



OCCOA

OTSEGO COUNTY COMMISSION ON AGING



Submitted by
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RESEARCH &
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*We Help.
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735

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**NEW SPF COORDINATOR
WANDA CHERWINSKI**

awareness of the program resulted in 277 individuals benefitting from SPF last year. The OCCOA hopes to distribute coupons booklets to even more individuals this summer.

SPF program participants qualify for the program offered through the OCCOA based on their age, county residency, and income. Applicants must be 60 years of age or older and live in Otsego County. Income limits are generous. A qualifying applicant can have a monthly income as high as \$1,679. Couples may have a combined monthly income as high as \$2,268.

Applications for the program will be mailed to last year's participants early this month. Older adults who are interested in applying for the program, but who have never participated, should phone the agency at (989) 732-1122 to receive an application. Applications are also available on the Senior Project FRESH page on the agency's website, www.OtsegoCountyCOA.org.

New SPF Coordinator Announced!

OCCOA Executive Director Wishart notes that the program will have a new coordinator this year. "We are pleased to announce that Wanda Cherwinski will provide leadership for the SPF program in 2011, and will serve as the local Senior Project FRESH coordinator."

Wishart describes Cherwinski as being dedicated to "helping and caring" for SPF participants, and having great enthusiasm for the program. She notes, "Wanda will be working closely with participants, agency staff, and community partners in order to meet all program requirements. Her personality and the spirit she brings to the program is sure to add some fun for participants!"

Cherwinski notes, "I have been involved with various aspects of the program in prior years and plan to continue offering the same high level of service. She shares, "I look forward to working with our older adult community and making SPF available to as many individuals as possible."

Market Schedule Announced!

Otsego County has one farmers market, which will again be located in downtown Gaylord, under the Pavilion. Market Master Sue Nowak notes that the market will run every Saturday through the end October from 8:00am to 2:00pm. From July through the end of October, the Pavilion will also host a market on Wednesdays, also from 8:00am to 2:00pm. A final market day is planned on Wednesday, November 23rd, from 10:00am to 2:00pm.



SPF PARTICIPANTS CAN LOOK FORWARD TO USING THEIR COUPONS TO PURCHASE A WIDE VARIETY OF FRESH PRODUCE

Senior Project FRESH will start in June!

The Otsego County Commission on Aging (OCCOA) is pleased to announce that it will, once again, be the host agency in Otsego County for Senior Project FRESH (SPF). The program brings locally-grown, fresh produce to qualifying older adults living in Otsego County.

As in past years, qualifying participants will receive a coupon booklet valued at \$20.00. Each booklet contains ten \$2.00 coupons, which can be used to purchase any unprocessed Michigan-grown products at any of the farmers markets or roadside stands in Michigan that display the "Senior Project FRESH" signs.

Senior Project FRESH is a big hit with older adults!

SPF is targeted at increasing the intake of fresh fruits and vegetables for older adults, who are often at nutritional risk. Over the years, it has become a big hit with the County's older residents. When the program was first introduced in 2005, coupon booklets were available to only 26 individuals. Increased funding and a growing



SPF PARTICIPANTS MAY PURCHASE FRESH UNPROCESSED MICHIGAN-GROWN PRODUCE FROM FARMERS MARKETS AND ROADSIDE STANDS DISPLAYING THE PROJECT FRESH SIGN

Nowak shares, "The vendors are looking forward to being back under the Pavilion and providing fresh fruits and vegetables to the community. There is a wonderful camaraderie between them and the customers. She notes, "Many of the seniors are former gardeners. The vendors especially enjoy reminiscing with them and exchanging recipes." She also observes, "There is a lot of visiting and socializing that goes on during the markets as people come across their friends."

Donate your old cookbooks!

Nowak shares that she will, again, be accepting donated cookbooks, which will then be sold at her booth for \$1.00, each. The money raised will be used to support the SPF program. Cookbooks may be dropped off to her at Homespun Antiques and Crafts (next to the Sugar Bowl) on Main Street and at the OCCOA at 120 Grandview Blvd. in Gaylord.

Monetary donations for SPF are also welcomed!

Funding for SPF is primarily provided by the U.S. Department of Agriculture (USDA), through the Michigan Office of Services to the Aging, the OCCOA, and private donations. Additional donations are welcomed and may be made payable to the OCCOA and mailed to 120 Grandview Blvd., Gaylord, Michigan, 49735.

IF YOU WOULD LIKE ADDITIONAL INFORMATION ABOUT SENIOR PROJECT FRESH, PLEASE CALL THE OCCOA AT 732-1122. OR LOG ONTO THE AGENCY'S WEBSITE AT WWW.OTSEGOCOUNTYCOA.ORG.

989.732.1122 • www.OtsegoCountyCOA.org • Advocacy 989.732.9977

Fax: 989-731-2739 • occoa@occoaonline.org • Weekdays 8:00 am to Noon and 12:30 to 4:00 pm

120 GRANDVIEW BLVD. ✧ GAYLORD, MICHIGAN 49735