



TIME PIECE

JANUARY

2022

No. 514

SERVING ALL OF SCHOOLCRAFT COUNTY

MANISTIQUE SENIOR CITIZEN CENTER/SCCOA

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

Happy New Year 2022

*Let's Toast the New Year and
Hope for better days Ahead!!*

*We miss all of you and
all the group activities
and we know you miss us too! Right??*

*Our doors are open from 8am-4pm
And we are still providing Homemaker Aide
Services, Medical Transportation Services, and
the Medical Loan Closet is available.*

*Note: The kitchen Crew is still doing home delivered meals
for those that qualify and for those that ate meals at the
Center, you may pick up your meals.*

Please call 341-5085.

FOR YOUR CONVENIENCE

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!

Meals served at Noon

NORTH WOODS FOOT CARE

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

SAYKLLY'S CANDY SALE:



\$1.25 each

“Yooper Bars”

dark & milk chocolate)

Milk Chocolate Bars w/almonds

Peanut Butter Pixies

1 lb. Bag Salt Water Taffy \$5.00

THANK YOU

**Building Fund Upgrades : Annette Rinehart,
Rita Salter, Debby Burns, & Linda Levin.**

Maintenance & Support Donations:

**Joyce Demers, Barb Zentner, Debby Burns &
Carole Gould.**

**AT AN OPTOMETRIST'S
OFFICE**

**“If you don't see what you're
looking for, you've come to the
right place.”**

ON A PLUMBER'S TRUCK

**“We repair what your
husband fixed.”**

**ON AN ELECTRICIAN'S
TRUCK**

“Let us remove your shorts.”

**ON ANOTHER PLUMBER'S
TRUCK**

**“Don't sleep with a drip.
Call your plumber.”**

AT THE ELECTRIC COMPANY:

**“We would be delighted if you send
in your payment on time.**

**However, if you don't
YOU will be de-lighted.**

**SIGN ON THE BACK OF A
SEPTIC TANK TRUCK**

**“Caution this truck is full
Of Political Promises.**

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: _____

(Waiting for Activities to Resume)

MEMORIALS

In Memory of: Paul & Gladys LaFord
From: Ron & Cheryl (Murphy) Lohse

In Memory of: Karen Adkins
Donna Woodruff
Mabel Patz
From: Fern Robinson-Parker

In Memory of: Bibi Duquette and
Emma Hardy
From: Leon Jr. & Dorothy Duquette

In Memory of:
Leon Sr. & Bibi Duquette
From: Judy Lalonde



Mondays

CAA Noon Meal: Bridge –12:30 p.m. (Call Audrey Savoie @ 341-5804).
 Creative Writing last Monday of the month. 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). Call the Center if you have any ideas for entertainment. Cribbage at 10:00 a.m.

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.

Fausett Family Funeral Homes

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Ryan Fausett – Director and Owner

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Manistique Senior Center, Manistique, MI

A 4C 01-1386

Try These!

Mormon Whole Meal Soup

from Danette Ash

- 2 lbs. Ground beef
- 2 qts. hot water
- 2 cups diced potatoes
- 1 cup diced celery
- 2 cups diced tomato
- 1 cup drained canned corn
- 1 cup sliced carrots
- 2 cups shredded cabbage
- 1 1/2 tsp. salt
- 1/4 cup raw rice



Brown hamburger and drain off grease.
Add water to meat and bring to boil.
Add vegetables, bring to boil & add rice and seasonings to taste. Simmer 1 1/2 hours.

Helpful Hint: I keep leftover vegetables in a container in the freezer and use the mixture whenever I make any kind of soup with vegetables.

Cream Cheese Bar

from the late Barb Beaulieu collection—Newberry

- 2 pkgs. (8count) crescent rolls
- 2 (8oz. Pkgs.) cream cheese, softened
- 1 cup sugar
- 1 egg (separated)
- 1 tsp. vanilla
- 1/2 cup sugar
- 1/2 cup chopped walnuts
- 1 tsp. sugar



Spread one of the packages of crescent rolls on the bottom of an ungreased 9 x 13 pan. Mix the cream cheese, one cup of sugar, the egg yolk and the vanilla together until smooth. Spread this mixture over the crescent roll layer. Then spread the second package of crescent rolls on top of the cream cheese mixture. Whip egg white until frothy and spread on top of the crescent roll layer. Mix the 1/2 cup sugar, the nuts, and cinnamon together. Sprinkle this mixture on top of egg white.

