

FREE

Issue: April 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
RN Med Mgmt



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News & Notes from Sarah

By Sarah Howard
Executive Director

Happy April! Spring is here, and I am thrilled that winter is over. It hasn't been a terrible winter, but it seemed colder than usual. I can't wait until I start seeing some flowers start popping up, then it will feel like spring. The staff has been hard at work on some fun and interesting things that are coming up and I can't wait to share the fun.

We also have a lot of things that will be going on at the Wagoner Community Center. We are very excited to have the Farmers' Market on the premises this year. There is a lot of construction that will be going on near their regular spot on the river, so we thought what a better way to have a community event at the Wagoner Community Center. The Farmers' Market starts on Saturday, May 28, 2022 and will be every Saturday until fall. We also have Rats & Rods that will be here on Saturday, May 7. This will also be a fun family friendly auto show. There will be food and lots of fun. I hope you can stop by to support this great group and see some pretty awesome cars.

On Sunday, May 1 we have a huge Polka Party for Flo Anderson's 100th birthday! This fun dance party will be located at the Onokama Fairgrounds on Sunday from 1-5pm. We have Jerry Zupin Catering the event. The menu is chicken, polish sausage, pork roast, potatoes, gravy, corn, sweet and sour cabbage and rolls. All of the desserts will be provided by the church auxiliary and I imagine there will be some really delicious desserts. The entertainment is Butch Baker and the Just 4 Fun Band playing some great polkas and lots of fun music. There are so many people working together on this fun event, so we can celebrate a lovely centenarian with a Polka Party to remember. Everyone is welcome to attend this

fun day, tickets are available at the Manistee County Council on Aging.

We have some great things going on in April for everyone. We are partnering with Benzie Senior Resources to bring Produce Bingo and lunch to Copemish and Thompsonville. Some of our best gatherings are when we partner with other groups. I am looking forward to this fun event. I hope to meet a lot of people at the tip of the county. We have a presentation from the Department of Justice and Michigan St. University School of Social Work on "Bridging the Gap" the importance of intergenerational relationships. We have Cards & Coffee that will be a lot of fun. Come in and make some beautiful greeting cards, visit and have some coffee. This is always such a fun time for everyone. We have Produce Bingo on the 1st Wednesday of the month at the

Senior Center. All seniors that are Manistee County residents and are 60 years and over are welcome to come and have some fun. We have Lori Wells from PACE North coming on April 13th to share how PACE works and all of the benefits this program offers. I had heard of PACE but didn't realize how it helps seniors stay in their own homes. We also have Jeanne offering a class on making your own great smelling bath and shower scrubs.

We will also do another Popcorn and a Movie on April 26th at the beautiful Vogue Theater. Come and have some fun with us!

I did hear that we are working with someone to teach line dancing. As most people know I have no rhythm and I have two left feet. I did try line dancing a few years ago and it was so much fun, but I never mastered the dancing. But who cares? I will still get out there and have a good time.

I hope you have a wonderful blessed Easter and remember to try something new!



Get involved with these activities!

Services

Foot Clinic: Once a month. By appointment only April 14

Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday Jan -Nov. Next Food Bank: Fri., April 15.

Free Attorney Consultations: 2nd Monday. Next attorney consultations: April 11. 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 Wed of the month. By appt. only

Diabetic Meal Plan: Every other Thurs., 10 a.m.

Exercise Opportunities

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

Sit & Get Fit (Onkama): 10:30 a.m., Mon. & Wed., Farr Center, Becky Kline coordinator 889-4690

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)

Zomba: 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: Daily, center open 8-4:30.

