

FREE

Issue: February 2022

Senior Moments

Manistee County Council on Aging

Meet the Staff



Sarah Howard
Executive Director

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Executive Assistant



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Assistant/
Facility Maintenance

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Senior Nutrition



Shannon Sullivan
Senior Nutrition

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News & Notes from Sarah

By Sarah Howard
Executive Director

On behalf of everyone at the Manistee County Council on Aging, we hope the new year has treated you with health and happiness. We are so lucky to have so many opportunities to spend time with our wonderful Manistee County seniors and as time is moving forward this year, we hope you will find something of interest in some of our services, programs and activities.

We have been working with Marilla Township hall and with Pleasant Valley Community Center in Arcadia to start bringing our Senior Nutrition Program to their area so there will be a congregate site in your neck of the woods. If you are interested in joining others for a delicious, hot, nutritious meal you will be in luck. We will let everyone know when the meal sites are open. Well, I finally went and played pickleball with a great group of people. The Armory Youth Project hosts pickleball and so does Pleasant Valley Community Center. We met at the Armory and had a lot of fun. I am really out of shape, but I survived the game. I invited anyone who wanted to come and learn the game to meet me at the Armory. There were a couple of people that met me there and we were taught the basics. I am anxious to play some more. My only problem is that I work during the day. Let's figure out something else we want to learn or do and give it a try.

I am excited to share that Jean, our RN is going to be teaching a Diabetic Meal Planning class. She has been such a great addition to our team. So, if you or someone you love has diabetes give us a call to get signed up for

this helpful class.

We also have a great presentation by Barb Thierwechter who had the honor of carrying the Olympic Torch in 2002. Please come and check this one out, I think it will be very interesting.

You know how long the shortest month of the year can be in the winter in Michigan. I am always amazed by everything there is to do in our county in the winter. Today as I am sitting in my office writing, it is snowing, blowing and is very cold outside. I don't like the cold, I love the snow, but not the freezing cold. If you can think of some fun activities that we could do in this 26,000 square foot building, we would love to hear from you.

We are going to have a fun Valentine's Day get-together on Monday, February 14th! We will need to keep it at 75 people, so we are asking that you reserve your seat. But we thought some great music with Gary Loper and some treats and surprises would be fun. We really want to get together with everyone and enjoy each other's company. The party will start at 12:30, after lunch. If you want to come in and have lunch before the party we will be serving a delicious meal of sliced baked ham with scalloped potatoes,

vegetables, bread & blueberry crumble bars, it is only a suggested donation of \$3 and I think you will be pleasantly surprised. The Manistee Area Public Schools prepare all of our meals and they are very good. We hope to see you on Valentine's Day! I am not sure what Punxsutawney Phil is going to say when he comes out of his den, but I am always looking for an early spring. I hope you have a wonderful February and a very Happy Valentine's Day!



Get involved with these activities!

Services

Foot Clinic: Once a month. By appointment only

Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday January through November. *Next Food Bank: Fri., Feb. 18.*

Free Attorney Consultations: 2nd Monday. *Next attorney consultations: Feb. 14. 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: 4 p.m., Thurs. (Wagoner Comm. Center, activity hall)

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

Indoor Walking: Mon., 11 a.m., Fri 1 p.m.



