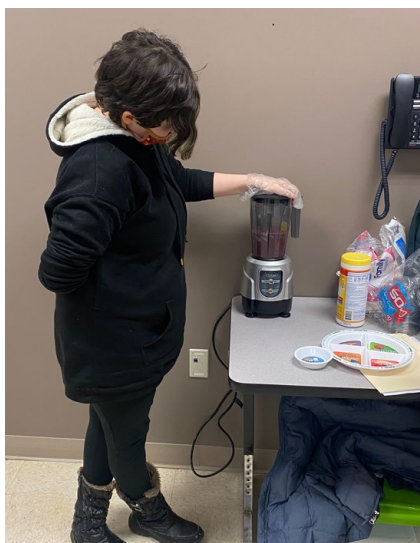
Groups are a vital component of School Success and help students learn important social emotional and life skills. School Success Liaisons use groups to work with students who have similar needs and increase engagement by providing out of the box experiences. Chris Kasuba and Julie Benson, School Success Liaisons at Posen and Wilson Elementary have taken their own crafting skills to the next level by incorporating crocheting and knitting into social skill groups with multiple grade levels.

Why crocheting/knitting?? Besides being fun, crocheting/knitting in a group setting promotes positive social behaviors and mentoring. The process of knitting also helps to:

- *Enhance Math Skills
- *Encourage Creativity
- *Reduce Stress Levels
- *Improve Problem Solving Skills
- *Breaks the Need to Be Perfect
- *Improve Focus and Concentration
- *Improve Hand-Eye Coordination and Small Motor Skills
- *Teach Essential Life Skills such as patience and project completion.



Wilson Elementary Student participating in Mrs. Benson's Knitting Club.



Taylor Ignaczak, School Success Liaison at Alternative Educational Academy of Ogemaw County, has partnered with the Michigan State University Extension Program to bring healthy cooking classes to the students at AEA of Ogemaw County. Approximately 12 students participate in the weekly groups where they learn about healthy choices, grocery shopping, budgeting and making food items at home.

Pictured Left: Alternative Educational Academy of Ogemaw County student makes a healthy

Volunteer

PROGRAM IMPACT

Submitted by Richard Houchin RSVP Project Director, General Volunteer & Collaboration Manager

RSVP Honors Regional Veterans and Prepares for Global Volunteer Month

March continued another month of veteran's coffee hours in both Roscommon and Alpena County. NEMCSA's RSVP partners with local organizations to bring these monthly one-hour events to area veterans. Although the event is about drinking coffee and eating donuts, there is much more happening. With the rural nature of northern Michigan, loneliness and social isolation risks run high, especially with aging veterans. A report by the U.S. Department of Veterans Affairs (VA) noted 12 percent of all suicides in Michigan in 2016 were committed by veterans. Programs that promote social interaction with peers and their community can help alleviate and decrease some of these issues. A survey of coffee hour participants showed that 97 percent of attendees agreed they developed closer ties to more people and 77 percent said they were less lonely due to their participation. Billed as a "zero agenda event," it is an opportunity to come have coffee, donuts, and enjoy some friendly comradery. For more details on each of the coffee hour events, contact Rick at 989-358-4637.

In recent months, we have seen a renewed energy for civic engagement as people around the world use their voice and actions to address the causes and issues that mean the most to them. The senior volunteers with NEMCSA's Retired & Senior Volunteer Program are leading the way locally. It's time to celebrate our volunteers and their talents with April's Global Volunteer Month. Global Volunteer month is a month-long celebration of volunteer service, shining a light on the individuals that are making a difference in their communities. Follow along on NEMCSA – RSVP's Facebook page to see the highlights of special volunteer events and RSVP volunteers throughout the month of April.



Submitted by Heidi Powers FGP / SCP Project Director

Foster Grandparent and Senior Companion programs resumed their monthly in-service meetings in March following a three-month hiatus. There's always a positive vibe for the first meeting of a new year where volunteers are able to socialize with their peers and share their experiences with one another. Its rejuvenating for staff and a great reminder of why we do the work we do... staff and volunteers.

We took advantage of March's meeting to solicit the opinions and knowledge of our volunteers by completing NEMCSA and AAA's community needs assessments. A few take-a-ways include the volunteers are very adamant aging in their own home is very important, asking their opinions made them feel valued... they liked being asked, and naturally, they embraced the opportunity to talk about the value of their own volunteer service. On that note, one resounding theme is the volunteer's insistence they benefit more from volunteering than what they give.

Unexpectedly, distributing the surveys to the group provided an opportunity educate the volunteers about the many services offered by our agency and the aging division and it prompted a great deal of discussion where the volunteers were able to share their positive experiences about agency services they themselves have been able to benefit from. A total win, win! A not so positive take-a-way from the experience is expecting this senior and low-income demographic to complete the surveys on-line. That wasn't such a great fit for this group.

