

THE SILVER TSUNAMI

Aging Well in Newaygo County

COMMISSION ON AGING JANUARY/FEBRUARY 2022

December was packed full with so many wonderful trips and activities! We began by taking a group to Frankenmuth for a day of shopping, a five-course meal and an evening Christmas performance. Then we helped host a Christmas meal at the Sportsmans Club in Newaygo. There was even a surprise visit from Santa! With the help of the Sportsmans and COA volunteers, many people received a wonderful turkey and ham dinner. We absolutely could not do what we do without the help of our Volunteers and Part-time staff here at the COA. To show them our appreciation we hosted a taco bar luncheon and raffled off door prizes donated by local businesses throughout Newaygo County (See page 14).

Thank you to all for your generosity this holiday season!



Frankenmuth Trip



Sportsmans Christmas Dinner



Volunteer and Part-time Staff Appreciation Lunch

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Silver Fox Box

The Silver Fox Box: “Seeing COA Services as Gifts to Older Adults”

Thanks to the baby boomers, over 10,000 Americans are turning 60 each day. This phenomenon is called *THE SILVER TSUNAMI*. This COA newsletter symbolizes the tidal wave of about 25% of Newaygo County folk who are now over 60. This is the 34th issue of *THE TSUNAMI*. Enjoy!



Have you ever played Santa Claus? I have done it at various times, the most recent being at the Sportsmans Club Christmas Banquet just last week. The Sportsmans Club has been hosting this special banquet for older adults for many years and it truly is and has been a special treat for all who attend.

I like to think of the COA services as gifts to older adults that keep on giving all year. One of the major gifts is daily meals provided by the Meals-On-Wheels program. Currently we are providing these special gifts to over 190 older adults throughout Newaygo County. We have six routes which are traveled by six four-wheel drive pickups. These able trucks traverse the distances, 400 to 500 miles every weekday, and get us through the back roads, mud, and snow. The best part about delivering these special gifts is the friendships that develop. The drivers do not simply bring a meal through someone’s door, but they take a moment to check on how the home-bound person is faring. If any concerns are noted, caregivers are contacted and the special gifts that COA Case Managers share come into play.

Newaygo County Commission on Aging exists to make available caring services that enhance the quality of life and support the independence of adults who are 60 and over in this season of life. We are here to help. Please give us a call (231-689-2100) or check us out on Facebook if you would like to know more.

Keep in touch with **THE SILVER TSUNAMI** and the Newaygo County Commission on Aging.

Joseph D. Fox COA Director:

AKA, “The Silver Fox”



COA NOTICES, SERVICES AND PUZZLES

COMMISSION ON AGING WEATHER-RELATED CLOSINGS

The COA will typically close all meals operations (Meals on Wheels & Meal Sites) and bus routes when three or more public school systems are closed in Newaygo County. Van and Volunteer transportation will be decided on a case-by-case basis when we are closed. Check out TV 8 and TV 13 both on your television and online for COA closing information.

Community Meals are currently served in two locations throughout Newaygo County. Many activities and social opportunities take place at the meal sites.

Meals on Wheels are delivered to homebound people who are physically unable to cook or come to community meal locations.

Bus Service provides transportation to meal sites, shopping, banking, and errands. We have bus routes that center around Fremont, Grant/Newaygo, and White Cloud.

Medical Transportation carries people to medical and health care appointments both in and out of county.

Homemaker aides are available for basic housekeeping, laundry, and the occasional errand.

**Call COA with questions about services
231-689-2100**

Other services include: Respite, Case Management, Recreation activities, Trips & Wellness Programs including fitness classes and Senior Project Fresh.

COA OFFICE HOURS :

M-F, 8AM –5PM

MEAL SITES OPEN

11:00-12:30

LOCATIONS:

Fremont

First Reformed Church

348 E Main St.

Mon-Fri

Newaygo

TEMPORARILY CLOSED

White Cloud

COA 93 S. Gibbs

Mon-Fri

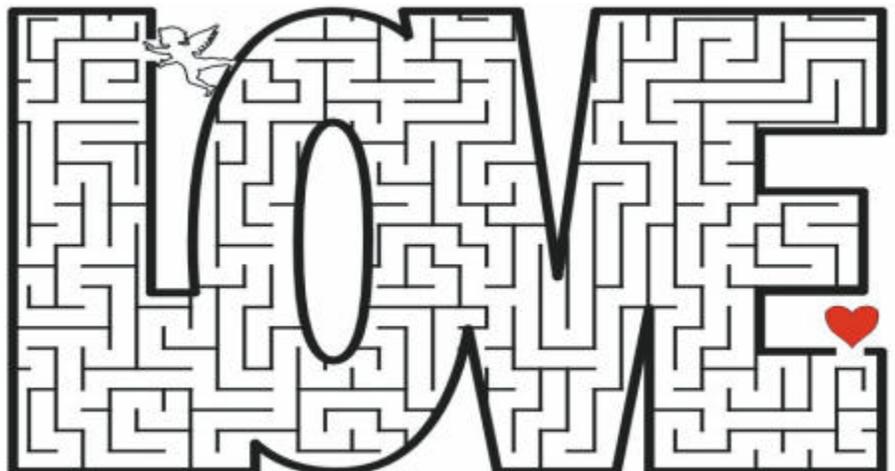
MENU SUBJECT TO CHANGE

For reservations or cancellations, please call (231) 689-2100 at least one day in advance by 1:00PM

Salad Bar Served at 11:30AM

Lunch served at noon

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3		4	5	1			2	6	



VOLUNTEER INFO

Volunteer Spotlight

Ken & Kristi Foster

When Kristi Foster first became a Newaygo Meal Site Volunteer, she quickly became a valued member of the team. She then helped us fill a need as a volunteer at the Fremont Meal Site. It wasn't long after that her husband Ken joined the group. Kristi stated, "Our favorite part about volunteering at the Fremont meal site is being able to help others. Our motto has always been, **"See a need, fill a need!"** They find it a blessing helping our COA cooks and meal site hosts in the kitchen and out in the dining room. They also enjoy being able to talk with and serve those who come in for lunch. "Everyone we serve with is just so friendly and each has a genuine heart for making every day just a little brighter for those around them," says Kristi. She continued by adding that, "The Fremont meal site is a great place to volunteer and any help we give is truly appreciated. We would encourage anyone interested in volunteering with the Commission on Aging to consider joining one of the meal sites. Your help is valued and definitely needed to ensure meals get served each day and to assist with kitchen cleanup."



Contact Aeriell at the COA for Volunteer Information or to receive an application.

(231) 689-2100 x7

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Jenny A. Karp

jennyannkarp@gmail.com

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4

15-0739

Pumpkin Cookies w/ Brown Butter Icing

- | | |
|--------------------------|---------------------------|
| 1/2 c. butter softened | 1 c. canned pumpkin puree |
| 3/4 c. white sugar | 1 egg |
| 3/4 c. brown sugar | 1 tsp. vanilla |
| 2 1/2 c. flour | 1/4 tsp. clove |
| 1 tsp. baking powder | 1 tsp. cinnamon |
| 1 tsp. pumpkin pie spice | 1/2 tsp. nutmeg |

Directions:

- 1) Cream together sugars and butter
- 2) Add pumpkin, egg, and vanilla
- 3) In another large bowl combine dry ingredients
- 4) Add dry ingredients to pumpkin mixture and mix
- 5) Drop on cookie sheets by tablespoonful's
- 6) Bake at 350 for 8-10 minutes

Icing:

- 3 c. powdered sugar
- 1/2 c. unsalted butter
- 1/4 c. milk
- 2 tsp. vanilla
- 1) melt butter in saucepan stirring frequently until golden brown. It will develop brown flecks.
- 2) remove from heat. Cool. Pour over powdered sugar
- 3) Add milk and Vanilla
- 4) spread over each cookie!

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j-hammersley@att.net



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Jane Wolffis
Funeral Assistant

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View Current Obituaries at: www.kroetze-wolffis.com



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Phase II coming Early 2019!

20 additional apartments featuring Memory Care and Assisted Living



Newaygo County Veterans Affairs

You served your Country, at home & in foreign lands. Now, let our office serve you.

Our office is available to assist veterans, their spouses and dependents in obtaining federal, state and county benefits they may be eligible to receive.

