

FREE

Issue: March 2021

Senior Moments

Manistee County Council on Aging

News & Notes from Sarah

By Sarah Howard
Executive Director

an important way to help serve our home-bound seniors in Manistee County. We are only able to do the delivered meals at this time, but I am looking forward to the congregate meal sites opening. When we do that we will be able to enjoy some together time again.

We have been questioned about when we are starting Produce Bingo and Fun Bingo.

Because they bring so many people into the center, we will need to wait a little bit longer for that to happen. But we are doing exercise programs like Zumba, Sit & Get Fit, Cardio Drumming and we are almost ready to start Chair Yoga. If you would like to get some more information on any of these programs just give us a call.

We are officially out of the River Street building. It is sad but also exciting. Manistee County Council on Aging and the Senior Center have been serving seniors for fifty years now. The River Street building was a great building and it served its purpose for so many years. As we have grown it was getting more difficult to hold events and programs for Manistee County residents who are 60 and older. The Wagoner Community Center will be able to house not only senior programs but also community programs.

I hope you have a wonderful March and stay safe, masked and keep washing your hands.

Wow! March is here, and I usually talk about the weather and if it will come in like a lion, or a lamb. Well, the only thing I think about any more when I think about March is when the whole world changed. I still can't believe it has been a full year that the COVID-19 pandemic was recognized by the United States and life as we knew it changed possibly forever.

There have been so many heartwarming stories during the pandemic and there have been many horror stories during the pandemic. But because there has been so much going on, I wonder if people see how wonderful the little things in life have been. The other day, the sun was shining in my office and all of a sudden, I saw a ladybug on the window. How could that be when it is 9 degrees outside, where did it come from? Or when someone who needs so much for themselves does something amazing for someone else. I don't think we realize how blessed we all really are.

I have lost several friends recently due to illness and COVID and that breaks my heart. This has been such a difficult time for so many families. I believe the numbers are going down compared to a month ago and if people get the vaccinations things will be moving in the right direction. Keep hope and faith in your prayers and never stop believing things will get better.

I have been up to my ears in the Senior Nutrition Program. The program is such



Meet the Staff



Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



Nancy Fortin
Assistant/
Facility Maintenance

Jo Hall
Receptionist



Molly Cichy
Bookkeeper

Board of Directors

Judy Crockett
President

Virgil Johnson
Vice President

Marlene McBride
Secretary

Maureen Barry
Patty Spencer
Marie Linn

Get involved with these activities!

Services

Foot Clinic: Coming soon

Senior Food Bank: third Friday January through November. *Next Food Bank: Fri., Mar. 19. There will be no produce pantries during the winter months.*

Exercise Opportunities

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

Zumba: 2:00 p.m., Mon. & Wed. (Wagoner Comm. Center, exercise hall)

Cardio drumming: 6:00 p.m., Tues (Wagoner Comm. Center, exercise hall)

**ALL EVENTS & ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION**



“May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go.”

— An Irish Blessing

March Milestones

Laura Johnson	3/2	Phyllis Parks	3/18
Pat Schoedel	3/3	Sally Cole	3/20
Mike Tillotson	3/3	Mary Haner	3/22
Sharyn VanDerKolk	3/4	Debra Edenburn	3/22
Shelley Green	3/5	Don Pelarski	3/22
Ray Mikula	3/5	Ginny Madsen	3/23
Helen Landis	3/6	Janet Turk	3/24
Dorothy Conklin	3/7	Vickie Mydlowski	3/25
Sarah Craigin	3/8	Rose E. Cheney	3/26
Juan Torres	3/8	Pat Brown	3/26
Rogene Newman	3/9	Eileen Brown	3/26
Diane Masty	3/9	Pat Cybert	3/26
Rosie Turk	3/9	Doris Newland	3/26
Jeanne Barber	3/10	Arlene Hilliard	3/27
Gertrude Zygaj	3/10	Stuart Johnston	3/27
Joan Haynes	3/11	Frieda Herman	3/27
Charlene Johnson	3/11	Marge Hybza	3/28
Carol Ann Dyer	3/12	Lois Danks	3/29
Kay Adamczak	3/12	Paul Glaser	3/30
Shirley Olenchak	3/12	Nancy Miller	3/30
Janice Wilson	3/12	Dora Treiman	3/30
Raymond Ebert	3/13	James Low	3/31
Jean Edmondson	3/15	Emily Helminiak	3/31
Joan Riss	3/15		
Deb Falkenstein	3/16		
Richard Giffels	3/16		
Ruth Hudson	3/16		
Lou Slag	3/17		

Happy Anniversary!
Tom & Diana Dutkavich 3/6
Terry & Rose Pierson 3/4



March Weather Folklore

- When March comes in like a lion it goes out like a lamb.
- So many mists in March, so many frosts in May.
- April borrows three days from March and they're all ill.
- A wet March, a wet Spring.
- As it rains in March so it rains in June.
- March winds and April showers Bring forth May flowers.
- A dry March and a wet May Fill barns and bays with corn and hay.