| | | | | | |
|------------------|------|--------------------|------|--------------------|------|
| Patrick Glenn | 2/01 | Dale Sparks | 2/10 | Jean Rhodea | 2/20 |
| Dennis Niemiec | 2/01 | Elizabeth Wheeler | 2/10 | Mary L Hoffrichter | 2/21 |
| Jane Waldron | 2/01 | Susan Lindeman | 2/10 | Bill Dahlquist | 2/21 |
| Pat Witkowski | 2/01 | Patricia Potes | 2/10 | Ron Deising | 2/21 |
| James Sell | 2/01 | Julie Johnson | 2/11 | Herb Buckner | 2/22 |
| Cindy Beard | 2/01 | Detra Kelsey | 2/11 | Ken Harthun | 2/22 |
| James Sell | 2/01 | Barbara Gielczyk | 2/11 | Diana Russell | 2/22 |
| James Taylor | 2/01 | Michael Popkowski | 2/12 | Joe Perrin | 2/22 |
| Rosemary Hesck | 2/02 | Judy Hilley | 2/12 | Lynn Larr | 2/22 |
| Nancy Butler | 2/02 | Mary Kay Wakefield | 2/12 | William Farnsworth | 2/22 |
| Julie Cronk | 2/03 | Jean Wilkosz | 2/13 | Becky Kline | 2/23 |
| Lori Gerber | 2/03 | Sandra Bologna | 2/13 | Joyce O'Hagan | 2/23 |
| Brad Schimke | 2/03 | Winnie Garcia | 2/14 | Frank Tuka | 2/23 |
| Dixie Howes | 2/04 | Jean Leatherman | 2/14 | Don Kosiboski | 2/24 |
| Karen Lemon | 2/04 | Marlene McBride | 2/14 | Linda Cihlar | 2/24 |
| Audrey Millstein | 2/04 | Alice Clark | 2/14 | Lori Chycinski | 2/25 |
| Kathy Weronko | 2/04 | Marie Ketz | 2/15 | Joe Kukla | 2/25 |
| Ruth Wiitala | 2/04 | Sandra M. Puckett | 2/15 | Henry Rozmarek | 2/25 |
| Barbara Doering | 2/04 | Clifford McNally | 2/15 | Rick Gerber | 2/25 |
| David Povilus | 2/04 | Joseph Beatty | 2/16 | Mary Adams | 2/25 |
| Nancy Hamilton | 2/04 | Sue Picardat | 2/16 | Shirley McDougall | 2/26 |
| Stan Franckowiak | 2/04 | Linda Spahn | 2/16 | Ronald Gardin | 2/26 |
| Suzanne Cyr | 2/05 | Suzanne Thomas | 2/17 | Susan Kuckhahn | 2/26 |
| Carol Gressler | 2/05 | Suelley Couchman | 2/17 | Joyce Franckowiak | 2/27 |
| Karen Brown | 2/06 | Darlene Burkett | 2/17 | Chris Morski | 2/27 |
| Betty Elmore | 2/06 | Ann Taylor | 2/17 | Connie Johnson | 2/27 |
| Yvonne Gorman | 2/06 | Patricia Barr | 2/18 | Karen Dozeman | 2/27 |
| Robbie Stewart | 2/06 | John M Brown | 2/18 | Marlene Santa | 2/28 |
| Rosemary Adamski | 2/06 | Patricia Lytle | 2/18 | Ann L Turney | 2/28 |
| Sandra Mazeika | 2/06 | Jr. Dale Edmondson | 2/19 | Ken Madsen | 2/28 |
| Sally Spisz | 2/07 | Marie Sagala | 2/19 | Peggy Carpenter | 2/29 |
| Shirley Eckoff | 2/08 | Deborah Beaty | 2/20 | | |
| Edwin Johnson | 2/08 | Lila Fink | 2/20 | | |
| Stephen Tondu | 2/08 | David Shilts | 2/20 | | |

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.



**BARB THIERWECHTER
HAD THE HONOR OF
CARRYING THE OLYMPIC
TORCH FOR THE
2002 OLYMPICS**

Come hear her story
Wed., February 16,
12:30 p.m. at the
Wagoner
Community Center



**DIABETIC
MEAL PLANNING**

Join Jean Anderson, RN at the
Wagoner Community Center,
260 St. Mary's Parkway,
Thur., Feb. 24, 10 a.m.,
to learn how to plan diabetic friend-
ly meals for you or your loved one.
Call to reserve your space
723-6477 Ext. 215



MUSIC COVE

The Music Cove will be a sheet music lending library where musicians can browse a large selection of music which can be taken home, and returned in a few weeks. It will also be a Resource Center for community arts & music groups to share upcoming concerts and events.

Good News...two of the display racks have been delivered!

When this newsletter goes to press there will still be 2 weeks left for completion of the survey. What we are learning so far is that we have seniors who play the piano, organ, ukulele, guitar, auto harp and the harmonica who are willing to share music! The range is from beginner to advanced and some are interested in meeting other musicians and possibly being part of an ensemble.