Centralized Intake

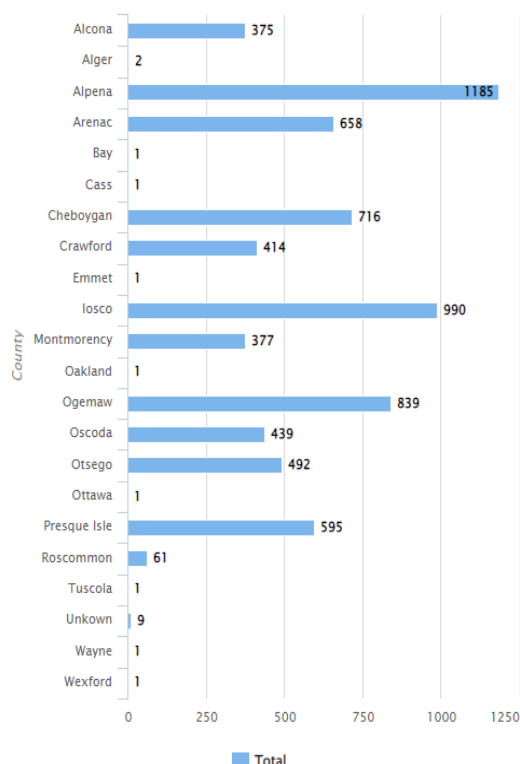
PROGRAM IMPACT

Central Intake has been busy the last couple months. We have provided over \$97,000 in direct assistance to our clients during the previous 2 months.

At this time, what is left of our CARES funding is allocated to clients, but we are creating a "hold" list for those seeking assistance while trying to connect callers with external resources that can assist in the interim.

This has been an amazing experience for the Central Intake Staff, and we are so thankful we have had the opportunity to help so many families with their emergent needs while dealing with all struggles this pandemic has caused our communities to face.

Number of applications Central Intake has recorded listed by county:



Weatherization

PROGRAM IMPACT

Weatherization installs blown cellulose insulation in almost every attic. This product has continued to be the one of most cost-effective insulators available to our program. It can also be very effective at limiting the amount of air movement through the attic, which means less warm escaping from the home and less drafts felt by the homeowner. Since the product is basically recycled newspaper by using this product, we are helping reduce the amount of waste going into the landfills. The Cellulose Insulation Manufacturers Association suggests that installing cellulose insulation in a 1,500 square-foot house will help recycle as much newspaper as a single person can consume in over 40 years.



Exciting news for the Weatherization Program! We have coordinated with the State of Michigan Training Center to host a Mobile Home Weatherization Class for our staff and contractors. The class will be held May 11th and 12th at our Ossineke location. This class will feature one day of classroom activities and one day in the field working on a current project. We are looking forward to this opportunity to expand our skill set and knowledge base.

Our production continues at a high pace as we push towards the final 3 months of the DOE program year. We are also looking to expand our production capabilities, so we are in the process of hiring another Weatherization Inspector. Along with the internal expansion, our Weatherization Manager is putting together a request for contractors to become part of our team. We hope to add at least 1 more shell contractor before the new program year begins in July.