Happy Birthday

John Brown 4/01	Warren Hasenbank 4/08	Destiny Harris 4/15	Patty Labadie 4/22
Cathy Roman 4/01	Janet Behmlander 4/08	Jim Makowski 4/15	Karen Bingman 4/23
Robert Bromley 4/01	Anthony Jach 4/08	Larry Dozeman 4/15	Larry Lytle 4/23
Sherry Campbell 4/01	Fred Cole 4/09	Pearl Bialoblocki 4/15	Patricia Wilson 4/23
Mary Della Pia 4/02	Marcy Edel 4/09	Jane Stoops 4/16	Winona Ellis 4/24
John Wojciechowski 4/02	Marge Johnson 4/09	Leonard Rittenhouse 4/16	Alice Wandrych 4/24
Iona McDougall 4/02	Cathy Larsen 4/09	Lorien Adamski 4/17	Michael Dewitt 4/24
Marcia Holbrook 4/02	Fran Wallace 4/09	Hubertine Perlberg 4/17	Linda Dumas 4/24
Bob Venne 4/02	Sueann Stetler 4/09	Roxanne Rowley 4/17	Alice Baker 4/25
Betty Adams 4/03	Phyllis Miller 4/09	Robert Wiard 4/17	Dorothy Wrzesinski 4/25
Betty Krolczyk 4/03	Eino Asiala 4/09	Phillip Kuckhahn 4/17	Jack Rutherford 4/25
JoAnn May 4/03	Floyd Korp 4/10	Barb Turner 4/17	Ken Williams 4/25
Susan Mencarelli 4/03	Cleta LeGrand 4/10	Kathy Robb 4/18	Donna Bernier 4/25
Beverly Wilkens 4/03	Linda Kilgore 4/10	Rosemary Sutter 4/18	Al Hovatter 4/26
Susan Hawley 4/03	Larry Keson 4/11	Delano Peters 4/18	Janet M Abbey 4/26
Nancy Therssen 4/03	Dewey Somsel 4/11	Robert Doehne 4/19	Richard Gallas 4/26
Donna Clark 4/04	Jill Schluter 4/11	Ken Kuuttila 4/19	W.T. Hand 4/27
Edna Holmberg 4/04	William Dolsen 4/11	Wes Mewer 4/19	Faye Keyes 4/27
Jeanette Weaver 4/04	Peggy Riley 4/12	Art Kolanowski 4/19	Michael Robinson 4/27
Alvina Rocque 4/04	Mary Weishaar 4/12	Mary Ann Brzezniak 4/19	Remedios Robinson 4/27
Ruth Modreski 4/04	Ray Nelson 4/12	Andy Saarm 4/19	Florence Anderson 4/28
Elizabeth Tyson 4/04	Carolyn Mikula 4/12	Diana Golosh 4/19	Karen Kubanek 4/28
Cynthia Saarm 4/05	Ellie Brodwick 4/13	Betty Anderson 4/20	Mary Marzinski 4/28
Alynn Schoener 4/05	Ann Fortin 4/13	Cathy Beeman 4/20	Alice Callender 4/28
Ginny Allsinson 4/05	Frances Holmes 4/13	Dianna Dutkavich 4/20	Linda Jans 4/28
Mary T Wilson 4/06	Kathleen Meister 4/13	Arlene Jankowski 4/20	Arlene Hansen 4/28
Jan Martin 4/06	Edith Parker 4/14	Bill Upton 4/20	John Kudalski 4/29
Jane Olen 4/06	Kathy Clements 4/14	Larry Wendt 4/20	Sharon A Schrink 4/29
Dennis Lewis 4/06	Linda Heidorf 4/14	Jerome Thebault 4/20	David Bulliment 4/29
Bill Kasten 4/07	Michael Fortelka 4/15	Bonnie Bushaw 4/21	Deborah Kaiser 4/29
Deb S Sullivan 4/07	Arlene Goss 4/15	Janice Mrozik 4/21	Rodger Shoemaker 4/30

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.

A Class Just For You

**Bridging the Gap:
The Importance of
Intergenerational Relationships**

Christian Conyers

Time: April 8th (Fri) 12:45 pm - 1:30 pm

Zoom link:

<https://msu.zoom.us/my/feisun2022>

click!



Project hosted by:
Department of Justice
& Michigan State University
School of Social Work



Partnership with:
Manistee County Council on Aging



Popcorn & a Movie at the Vogue Theatre

Tues., April 26
1 p.m.

Meet at the theatre

Call the
senior center
to sign up
723-6477



SENIOR CENTER SURVEY

1. How long have you been coming to the senior center? _____

2. What activities bring you to the senior center?

3. What activities and functions do you participate in? _____

4. What activities that are not currently offered at the senior center would you like to see offered?

5. Have you ever used any of the support groups the senior center offers? (i.e grief support, Parkinson's support, diabetic support, Alzheimer's support) _____

Please return completed surveys to the senior center, or mail them to Manistee County Council on Aging, 260 St. Mary's Pkwy, Manistee MI 49660



**Wed., April 13
10 a.m.**

Lori Wells from PACE North in Traverse City will be here to share info on PACE

The PACE (Program of All-Inclusive Care for the Elderly) model of care provides a welcomed alternative to a nursing home

PACE participants are aged 55 or older; are certified by the State of Michigan to need nursing home level of care; live in the defined PACE service area; and are able to live safely in the community, supported by PACE program services, at time of enrollment.

Spring Craft Show

Food/
Concessions
Available

Tables
\$10

Sat.
May 14
9am-3pm

Wagoner
Community
Center
260 St. Mary's
Parkway
Manistee

Call
723-6477
to reserve
your space

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.



Anita Schaffer will be offering seniors **free 10-minute chair massages** at the Wagoner Community Center. Massages are offered once a month.

This month, April 13

Call to schedule your appointment.

April schedule full, call to book for May

723-6477



PRODUCE BINGO!



