

FREE

Issue: Sept 2020

# Senior Moments

Manistee County Council on Aging

## News & Notes from Sarah

By Sarah Howard  
Executive Director

Hello, my friends! I hope you are all well and taking good care of yourselves during this interesting time in the world. I have so much admiration for all of our essential workers and everyone who has kept things moving for the last five months. I know at the senior center we can't wait to have our friends come back, but with our population we are still closed to the public. We are doing some activities but at this time everything has been outside.

It is funny, I have heard so many people refer to the good ole days and I really know what they meant now. I hope I am wrong but life before the COVID-19 was the good ole days and everything now is just unknown. I hope you have been looking at life as a glass half full and know things will get better, even if it takes a while.

Okay, enough of this unpleasant talk. We have been blessed with beautiful weather, blue skies and great people in Manistee County. I don't think there is a prettier place in the world. I hope everyone realizes how lucky we are to be in our little neck of the woods.

The Manistee County Council on Aging/Senior Center will be on the November ballot this year. It is our renewal year for our millage, but also, we are asking for an increase for the Senior Nutrition/Meals on Wheels program for homebound seniors and congregate meal-sites throughout Manistee County. The

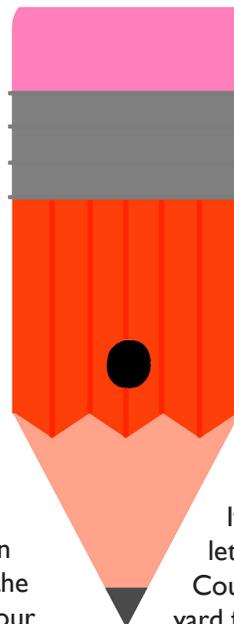
company who has been doing the MOWs program for years has decided not to continue due to costs. I felt it was our duty to step in and take the program on. If you have any questions or concerns, please give me or one of my staff a call.

We have been working very hard to make sure our seniors in Manistee County are getting a variety of foods throughout these last few months. We have fresh produce food bank on the first Friday of the month. Our regular food bank on the 3rd Friday of the month and we have also been getting USDA dairy boxes, veggie boxes and fruit boxes. We only get 62 of these special boxes, so everyone can't get them every time they come in. We are doing our best to spread them throughout the county.

If you have any questions regarding any of our food programs, please give us a call at 231-723-6477.

Make sure to check out the calendar for some new activities this month. We need to get together, but keep separate now-a-days. I would love to do a few zoom get togethers with everyone. If you have a computer or smart phone, I think we could have some fun. If you want to join in, call or email me your email address and I will send you an invite. [mcco.sh@gmail.com](mailto:mcco.sh@gmail.com)

If you or anyone you know, that would let the friends of the Manistee County Council on Aging put a yard sign in your yard for the November election, please let me know and I will pass the information on. I hope you have a wonderful September! Remember to try something new!



### Meet the Staff



**Sarah Howard**  
Executive Director

**Jeanne Barber**  
Executive Assistant



**Nancy Fortin**  
Assistant/  
Facility Maintenance

**Faye Keyes**  
Senior Assistant



**Jo Hall**  
Receptionist

**Ann Paige**  
Support Staff



**Molly Cichy**  
Bookkeeper

### Board of Directors

**Maureen Barry**  
President

**Virgil Johnson**  
Vice President

**Marlene McBride**  
Secretary

**Patty Spencer**  
**Marie Linn**

# Get involved with these activities!

## Services

**Foot Clinic:** second **Wednesday**

Next Foot Clinic: 10:30 a.m. on

**Senior Food Bank:** third Friday January

through November. Next Food Bank: 9 a.m.

11 a.m. on Sept. 18.

**Eyeglass Repair Clinic:** first Thursday

Next Eyeglass Clinic: 11 a.m. on

**Free Attorney Consultations:** second

Monday. Next attorney consultations:

**Chair yoga:**

**Cardio drumming:**

**Sit & Get Fit (Onalaska):**

**Sit & Get Fit (Bear Lake):**

**Indoor walking:**

**Fun Games**

Time: 1 p.m. - 3 p.m. Monday (in season)

**Fun Bingo:** 11 a.m., Wednesday

**Game of Thrones**

**Produce Bingo:** Friday

Next Produce Bingo will be

## Exercise Opportunities

**Exercise Group:**

**Sit & Get Fit (Manistee):** 10 to 10:30

a.m., Tues & Thur (outside)

**Zumba:**

**BE SURE TO CALL TO SEE  
IF YOUR EVENT IS STILL  
HAPPENING.  
THE SENIOR CENTER  
IS CLOSED TO THE  
PUBLIC  
UNTIL FURTHER NOTICE.**



““Nothing ever comes to one that is worth having except as a result of hard work.”