Glaucoma

Glaucoma is a group of eye disorders that damage the optic nerve, which sends messages from your eye to your brain so you can see. Damage to the optic nerve can cause vision loss and blindness. Glaucoma is the second most common cause of blindness in the United States. It usually affects people later in life. Roughly 2.25 million Americans aged 40 and older have glaucoma.

An optometrist or ophthalmologist will usually do the following to check for glaucoma:

- Ask whether you have any risk factors for glaucoma.
- Check your vision.
- Measure the fluid pressure inside your eyes.
- Measure the thickness of your cornea (the clear front surface of the eye).
- Check your peripheral (side) and central vision. Glaucoma usually affects peripheral vision, which is harder to notice than the loss of central vision. People with glaucoma may be able to read and to pass driving vision tests, even though they have a loss of peripheral vision.
- Look at your retina (the inner surface of your eye).
- Check your optic nerve for signs of damage.
- Do additional tests if needed.

Regular Screenings

Adults aged 50 years old and older should be screened for glaucoma every 1-2 years. If you are African American, have a family history of glaucoma, or have other risk factors, you may need to be screened more often. Ask your healthcare provider how often you should have a vision and glaucoma check. If you have already been diagnosed with glaucoma, it is important to continue whatever treatment your healthcare provider has prescribed to slow the disease and prevent loss of vision and blindness. If you think you are having side effects from the treatment, let your provider know immediately.



WE'VE MOVED!

our new address is

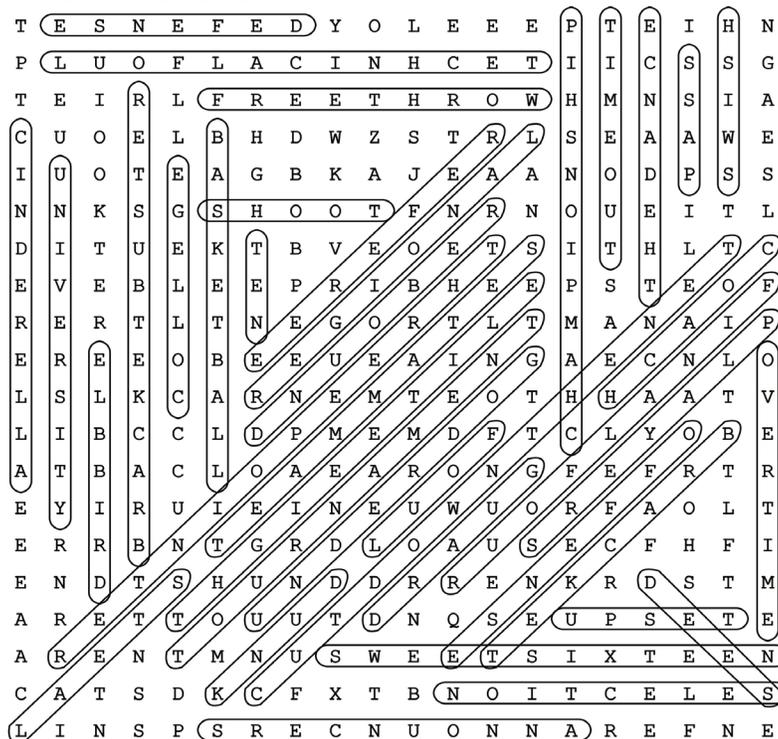
MCCOA

260 St. Mary's Pkwy Manistee MI 49660

Chore reimbursement slips, information for the Senior Nutrition Program (formerly Meals on Wheels), inquiries about any of our services, anything that you would like to send to the senior center should be mailed to this address.

We can't wait to welcome you back.

