

FREE

Issue: December 2021

Senior Moments

Manistee County Council on Aging

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Executive Director

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News & Notes from Sarah

By Sarah Howard
Executive Director

Well we did it! We made it through another crazy year of ups, downs and a pandemic! I am so glad it is time to celebrate all of our blessings this year and go out with a big bang. December is going to fly by and 2022 will be here before we know it.

With Christmas a few weeks away, I am really trying to control myself. Every time I go into a store, I see something I want to buy for one of my grandkids. I tend to go overboard, and I am really trying to behave this year. You know when everyone told me the best job they ever had in life was as a grandparent, I didn't believe them, but now I know the secret and I am a true believer. Christmas is so special when you have children around, the wonder and excitement really make the holidays special. As we get older we lose that little bit of magic in life, that is why I think surprises are so important as we age.

This month we are getting another little angel in our lives. Our daughter and her husband are expecting another little one. Yes, this will be number 5! They have Milo who will just be 5, Harley who is 3, twins Sadie and Stella who are 1 and our new little. It is so cute, Milo calls all of the other kids the littles instead of naming all of them. I always think how lucky they are to be able to have a big family. I remember when everyone had bigger families. I always

thought how much fun it must be to have all of those brothers and sisters.

We have so much going on at the Wagoner Community Center this month. There will be a large Holiday Craft Show during the Sleighbell Weekend at the Wagoner Community Center on Saturday, December 4th. Come on in and pick up some Christmas gifts for your friends or family or just come in and celebrate the talented crafters and get in the Christmas Spirit.

If you are looking for ways to do something for some wonderful people in your county for the holiday, think about homebound seniors. There are so many people in our county who don't have much family and

tend to be alone for the holidays. We are looking for some donations to help with this special project. Then when everything is wrapped, bagged and tagged, the Christmas Gals will be out and about delivering some good cheer and presents. Keep an eye out for our party sleigh.

We are excited to be able to stop by to say Merry Christmas to so many wonderful people.

The Wagoner Community Center meal site is open again for our noon meal. If you are out and about, stop by and enjoy a delicious meal prepared by the Manistee Area Public Schools. We are lucky to be able to partner with such a wonderful group to bring nutritious, hot meals to the seniors of Manistee County.

I hope you have a very Merry Christmas and remember to try something new!



Get involved with these activities!

Services

Foot Clinic: Mondays, Dec., 13 & 20. By appointment only

Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday January through November. *Next Food Bank: Fri., Jan. 21. No food bank in December.*

Free Attorney Consultations: 2nd Monday. *Next attorney consultations: Dec. 13. 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

Exercise Opportunities

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

Sit & Get Fit (Onkama): 11 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.

Happy Birthday

Barbara Powell	12/01
Lois Schmeling	12/01
Brenda Kelly	12/02
Ann Makowski	12/02
Greg Barcome	12/02
Bonnie Terpening	12/02
Bob Bowling	12/03
Martha Anna Willis	12/03
Donna Williams	12/03
Deborah Stone	12/03
Ceceilia Huebner	12/04
Marilyn Sweet	12/04
Tom Ruddy	12/04
Albert Holmer	12/04
John Steele	12/04
Len Opalka	12/05
Brenda Rybicki	12/05
Pamela Monroe	12/05
Teresa Davideit	12/06
Judy Groenwhco	12/06
Charlotte Gutowski	12/06
Shannon Hernandez	12/06
Mary Stewart	12/06
Mike Zimmerman	12/06
Louise Lindeman	12/06
Kathryn Ward	12/07
William Larson	12/07
Barbara Bradford	12/08
Dennis Buckner	12/08
Jerome Ray	12/08
Charlene Bolles	12/08
Ann Kaminski	12/09
Linda Young	12/09
Lisa Dunham-Eckhart	12/09
Patrice Murdock	12/09
Elizabeth Spiker	12/10