– Booker T. Washington

# September Milestones

## Happy Birthday!

Barb Lambert	9/1
Vicki Eden	9/2
Marie Clark	9/7
Jerry Self	9/7
Lois Doering	9/9
Marilyn Schweitzer	9/10
Sandy Arnold	9/11
Beverly Peterson	9/13
James Polhemus	9/14
Donna Gamache	9/16
Nancy Anderson	9/16
Shirley Perschbacher	9/17
Sharon Jenson	9/18
Dianne Taylor	9/19
Pearl Schudlich	9/21
Velma Moore	9/23
Ron O'Hagan	9/24
Ruth Tobey	9/24
Dennis Brown	9/26
Janet Paulus	9/27

## Happy Anniversary!

Doris & Eugene Kolanowski	9/4
Bob & Elaine Smrcka	9/7
Trish & Jerry Self	9/8
Nancy & Robert Anderson	9/16
Rob & Dawn Doehne	9/18
Rick & Jewel Richardson	9/21
Harlan & Charlotte Kott	9/22
Mary & Stan Skocelas	9/30

*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.*



## Folklore for the Season

- Heavy September rains bring drought.
- September dries up ditches or breaks down bridges.
- September blow soft, till the fruit's in the loft.
- Married in September's golden glow, smooth and serene your life will go.
- If the storms of September clear off warm, the storms of the following winter will be warm.
- Fair on September 1st, fair for the month.

# FEEL LIKE YOU ARE ON THE CORONACOASTER? YOU'RE NOT ALONE

Dr. Gail Saltz, an associate professor of psychiatry at the New York Presbyterian Hospital Weill-Cornell School of Medicine and host of the "Personology" podcast from iHeartRadio, explains, "We are not in this together."

## 11 Tips for Managing the Coronacoaster

One way to feel more secure is to acknowledge that there will be (emotional) ups and downs and twists and turns as we move forward. Saltz compares it to the five stages of grief (denial, anger, bargaining, depression and acceptance), which people mistakenly believe always happen in order.

"Just like when dealing with grief, don't expect feelings to be linear. Individual circumstances will shift us in and out of the different stages and emotions," she says.

## Other tips for riding the coronacoaster include:

Give yourself permission to be anxious. Joseph Tropper, a clinical therapist with Corewell, which offers virtual mental health presentations, says, "Acknowledging anxiety is always the first step to overcoming it. Give yourself some time to process it."

Reach out for support from others. We all need help sometimes, especially during times of crisis. Don't allow social distancing to make you emotionally distant from friends and family.

Don't beat yourself up. We might feel guilty for being down or complaining about little inconveniences when people are suffering worse than we are. Saltz says, "We have all experienced some level of disappointment and it's okay to be sad as long as you maintain perspective."

Pick your "sharers" wisely. Read the room. For example, don't complain about having too much work to a friend who has just lost her job.

Don't judge others. Again, we are all in different boats in this storm. You don't know what another person is going through or what their circumstances are. Practice patience and empathy for everyone from your best friend to the cashier at the market.

Filter your news sources. Tropper suggests going on a "media diet." Pick a small list of reliable sources (including the Centers for Disease Control and Prevention and your local government) to rely on for news. Stay informed, but try not to ruminate. Set a time limit and avoid reading the news before bedtime.

Do community service. Research shows that when you help others, you feel better too. Consider safe, hands-on volunteering opportunities, making a donation to your local food bank or giving blood.

Stay healthy. Making nutritional food choices, staying hydrated, limiting alcohol consumption, exercising and prac-

ting good sleep hygiene are essential for physical and emotional health.

Create a routine. It's easy to stay in your pajamas all day (or put on a work shirt for your Zoom call, but not shower). But it's better to set up some type of schedule and stick to it.