Contact us for an appointment. Hours: Mon-Fri 8am-5pm. With a lunch hour from 12-1pm

This project was supported in whole or in part by the Michigan Veterans Affairs Agency (MVAA)

County Office: (231) 689-7218 • www.countyofnewaygo.com/VeteranAffairs.aspx



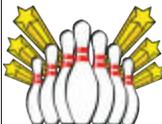
January 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 POTATO CRUSTED TILAPIA RICE PILAF GREEN BEANS TROPICAL FRUIT ROLL	4 CHICKEN FRIED STEAK MASHED POTATOES & GRAVY CORN BREAD PEACHES	5 SCRAMBLED EGGS BACON HASHBROWNS MANDARIN ORANGES	6 TURKEY STUFFING CASSEROLE BRUSSELS W/ BACON & ONION WHOLE WHEAT ROLL CRANBERRY & PEAR CRISP	7 CHEESE RAVIOLI W/MARINARA PEAS & PEARL ONIONS HOT CINNAMON APPLES GARLIC TOAST
10 CHICKEN & DUMPLINGS CORN CARROTS BANANA	11 BBQ PORK ON A BUN TATER TOTS BAKED BEANS MANDARIN ORANGES	12 SALISBURY STEAK SWEET POTATOES PRINCE CHARLES BLEND APPLE BREAD	13 BRIE, APPLE & CRANBERRY STUFFED CHICKEN SWEET POTATO SOUFFLE CAPRI BLEND ROLL	14 HAMBURGER DELUXE ONION RINGS GREEN BEANS PIE
17 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> ALL SITES CLOSED MARTIN LUTHER KING JR DAY </div>	18 BEEF STROGANOFF NOODLES ASPARAGUS CARROTS ORANGES	19 MEATLOAF GARLIC MASHED POTATOES CORN FRUIT BREAD	20 Fremont Meal Site Closed SALSA CHICKEN SPANISH RICE REFRIED BEANS & CHIPS TROPICAL FRUIT	21 Fremont Meal Site Closed BBQ CHICKEN SANDWICH STEAK FRIES CAULIFLOWER FRUITED JELLO
24 CRUSTED CHICKEN STRIPS W/ SWEET CHILI SAUCE GOURMENT MAC-N-CHEESE SWEET CORN BLUEBERRY PIE	25 STUFFED PEPPERS W/ BURGER & RICE MASHED SWEET POTATOES GREEN BEANS W/ BACON BREAD	26 MEAT LASAGNA PRINCE CHARLES BLEND SIDE SALAD GARLIC BREAD APPLE SLICES	27 CHICKEN MARSALA WILD RICE BROCCOLI GRAPE SALAD WHOLE WHEAT BREAD	28 FISH SANDWICH WAFFLE FRIES PEAS PINEAPPLE UPSIDE DOWN CAKE
31 SLOPPY JOES ON A BUN STEAK FRIES BAKED BEANS APPLESAUSE	<div style="border: 1px solid black; padding: 5px;"> <p>COMMISSION ON AGING WEATHER-RELATED CLOSINGS</p> <p>The COA will typically close all meals operations (Meals on Wheels & Meal Sites) and bus routes when three or more public school systems are closed in Newaygo County. Van and Volunteer transportation will be decided on a case-by-case basis when we are closed. Check out TV 8 and TV 13 both on your television and online for COA closing information.</p> </div>			

January 2022

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:00 LUNCH 	4 11:00 Live Music by Steve Troyer 12:00 LUNCH 	5 11:00 BP Checks with Jaime 12:00 LUNCH 12:30 BINGO 	6 11:00 Live Music by Mark & Mark 12:00 LUNCH 12:30 BINGO 	7 11:00 Live Music by Doc 12:00 LUNCH 
10 12:00 LUNCH  	11 11:00 Live Music by Doc 12:00 LUNCH 	12 12:00 LUNCH 12:30 BINGO 	13 12:00 LUNCH 12:30 BINGO 	14 12:00 LUNCH  
17 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> ALL SITES CLOSED MARTIN LUTHER KING JR DAY </div>	18 11:00 Live Music by Steve Troyer 12:00 LUNCH 	19 12:00 LUNCH 12:30 BINGO 	20 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> Fremont Meal Site Closed </div> 10:15 Golden Arts 12:00 LUNCH 12:30 BINGO 	21 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> Fremont Meal Site Closed </div> 12:00 LUNCH 
24 11:00 Live Music by Church Band 12:00 LUNCH 	25 10:15 Golden Arts 12:00 LUNCH 	26 12:00 LUNCH 12:30 BINGO 	27 12:00 LUNCH 12:30 BINGO 	28 11:00 BP Checks with Mandy 12:00 LUNCH 
31 12:00 LUNCH  	FREMONT MEAL SITE ACTIVITIES LISTED IN RED	WHITE CLOUD MEAL SITE ACTIVITIES LISTED IN GREEN	AgingWell Exercise Every M,W,F in Newaygo 10:00am-11:00am *Looking for Instructors 231-689-2100x7 	