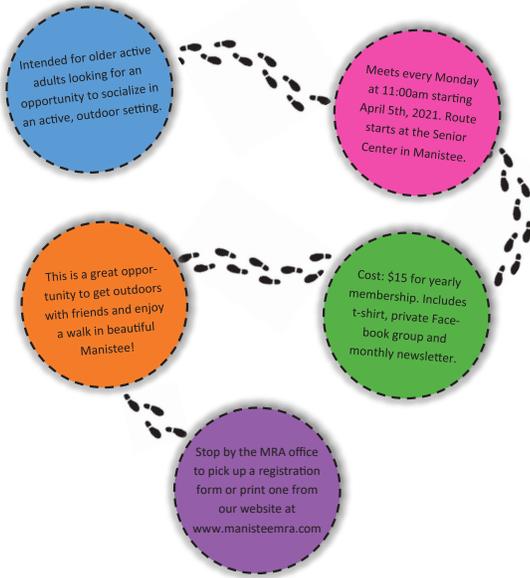
March Madness



Word List:

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|----------------|--------------|--------------|---------------|
| ANNOUNCERS | BASKETBALL | BRACKET | BRACKETBUSTER |
| CHAMPIONSHIP | CINDERELLA | COACH | COLLEGE |
| CUTDOWNTHE NET | DEFENSE | DRIBBLE | DUNK |
| ELITE EIGHT | FINALFOUR | FOUL | FREETHROW |
| GUARD | NET | OFFENSE | OVERTIME |
| PASS | PLAYERS | REBOUND | REFEREE |
| REGIONAL | SEED | SELECTION | SHOOT |
| STEAL | SWEETSIXTEEN | SWISH | TEAMMATES |
| TECHNICALFOUL | THEDANCE | THREEPOINTER | TIMEOUT |
| TOURNAMENT | UNDERDOG | UNIVERSITY | UPSET |

Social Striders



The MRA is creating a new walking club to give older active adults an opportunity to be involved in a social, active setting. 'Social Striders' will start this spring. The Senior Center will be the "hub" where the members can meet before starting their walking route. This will be an outdoor walking group. Group members can park at the Senior Center and use it as their gathering point. **The group will meet Mondays 11am-12pm beginning in April**

VIRTUAL PROGRAMS & SERVICES FROM THE ALZHEIMER'S ASSOCIATION MI CHAPTER

Call the 24/7 Helpline at 800-272-3900 to register for education and support programs or learn more about services. Contact your local coordinator Susan Evans at (231) 267-6119 with questions.

Additional dial-in support groups on other days/times are available and are open to anyone throughout the state of Michigan.

Education Programs: Alzheimer's Association offers virtual (on Zoom or dial-in on the phone) education programs on a regular basis at different days and times. Most are for caregivers but some are valuable for any adult.

alzheimer's association®



Manistee Virtual/Dial-In Caregiver Support Group

Presented by:
Alzheimer's Association
Greater Michigan

Second Monday of the month
6:00 p.m. - 7:30 p.m.

Virtual/Dial-In support group
for caregivers of individuals living
with Alzheimer's or another dementia

Call or email Helpline to register
800-272-3900
helplinegmc@alz.org

Visit alz.org/gmc to learn more about caregiver programs
and resources.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org



We actually had visitors last month! Little by little things are moving forward. Our volunteers have been working hard for us during this time. We sure appreciate each one of them!

MUSIC, MUSIC MUSIC

at the
Senior Center, located
at the Wagoner
Community Center
260 St. Mary's Parkway

Toe Tapping Tuesday
March 2 & 16, 11 a.m.



Carrie & Roger

Fri.,

Mar. 12 & 26

11 am

Senior Center
260 St. Mary's Pkwy

NUTRITION

Antioxidants

Have you ever wondered what antioxidants are and what they do in your body?

Antioxidants are substances that protect your cells. Your body is under constant attack by free radicals.

Antioxidants protect your cells against those free radicals. A diet rich in antioxidants can promote good health and help fight off diseases in your body.

Antioxidant Rich Foods

So where can you find antioxidants? Many fruits and vegetables contain powerful antioxidants to keep you healthy.

Cherries, oranges, blueberries , cantaloupe, apricots, watermelon , purple, red and blue grapes, raspberries, cranberries, strawberries, papaya, apricots, and mangoes are among the fruits high in antioxidants.

Vegetables high in antioxidants include cauliflower, beets, red cabbage, asparagus, sweet potato, bell peppers, yams, broccoli , squash, spinach, and carrots .

Other sources of antioxidants are almonds, pecans, salmon , and green tea.

CLOSINGS DUE TO WEATHER

When the Manistee Area Public Schools are closed due to weather, the home delivered meals are not delivered.

