TIME PIECE

MAY 2021
Issue 517

SERVING ALL OF SCHOOLCRAFT COUNTY

MANISTIQUE SENIOR CITIZEN CENTER/SCCOA

101 Main Street, Manistique, MI 49854 | 906-341-5923
seniors@scsc.co

Information update from CDC (Centers for Disease Control and Prevention) March 9, 2021

When You've Been Fully Vaccinated

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

If you've been fully vaccinated: What's Changed

- **You can gather indoors with fully vaccinated people without wearing a mask.**
- **You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.**
- **If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.**
  ***However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.**

If you've been fully vaccinated: What Hasn't Changed

- **You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:**
  *** in public *gathering with unvaccinated people from more than one other household**
  *** visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk**
- **You should still avoid medium or large-sized gatherings**
- **You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.**
- **You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.**
- **You will still need to follow guidance at your workplace.**

The COVID-19 Vaccine: Myths vs. Facts

Many people are excited to have vaccines as the first step in managing the spread of coronavirus.

Unfortunately, there has been a lot of misinformation surrounding the vaccines and their development. When deciding whether to get the vaccine, it's important to separate myths from facts.

Myth: ***The COVID-19 vaccine is unsafe because it was developed so quickly.***
Fact: **The authorized vaccines are proven safe and effective. Although they were developed in record time, they have gone through the same rigorous Food and Drug Administration process as other vaccines, meeting all safety standards. No steps were skipped. Instead, we can thank the unprecedented worldwide collaboration and investment for the shorter timeframe on the development of the vaccines. The clinical trials and safety reviews took about the same amount of time as other vaccines.**

Myth: ***The COVID-19 vaccine will alter my DNA.***
Fact: **The first vaccines granted emergency use authorization contain messenger RNA -mRNA), which instructs cells to make the "spike protein" found on the new coronavirus. When the immune system recognizes this protein, it builds an immune response by creating antibodies - teaching the body how to protect against future infection. The mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The body gets rid of the mRNA soon after it's finished using the instructions.**

Myth: ***The COVID-19 vaccine has severe side effects such as allergic reactions.***
Fact: **Some participants in the vaccine clinical trails did report side effects similar to those experienced with other vaccines, including muscle pain, chills, and headache. And although extremely rare, people can have severe allergic reactions to ingredients used in a vaccine. That's why experts recommend people with a history of severe allergic reactions—such as anaphylaxis—to the ingredients of the vaccine should not get the vaccination.**

Myth: ***I've already been diagnosed with COVID-19, so I don't need to receive the vaccine.***
Fact: **If you have already had COVID-19, there's evidence that you can still benefit from the vaccine. At this time, experts don't know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.**

Myth: ***Once I receive the COVID-19 vaccine, I no longer need to wear a mask.***
Fact: **Masking, handwashing and physical distancing remain necessary in public until a sufficient number of people are immune. Fully vaccinated people can meet with other fully vaccinated people without wearing masks.**

Myth: ***You can get COVID-19 from the vaccine.***
Fact: **You cannot get COVID-19 from the vaccine because it doesn't contain the live virus.**

Myth: ***Once I receive the vaccine, I will test positive for COVID-19.***
Fact: **Viral test used to diagnose COVID-19 check samples from the respiratory system for the presence of the virus that causes COVID-19. Since there is no live virus in the vaccines, the vaccine will not affect your test result. It is possible to get infected with the virus before the vaccine has had time to fully protect your body.**

Myth: ***I'm not at risk for severe complications of COVID-19 so I don't need the vaccine.***
Fact: **Regardless of your risk, you can still contract the infection and spread it to others, so it's important you get vaccinated. It's recommended that as many as possible eligible adults get the vaccine. It's not only to protect you but your family and community as well.**

Myth: ***If I receive COVID-19 vaccine, I am at a greater risk to become sick from another illness.***
Fact: **There is no evidence to suggest that getting the vaccine heightens your risk to become sick from another infection such as the flu.**

Myth: ***Certain blood types have less severe COVID-19 infections, so getting a vaccine isn't necessary.***
Truth: **Research has shown there is no reason to believe being a certain blood type will lead to increased severity of COVID-19. By choosing to get vaccinated, you are protecting not only yourself and your family but your community as well.**

YOUR CONVENIENCE (WHEN THINGS ARE BACK TO NORMAL)

CAA Meals Monday thru Friday
Served @ Noon
Please call at Least a Day Ahead if You Would Like To Have a Meal.
$3.00 donation is asked for 60 & older
$5.00 under 60
Come Check It Out!