WED, APRIL 6 AT 11 AM

AT THE SENIOR CENTER 260 ST. MARY'S PKWY

Copemish Thompsonville Produce Bingo & Lunch

Slow roasted beef, herb mashed potatoes, Italian green beans, stone ground wheat bread & dessert.

Come join
Manistee County Council on Aging
& Benzie Senior Resources
for a fun filled day!

Seniors 60 and over
are welcome to join in on the fun!

**Copemish
American Legion
Fri. April 8
10:30 a.m.**

Call to sign up
**723-6477
525-0600**

Cards & Coffee

Tues., April 19 ~ 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

Flo's 100th Birthday

Polka Party



Sunday, May 1 ~1-5 p.m.

Music: Virgil Baker and the Just 4 Fun Band

Lunch: Jerry Zupin Catering

Manistee County Fairgrounds Pavilion

Tickets \$15

Tickets available at the senior center

260 St. Mary's Parkway, Manistee

723-6477

Today is a good day to take a new step toward a healthy and independent life.

If you are having trouble getting to the store and making yourself healthy meals, let us help. Hot and nutritious Home Delivered Meals are available to most parts of Manistee County Monday–Friday along with frozen meals for the weekends. If you are able to get out and about and would like to eat with others, please check out one of our luncheon sites. All meals are well-balanced, healthy and designed to be your largest meal of the day. Seniors meals are free of charge and donations of \$3 per meal are gladly accepted.



Call the Senior Nutrition Program 231-723-6477 today to get started

Senior Nutrition Tips for Healthy Eating

Unique Needs for Ages 60+




- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. Be sure to choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein throughout your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.

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

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* Holland	* Newaygo	* Hesperia
* Jenison	* Scottville	* Tri Cities
* Fremont	* White Cloud	* Pentwater
* Shelby/Hart		

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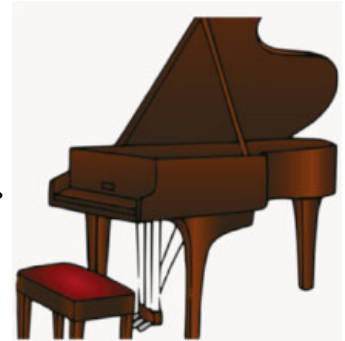


There were important things to celebrate in March! International Women's Day, Rogene Newman's 90th Birthday and Ray Fortier's 89th Birthday, just to name a few



Tunes with Lou

Join us as
Lou Thierwechter
 plays the piano for us,
Wed., April 6, 10 a.m.
 before Produce Bingo
 You're not going to
 want to miss this!



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

Manistee County
Senior Nutrition
Program
mealsites

The Senior
Nutrition
Program is serving
the home delivered
meals & 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.

Marilla Township Hal
is serving lunch
Wed. at noon

Maple Grove Comm
Center in Kaleva
Thur., noon

PVCC in Arcadia
will be opening a
meal site soon

**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
April 2022 ~ Senior Nutrition Program Menu				
				1 Lemon pepper baked fish Diced potatoes Wax beans Fresh fruit salad Roll
4 Homemade beef stew Cauliflower Stamed peas Diced pears Biscuit	5 Oven roasted turkey Mashed potatoes w/gravy Sliced carrots Cranberry sauce bread	6 Italian sausage in a bun Sauteed peppers & onions Seasoned cabbage Mi sweet cherries	7 Stuffed peppers Mixed vegs Stewed tomatoes Fruit cocktail Pudding cup Roll	8 Toasted cheese sandwich Tomato soup Green beans Sliced peaches Bread
11 Swedish meatballs Mashed potatoes Broccoli Strawberries Roll	12 Spanish rice w/ hamburger Refried beans Stewed Tomatoes Mixed berry fruit cup Bread	13 Sloppy Joe on a bun Oven diced potatoes Baked beans Banana	14 Country fried steak Sweet potatoes Mixed vegs Cinnamon apples Roll	15 Egg salad sandwich 3-Bean salad Potato salad Blueberries Bread
18 Oven baked ham Asparagus Scalloped potatoes Fruit cocktail Bread	19 Chicken & noodles Sliced carrots Green beans Applesauce Biscuit	20 Salisbury steak Diced oven potatoes Winter blend veg Sliced peaches Roll	21 Homemade goulash Steamed corn Chef veg blend Diced pears Garlic toast Oatmeal raisin cookie	22 Cheeseburger on bun French fries Baked beans Strawberries
25 Scrambled eggs Sausage Sauteed peppers & onions Potato coins Apple juice Blueberry muffin	26 Shepherds pie Wax beans Hubbard squash Banana Bread	27 Marinated chicken breast Garlic mashed potatoes Steamed peas	28 Cod nuggets Lima beans Diced carrots Mandarin oranges Roll	29 Lasagna Spinach Root veg Pineapple Garlic toast