Bake at 350 for 30 minutes.

Yummy Good Cake!! *from Christie Ryan collection*

German Chocolate Cake mix—bake as directed, let cool slightly and poke holes 1" apart with a straw.

Mix 1 jar of caramel ice cream topping and can of sweetened condensed milk, and pour over cake.

Before serving, cover with cool whip and 3 crushed Heath Bars.

Chicken Casserole

from the late Phyllis Putvin collection

- 2 cups diced cooked chicken
- 1 cup finely cut celery-sauteed
- 1 6oz. pkg. Uncle Ben's long grain & wild rice
- 1 can cream of chicken soup
- 3/4 cup mayonnaise
- 2 T. finely chopped onion

Cook rice according to pkg. directions. Mix all above ingredients. Can be done the night before. Top with: 1/2 cup shaved toasted almonds and 1 cup Pepperidge Farm dressing mix sauteed in 1/8 cup butter.

Bake at 350 for 45 minutes.
Use shallow casserole dish & Do Not Cover.

Neiman-Marcus Cookies

- 2 cups butter
- 2 cups sugar
- 2 cups brown sugar
- 4 eggs
- 2 tsp. vanilla
- 4 cups flour
- 5 cups blended oatmeal*
- 1 tsp. salt
- 2 tsp. baking powder
- 2 tsp. soda
- 24 oz. chocolate chips
- 1 8 oz. Hershey bar (grated)
- 3 cups chopped nuts (your choice)

Cream the butter and both sugars.
Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder and soda. Add Chocolate chips, Hershey bar and nuts.

Roll into balls and place two inches apart on a cookie sheet.

Bake for 10 minutes at 375.

Makes 112 cookies (recipe may be halved.)

*Measure oatmeal and blend in a blender to a fine powder.

These recipes were taken from the cookbook, "Fantastic Foods" put out by First Northern National Bank in memory of the late Fred H. Hahne. (I couldn't find a date on it) Lots of good recipes! I've made all these except the cookies.

2021 Homestead Property & Home Heating Tax Credits

We **DO NOT** do Federal Income Taxes, we only do the credit forms for seniors 60 years and older. If you have your taxes prepared, your preparer will do the credits for you.

For those of you that bring your information to us at the Center, please wait until you have received all your information. Once you have gathered all your information, call and set up a time to drop it off at the Center and we will call you when it is completed.

Information that is needed to complete your forms:

1. Social Security number (s)
2. Copy of previous year return (2020)
3. All income, including social security, pensions, SSI, and any bank interest for 2021
4. Property taxes or rent paid
5. Medical insurance premiums
6. Heat cost billed from 11/1/2020 thru 10/31/21
7. Copy of 1099 from social security or a bank statement from the Dept. of Human Services form SA1099
8. Telephone number where you can be reached
9. If renting, we need the name and address of landlord.

We will call you as soon as your forms are Completed.

SENIOR MARRIAGE

There were two elderly people living in a Florida mobile home park. He was a widower and she a widow. They had known one another for a number of years.

One evening there was a community supper in the big activity center. The two were at the same table, across from one another. As the meal went on, he made a few admiring glances at her and finally gathered his courage to ask her, "Will you marry me?"

After about six seconds of 'careful consideration,' she answered. "Yes. Yes, I will."

The meal ended and, with a few more pleasant exchanges, they went to their respective places. The next morning, he was troubled. "Did she say 'yes' or did she say 'no'?" He couldn't remember. Try as he would, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to. Then he reviewed the lovely evening past.

As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say 'Yes' or did you say 'No'?"

He was delighted to hear her say, "Why, I said 'Yes, yes I will' and I meant it with all my heart." Then she continued, "I am so glad that you called because I couldn't remember who had asked me."