When MAPS are open but Kaleva Norman Dickson (KND) Schools are closed the home delivered meals in the Bear Lake, Kaleva, Copemish, Marilla, and Brethren area are not delivered.



SIMPLY give

Feeding local families has never been this simple. Support the Manistee Senior Center food pantry by buying a \$10 #MeijerSimplyGive donation card at insert your local Meijer store now through April 10. #MeijerGives

Double match days are
Sat., March 13 & Sat., April 3

Senior Food Bank

Fri., March 19 9-11am

Manistee Senior Center

260 St. Mary's Parkway

Bank will be 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.

There will be NO Income Tax Preparation

at the senior center this year. Due to the ongoing pandemic, our volunteer tax professionals will not be preparing income taxes for our seniors this tax season. Call Fivecap in Manistee to see if you can get an appointment there.

SENIOR NUTRITION PROGRAM SEEKING VOLUNTEER DRIVERS

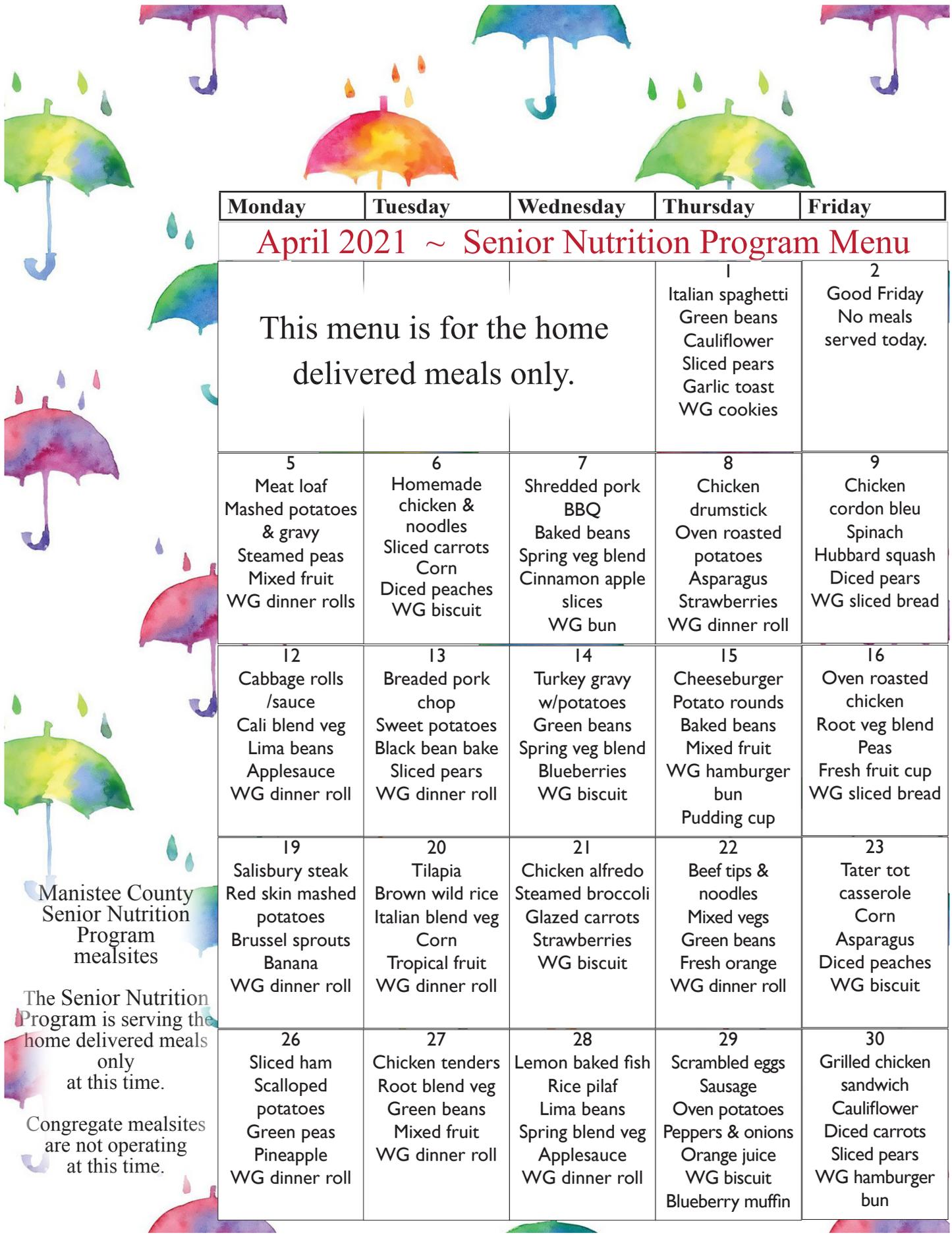
The Senior Nutrition Program (formerly Meals on Wheels) is looking for volunteers to help deliver meals to seniors in Manistee County. Do you have a few hours to help? You can volunteer for one day a month, you can volunteer for more. Anything you can do, is greatly appreciated. Call Bonnie 723-6477 for details.