Look for the positives. Magill says, "It is important in this time of crisis to find what might be the seeds of opportunity. Sometimes the seeds are so small that they are difficult to see. But they are there and, if we want to get to the new normal in the best way possible, we need to cultivate these seeds to begin to accept the change which is to come."

Seek professional help. Don't be afraid to talk to a physician or therapist if you are feeling depressed or overwhelmed. Most are offering both in-person and telehealth options.

The desire to want things to go "back to normal" is understandable, as is a fear of going back to normal or concern about what the new normal will look like.

So, resist the urge to admonish yourself for having mixed emotions; be extra kind to yourself instead.

Excerpts from an article written by Randi Mazzella, August 17, 2020



Work your mind  
AND your body!

Sit & Get Fit

Tuesdays & Thursdays 10 a.m.

In the parking lot at the Senior Center  
(weather permitting)

2020 CENSUS

The  
Census  
is for  
everyone.

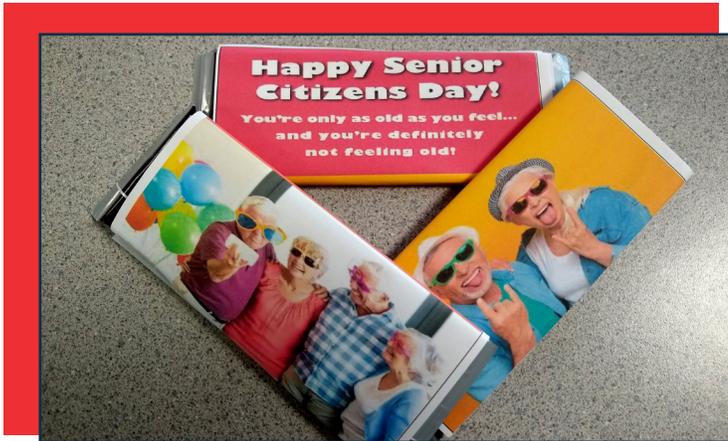
#BeCounted

Dementia  
Support Group

2nd Friday of the month 3 p.m.

September group will meet at the  
Lions Pavilion at First St. beach  
on Thurs., Sept. 10, 3-4 p.m.

## August days, and days from the past.



Chaplain Dan came to Brethren for music and lunch at the park. We celebrated our seniors on National Senior Citizen Day. Last year we were playing cornhole and learning how to drive safely.

REMEMBER TO



TUES., NOVEMBER 3

OR BY MAIL

Read any good books lately?  
September is Library Card Sign-up Month



Tues., Sept. 8 at noon

There will be a representative from the Manistee County Public Library at the senior center, during our outdoor music time. She will help you sign up for a library card if you don't have one yet. The library has curbside pickup at this time, so if you have a library card, you can call, ask for a book and they will make an appointment to meet you outside in the alley behind the library with your book.

## Strawberry Shortcake Day in Kaleva

Mon., Sept. 28 ~ 11 a.m.  
Kaleva Village Park

Bring your lunch, your lawn chairs  
and get ready to social distance  
in a most delicious way  
Call 723-6477 to sign up



Join us in the parking lot  
as we enjoy the  
musical stylings of

Carrie & Roger  
Friday, Sept. 11  
Friday, Sept. 25  
10:30 a.m. - 12:00 p.m.

## Fresh Produce Food Bank

Fri., Sept. 4 9-11am  
(or as supplies last)

Manistee Senior Center

Must be 60+ years old and  
live in Manistee County.



#COVID19

WE CAN ALL DO OUR  
PART TO KEEP OUR  
FAMILIES HEALTHY.

Learn how you can take action to help prevent  
the spread of COVID-19 to our loved ones.

STAY HOME.  
STAY SAFE. SAVE LIVES.  
MICHIGAN.GOV/CORONAVIRUS





# Monthly Senior Food Bank

**Fri., Sept. 18 9-11am** (or as supplies last) • **Manistee Senior Center**

Bank will be conducted as a drive through. Must be 60+ years old & live in Manistee County. If you are picking up for another senior, be sure you have a proxy note, along with their name, address, birthdate and household information.

# VIRUSES DON'T DISCRIMINATE



AND NEITHER SHOULD WE

Stigma will NOT fight coronavirus.  
Sharing accurate information will.

[Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)



Adapted from Public Health -- Seattle & King County  
Image (C) Sara Andreasson for Mosaicscience.com/Wellicome Trust



## Fuzzy Bear & Band

**Wed., Sept. 23 ~ 11:30 a.m.**  
Norman Twp. Community Center  
Outdoor Music and BYO Lunch  
Bring your lunch, lawn chairs, and cold drinks.  
Come enjoy a safe, socially distanced event  
sponsored by the Manistee County Council on Aging.  
Call **723-6477** to sign up.

### Seniors should take extra precautions because they are at great risk:

- Wash hands often for 20 seconds
- Stay at home as much as possible
- Wear a mask in enclosed or public places
- Avoid gatherings of 10 or more
- Shop during senior designated shopping hours
- Contact your health care provider and seek medical attention if a health issue arises.

### Connect with resources for peace of mind during this time.

From help with meals to volunteer conversations, there are many resources for seniors across the state.

See them all at [Michigan.gov/AASA](https://Michigan.gov/AASA). or call the Eldercare Locator to connect to your area agency on Aging at (800) 677-1116  
For health related questions, call the COVID-19 Hotline at (888)535-6136

## 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)398-3587  
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

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  
Meals on Wheels (231) 723-6461  
Herbert Funeral Home medical equip loans (231) 723-3557

**COUNTY OF MANISTEE**

**PROPOSITION NO. 1**

**SERVICES FOR THE AGED  
PROVIDED THROUGH MANISTEE COUNTY COUNCIL ON AGING**

Shall the County of Manistee, Michigan, increase the constitutional limitation on the total amount of general ad valorem taxes imposed upon real and tangible personal property for all purposes in the County of Manistee, Michigan, by 0.475 mills (\$0.475 per \$1,000 of taxable valuation) and levy the amount of 0.475 mills (\$0.475 per \$1,000 of taxable valuation) for a period of six (6) years (2021 – 2026, inclusive) to provide services to the aged through the Manistee County Council on Aging including the Senior Nutrition Program/Meals on Wheels.

This is a renewal of the prior 0.3 mill levy, (\$0.30 per \$1,000 of taxable valuation) which expires in 2020, and a request for new additional millage of 0.175 mill (\$0.175 per \$1,000 of taxable valuation) If approved, it is estimated that the revenue generated by this proposal in the first year would be \$563,266.49. The revenues generated will be disbursed to Manistee County, which contracts with the Manistee County Council on Aging, Inc. to provide services to the aged. A portion of the millage may be subject to capture by and disbursed to one or more tax increment financing entities, including the City of Manistee Downtown Development Authority, the Charter Township of Filer Downtown Development Authority and the City of Manistee and County of Manistee Brownfield Redevelopment Authorities.

Yes \_\_\_\_\_

No \_\_\_\_\_

The following is for informational purposes only:

Manistee County Council on Aging is seeking a renewal of its millage 0.300 mills (\$0.30 per \$1,000 of taxable valuation) to provide services to Manistee County seniors 60 and over. Manistee County Council on Aging is also requesting a new additional millage to provide the Senior Nutrition Program (Meals on Wheels) to Manistee County homebound seniors and congregate meal sites in the amount of 0.175 mills (\$0.175 per \$1,000 of taxable valuation). If approved the total millage in the amount of 0.475 mills (\$0.475 per \$1,000 of taxable valuation) would go to the Manistee County Council on Aging for a period of six (6) years (2021 – 2026).

Northwest Michigan Health Services behavioral health therapists are staffing a “warm line” available to people coping with COVID-19 related stress or questions.  
(231) 655-3867 Mon-Fri 8AM-12 & 1-4PM or COVID-stress@nmhsi.org