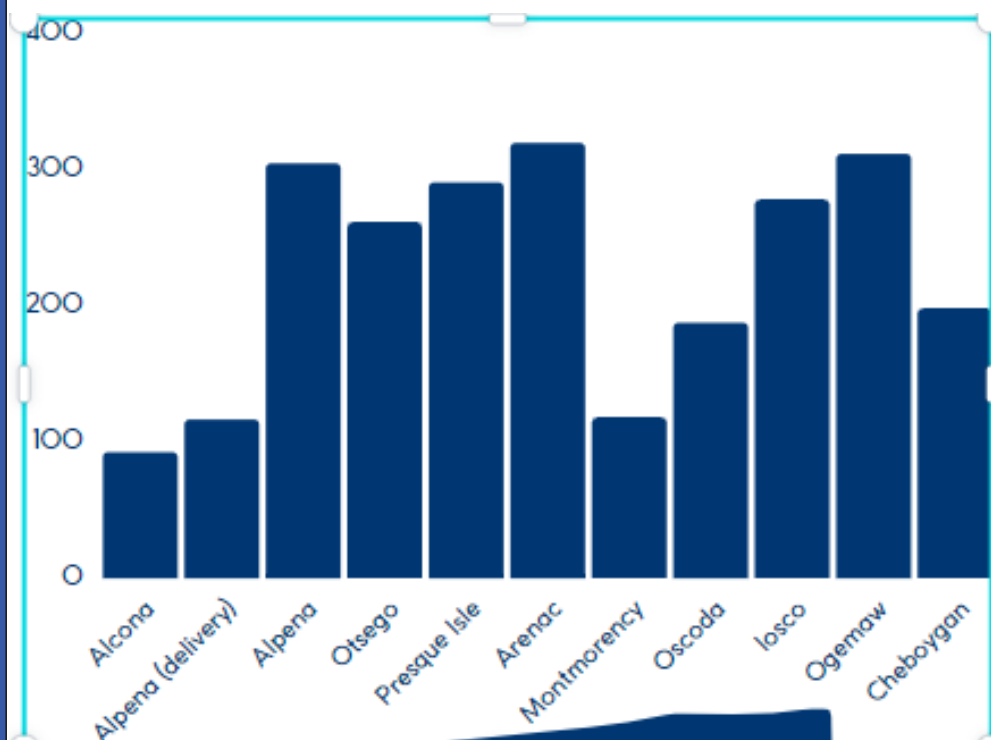
Food Programs

PROGRAM IMPACT

MARCH 2022

TOTAL BOXES
ISSUED

2,474



For March 2022 the NEMCSA Food Program Team of staff and volunteers worked through the cold to distribute 2,474 boxes of food to seniors throughout our communities. That is 55 pallets of food! Arenac County was our largest distribution and our team also delivered over 100 boxes of food to individuals who could not make it to distributions.

Quarterly Food Distribution

TEFAP can help you by providing healthy food to supplement your food budget.

You do not need ID or proof of income.

If you cannot pick up your food, someone may be your "proxy" and will need a note from you to pick up your food.

Next month's quarterly food distribution schedule is available at www.nemcsa.org.

VOLUNTEERS!

Our wonderful volunteers dedicated
29 hours for the month of March
2022!



PROGRAM IMPACT

Region 9 AAA held two Input Sessions for the 2023-2025 Multi-Year Plan—one was at the Ogemaw COA on March 11th and the other was at the Cheboygan COA on March 10th. In the photo on the right, Kitty Glomski is presenting on the plan to a group in Cheboygan.



The next step in the Multi-Year Planning process will be two Public Hearings. One will be May 18th at the Sunrise Side Senior Services Center in Omer and the other will be May 23rd at NEMCSA's Alpena office at 1 p.m. in conjunction with the Northeast Michigan Regional Advisory Council meeting. The May 23rd session will also have a virtual option.

If you haven't completed the AAA's Needs Assessment Survey, go to www.nemcsa.org to ensure your opinions are considered when the AAA is planning for services in the twelve-county region.

Have you listened to the AAA's **"Let's Talk About Aging"** podcast yet? Check out the NEMCSA-Region 9 Area Agency on Aging Facebook page and hear the introductory broadcast and in the second episode, Kitty Glomski hosts Jan Williamson to talk about recent phone scams in the Roscommon County area. Lastly, hear Brooke Mainville address coming events and she explains what an Area Agency on Aging is as well as some of the available services.



Let's Talk About Aging

Let's Talk About Aging - March 23, 2022



00:00 | 13:27

The next **New to Medicare** presentation on Zoom is Wednesday, April 13 at 10:00. This is for beneficiaries that are starting Medicare in 2022, those that are planning to retire and will transfer to Medicare, or for those that are starting Medicare due to a disability.

Call 800-803-7174 to register.

The AAA is pleased to announce Jaime Carney, BSN, has joined the agency as the Associate AAA Director-Community Based Care. Jaime's experience covers a wide array of healthcare settings including long term care, infection control, training, and education. Jaime is currently pursuing a Master's degree in Health Informatics.

Welcome Jaime!!



Living Healthy Webinars



DATE	EVENT	WEBINAR DETAILS
April 22	Mindful Cooking and Nutrition	Mindful eating is maintaining an awareness of the food and drink you put into your body. This webinar will discuss helpful tips and tricks to making healthier choices such as eating well and being active.
May 20	Living with Diabetes	Whether you are currently living with, newly diagnosed, or caregiving for someone with diabetes, this webinar will provide you with practical tips. Learn how diabetes affects the body and what you can do to manage it.
June 17	Healthy Living for your Brain and Body	This webinar will use research and science to provide insight into nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these tips into a plan for healthy aging.
July 15	Fall Prevention	Falls are a major threat to independent living, however, falls are not an inevitable part of aging. This webinar will provide an overview of the importance of fall prevention and offer strategies to improve mobility and prevent falls.
August 19	Living with Chronic Pain	Pain is a challenge faced by many people living with chronic diseases. It has an impact on a person's physical, psychological and emotional health. Discover alternative options to medication for managing your chronic pain.
September 16	Managing Stress and Mental Health	As adults, we are expected to manage our families, jobs, financial situation, and many other stressors, while dealing with our own stress and anxiety at the same time. This webinar will focus on managing stress during this unprecedented time.

Third Friday of the month from 1:00pm-2:00pm

**For more information or to register, contact Brooke at
mainvilleb@nemcsa.org or 989.358.4616**