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MEMORIAL HOSPITAL**

To Schedule an Appointment Contact our COVID-19 Hotline
Seniors can now register for a COVID-19 Vaccine Appointment at
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REPEAT INFORMATION

A couple weeks or so ago, the topic of gout came up. A friend got up one morning and couldn't put any weight on his foot, it hurt so bad. So off to emergency he went and there he found out he had gout. As we talked, I told him I get gout in my toes, and yes, it does hurt. Someone told him drink tart cherry juice for his gout. At that point, I remembered several years back people going to Garden Orchards to buy cherry juice concentrate. I think now you can buy it in groceries stores. Here is the information I had at that time.

CHERRY JUICE CONCENTRATE

Michigan State University has been researching the benefits of tart cherries and they have found the anthocyanins in tart cherries are ten times stronger than aspirin or ibuprofen. Tart cherries reduce the pain of arthritis, gout and headaches. It has also been suggested that tart cherries are good for kidney stones, gallbladder ailments and tooth decay as well as cholesterol reduction. Eating twenty cherries daily could cut the risk of heart attack by 30%. Plus, tart cherries contain Perillyl alcohol, a natural chemical that flushes cancer-causing substances out of the body, and also helps stunt the growth of cancerous cells. Perillyl alcohol is so powerful, it can slash the incidence of all types of cancer as much as fifty percent.

We recommend that a tablespoon a day may keep the pain away! Directions: 1 tablespoon to a glass of water or make a pitcher 8 parts water to 1 part concentrate. Taste is up to you, so experiment.

Research shows cherries contain unique plant chemicals that can prevent and treat many of today's worst health problems, says University of Iowa biochemist .

Sweet, juicy delicious cherries can help you safeguard against cancer. Experts were surprised when they discovered that cherries are packed with perillyl alcohol—a natural chemical that not only flushes the cancer-causing substances out of the body, but also helps stunt the growth of cancerous cells.

Research suggests that perillyl alcohol is so powerful, it could slash the incidence of all types of cancer as much as 50% - making it five times more effective than limonene the proven cancer-fighter found in red grapefruit. It appears to shut down the growth of cancer cells by depriving them of the proteins they need to grow.

KEEP YOUR HEART HEALTHY.

Eat just 20 cherries, and you will be getting 6g. Of cholesterol-controlling fiber, plus 524mg. of potassium—a mineral doctors say can prevent, and even treat high blood pressure. “Twenty cherries also provide 25mg. Of anthocyanins, powerful chemicals that protect artery walls from the damage that leads to plaque buildup and heart disease.” Says food science and human nutrition researchers. In fact, the latest research shows that anthocyanins, do a better job of protecting arteries than even vitamin C and E. The bottom line: :eating 20 cherries daily could cut your risk of heart attack by 30%.

RELIEVE ACHES & PAINS.

But anthocyanins are more than just heart-protectors. Studies show they're also anti-inflammatory pain relievers 10 times stronger than aspirin or ibuprofen! If you're plagued with chronic pain of arthritis, headaches, or even gout, pros say a daily bowl of cherries could ease your aches without side effects.

“They help shut down the enzymes that cause tissue inflammation in the first place. So they can prevent, as well as treat, many kinds of pain.

Bonus: Cherries help keep you beautiful!

The anthocyanins in cherries can also keep you from developing varicose veins! Researchers say anthocyanins strengthen blood vessel walls, and the stronger they are, the less likely you are to develop varicose veins. Consider stirring them into yogurt, blending frozen cherries into shakes and adding dried cherries to cereals and muffin mixes.

Note: I have a friend that told me her husband believes that the concentrated cherry juice helps him and he has been using it everyday since he first heard this information years back. Also wife said you can buy juice concentrate at the grocery store in the juice aisle.

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

**HOMEMADE ITEMS
BY LOCAL CRAFTERS
STOP IN &
CHECK IT OUT**



**After Christmas SALE
On Center Items Only!**

Scarfs, Socks, Hats, Slippers,
Baby Afghans & Lap Robes,
Baby Hats & Bootie Sets
Adult Afghans & Lap Robes
Some Miscellaneous Items

Items will be sold by Donation

THE FUND RAISING COMMITTEE
Still has these Rada products available

Rada Vegetable Peelers = \$8.25
Super Paring Knife = \$8.25
Rada Paring Knives = \$6.00
Rada Tomato Slicer = \$7.25
Knife Sharpener = \$7.25

Once you try these knives,
you will want to buy more.
They stay sharp and only
require an occasional sharpening.

