

FREE

Issue: January 2022

Senior Moments

Manistee County Council on Aging

Meet the Staff



Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



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Assistant/
Facility Maintenance

Beth Joseph
Senior Nutrition



Shannon Sullivan
Senior Nutrition

Jean Anderson
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News & Notes from Sarah

By Sarah Howard
Executive Director

Happy New Year! I hope you got through the holidays and you are ready for 2022! I know I am, 2021 was a real mess and I am so grateful that the new year can bring some new hope for our future. Life has been so complicated since COVID hit and I don't know what to expect anymore, but new beginnings should be our theme this year. I would love to figure out a way to look at new beginnings in our lives. Even though we are older adults it doesn't mean we don't have new beginnings every day. Think about ways you have started something new and please share it with us.

I have a lot to look forward to this year. If everything went as planned, I should have a new grandbaby that is a day old and I have another one heading this way in March. I will have been baby blessed seven times as a grandma and there is nothing better than holding a baby.

I can tell you 2022 will be a time for reflection on all of the things we have done right and wrong in 2021. I hope we can just stay open for the whole year and start doing all of our wonderful events again. I miss just laughing and being a part of everything that goes on. We did hire another employee to work with Beth in the Senior Nutrition Program. Which will take some busy work away from me, so I can free up some time to work on some other programs and projects. It is amazing what needs to get done on a daily basis at the

MCCOA/Senior Center. There is never a dull moment around here.

Make sure if you meet our new employee, Shannon, you give her a warm welcome!

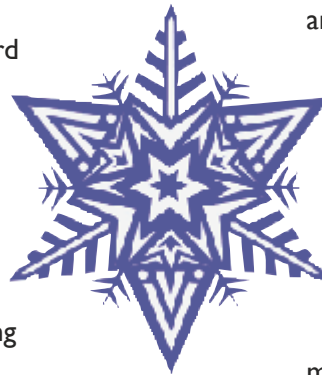
I am excited to tell you we are looking at adding a walking group in the building during the cold, slippery weather. Keep an eye out for the schedule so you can come indoors and get your walk on.

I hate using the D word at the beginning of a new year, because I feel I sabotage myself, but during the pandemic and a little before I have really gained a lot of weight. My husband and I both need to lose some pounds and therefore now is the time. I need to cook healthier foods,

not eat out as much and move. I am always telling everyone to keep moving that it will help you stay healthy, and all I do is sit in front of a computer! I want to be around to see my grandchildren grow up and still be able to have fun as I get older. Any great ideas or suggestions on best ways to get healthier would be much appreciated.

If you are looking for things to do this year, please take a look at our calendar to see if you would like to join us for any of our current programs. We are really trying to bring what you would like to see at the Wagoner Community Center, so I need to hear from you.

I hope you have a wonderful New Year and remember to try something new in 2022!



Get involved with these activities!

Services

Foot Clinic: Mondays, once a month. By appointment only

Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday January through November. *Next Food Bank: Fri., Jan. 21.*

Free Attorney Consultations: 2nd Monday. *Next attorney consultations: Jan. 10. By appointment only.*

Eyeglass Clinic: 2nd Wed., 10:30 a.m.

Hearing Aid clinic: 2nd Tues., Jan., April, July & Oct., 1 p.m. Appointment only

Chair Massage: 2nd Wednesday of the month. By appt. only

Exercise Opportunities

Sit & Get Fit (Manistee): 10 to 10:30 a.m., Tues & Thur (Wagoner Comm. Center, activity hall)

Sit & Get Fit (Onkama): 10:30 a.m., Mon. & Wed., Farr Center

Sit & Get Fit (Wellston): 9 a.m., Tues & Thurs., Norman Twp. Comm Center

Tai Chi: 9 a.m. Mon, Wed, Fri (Wagoner Comm. Center, activity hall)

Zumba: 2 p.m. Mon & Wed (Wagoner Comm. Center, activity hall)

Cardio drumming: 5:45 p.m., Thurs. (Wagoner Comm. Center, activity hall)

Yoga: Chair yoga Tues., 3:30 p.m. Regular yoga Thurs., 4:30 p.m.