Lana Brandt	12/10
Yvonne Carleton	12/12
Joyce Reed	12/12
Sharon J Martin	12/13
Donna Holmer	12/13
Diane L. Bell	12/14
Marilee Johnson	12/14
Cheryl Carrier	12/14
Helen Ferguson	12/14
Esther Turk	12/14
Darlene Thomas	12/15
Melinda Reitman	12/16
Char Roossien	12/16
Ellen Jablonski	12/17
Carolyn Ross	12/18
George Danks	12/19
Rosemary Hesch	12/19
Carol Westberg	12/19
Mario Lopez	12/20
Charles Sell	12/20
Sue Adolphson	12/20
Juana Lancour	12/21
Carol Hull	12/22
Arlene Klein	12/22
Betty Scott	12/22
Robert Courneye	12/22
Arvin Platz	12/22
Michael Kelley	12/22
Karin Ziehm	12/22
Audrey Strouf	12/22
Cindy Kwiatkowski	12/22
Marla Sexton	12/23
Helen Salacina	12/23
James W Brown	12/24
Mary Ann Smith	12/24
Maureen Barry	12/25

Don Brown	12/25
Sherman Blood	12/26
Christie Wissner	12/26
David Jans	12/27
Joyce Rempalski	12/27
Jerry Schroeder	12/27
Duane Anderson	12/28
John Faltinowski	12/28
Marvin Buckner	12/28
Melvin Schweitzer	12/28
Don Parsons	12/28
Patricia Mazor	12/29
Mary Lou Millard	12/29
Judy Lundy	12/29
Cherylyn Fairfield	12/29
Betty Lindstrom	12/29
Kathy Block	12/30
Ronald McNally	12/30
Judy Ross	12/30
Sally Malkowski	12/30
Pat Gustad	12/30
Becky Tillotson	12/30
Lorrie Manthei	12/31
Robert Palmer	12/31
Sarah Kuriger	12/31

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.

Christmas Gifts for Homebound Seniors

Christmas is just around the corner. If you would like to join us in making seniors feel loved this Christmas please consider taking part in this wonderful program.

Large print word search books; Kleenex; Art and craft supplies; sugar free candy; regular candy; sugar free pop; large print crossword puzzles; throw blankets; religious books; cookies; razors; no-slip socks/ slipper socks (men's & women's, all sizes); stuffed animals, coloring books; puzzles; shawls; games; handkerchiefs; Hershey's Kisses; trivia books, historical novels; body wash; nail polish & remover.

Deadline to donate to this program is Tues., Dec. 14. Call the senior center if you have any questions.

231-723-6477

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 Dec. 9 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., Dec. 16 at the Wagoner Community Center. Please call Linda Nickelson (231) 690-5048 for more information.

MUSIC LIBRARY UPDATE

The Senior Center is looking to expand musical opportunities throughout the year and your input is important. Due to being closed we were not able to include the "Musical Opportunity Survey" in the November Newsletter. Please take a look at the survey on page 11 and give us your opinion. Surveys are also available at the front desk at the senior center and on the MC-COA website. Please return the survey to the front desk in the gray box labeled "Survey" by December 17th. Thank you!

As a start, Carrie Selbee and Karen Bruchan will be organizing a sheet music lending library & resource center in the cove area next to the current Book Exchange. The library will be a place for musicians to browse a large selection of sheet music (Piano/organ; Brass; Wind; Strings) which they can take home for a few weeks before returning it to the center for others to use. The resource center will be available for community arts & music groups to share upcoming concerts and events that would be of interest to the MC-COA family as well as promote MCCOA music lessons & classes.

The sheet music library will be an honor system that will rely on donations of music that is in EXCELLENT condition so that it can be used long term by others. Carrie will be vetting the music to make sure it is in usable condition as well as being able to provide a range from very beginning to advanced selections.

We will begin collecting sheet music for all instruments on Monday December 6, right after the Sleighbell craft show is over. There will be a donation box available in the Cove area next to the Book Exchange. As part of the Music Library we will be receiving music donations throughout the year, so please edit what you bring the first time. We are unable to accept boxes of donations. We anticipate opening the Music Cove in early January. Any questions can be directed to Karen Bruchan through the senior center.



We didn't have a lot excitement at the senior center in November...

But we had a few activities.