If you want to know how good they are,
just ask anyone who uses them!

We also have a RADA catalog of the various knives
and other utensils that are available for
special order.

There are gift sets, steak knives, ice cream spoon,
spatulas, flippers, etc. all from the RADA company.

If you're interested in other items, please call and
make arrangements with us.

Call us @ 341-5923.

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



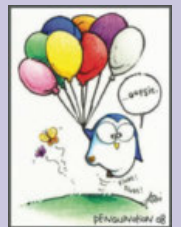
Both hard cards and paper games
are featured.

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

Greeting Cards

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

50 cents each
3 for \$1.00



Bingo
Gift Certificates
Available

January 10, 2022 is our next COVID
check to find out if we can go back to
our regular activities. Watch the
column in the Tribune or give us a call
with any questions. 341-5923

January Birthdays

- 1 Eric Stevens
- 3 Barb Foor
Sue Studinger
- 8 Dan Barber
- 10 Lois Hoholik
Jim Jackson
Nancy Babbitt
- 15 Bob Barr
Ann Lander
- 16 Jean Anthony
- 19 Frances Thomas
- 20 Dorothy Love
- 21 Cathy Wise
- 22 Mike Klarich
- 28 Jim Jones
Arless Larson

1st Week of February

- 4 Loretta Norbotten Gould
- 7 Velda Wheatley
Tom Hoholik



Husband's Call:

"Honey it's me. I don't want to alarm you but I was hit by a car as I was leaving the office. Paula brought me to the hospital. They have checked me over and done some tests and some x-rays. The blow to my head was severe. Fortunately it did not cause any serious internal injury. However, I have three broken ribs, a compound fracture in the left leg, and they think they may have to amputate my right foot."

Wife's Response: "Who is Paula?"

"TIMEPIECE" NEWSLETTER = \$10.00
"It Renewal Time"

Newsletter/Membership Dues are due January 2022.
If you are a new member or need to make changes, please fill out this 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 _____

PHONE _____

"The Brain"

Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy,

it doesn't mttar in what

order the ltteers in a word are,

the only iprmoetnt

thing is that the frist and lsat ltteer

be at the rghit plcae.

The rset can be a total mses

and you can still raed it wouthit porbelm.

This is bcuseae the human mind

deos not raed

ervey lteter by istlef,

but the wrod as a wlohe.

Prttey amzanig huh?

TIDBITS

FUND RAISING COMMITTEE COOKBOOK

**"COLLECTION OF
FAVORITE DESSERTS"**

\$10.00

**Makes a Nice Gift for
Yourself or for Someone Else**



MEDICAL LOAN CLOSET

The medical loan closet is in operation, even with COVID-19!

The difference is that you must call us before you come (341-5923).
Tell us what equipment you need, if we have it, we will then fill out the Loan Agreement Form, then when you arrive at the Center, give us a call and we will set the equipment out for you.
With winter coming, we will have to make some changes, but we will still have equipment for your use.

Returning equipment is done in the same manner.
Give us a call, name on the form, and what equipment you are returning, we will then pull the loan agreement form and discard.
We suggest a \$5.00 donation per piece of equipment for 6 months use.

We have walkers, transfer benches, canes, bath seats, bedside commodes, crutches, toilet raisers, knee walkers, transporter chairs, wheelchairs, strollers, plus miscellaneous items.
We also have a supply of different types of undergarments.



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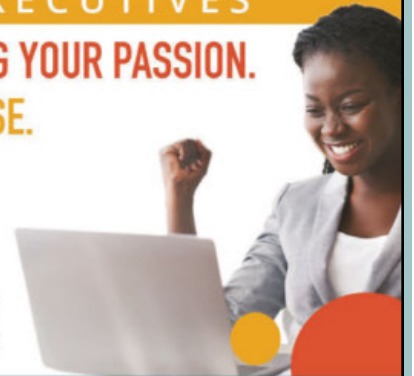
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Manistique Senior Center, Manistique, MI

C 4C 01-1386

BRIDGE

Check after
January 10, 2022

NO FUN AND GAMES

Duplicate Bridge

Check after
January 10, 2022

500

Check After
January 10, 2022

**WE ARE
NO LONGER
COLLECTING
GROCERY
BAGS
Or
EGG CARTONS**

**CRIBBAGE Players!!
Thursday mornings
at 10:00 am.**

NO!