We are currently accepting donations of used music, in excellent condition for piano, organ, brass, string & wind instruments. There is a donation box in the Cove area. You can drop off donations any time the senior center is open. Any questions can be directed to Karen Bruchan, through the senior center.

Tues., Feb. 22
is
**National
Margarita Day**



VIRGIN MARGARITAS

- 1/2 cup limeaide
- 1/4 cup lemon flavored Dasani Sparking Water
- 1/4 cup lime flavored Dasani Sparking Water
- 1/4 cup orange juice
- ice
- Optional: salt & lime to garnish

INSTRUCTIONS

Pour limeaide, lemon Dasani sparkling water, lime Dasani Sparking water and orange juice into a pitcher and mix.
Rim glass with salt if desired by turning glass upside down and dipping it into water then salt.
Fill glass 2/3 full with ice, then pour the margarita over the top.
Garnish with lime.
Note: This makes one 10 oz drink, scale the recipe up (1:1) to make your desired amount of drinks.



EMERGENCY

With winter weather and power outages happening, let us help you get prepared

Emergency food and hygiene supplies are available at Wagoner Community Center for those in need. Shelf stable food kits will be distributed to all Home Delivered Meals clients over the next month and made available by request to any Congregate Meals participants. Read the following suggestions about ways you can prepare ahead of time and call the Senior Center at 231-723-6477 for additional help and resources. Don't go into the next power outage or emergency unprepared.

Step 1: Create an Emergency Plan

- **Have an emergency communications plan.** Create a group text or a phone call chain (a plan in which you make an initial call to one person, who then calls the next person, and so on). This will make sure that all relatives and friends know what is happening in the event of an emergency.
- **Keep contact information complete and up-to-date.** Have the current numbers of people you'll need to contact in an emergency. Make sure those people have your phone number, and the numbers of near-by friends or neighbors. Put an extra copy of these in a travel wallet, purse, or suitcase.
- **Make travel arrangements in case of evacuation.** Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation. Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted?
- **Choose a meeting place in case of evacuation.** Pick two meeting places—one near your home, the other outside the neighborhood—where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location.
- **Get local emergency information in advance.** Get a community disaster/emergency plan for your area. Learn where evacuees go for medical care or emergency supplies of medications. Get a map of evacuation routes to keep in your car.
- **Consider getting a medical ID bracelet.** Consider ordering a medical ID bracelet or pendant for people with chronic health problems. Information on medical conditions, allergies, medications, and emergency contacts can be engraved on the surface. For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

COMPLIMENTS OF THE MCCOA SENIOR NUTRITION PROGRAM - 723-6477 EXT. 216

PREPAREDNESS

Step 2: Stock an Emergency Medical Kit

An emergency medical kit should include:

- **Medications.** A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses. An insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.
- **Medical equipment and necessities.** Include items such as blood sugar monitoring equipment, a blood pressure cuff, hearing aids/hearing aid batteries, and an extra pair of eyeglasses and/or dentures.
- **Written information about treatment.** Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated. Carry extra copies of Medicare, Medicaid or other insurance information with you.

Step 3. Make a Disaster Supplies Kit


A disaster supplies kit **should include your medical kit equipment and:**

- **Water.** Plan for at least 1 gallon per person per day, and at least a 3-day supply.
- **Food.** At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful.
- **Basic supplies.** A manual can opener, flashlight, battery-powered or hand-cranked radio, batteries, waterproof matches, knife, resealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers, battery bank, or solar charger.
- **Maps.** Local and regional maps in case roads are blocked and you need to take detours.
- **Change of clothing & blankets.** A complete set of clothing per person: a long-sleeved shirt, long pants, shoes, and weather appropriate outerwear. Also include one blanket per person.
- **Contact info and key papers.** Have the phone numbers and addresses of friends and relatives you might need to contact, your healthcare provider, and any specialists you see. Also include copies of your credit and identification cards.
- **Cash.** It's a good idea to have at least \$50 on hand; if that's not possible, include as much as you can.
- **First Aid kit.** Basic, pre-packaged kits are available for less than \$10.
- **Basic hygiene products.** Include soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.