February 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 LOADED MAC & CHEESE PEAS PEACHES BREAD PUDDING	2 SWEET & SOUR CHICKEN ORIENTAL RICE MIXED VEGGIE APPLESAUCE	3 MANICOTTI WITH MARINARA NORMANDY BLEND FUJI APPLES ORANGE BREAD	4 FISH SANDWICH WINTER BLEND TATER TOTS MIXED FRUIT
7 HAMBURGER STEAK FRIES BAKED BEANS MIXED FRESH GREENS	8 SMOTHERED CHICKEN RANCH POTATOES GREEN BEAN ALMONDINE WHOLE WHEAT BREAD	9 SLICED HAM WILD RICE CAPRI VEGETABLES RYE BREAD	10 TURKEY TETRAZINI SWEET CORN FRUIT CRISP ROLL	11 HERB BAKED CHICKEN RICE PILAF MALIBU BLEND TROPICAL FRUIT
14 CHEF'S SURPRISE GRUYERE YUKON MASHED ASPARAGUS & BACON GERMAN CHOCOLATE BROWNIE	15 HAM CASSEROLE CAPRI BLEND CRANBERRY/PEAR CRISP DINNER ROLL	16 RIBLET RED SKIN POTATOES BAKED BEANS CORNBREAD FRUIT FLUFF	17 CHICKEN VERDE CASSEROLE MEXICAN RICE REFRIED BEANS CINNAMON APPLES	18 SALISBURY STEAK SCALLOPED POTATOES GREEN BEANS SNICKER BAR PIE
21 ALL SITES CLOSED PRESIDENTS DAY	22 HOT CHICKEN PASTA GLAZED CARROTS ROASTED POTATOES BERRY CRUMBLE	23 SHREDDED BBQ PORK ON A BUN TATER TOTS CORN	24 CHEESE TORTELLINI ITALIAN MEATBALLS WITH MARINARA CAPRI BLEND GARLIC KNOTS PINEAPPLE	25 ORANGE GLAZED CHICKEN SWEET POTATOES PRINCE CHARLES VEGGIES MANDARIN ORANGES ROLL
28 SCRAMBLED EGGS BACON HASHBROWNS ENGLISH MUFFIN ORANGE JUICE	COMMISSION ON AGING WEATHER-RELATED CLOSINGS The COA will typically close all meals operations (Meals on Wheels Meal Sites) and bus routes when three or more public school systems are closed in Newaygo County. Van and Volunteer transportation will be decided on a case-by-case basis when we are closed. Check out TV 8 and TV 13 both on your television and online for COA closing information.			

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28 12:00 LUNCH  	FREMONT MEAL SITE ACTIVITIES LISTED IN RED	WHITE CLOUD MEAL SITE ACTIVITIES LISTED IN GREEN	Aging Well Exercise Every M, W, F- Newaygo 10:00am-11:00am *Looking for Instructors 231-689-2100x7 	

WHITE PINE ADULT DAY GROUP

COA's Adult Day Services are available to assist both the people in need of care and caregivers. Adult Day Services provide opportunities for socialization, recreation, and activities to increase mental skills. Some transportation and a noon meal are provided for those receiving care. WPADG is designed to relieve some of the physical and emotional stress of the caregiving responsibilities, thereby helping to keep caregivers and care recipients in their homes for as long as possible.

WE CURRENTLY HAVE OPENINGS IN THE PROGRAM. Please contact Wendy for more information at 231-689-2100 x3. WPADG is currently open on Tuesdays and Thursdays.

January Schedule

- 1/4: 11:00am Live Music by Steve Troyer
- 1/6: 12:30pm BINGO
- 1/11: 11:00am Live Music by Doc
- 1/13: 12:30pm BINGO
- 1/20: 10:15am Golden Arts
12:30pm BINGO
- 1/27: 12:30pm BINGO



Daily Activities May Include: Wii, UNO, games of various kinds, exercise 2 times per day, coloring pages, painting ceramics, puzzles and more!