Gayle Mauntler	01/01
Cynthia Smogoleski	01/01
Judy Lee	01/01
Lynn Williams	01/01
Arlene Garber	01/02
Dennis Johnson	01/02
Jane Chavalia	01/03
Ken Warren	01/03
Sue Gilbert	01/04
Leslie Jacobsen	01/04
Wilma Swiatlowski	01/04
Carol Harrison	01/04
Lynne Mikolajczak	01/04
Norma Fraley	01/04
Kay Sytek	01/05
Janice Leatherman	01/05
Sonny Miller	01/05
Jack Adamczak	01/06
Sally Cabot	01/06
Richard W Hudson	01/06
Dorothy Rhodea	01/06
Betty MacDonald	01/08
Roger Baker	01/08
Rose Sedlar	01/08
John Brastrom	01/09
Marcia Sullivan	01/09
Brenda Miller	01/09
Judy Hopwood	01/10
Barbara Netter	01/10
Kathleen A Ready	01/11
Cindy Cashmore	01/12
Dave Blattenberger	01/12
John Ehrbar	01/13

Craig Lahti	01/13
Jack Meyers	01/15
Vera Olen	01/15
Beverly Johnston	01/15
Susan Brown	01/15
Joan Bockhol	01/16
Janette Talbot	01/16
Jean Slawinski	01/16
Gerry Leffew	01/17
Kit Redeker	01/17
Janice Spiech	01/17
Gary Woosley	01/17
Darryl Sandell	01/17
Janet Bates	01/17
Dennis Cone	01/18
Michelle Dudenhofer	01/18
Cathy Thayer	01/18
Pauline Cornell	01/18
Cathy Thayer	01/18
Joseph Shupe	01/19
Phyllis Sheras	01/20
Carol Conway	01/21
Roberta Huff	01/21
Patricia Luomala	01/21
Sally Potes	01/21
Marilyn Anderson	01/21
Dennis Fink	01/21
Georgia Fredrickson	01/21
Joe Filiaggi	01/21
Jeanette Gregorski	01/22
Marcia McIntyre	01/22
Helen Mathieu	01/24
Ronald Ronning	01/24

Joseph Callender	01/24
Judie Sjoveu	01/24
Andrew Morris	01/24
Kathy Olsen	01/24
Martha Cale	01/25
Sally Gumieny	01/25
Jo Tidwell	01/25
Barbara Zupin	01/25
Barbara Parsons	01/25
Constance Keating	01/26
Jim Jolly	01/27
Doris Kolanowski	01/27
Yolanda Bartrum	01/28
Jeanne Oleniczak	01/28
Donald E Johnson	01/29
Ed Yonker	01/29
Don Curtis	01/30
Karen Sullivan	01/30
Louann Erber	01/30
Joanne Pieczynski	01/30
Eileen Brown	01/31
Audrey Carver	01/31
Carolyn Gaylord	01/31
Mary Haw	01/31
Barry Kenyon	01/31
Sandra Krolczyk	01/31
Ron Scott	01/31
Nancy Kuczynski	01/31

If we have missed your birthday or anniversary, we apologize. Please let us know if you would like to be included in our birthday or anniversary records.



**Manistee County Council on Aging
Reimbursement Program for Services**

This program was originally intended to replace services previously provided by MCOA staff, such as lawn care and house cleaning. The goal was to allow people to remain in their own homes longer by assisting with household needs. The program has grown, and is starting to become cost-prohibitive to maintain at current levels.