April 2022 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WATCH FOR UPDATES ON OUR ACTIVITIES. CHECK THE MCCOA FACEBOOK PAGE. READ SARAH'S SATURDAY COLUMN IN THE NEWSPAPER. LINE DANCING COMING LATER THIS MONTH, AND WE'RE LOOKING TO SCHEDULE A LADIES' PAMPERING DAY. WATCH FOR DETAILS!</p>				<p>1 9 Tai Chi 12 Lunch 1 Walk group</p>
<p>4 11 Walk group 9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba</p>	<p>5 10 Sit & Fit 11 Music w/Sonny 12 Lunch 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga</p>	<p>6 9 Tai Chi 10 BP Clinic 10 Tunes w/Lou 10:30 TOPS 11 Produce Bingo 12 Lunch 1:30 Genealogy 2 Zomba </p>	<p>7 10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum</p>	<p>8 9 Tai Chi 11 Produce Bingo Copemish 12 Lunch 1 Walk group</p>
<p>11 Attorney by appt 9 Tai Chi 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba</p>	<p>12 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga Hearing Aid clinic by appt.</p>	<p>13 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 Zomba</p>	<p>14 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Dementia S.G. 3 Yoga 4 Cardio Drum Foot clinic</p>	<p>15 9 Tai Chi 9-11 Food Bank 12 Lunch 1 Walk group</p>
<p>18 9 Tai Chi 11 Walk group 12 Lunch 12:30 Veterans Exchange 1 Pinochle 1 Mah Jongg 2 Zomba</p>	<p>19 10 Sit & Fit 10 Cards & Coffee 11 Music w/Sonny 12 Lunch 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga</p>	<p>20 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba</p>	<p>21 10 Sit & Fit 10 Cribbage 10 Diabetic group 11 Parkinson's S.G. 12 Lunch 3 Yoga 4 Cardio Drum</p>	<p>22 9 Tai Chi 12 Lunch 1 Walk group 1 Bath scrub class</p>
<p>25 9 Tai Chi 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba</p>	<p>26 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 1 Pinochle 1 Movie & Popcorn 2 Knit/Crochet circle 3:30 Yoga</p>	<p>27 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba</p>	<p>28 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum 12:30 April Birthdays</p>	<p>29 9 Tai Chi 12 Lunch 1 Walk group</p>

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

Senior citizens of today are just as vibrant, mobile, engaged and seeking fellowship as their younger counterparts. Aging, it's everyone's future. Stay active • Stay informed • Stay involved

manisteecountycoa.com

www.facebook.com/ManisteeCountyCouncilOnAging



BATH SCRUB CLASS

FRI., APRIL 22 ~ 1 P.M.

We've all see those luxurious bath and shower scrubs in the stores. They smell so good. Learn to make your own. Make & Take Wagoner Community Center/Senior Center 260 St. Mary's Parkway, Manistee
Call 723-6477 to sign up

Take me out to the ball game...

A trip to Comerica Park might be in our future... watch for details...



Line dancing... coming to the Senior Center soon...



MUSIC COVE



Parte A Here is some of what we are doing as a result of the Musical Opportunity Survey information:

Music Cove Lending Library & Resource Center (Carrie Selbee & Karen Bruchan)

Two of the display racks have been delivered. We are working on collecting more music that reflects the interests mentioned in the survey. We are also "thinking about" having a keyboard (with headset) available to try out some of the music before taking it home.

The lending library will be an honor system that will allow musicians to take home music for a few weeks and then return it to the library. The resource center will be available for community arts and music groups to share upcoming concerts & events that would be of interest to the MCCOA family as well as to promote MCCOA music lessons & classes.

CD Lending Library

The MCCOA has CD players and is working to find leadership to create a CD lending library that would include being able to have a CD player "on loan" for a few weeks.

Music Lessons

Currently working on providing a variety of music lessons that would be available at the MCCOA as well as in the community. Also looking at spaces at the Wagoner Community Center that would allow for practice time.

Group Sings

This is something that will happen throughout the year. More information to come!

Thank you so much for your input into what you would like to have for musical opportunities. We feel this is just the beginning!

DEMENTIA SUPPORT GROUP

The dementia support group will meet the second Thur. 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 April 14 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) 11 a.m. This month's support group will meet Thurs., April 21 at the Wagoner Community Center. Please call Marcia Holbrook (614)937-4442 for information.



Fun in March

Things feel like they're starting to get back to normal here. We had St. Patrick's Day lunch together, we held a great wreath making class, Manistee Police Chief Josh Glass stopped in one morning. Come see what you're missing!

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