Raffle Ticket Winners

Jackie Severin - \$100 gift card Jack's
Magan Peterson - 3 lb. Saykllys Choco.
Terese Tuman - \$25 gas card
Kayla Putnam - wine basket
Sandy Dechow—Rada knife
Peter Feyen - \$25 gift card

Thank you to all that purchased
Tickets!!

CHRISTMAS DRAWING WINNERS

Congratulations to all the winners! All you had to do is return the entry form that was in the December newsletter.

Tim Derwin—\$25.00 Jacks
Arleen Turan—\$20.00 Marathon
Linda Hamill—\$25 Flowers by Jodi
Cheryl Robere—Dessert Cookbook
Bill Chartier—Center T-shirt
Audrey Savoie—gift basket donated by Julie Roscioli
Vee Scudder—Bath & Body Set
Debby Burns—Bath & Body Set
Anna Sjogren—Bath & Body Set
Judy Slingsby—ornament & Yooper bar
Doris Lee—sherpa blanket
Charlotte Hendrickson—writers group edition
Anne Kaiser—Dessert cookbook
Janine Tyrrell—wall decoration
Pat Smith—Center T-shirt
Joanne Annelin—writers group edition
Julie Roscioli—polo shirt
Charlotte Baker—jigsaw puzzle
Linda Duchene Beaudre—Rada knife set
Mary LaFleur—polo shirt
Jean Anthony—snow luminary
Deb Blandford—jigsaw puzzle
Lorna Bowers—mug & coffee
Judy LaLonde—jigsaw puzzle
Bev Miller—Rada knife set
Mae Duchene—saykllys chocolates

CSFP Food Distribution Schedule

60+ Must pre-registered and show card.

11-Noon @ VFW

February 3, 2022

April 7, 2022

June 2, 2022

August 4, 2022

October 6, 2022

December 1, 2022

TEFAP Distribution

9:30 to 12 noon

March 10, 2022

June 9, 2022

September 15, 2022

PHONE: 341-5085

Email: emarcella@mdscaa.org

JANUARY ~ Calendar of Events

Manistique Senior Center

For Your Refrigerator

2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Happy
New Year

2 3 HD & Pickup 4 HD & Pickup 5 HD & Pickup 6 HD & Pickup 7 HD & Pickup 8

9 10 HD & Pickup 11 HD & Pickup 12 HD & Pickup 13 HD&Pickup 14 HD & Pickup 15

BINGO -Doors open
12:30 Play at 1:30

FOOTCARE 1-3

Cribbage 10:00

BRIDGE
500

16 17 HD & Pickup 18 HD & Pickup 19 HD & Pickup 20 HD&Pickup 21 HD & Pickup 22

OFFICE CLOSED
Martin Luther King Day

SCCOA Board 9:00
BINGO -Doors open
12:30 Play at 1:30

Dup. Board 9:30
Dup. Bridge

Cribbage 10:00

BRIDGE
500

23 24 HD & Pickup 25 HD & Pickup 26 HD & Pickup 27HD & Pickup 28 HD & Pickup 29

BINGO -Doors open
12:30 Play at 1:30

FOOTCARE 1-3

Cribbage 10:00

BRIDGE
500

30 31
Writers Group

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Funding For Services:

UPCAP Services Inc.
Older Americans Act
(These Agencies comply with
Title VI of the Civil Rights Act)
Newsletter Funding Sources
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STANDARD RATE
PAID
NO. 10
MANISTIQUE
MICHIGAN
49854

Current Resident

Top 10 Most Common New Year's Resolutions

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money/spend less money
7. Quit Smoking
8. Spend more time with family and friends
9. Travel More
10. Read More

Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study in the Journal of Clinical Psychology, only 46% of people who made New Year's resolutions were successful. That means over half of the people who set a goal for the new year will fail!