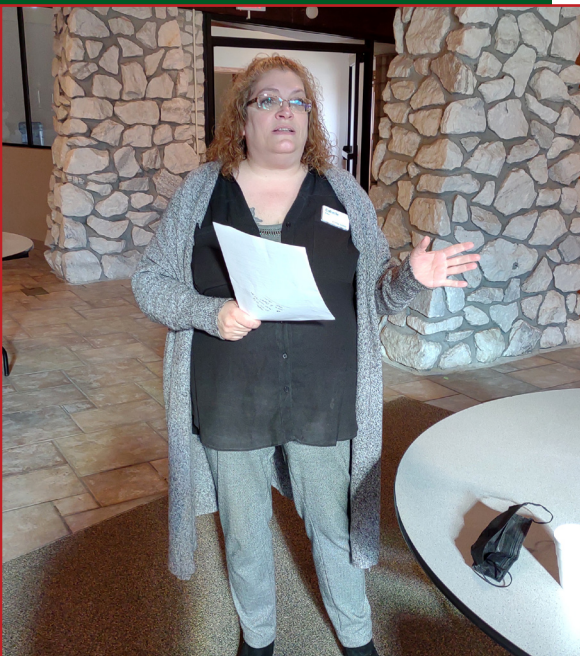
Colleen from PNC came and talked about scams and how to protect ourselves.

We had great cardio drumming classes.

Rolling Thunder sets flags in honor of Veterans Day.

Also, work is being done to spruce up the Wagoner Community Center.

We're looking good!



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 _____

Six Holiday Health Tips for Seniors

The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don't miss this essential list of holiday health tips for seniors:

Keep Moving

Whether you're crashing on the couch after Thanksgiving dinner to enjoy some football or watching your favorite Christmas movie with the grandkids, it's easy to find yourself frequently sitting down during the holiday season. You want to burn all the extra energy (calories) you are consuming, make sure to keep moving!

Prevent Infection

There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like doorknobs, and taking hand sanitizer and tissues with you on the go.

Avoid Excess

It's not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, it puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation and avoid high-calorie beers and drinks mixed with sugar-laden additives.

Hydrate Often

Between alcohol consumption at holiday dinners and the cool, dry air outside pulling moisture out of your skin, this season can be a quick ticket to becoming dehydrated. Make sure you are drinking plenty of water throughout each day with smart tips like consuming a full glass of water each time you use the restroom and eating lots of water-rich foods like stews and soups.

Prevent Falls

Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car (like swivel seats and car caddies).

Make Healthy Cooking Choices

Salty, sweet, buttery, crispy . . . the descriptions of holiday food, while enticing, also reveal some of the problems they can cause. Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.



Cards & Coffee

Tues., Dec. 14 ~ 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



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.



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



Anita Shaffer will be offering seniors 10-minute chair massages at the Wagoner Community Center. Massages are offered every other week. Call to schedule your appointment.

723-6477

Dec. 22



				
Monday	Tuesday	Wednesday	Thursday	Friday
Dec. 2021 ~ Senior Nutrition Program Menu				
EARLY JANUARY MENU		1	2	3
4 Tuna noodle casserole Mixed veg Lima beans Fruit cocktail Roll	5 Chicken chop suey Rice pilaf Oriental blend veg Cauliflower Mandarin oranges Bread	Swedish meatballs Mashed potatoes Broccoli Strawberries Roll	Toasted Cheese Sandwich Tomato Soup Green Beans Sliced Pears Sliced Bread	Shepherds pie Asparagus Root blend veg Diced peaches WG biscuit (home delivered meals only)
6 Scrambled egg & sausage Sauteed peppers & onions Oven diced potatoes Blueberry muffin Orange juice	7 Homemade beef stew Steamed peas Sliced carrots Mixed fruit Biscuit	8 Chicken cordon bleu Diced squash Red skin mashed potatoes Diced pears Roll	9 Fish sandwich Mixed veg Brussel sprouts Applesauce Dinner roll	10 Lasagna Wax beans Spring blend veg Fresh fruit salad Garlic toast (home delivered meals only)
13 Baked pork chop Sweet potatoes Green beans Cinnamon apple slices Dinner roll	14 Sweet & sour chicken Stir fry vegs Lima beans Banana Rice pilaf Roll	15 Beef & noodles Asparagus Sliced carrots Mandarin oranges Biscuit	16 Stuffed green peppers Stewed tomatoes Spinach Tropical fruit Dinner roll	17 Chicken & gravy Mashed potatoes Steamed corn Sliced peaches Biscuit
20 Sliced meatloaf Rosemary/garlic potatoes Peas & carrots Diced pears Dinner roll	21 Lemon baked fish Rice pilaf Winter blend veg Coleslaw Bread	22 Sloppy Joe on bun Oven diced potatoes Baked beans Fruit cocktail	23 Baked ham Scalloped potatoes Green bean casserole Pineapple Roll/Cookie	24  No meals today. Closed for the holiday
27  No meals today. Closed for the holiday	28 Country fried steak Red skin potatoes Hubbard squash Applesauce Biscuit	29 Cheeseburger on a bun Baked beans diced peaches	30 Chicken & noodles Diced carrots Steamed peas Sliced pears Biscuit	31 No meals today. Closed for the holiday 