Monday	Tuesday	Wednesday	Thursday	Friday
March 2021 ~ Senior Nutrition Program Menu				
1 Chicken tenders Root blend veg Brussel sprouts Apple slices WG bun	2 Sweet & sour chicken WG rice pilaf Peas Mixed vegetables Pineapple WG dinner roll	3 Turkey gravy w/ mashed potatoes Corn Diced pears WG biscuit	4 Sloppy Joe Baked beans Sliced carrots Fresh banana WG hamburger bun	5 Cod nuggets Green beans Key Largo blend veg Fresh fruit cup WG dinner roll
8 Sliced ham Scalloped potatoes Green peas Tropical fruit salad WG dinner roll	9 Chicken alfredo steamed broccoli Glazed carrots Strawberries WG biscuit	10 Oven roasted chicken Cali blend veg Asparagus Sliced pears WG dinner roll	11 Tater tot casserole Corn Cauliflower Diced peaches WG biscuit	12 Tilapia Brown wild rice Italian blend veg Root vegetables Fresh pear WG dinner roll
15 Homemade goulash Green beans Mixed veg Fruit cocktail WG garlic toast	16 Chicken cordon bleu Red skinned mashed potatoes Brussels sprouts Banana WG dinner roll	17 Wet burrito Refried beans Winter blend veg Applesauce Sliced wheat bread	18 Meatballs Mashed potatoes Sweet peas Pineapple WG dinner roll	19 Egg salad sandwich Fresh lettuce Fresh broccoli & carrots Strawberries Pretzel twists
22 Cheese lasagna roll Spinach Black beans & corn Diced pears WG garlic toast	23 Chicken fajita Sauteed peppers Parsley carrots Fresh apple slices Tortilla shells	24 Beef & noodles Green beans Spring veg blend Sliced pears WG dinner roll	25 Baked chicken breast Oven roasted red potatoes Brussel sprouts Tropical fruit WG sliced bread	26 Lemon baked fish Rice pilaf & lima beans Coleslaw Applesauce WG dinner roll
29 Scrambled eggs Sausage Potato patty Peppers & onions Raisins WG biscuit	30 Chicken chow mein Steamed rice Stir fry vegs Broccoli Diced peaches WG dinner roll	31 Bratwurst Cali blend vegs Seasoned cabbage Mixed fruit WG hot dog bun	This menu is for the home delivered meals only.	

Manistee County Senior Nutrition Program mealsites

The Senior Nutrition Program is serving the home delivered meals only at this time.

Congregate mealsites are not operating at this time.



Monday	Tuesday	Wednesday	Thursday	Friday
April 2021 ~ Senior Nutrition Program Menu				
This menu is for the home delivered meals only.			1 Italian spaghetti Green beans Cauliflower Sliced pears Garlic toast WG cookies	2 Good Friday No meals served today.
5 Meat loaf Mashed potatoes & gravy Steamed peas Mixed fruit WG dinner rolls	6 Homemade chicken & noodles Sliced carrots Corn Diced peaches WG biscuit	7 Shredded pork BBQ Baked beans Spring veg blend Cinnamon apple slices WG bun	8 Chicken drumstick Oven roasted potatoes Asparagus Strawberries WG dinner roll	9 Chicken cordon bleu Spinach Hubbard squash Diced pears WG sliced bread
12 Cabbage rolls /sauce Cali blend veg Lima beans Applesauce WG dinner roll	13 Breaded pork chop Sweet potatoes Black bean bake Sliced pears WG dinner roll	14 Turkey gravy w/potatoes Green beans Spring veg blend Blueberries WG biscuit	15 Cheeseburger Potato rounds Baked beans Mixed fruit WG hamburger bun Pudding cup	16 Oven roasted chicken Root veg blend Peas Fresh fruit cup WG sliced bread
19 Salisbury steak Red skin mashed potatoes Brussel sprouts Banana WG dinner roll	20 Tilapia Brown wild rice Italian blend veg Corn Tropical fruit WG dinner roll	21 Chicken alfredo Steamed broccoli Glazed carrots Strawberries WG biscuit	22 Beef tips & noodles Mixed vegs Green beans Fresh orange WG dinner roll	23 Tater tot casserole Corn Asparagus Diced peaches WG biscuit
26 Sliced ham Scalloped potatoes Green peas Pineapple WG dinner roll	27 Chicken tenders Root blend veg Green beans Mixed fruit WG dinner roll	28 Lemon baked fish Rice pilaf Lima beans Spring blend veg Applesauce WG dinner roll	29 Scrambled eggs Sausage Oven potatoes Peppers & onions Orange juice WG biscuit Blueberry muffin	30 Grilled chicken sandwich Cauliflower Diced carrots Sliced pears WG hamburger bun