# September 2020 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10 Sit & Fit (outdoors)	<b>2</b>	<b>3</b> 10 Sit & Fit (outdoors)	<b>4</b> 9-11 Produce food bank
<b>7</b> Labor Day 	<b>8</b> 10 Sit & Fit (outdoors) 11 Toe Tapping Tuesday 12 Library Card sign up day	<b>9</b>	<b>10</b> 10 Sit & Fit (outdoors) 3 Dementia Support Group (Lions Pavilion 1st St. Beach)	<b>11</b> 10:30 Carrie & Roger
<b>14</b>	<b>15</b> 10 Sit & Fit (outdoors) 11 Feeding America Mobile Food bank Manistee Friendship Center	<b>16</b> Keep your calendar clear today. We may have something special planned just for you!	<b>17</b> 10 Sit & Fit (outdoors)	<b>18</b> 9-11 Food bank
<b>21</b> 12 Feeding America Mobile Food bank Pleasant Valley Comm Ctr. Arcadia	<b>22</b> 10 Sit & Fit (outdoors) 11 Toe Tapping Tuesday	<b>23</b> 11 Music in Wellston (Norman Twp. Comm. Center)	<b>24</b> 10 Sit & Fit (outdoors)	<b>25</b> 10:30 Carrie & Roger
<b>28</b> 11 Strawberry Shortcake Day, Kaleva Vill. Park 12 Feeding America Mobile food bank Betsie Valley Comm Ctr., T'ville	<b>29</b> 10 Sit & Fit (outdoors) 11 Feeding America Mobile Food bank Manistee Friendship Center	<b>30</b> 10 Sit & Fit (outdoors)	AT THE PRESENT TIME, THE SENIOR CENTER IS CLOSED TO THE PUBLIC. <u>SOME ACTIVITIES ARE RESUMING, OUTDOORS.</u> (OUTDOOR ACTIVITIES ARE "AS WEATHER PERMITS.") WATCH FOR UPDATES ON WHEN THE SENIOR CENTER WILL REOPEN.	

# Manistee County Council on Aging

457 River St. ~ Manistee, MI 49660

Phone: (231) 723-6477 Toll Free: (888) 723-9060 Fax: (231) 723-1640

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](http://manisteecountycoa.com)

[www.facebook.com/ManisteeCountyCouncilOnAging](https://www.facebook.com/ManisteeCountyCouncilOnAging)

## Feeding America Mobile Food Pantries

**Tue., Sept. 15 11 a.m.** Manistee Friendship Society

**Mon., Sept. 21 12 p.m.** Pleasant Valley Comm Center, Glovers Lk. Rd., Arcadia

**Mon., Sept. 28 12 p.m.** Betsie Valley Comm Center., Cadillac Hwy., Thompsonville

**Tue., Sept. 29 11 a.m.** Manistee Friendship Society

**Fri., Oct 9 11 a.m.**  
Manistee Friendship Society

Open to all. No ID required, no qualifications, no proof of income needed.  
Drive thru pickup



## THE FACTS About the Flu Vaccine

### VACCINE SAFETY



Vaccinations are the safest way to protect against influenza and reduce the risk of contracting influenza by **40% - 60%**

### WHEN SHOULD I GET VACCINATED?

**ANYONE SIX MONTHS+** should get an annual flu shot by October, with rare exceptions.



 Flu activity peaks in February.

### DEBUNKING A CONTAGIOUS MYTH



**YOU CANNOT CATCH THE FLU BY GETTING VACCINATED.**

If you get sick after a flu shot, you were infected beforehand, or the vaccine's effectiveness hadn't kicked in.

### WHY SHOULD I GET VACCINATED IF I'M HEALTHY?

While flu symptoms may be less severe for healthy individuals, spreading the virus puts children and older adults at extreme risk and allows the virus to mutate, making it harder to control and protect everyone.



### IF YOU DON'T GET VACCINATED YOU PUT PEOPLE AT RISK

We are working with the Health Dept. to coordinate our annual fall flu shot clinic. Watch for updates here and on our Facebook page.

## September is National Senior Center month This year's focus is Senior Centers: Delivering Vital Connections!

The Manistee County Council on Aging is planning activities that celebrate seniors in Mind, Body, Spirit, Community

Please watch for updates on upcoming activities in September for National Senior Center month





## August Fun at the Senior Center and other places

We're trying to hold a few outdoor activities so we can safely get together, while staying a little bit apart. We had a picnic in the park in Brethren, and music by the 3Ds. Last year we went to Onkama for a cookout at the Farr Center. We'll be doing that again. It's just going to be a while yet.

**Manistee County COA**  
**457 River St.**  
**Manistee, MI 49660**