WORD OF THE MONTH



Future WPADG Trips!

More trips coming soon

February Schedule

- 2/3: 11:00am Live Music by Steve Troyer
12:30pm BINGO
- 2/10: 12:30pm BINGO
- 2/17: 10:15am Golden Arts
12:30pm BINGO
- 2/24: 11:00am Live Music by Mark and Mark
12:30pm BINGO



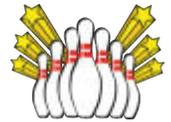
WORD OF THE MONTH

TRAVEL OPPORTUNITIES

Travel with the COA!

Call to get your name on a sign up list today!

All trips are subject to cancellation or change due to weather conditions, trip availability, accommodation changes, staffing and client interest.



January 14—Pizza & Bowling at Fremont Lanes ★★★★★

Cost \$20. Join us for Pizza and Bowling! Cost includes transportation, bowling, shoes, drinks and pizza. There is even a bowling helper for anyone to use who may have trouble throwing a ball down the lane. Event takes place from noon to 2:00pm. **Sign up & payment due January 11.**

February 22—Dinner at Amore Trattoria Italiana Restaurant ★



Cost \$50. Make your taste buds go wild with Chef Jenna's traditional Italian food. Cost includes a five course dining experience with an optional wine pairing. Wine is an additional \$20. Transportation is also included. We will arrive at Amore by 4:00pm and return home after. **Sign up & payment due February 7.**

*Refunds can be provided for any trip up to the sign-up deadline. You must find someone to take your spot if you can no longer go on the trip that you paid for.

Trip Activity Level! ★★★★★

One Star = Fully handicapped accessible with very limited walking.

Five Stars = Able to stand/walk/hike for over an hour over uneven terrain.



Movie Afternoons!



Look for this symbol on the Activity

← Calendars as reminders!

Join us at our COA meal sites in the following months at 1:00pm to watch a movie. Popcorn and Soda provided.

Please see movie selections below.

January Movie: The Intern



Movie Description: Seventy-year-old widower Ben has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior Intern at an online fashion site.

White Cloud Showing— January 10

Fremont Showing — January 31

February Movie: Just Getting Started

Movie Description: Duke Diver is living the high life as the freewheeling manager of a luxurious resort in Palm Springs. He soon faces competition from Leo, a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him.

White Cloud Showing — February 15

Fremont Showing — February 28

AgingWell Exercise

Mondays, Wednesdays, and Fridays, 10:00 a.m.—11:00 a.m.

St. Bartholomew Church—599 W Brooks, Newaygo

AgingWell Exercise is an ongoing exercise program geared toward people 60 years and above. The main objectives of COA's AgingWell Exercise class is to promote disease prevention, strength, and flexibility in a fun way. The social environment of the class encourages continued attendance and promotes healthy lifestyles that enhance ones quality of life.

You are welcome to join at any time. Suggested donation of \$2.00 per class or \$24.00 per month.

No one will be turned away for inability to meet the suggested donation.

AGINGWELL EXERCISE INSTRUCTOR

Do you have a passion for fitness? Or love to participate in exercise classes? Have you ever considered that you could be an Exercise Class Instructor? The Commission on Aging is looking for eager part-time employees who want to help our community as an Exercise Class Instructor. You do NOT have to be certified, and there will be training material provided to you upon hiring. We need individuals who want to teach low impact, slower paced classes that allow all to participate without feeling like they are pushing their muscles too far.



Please contact Aerial at the COA for an application or to learn more about the position and hiring process. 231-689-2100 x7



breathewell

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15-0739

Senior Giggles

Nine Important Facts to Remember as We Grow Older:

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have two motivations: hunger and sex, and they can't tell them apart. if you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60s, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.