Manistee County Senior Nutrition Program mealsites

The Senior Nutrition Program is serving the home delivered meals only at this time.

Congregate mealsites are not operating at this time.

March 2021 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 2 Zumba	2 10 Sit & Fit 11 Toe Tapping Tuesday 6 Cardio Drumming	3 2 Zumba	4 10 Sit & Fit	5
8 2 Zumba	9 10 Sit & Fit 6 Cardio Drumming	10 2 Zumba	11 10 Sit & Fit 3 Dementia support group	12 11 Carrie & Roger
15 2 Zumba	16 10 Sit & Fit 11 Toe Tapping Tuesday 6 Cardio Drumming	17 2 Zumba Music, Surprises! St. Patrick's Day 	18 10 Sit & Fit	19 9-11 Food Bank
22 2 Zumba	23 10 Sit & Fit 6 Cardio Drumming	24 2 Zumba	25 10 Sit & Fit	26 11 Carrie & Roger
29 2 Zumba	30 10 Sit & Fit 11 Toe Tapping Tuesday 6 Cardio Drumming	31 2 Zumba	<div style="border: 1px solid black; background-color: #92d050; padding: 10px; width: fit-content; margin: 0 auto;"> Keep in mind that these activities are subject to change or cancellation. </div>	

Manistee County Council on Aging

260 St. Mary's Parkway ~ 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

www.facebook.com/ManisteeCountyCouncilOnAging

March Madness

T E S N E F E D Y O L E E E P T E I H N
 P L U O F L A C I N H C E T I I C S S G
 T E I R L F R E E T H R O W H M N S I A
 C U O E L B H D W Z S T R L S E A A W E
 I U O T E A G B K A J E A A N O D P S S
 N N K S G S H O O T F N R N O U E I T L
 D I T U E K T B V E O E T S I T H L T C
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 A R E T T O U U T D N Q S E U P S E T E
 A R E N T M N U S W E E T S I X T E E N
 C A T S D K C F X T B N O I T C E L E S
 L I N S P S R E C N U O N N A R E F N E

Word List:

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|---------------|--------------|--------------|---------------|
| ANNOUNCERS | BASKETBALL | BRACKET | BRACKETBUSTER |
| CHAMPIONSHIP | CINDERELLA | COACH | COLLEGE |
| CUTDOWNTHENET | DEFENSE | DRIBBLE | DUNK |
| ELITEEIGHT | FINALFOUR | FOUL | FREETHROW |
| GUARD | NET | OFFENSE | OVERTIME |
| PASS | PLAYERS | REBOUND | REFEREE |
| REGIONAL | SEED | SELECTION | SHOOT |
| STEAL | SWEETSIXTEEN | SWISH | TEAMMATES |
| TECHNICALFOUL | THEDANCE | THREEPOINTER | TIMEOUT |
| TOURNAMENT | UNDERDOG | UNIVERSITY | UPSET |



ZUMBA

Mon & Wed

2-2:30 p.m.

at the

Senior Center

260 St. Mary's Pkwy

Cardio Drumming Class



TUESDAYS 6 P.M.

AT THE SENIOR CENTER

260 ST. MARY'S PARKWAY

(WAGONER COMMUNITY CENTER)

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

- 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



More Senior Center Fun

It's nearly a year since we've been able to do all the fun things with our friends. We have opened for a few activities. The musicians have been entertaining us. Our friend Edna and her daughter Karen were just some of the brave souls who ventured out for a fun outing at the Wagoner Community Center. We hope to see you soon.

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



*Happy
St. Patrick's
Day*