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|------------------------------------------------------|----------------------------------------|------------------------------------------------|

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| * Jenison | * Scottville | * Tri Cities |
| * Fremont | * White Cloud | * Pentwater |
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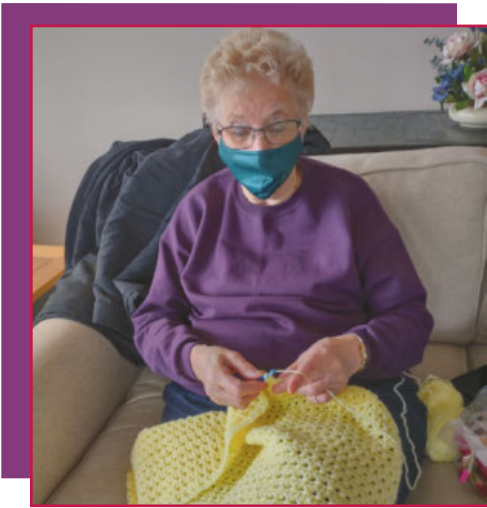
Hybza | Chiropractic

Edward P. Hybza, D.C.
331 4th Street
Manistee, MI 49660
231-723-7743

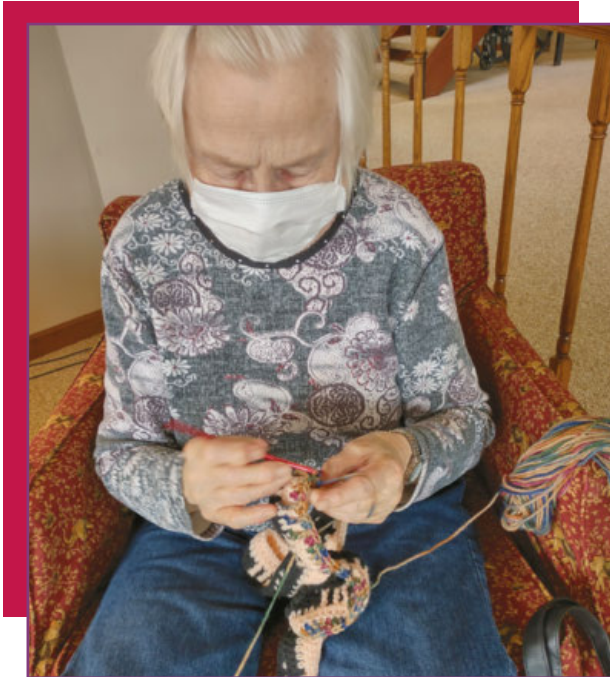
**FREE
AD DESIGN**

WITH PURCHASE
OF THIS SPACE

Lpi CALL
800.477.4574



All kinds of crafty things are happening at the Wagoner Community Center. Our Knit/Crochet circle has been such a fun time. Tea, coffee, cocoa, conversation, and of course, knitting, crocheting, and other crafting. Cards and Coffee also meets each month at the Wagoner Community Center.



**VALENTINE'S DAY
GET-TOGETHER**

MUSIC WITH GARY LOPER
AND A TREAT

**MON., FEB. 14
1 P.M.**

CALL THE SENIOR CENTER
TO SIGN UP

723-6477
ATTENDANCE WILL BE LIMITED



Acrylic Painting Class

Painting w/Jane
Taught by Deb Mullins

Fri., Feb. 25 12:30 p.m.



Space limited.
Call to sign up
723-6477
If you have your own
brushes or your own
easel, please bring them
to the class