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

December 2021 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	2 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	3 No activities today <div>Saturday</div> 4 9-3 Holiday Craft Show
6 9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	7 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 3:30 Yoga	8 9 Tai Chi 10:30 TOPS 11 Bingo Eyeglass clinic 10:30 12 Lunch 1:30 Genealogy 2 Zumba	9 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 3 Dementia S.G. 4:30 Yoga 5:45 Cardio Drum	10 No activities today
13 9 Tai Chi Attorney by appt Foot Clinic by Appt 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	14 10 Sit & Fit 10 Cards & Coffee 12 Lunch 12:30 Bridge 3:30 Yoga	15 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Produce Bingo 12 Lunch 1:30 Genealogy 2 Zumba	16 10 Sit & Fit 10 Cribbage 11 Bunco 11 Parkinson's S Grp 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	17 9 Tai Chi 12 Lunch No Food Bank this month
20 9 Tai Chi Foot Clinic by Appt. 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zumba	21 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 3:30 Yoga	22 9 Tai Chi 10:30 TOPS Chair Massage 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	23 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 1 Chess 4:30 Yoga 5:45 Cardio Drum	24 Closed for Christmas 
27 Closed for Christmas 	28 10 Sit & Fit 12 Lunch 12:30 Bridge 3:30 Yoga	29 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zumba	30 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 12:30 Dec. Birthdays 1 Chess 4:30 Yoga 5:45 Cardio Drum	31 Closed for New Years 

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

Musical Opportunity Survey

The Manistee County Council on Aging is Expanding Musical Opportunities at the Wagoner Center by creating a Sheet Music Lending Library. We hope to grow and expand musical opportunities. But First—We'd like to hear from you! Please respond to this survey. Thank you!



1. SHEET MUSIC

What kind of sheet music would you like to see available at the Music Lending Library?

Piano ☐ Guitar ☐ Ukulele ☐ Organ ☐ Other ☐ _____

What level of sheet music would you like to borrow?

Beginner ☐ Intermediate ☐ Advanced ☐

What style of sheet music would you like to borrow? Country ☐ Oldies ☐ Folk ☐

Classical ☐ Pop ☐ Rock ☐ Jazz/Ragtime/Swing ☐ Other ☐ _____

Do you have sheet music in EXCELLENT condition that you are willing to donate? Yes ☐ No ☐

For what instrument? _____ What music style? _____

What level of sheet music do you have to donate? Beginner ☐ Intermediate ☐ Advanced ☐

What instrument sheet music could you donate? _____

What style of music is the sheet music? _____

3. INSTRUMENTS

Do you play an instrument? If yes, what do you play? _____

Would you take advantage of a practice room if it was available? Yes ☐ No ☐

Do you need an instrument? If yes, what instrument would you like? _____

4. OTHER CONSIDERATIONS

Would you be interested in:

Meeting other musicians or being part of an ensemble? Yes ☐ No ☐

An instrument exchange program? Yes ☐ No ☐

Music Education Classes? Yes ☐ No ☐

A CD Lending Library? Yes ☐ No ☐

Individual or group lessons? Yes ☐ No ☐

If yes, for what instrument? Piano ☐ Guitar ☐ Ukulele ☐ Organ ☐ Other ☐ _____

Group Sings? Yes ☐ No ☐ Christmas Carols ☐ Folk Music ☐ Other ☐ _____

5. **ANYTHING ELSE** to share or suggest? _____



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



Visions of the Jingle Bell Ball from the Past

Remember what fun we all had when we would get together for the Jingle Bell Ball?
If all goes well, we'll be making more wonderful Jingle Bell Ball memories this month.

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