The program is intended to serve county residents aged 60 or older, whose income is at or below 185% of poverty level. Income is determined by the Adjusted Gross Income on your federal tax form. For 2022, 185% of poverty level will be determined by the following chart:

Number of people living in household	185% of Poverty Level (annual income)
1	\$23,828
2	\$32,227
More than 2	Add \$8,399 per person above 2

Beginning January 2022, all current participants who wish to continue in this program, as well as new applicants, must sign this document, certifying that they meet the age, residency and income qualifications.

I certify that I am eligible for this program and wish to continue participating.

Printed Name: _____

Address: _____

Phone Number: _____

Date of Birth: _____

Signature: _____

Today's Date: _____

January 1, 2022



The Wagoner Community Center hosted the Holiday Craft Show in December. Carol Hendrix donated her proceeds to the center. Proceeds went to fund the new handicap accessible doors. The doors were installed just before the Christmas holiday. We also found time to have fun. See Nora and Mick play catch with a cabbage.



Newsletter Renewal

If you would like a copy of Senior Moments mailed to you, please fill out the following form and mail it, by January 15, 2022, to the Senior Center, 260 St. Mary's Parkway, along with \$7.00 to start/renew your subscription.

Remember, all subscriptions renew in January.

Please make checks payable to MCCOA

Name _____

Address _____

City/State/Zip _____

Phone Number _____

Birthday _____

Spouse Name/Anniversary _____





Let's Talk About Dehydration

A decline in total body fluid. As we age, the amount of fluid in our bodies begins to decrease. This means there are fewer water reserves available for your body to use as you get older.

Lowered thirst response. Feeling thirsty is your body's way of letting you know you need water. However, because the thirst response becomes weaker with age, older adults may not know they need to drink.

Decreased kidney function. The function of the kidneys can decline with age, meaning that more water may be lost through urination.

Health conditions and medications. Some older adults have underlying health conditions or take medications. In some cases, these conditions or meds can lead to an increase in water loss through urination.

If you're an older adult, the following tips may help you stay well hydrated:

- include milk, flavored sparkling water, and fruit juices with low sugar. Drink coffee and tea sparingly, as they can have diuretic effects.
- If it's hard to drink too much liquid all at once, take small sips.
- Try to include foods in your diet that have higher water content. Some examples include watermelon, cucumber, celery, strawberries, and low sodium broths or soups.
- If you don't find water very appealing, try adding a slice or squeeze of lemon or lime to add flavor.
- Plan to drink more water if you're going to be out in hot or humid conditions for a prolonged period of time, or if you're going to be exercising.
- If you're ill with symptoms like fever, vomiting, or diarrhea, make sure to drink more fluids than normal.
- If you have an underlying health condition, speak with your doctor about your specific fluid and hydration needs.


If you're a caregiver for an older adult, you can do the following to help prevent dehydration:

- Remind them to hydrate throughout the day, especially during mealtimes and after exercise or exertion.
- Keep water in places where it's accessible and easy to reach.
- Implement easier access to the bathroom if they're concerned about not making it to the toilet in time after drinking fluids.

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Our volunteers deliver more than a meal.

Cards & Coffee

Tues., Jan. 11 ~ 10 am
at the Senior Center



Come out and enjoy some craft time and learn to create your own greeting cards. We will make 2 cards, with all materials provided. No experience necessary, instructions will be given.

Call the Senior Center 723-6477 to reserve your spot so we have enough supplies for everyone.

COST: \$5 DONATION

TO THE WAGONER COMMUNITY CENTER

MUSIC COVE

Musical Opportunity Survey

Due to being closed, having classes canceled and the Holidays we are extending the deadline for this Survey to January 28, 2021. Surveys are available at the Senior Center in the Music Cove area as well as on the COA website & Facebook. If you have not filled out a Survey, we would appreciate you doing so, as we value your opinion and will not make any decisions until the Survey period is over.

That being said: Musical Opportunity Survey Preliminary Results as of December 10, 2021

The most requested sheet music is for piano and guitar

Level: Beginner & Intermediate

Style: Country. However most surveys selected several styles

Overall positive results for Music Education Classes; Individual or group lessons; CD Lending Library as well as Group Sings... especially Christmas Carols.