NORTHERN MICHIGAN HEARING AIDE CLINIC

To Make Appointment 1-800-637-7816

Call the Center for more information 341-5923

Filizetti (Elder Law Attorneys) will be at the Senior Center.

For an appointment (906)226-4600 or E-mail @ www.estateandelder.com

For more information call the Senior Center at 341-5923.

NORTH WOODS FOOT CARE CLINIC

2nd and 4th Wednesdays of the month. They will soak your feet, trim your nails and a healthy inspection of your "tootsies."

COST: $22.00
Please bring your own towel and correct change.

Please call the Senior Center @ 341-5923 to schedule an appointment.

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DAILY ACTIVITIES (when we are back to normal)

MEMORIALS

In Memory of: Carl & Phyllis Carlson
From: Tom Carlson

In Memory of: David Filkin
From: Ray & Rosie Krall

Join us . . .

Virtual Caregiver Support Group

Second Tuesday of each month
2 - 3:30 pm EST

Registration Required!

To register:
Call (906) 217-3019 or email: caregiver@upcap.org

- **A computer, tablet, or smartphone with internet connection, and email address is needed to participate.**

Mondays

CAA Noon Meal: Bridge –12:30 p.m. (Call Nancy Brown @ 283-3445)
Creative Writing last Monday of the month @ 4:00. No summer meetings.

Tuesday

CAA Noon Meal; FREE Blood Pressure Clinic 11:30-12:30 (North Woods Home Care) STATE BINGO. Doors open @ 12:30 Bingo starts at 1:30. Open to the Public. Must be 18 or older.

Wednesday

CAA Noon Meal; DUPLICATE BRIDGE on 1st & 3rd (call Audrey @ 341-5804).
FOOTCARE 2nd & 4th Wednesday. Call Center for appointment 341-5923

Thursday

CAA Noon Meal; Monthly Potluck on the 3rd Thursday of each month Entertainment @ 4:00 Dinner 5:00 . (NO Potluck in January ,September (Open House) and December (Christmas Party). Cribbage at 10:00 a.m. (drop in play)

Friday

CAA Noon Meal; "500" cards at 12:00 (call Ruth Jones 283-3209); Bridge 12:15 (Audrey Savoie @ 341-5804). FREE Blood Pressure Check-Schoolcraft Memorial Home Care & Hospice 11:30-12:30.

NOTE: We are always looking for card players. We welcome those that are interested in starting new games, Call or stop by the office for more information.

NOTE: Anyone interested in giving Back Gammon Lessons? We have someone interested in getting them!

YOUR DONATIONS ARE VERY MUCH APPRECIATED AND WELCOME!

If you would like to honor someone or make a memorial contribution for a friend or a loved one, it would be greatly appreciated. A notification card will be sent to the family. Just fill out the form and we will be glad to take care of this for you. We appreciate your support!

DONORS NAME: _____

ADDRESS: _____

_____

IN MEMORY OF: _____

IN HONOR OF: _____

_____

MEMORIAL AMOUNT:_____

NOTIFICATION CARD SENT TO:_____

ADDRESS:_____

_____

DONATION AMOUNT:_____

The Vet

Every Sunday a little old lady placed $1,000 on the collection plate. It went on for weeks until the priest, overcome with curiosity, approached her. "My dear, I couldn't help but notice that you put $1,000 a week in the collection plate," he said.

"Why yes," she replied, "every week my son sends me money, and what I don't need I give to the church."

"That's wonderful. How much does your son send you?" the priest asked. "he sends me $2,000 a week," she replied proudly.

"Your son must be very successful," said the priest, "What does he do for a living?"

"He is a veterinarian," she answered. "That is a very honorable profession," the priest assured her.

"Where does he practice?"

"Well, she replied, "he has one cat house in Kansas City and another in New Orleans."