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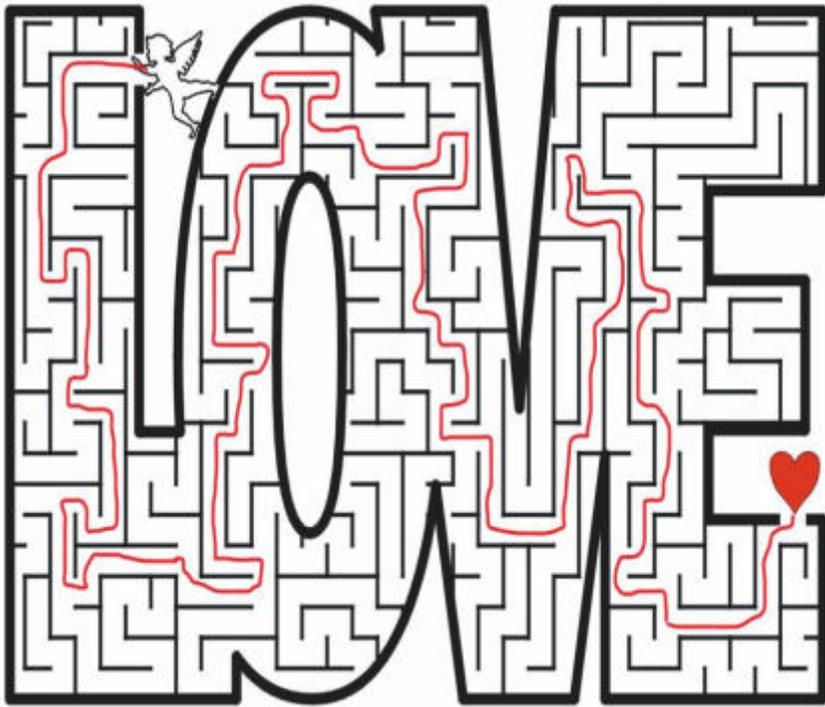
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BLANKET, SNACKS,
TOILETRIES & PAPER
PRODUCTS FOR SOME
OF OUR SENIORS WHO
RECEIVE COA HOME-
BASED SERVICES!



PUZZLE ANSWERS



7	5	1	2	9	3	6	8	4
4	3	8	1	6	7	5	2	9
6	9	2	8	4	5	3	7	1
5	7	6	3	8	1	9	4	2
8	2	9	7	5	4	1	3	6
1	4	3	9	2	6	7	5	8
9	6	7	4	3	2	8	1	5
2	1	5	6	7	8	4	9	3
3	8	4	5	1	9	2	6	7

“Even the hardest puzzles have a solution.”

WE WANT YOU!

Have you got passion and wisdom to share with others?

We're looking for volunteers age 55 and older to help others in our community succeed. Senior Corps volunteers serve children and seniors in need by donating their time and energy to provide help and create hope. Must meet income guidelines to be eligible. Stipend and mileage reimbursement provided.

For more information or to find out how to volunteer:
 Call 231-689-6701

The sooner you call, the more we can help.

24/7 Support

888-247-5701
or hom.org

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Our Hospice.

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POSTAGE

COMMISSION ON AGING WEATHER-RELATED CLOSINGS

The COA will typically close all meals operations (Meals on Wheels Meal Sites) and bus routes when three or more public school systems are closed in Newaygo County. Van and Volunteer transportation will be decided on a case-by-case basis when we are closed. Check out TV 8 and TV 13 both on your television and online for COA closing information.

MEMORIAL MATCH PROGRAM

Give a gift that keeps on giving! The FREMONT AREA COMMUNITY FOUNDATION has a Memorial Match Program. If you would like to give a legacy gift to the Newaygo County Commission on Aging Endowment Fund in memory of your loved one, within one year of their passing, please contact the Philanthropic Services Department at the FREMONT AREA COMMUNITY FOUNDATION (231-924-5350) or Joseph Fox at the Newaygo County Commission on Aging (231-689-2100) with any questions. Please include the name of the person your gift is in memory of with your submission.

The Newaygo County Commission on Aging is funded by county millage, contributions, memorials, and local fundraising. Grant funding is through the Michigan Department of Transportation, Older Americans Act, Aging and Adult Services Agency (formerly Office of Services to the Aging), Area Agency on Aging of Western Michigan, United Way, and The Fremont Area Community Foundation. The Newaygo County Commission on Aging certifies that it complies with the Department of Health and Human Services Regulations under Title VI of the Civil Rights Act of 1964.

This newsletter can be accessed online under the Newsletter tab at:

www.newaygocountymi.gov/departments/commission-on-aging/commission-on-aging/

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