Sheet Music Donations

We are now accepting donations of music for piano, organ, brass, string and wind instruments from beginning to advanced levels as well as all musical styles. The music must be in excellent condition so that it may be used long term by others.

There is a Music Donation box in the Music Cove area. Please leave your donations there. We are unable to accept boxes of music, please edit what you bring. As soon as we start receiving music and the music racks arrive, Carrie will start putting out music.

Once the surveys are completed we will report out the results and determine how best to implement your suggestions. Any questions can be directed to Karen Bruchan, through the Senior Center.



Every monetary gift given to the Manistee County Council on Aging helps to fund programs to benefit the seniors of Manistee County. Programs including the MCCOA Food Pantry; Healthy Seniors; Educational programs and so much more.

Memorial Donations

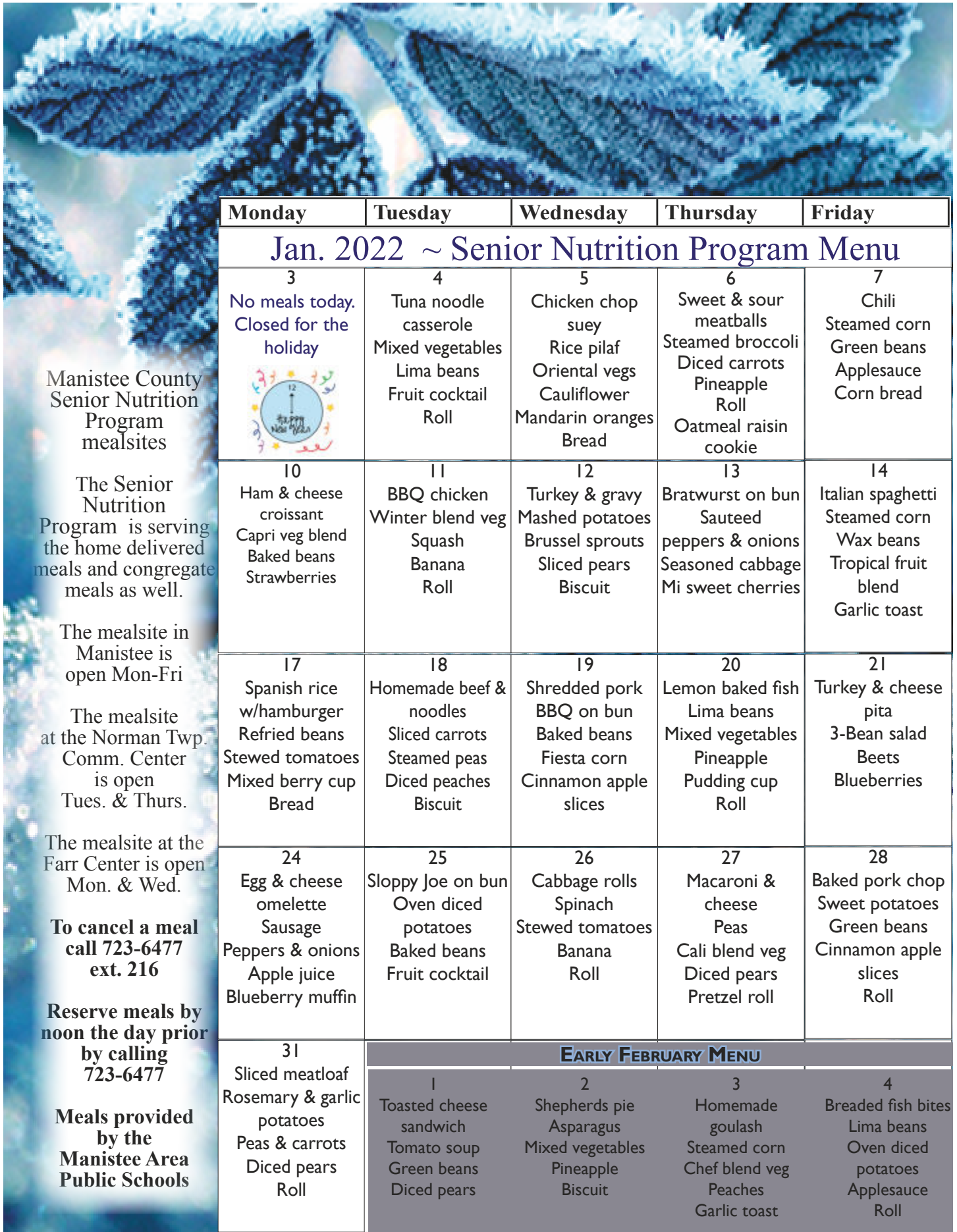
You can choose to honor a loved one by making a donation in their name. Including the address of the honoree or their family members will allow us to send an acknowledgment of the gift.