Nagging Spouse

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

"Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn Them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?" The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

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1 Virginia Scherer
5 Ruth Roemer
6 Lorna Bowers
7 Barb Hinkson
Sandy LaFave
8 Teresa Neville
Bruce Rossier
9 Lauris Barr
Art Messer
10 Mickey Tryan
Karen Meston
12 Peggy Ruggles
Connie Frenette
13 Gladys LaFord
Jean Ann King
14 Sheila Meade
16 Kathy Harde
18 Doris Lee
24 Sharon Sigler
26 Larry Savoie
Joann Hawkinson
Deanna Swanson
27 Irene Grimm
Carol Ford

1st Week of JUNE

1 James Tufnell
George Lowman
5 Kim Jones
Annelise Retzler
7 Judy Rodgers
Wayne Scherer
Karen Terrian

SHARE SOME OF YOUR FAVORITE RECIPES

Orange Buttermilk Jell-o Salad

1 can (20 oz) unsweetened crushed pineapple, undrained
3 T. sugar
1 pkg. (6oz.) orange jell-o
2 cups buttermilk
1 carton (8oz.) cool-whip
1 cup chopped nuts

In a saucepan, combine pineapple and sugar; bring to a boil, stirring occasionally. When mixture boils, immediately add gelatin and stir until dissolved. Cool slightly. Stir in buttermilk. Chill until partially set. Fold in whipped topping and nuts. If necessary, chill until mixture mounds slightly. Pour into a lightly oiled 8 1/2 cup mold (or bowl *not oiled*). Chill overnight.

Twice-Baked Cheddar Potato Casserole

8 medium baking potatoes
1/2 cup butter, cubed
2/3 cup sour cream
2/3 cup 2% milk
1 tsp. salt
3/4 tsp. pepper
10 bacon strips, cooked & crumbled, divided
2 cups (8oz.) shredded cheddar cheese, divided
4 green onions, chopped, divided

1.) Preheat oven to 425. Scrub potatoes; pierce several times with a fork. Bake 45-60 minutes or until tender. Remove from oven; reduce oven setting to 350.

2.) When potatoes are cool enough to handle, cut each potato lengthwise in half. Scoop out pulp and place in a large bowl; discard shells. Mash pulp with butter; stir in sour cream, milk, salt & pepper.

3.) Reserve 1/4 cup crumbled bacon for topping. Gently fold in remaining bacon, 1 cup cheese and half of the green onions into potato mixture (do not overmix).

4.) Transfer mixture to a greased 11 x 7 baking dish. Top with the remaining cheese and green onions; sprinkle with reserved bacon. Bake 15-20 minutes or until cheese is melted.

EASY SHRIMP

submitted by Barb Zentner

Line a 1" high cookie sheet with tin foil. Melt a stick of butter in the pan. Slice one lemon and layer it on top of the butter. Lay your fresh shrimp on next, then sprinkle with one pack of dry Italian seasoning.
Place in a 350 oven and bake for 15 min.

Best Shrimp you will ever taste!

EASY CAKE

submitted by Barb Zentner

Take a Angel Food Cake mix and mix in a 20 oz. can of crushed pineapple, juice too. (No need to use a mixer, just stir it by hand). When you do this, something magical happens. The mixture starts to froth and it turns into an amazingly airy, fluffy bowl of deliciousness right before your eyes. Once it's all mixed up, simply pour into a 9 x 13 cake pan and bake at 350 for 30 minutes. Enjoy!

My mom used an angel food cake pan and served with a dollop of cool whip.

FYI (all activities still on hold)

Even though our doors are still not yet open for daily activities due to COVID-19, we will try our best to accommodate what we can.

The Medical Loan Closet is always available to rent or for returns, all you have to do is call us for instructions, 341-5923.

Gift Shop & Rada Knife sales—give us a call for orders or questions.

Books & Puzzles are available to borrow or trade.

Greeting cards tell us what kind, we can make up a mixture or what kind you would like.

Bingo Bingo Bingo

Manistique Senior Center Bingo takes place every Tuesday afternoon at the Center.

Sales start at 12:30 and Play Begins at 1:30

Both hard cards and paper games are featured.