Manistee County
Senior Nutrition
Program
mealsites

The Senior
Nutrition
Program is serving
the home delivered
meals and congregated
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**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Feb. 2022 ~ Senior Nutrition Program 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 |
| 7 Stuffed peppers Diced carrots Steamed peas Sliced pears Roll | 8 Homemade beef stew Cauliflower Green beans Banana Biscuit | 9 Chicken chop suey Rice pilaf Orient. blend veg Brussel sprouts Mandarin oranges Roll | 10 Swedish meatballs Mashed potatoes Broccoli Strawberries Roll | 11 Breaded chicken drumstick Mashed potatoes w/gravy Green beans Fruit cocktail Biscuit |
| 14 Sliced baked ham Scalloped potatoes Steamed peas Blueberry crumble bars Bread | 15 Cheese ravioli Spinach Wax beans Pineapple tidbits Garlic toast | 16 Salisbury steak Diced oven potatoes Winter blend veg Diced peaches Roll | 17 Chicken alfredo Steamed broccoli Sliced carrots Sliced pears Biscuit | 18 Cheeseburger on a bun Baked beans Spring blend veg Fresh fruit salad |
| 21 Lemon pepper fish fillet Rice pilaf Lima beans Diced carrots Sliced peaches Roll | 22 Chicken ala king Cauliflower Spring veg blend Blueberries Bread | 23 Hamburger gravy Mashed potatoes Cali blend veg Applesauce Biscuit | 24 Chicken fajita Sauteed onions & peppers Fiesta beans Mixed berries Tortilla shells | 25 Oven roasted turkey Stuffing Corn Sweet potatoes Cranberry sauce Roll |
| 28 Country fried steak Red skin potatoes Squash Fruit cocktail Biscuit | EARLY MARCH MENU | | | |
| | 1 Sloppy Joe on a bun Oven diced potatoes Baked beans Sliced pears | 2 Scrambled eggs & sausage Peppers & onions Apple juice Blueberry muffin | 3 Chili Steamed corn Green beans Diced peaches Corn bread | 4 Macaroni & cheese Steamed peas Cali blend veg Applesauce Pretzel roll |

February 2022 ~ Calendar of Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| | 1 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 2 Knit/Crochet circle 3:30 Yoga | 2 Groundhog Day 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Produce Bingo  12 Lunch 1:30 Genealogy 2 Zumba | 3 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum | 4 9 Tai Chi 12 Lunch 1 Walk group |
| 7 11 Walk group 9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba | 8 Make a Kite Day 10 Sit & Fit 10 Cards & Coffee 11 Music w/Sonny 12 Lunch 2 Knit/Crochet circle 3:30 Yoga | 9 9 Tai Chi Chair massage by appt 10 BP Clinic 10:30 TOPS Eyeglass clinic 10:30 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba | 10 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Dementia S.G. 3 Yoga 4 Cardio Drum | 11 9 Tai Chi 12 Lunch 1 Walk group |
| 14 Attorney by appt 9 Tai Chi 11 Walk group 12 Lunch ♥ Valentine's Day ♥ 1 Pinochle 1 Mah Jongg 2 Zumba | 15 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 2 Knit/Crochet circle 3:30 Yoga | 16 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Olympic Torch presentation 1:30 Genealogy 2 Zumba | 17 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum | 18 9 Tai Chi 9-11 Food Bank 12 Lunch 1 Walk group |
| 21 9 Tai Chi 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba | 22 10 Sit & Fit 11 Music w/Sonny 12 Lunch 2 Knit/Crochet circle 3:30 Yoga National Margarita Day | 23 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba | 24 10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum | 25 9 Tai Chi 12 Lunch 12:30 Painting with Deb 1 Walk group |
| 28 9 Tai Chi 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba |  | | | |

Manistee County Council on Aging

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

Phone: (231) 723-6477 Toll Free: (888) 723-9060 Fax: (231) 887-4280

Serving the senior citizens of Manistee County

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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



Cards & Coffee

Tues., Feb. 8 ~ 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

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 Feb. 10 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 (except Jan & Feb). This month's support group will meet Thurs., March 17 at the Wagoner Community Center. Please call Marcia Holbrook 614-937-4442 for information.



Smiles, delivered.



Meal Delivery Volunteers Needed

Daily, Weekly or Monthly 1.5 Hour Shifts

Get involved today!

231-299-7855



Our volunteers deliver more than a meal.



Getting Active in January

We're walking & following the yellow brick road, inside where it's nice and warm, and there's no ice to slip on! Tai chi is back up and running, come join in the activities. Friends also gather for fun times. Here, you'll see a glimpse of a Valentine's Day get together from the past

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