Pre-Planned Giving

As you make future plans for your estate, please consider making a gift to the Manistee County Council on Aging in your plans. If you would like your donation to benefit a specific program, please let us know, and we will try to accommodate your wishes. Your endowment can make a significant difference in the lives of many seniors, and can aid in the continuation of programs to enrich lives for years to come.

**Manistee County
Council on Aging**

260 St. Mary's Parkway, Manistee



Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 2022 ~ Senior Nutrition Program Menu				
3 No meals today. Closed for the holiday 	4 Tuna noodle casserole Mixed vegetables Lima beans Fruit cocktail Roll	5 Chicken chop suey Rice pilaf Oriental vegs Cauliflower Mandarin oranges Bread	6 Sweet & sour meatballs Steamed broccoli Diced carrots Pineapple Roll Oatmeal raisin cookie	7 Chili Steamed corn Green beans Applesauce Corn bread
10 Ham & cheese croissant Capri veg blend Baked beans Strawberries	11 BBQ chicken Winter blend veg Squash Banana Roll	12 Turkey & gravy Mashed potatoes Brussel sprouts Sliced pears Biscuit	13 Bratwurst on bun Sauteed peppers & onions Seasoned cabbage Mi sweet cherries	14 Italian spaghetti Steamed corn Wax beans Tropical fruit blend Garlic toast
17 Spanish rice w/hamburger Refried beans Stewed tomatoes Mixed berry cup Bread	18 Homemade beef & noodles Sliced carrots Steamed peas Diced peaches Biscuit	19 Shredded pork BBQ on bun Baked beans Fiesta corn Cinnamon apple slices	20 Lemon baked fish Lima beans Mixed vegetables Pineapple Pudding cup Roll	21 Turkey & cheese pita 3-Bean salad Beets Blueberries
24 Egg & cheese omelette Sausage Peppers & onions Apple juice Blueberry muffin	25 Sloppy Joe on bun Oven diced potatoes Baked beans Fruit cocktail	26 Cabbage rolls Spinach Stewed tomatoes Banana Roll	27 Macaroni & cheese Peas Cali blend veg Diced pears Pretzel roll	28 Baked pork chop Sweet potatoes Green beans Cinnamon apple slices Roll
31 Sliced meatloaf Rosemary & garlic potatoes Peas & carrots Diced pears Roll	EARLY FEBRUARY MENU			
	1 Toasted cheese sandwich Tomato soup Green beans Diced pears	2 Shepherds pie Asparagus Mixed vegetables Pineapple Biscuit	3 Homemade goulash Steamed corn Chef blend veg Peaches Garlic toast	4 Breaded fish bites Lima beans Oven diced potatoes Applesauce Roll

Manistee County Senior Nutrition Program mealsites

The Senior Nutrition Program is serving the home delivered meals and congregate meals as well.