This is a State run Bingo
Open to the Public
Must be 18 years or older to Play.

Bingo Gift Certificates Available

Our Gift Shop is Open from
8 to 4pm
Monday thru Friday

HOMEMADE ITEMS
BY LOCAL CRAFTERS
STOP IN &
CHECK IT OUT
(questions call: 341-5923)

THE FUND RAISING COMMITTEE
Still has these Rada products available

Rada Vegetable Peelers = $7.25
(NEW) Super Paring Knife = $6.50
Rada Paring Knives = $5.25
Rada Tomato Slicer = $6.50
Knife Sharpener = $6.50

We can also order specialty knives, special sets of different sizes, sets of utensils or individual pieces, steak knife set, etc.

Greeting Cards

The Senior Center has a great selection of greeting cards for all your needs.

50 cents each
3 for $1.00

Thank You Petique!!!

North Woods Home Care & Hospice
FOOT CARE CLINIC (toenail clipping).
2nd & 4th Wednesday of each month by
Call: 341-5923 for an appointment
COST: $22.00 (please bring a towel)

FREE Blood Pressure Check—Tuesdays
11:30—12:30

SCHOOLCRAFT MEMORIAL
Home Care & Hospice

FREE Blood Pressure Check
Fridays 11:30-12:30

COMMUNITY
HOME MEDICAL
3RD THURSDAY OF THE MONTH
11:30-12:30

FREE Blood Pressure & Oxygen Readings

"TIMEPIECE" NEWSLETTER

Newsletter/Membership Dues for 2021 past due. The fee is $10.00 per year. If you are a new member or need to make changes, please fill out form and return to the office. If you are a current member and your information is up to date, you may drop off or mail in your dues.

DATE:_____

LAST NAME: _____

FIRST NAME: _____BIRTHDAY_____

SPOUSE: _____BIRTHDAY_____

ADDRESS

_____

CITY_____STATE ____ZIP_____

DON'T MISS AN ISSUE

If you leave for the winter, don't forget to let us know of address change. Then when you return in the Spring let us know & we will change it back.

FEEDING AMERICA

Schoolcraft County
Distribution Dates
10:00 am—12:00 noon

FEEDING AMERICA TRUCK

May 26, 2021
June 30, 2021
July 28, 2021
August 25, 2021
September 29, 2021
October 27, 2021
November 17, 2021
December 15, 2021

HOW TO STOP STRESS EATING: ***It's normal to feel a little more tense these days, but diving into a bag of chips may not be the best remedy. 5 strategies to avoid eating your feelings.***

1) **Check your hunger: Before you open the fridge or rummage through the pantry, stop and ask yourself, *Am I truly hungry?* Real hunger will sometimes have physical symptoms, such as a growling tummy or lightheadedness. These intensify with time and won't go away until you eat. So wait 10 minutes; if your still hungry, have a healthy snack like veggies, nuts, or whole grain crackers.**
2) **Sip a cup of herbal tea: The variety doesn't matter; the key is that you're doing something to distract yourself before opening the bag of chips, plus allowing time for the urge to eat to pass.**
3) **Get enough vitamin B: Being deficient in vitamin B can make you more prone to depression and anxiety, which in turn can increase cravings for starchy carbs. Incorporating vitamin B-rich foods in your daily diet can help keep your mood and tension levels in check so you're less likely to find yourself stressed out and wanting to eat.**
4) **Walk it off: Every time you eat when you're tense, a pattern is created in your brain, which becomes comfortable with that pattern as a default for dealing with stress. Breaking that habit might not be easy, but it's doable. Each time you take a walk or practice deep breathing instead of reaching for a cookie, you're leveraging what's called neuroplasticity, or the ability to change networks in the brain by making new connections.**
5) **Keep healthy foods handy: If, after not eating for a while after tension hits, you still feel hungry, increase the odds that you'll reach for something healthy by keeping those foods in plain sight. Keep a stash of veggies front and center in the fridge. Place a bowl of fruit on the kitchen counter. You're more likely to reach for these if you don't have to dig through other things to get to them.**