The mealsite in Manistee is open Mon-Fri

The mealsite at the Norman Twp. Comm. Center is open Tues. & Thurs.

The mealsite at the Farr Center is open Mon. & Wed.

To cancel a meal call 723-6477 ext. 216

Reserve meals by noon the day prior by calling 723-6477

Meals provided by the Manistee Area Public Schools

January 2022 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center is closed for the New Years holiday All activities are cancelled	4 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 3:30 Yoga	5 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	6 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	7 12 Lunch
10 Attorney by appt 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	11 10 Sit & Fit 10 Cards & Coffee 12 Lunch 12:30 Bridge 3:30 Yoga	12 Chair massage by appt 10 BP Clinic 10:30 TOPS Eyeglass clinic 10:30 11 Produce Bingo 12 Lunch 1:30 Genealogy 2 Zumba	13 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 3 Dementia S.G. 4:30 Yoga 5:45 Cardio Drum	14 12 Lunch
17 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	18 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 3:30 Yoga	19 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	20 10 Sit & Fit 10 Cribbage 11 Bunco 11 Parkinson's S Grp 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	21 9-11 Food Bank 12 Lunch
24 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	25 10 Sit & Fit 12 Lunch 12:30 Bridge 3:30 Yoga	26 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	27 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	28 12 Lunch
31 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba				

Manistee County Council on Aging

260 St. Mary's Parkway ~ Manistee, MI 49660

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Knitters & Crocheters

Are you interested in joining a group where you just get together and knit or crochet with other people who share your love of these activities?

The Manistee Senior Center is contemplating hosting a group here at the Wagoner Community Center and we'd like your feedback.

Knitting, crocheting, coffee, tea... with friends of like mind. Call the senior center if you are interested, and we'll let you know when we are ready to get started.

723-6477

CHAIR MASSAGE

Anita Shaffer will be offering seniors 10-minute chair massages at the Wagoner Community Center on Jan 12

Massages are offered the 2nd Wed. of the month. Call to schedule your appointment.

723-6477



DEMENTIA SUPPORT GROUP

The dementia support group will meet the second Thursday of the month. The group is a supportive, friendly gathering for caregivers, family members or anyone interested in learning more about and supporting our senior dementia community. The next meeting will be Jan. 13 at 3 p.m. Contact Jacki Krolczyk, (231) 883-1341 for more information.

PARKINSON'S SUPPORT GROUP

The Parkinson's support group meets on the 3rd Thursday of each month. This month's support group will meet Thurs., Jan. 20 at the Wagoner Community Center. Please call Linda Nickelson (231) 690-5048 for information.

IMPORTANT PHONE NUMBERS

EMERGENCY SERVICES

Adult Protective Services (855) 444-3911
Centra Wellness (877) 398-2013
Police (emergency) 911
Central Dispatch (non emer)(231)723-6241
Manistee Police (non emer)(231)723-2533
Manistee County Sheriff (non emer) (231) 723-8393
Munson Hospital (231) 398-1000

COMMUNITY SERVICES

Veterans office 231-299-1414
HARA (Homeless Assessment & Resource) (844) 900-0500
Social Security (866) 495-0075
District Health Dept. #10(231) 723-3595
CHOICES (231) 723-6597
DHHS (Manistee County) (231) 723-8375
Area Agency on Aging (800)442-1713

Dial-A-Ride (231) 723-6525
Five CAP, Inc (231) 723-8327
ECHO His Love (231) 723-6613
United Way (231) 723-2331
Legal Services of Mi (231) 941-0771
American Red Cross (231) 480-9412
Senior Nutrition Program (231) 723-6477
(231) 299-7855



A December to Remember

December we packed up gifts for our homebound seniors and delivered them, we bent and stretched for our health, and opened our doors for the Holiday Craft Show. It was amazing how many people showed up and supported the efforts of our volunteers!

Manistee County COA
260 St. Mary's Parkway
Manistee, MI 49660