FOR YOUR USE

BOOKS BOOKS BOOKS

We Have Lots of Books for you to Borrow or Trade

Tell Us What You Like or Your Favorite Author(s) and We will get a bag ready For You to Pick Up and Return When You are Done

Give us a call @ 341-5923

PUZZLES

Also Lots of Puzzles Available to Borrow or Trade

Tell Us Size You Like, Type you like and We will get a bag ready, Return When Done *Give Us A Call 341-5923*

MEDICAL LOAN CLOSET

Lots of equipment in the Loan Closet for your use! We have walkers, transfer benches, canes, bath seats, commodes, canes, crutches, toilet raisers, knee-walkers, wheelchairs, strollators, bedside tables, transporter chairs (shown below). We also have a supply of blue pads and different types of undergarments.

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BRIDGE

WE MISS YOU

FYI

DUPLICATE BRIDGE

HOPE TO SEE YOU SOON

500

CAN'T WAIT TO GET BACK TO NORMAL

(Oops! Wrong Group for Normal)

MISS YOU ALL!!

Try This . . .

How smart is your right foot?

1. **While sitting in a chair, lift your right foot off the floor and make clockwise circles.**
2. **Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.**

I told you so! And there is absolutely nothing you an do about it!

MSU Extension *A Matter of Balance*

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALALNCE has developed a virtual translation that is offered on line. This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:
View falls as controllable
Set goals for increasing activity
Make changes to reduce fall risks at home
Exercise to increase strength and balance

WHO SHOULD ATTEND?
Anyone concerned about falls
Anyone interested in improving balance, flexibility and strength
Anyone who has fallen in the past
Anyone who has restricted activities because of falling concerns

Class Dates: Mondays and Wednesdays
Starting Monday May 3rd thru Wednesday June 2nd

Time: 10:00-12 (EST) 9-11 (Central)

Online: **Zoom**
To register: https://events.anr.msu.edu/MatterofBalanceMWMay3/

CSFP Surplus Food Program
60 years or older and be pre-registered & show card
11 a.m.—12 noon at the VFW Hall
Call 341-5085 to register.

First Thursday of the Month 2021

June 3
August 5
October 7
December 2

TEFAP Distribution 2021
9:30 - Noon @ VFW

June 3
September
(to be determined)
December 2

Teacher: *Give me a sentence that includes the words:*
defense, defeat, and detail.

Student: *When a horse jumps over defence, defeat go first and then detail.*

WE ARE NO LONGER COLLECTING BROWN PAPER GROCERY BAGS Or EGG CARTONS

May Calendar of Events

For Your Refrigerator

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CAA Noon Meal	2 CAA Noon Meal	1
2	3 CAA Noon Meal	4 CAA Noon Meal	5 CAA Noon Meal	6 CAA Noon Meal	7 CAA Noon Meal	8
9 Mothers Day	10 CAA Noon Meal	11 CAA Noon Meal	12 CAA Noon Meal	13 CAA Noon Meal	14 CAA Noon Meal	15
16	17CAA Noon Meal	18 CAA Noon Meal SCCOA Bd. Meeting 9:00am Open to the Public	19 CAA Noon Meal Ctr. Board Mtg. 9:30. Open to the Public	20 CAA Noon Meal	21 CAA Noon Meal	22
23 30	24CAA Noon Meal 31 Memorial Day CLOSED	25 CAA Noon Meal	26 CAA Noon Meal FEEDING AMERICA	27 CAA Noon Meal	28 CAA Noon Meal	29

Manistique Senior Citizen Center
101 Main Street
Manistique, MI 49854
PHONE….(906) 341-5923
Fax ……(906) 341-8443
E-Mail . . . .seniors@scsc.co
Executive Director: Jennifer M. VanDyck
Assistant Director/Editor: Carol Ford
Bookkeeper: Brenda Lester
Office Assistant: Karen Meston

Resources:
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Current Resident

Congratulations to
Charlotte Hendrickson

Charlotte was our March Puzzle winner

You too can be a lucky winner!
Just complete this month's puzzle
and send or drop off at the Senior Center.

You don't have to be right,
you just have to participate.
Even if you're a previous winner, you can
be a winner again!

Get your May entry in. Winners are
drawn on the 15th of the month!

Good Luck !!