

FREE

Issue: Nov. 2020

Senior Moments

Manistee County Council on Aging

News & Notes from Sarah

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

By Sarah Howard
Executive Director

Hello! Have you ever been someplace and started wishing you were someplace else? That is how I have been feeling lately. It has been 8 months since I got to hear laughter, great stories and have some fun at the senior center. You have no idea how hard it is being in the building and not being able to share these things. We get to see people and see them for a few minutes in their cars, or pass them outside for a minute, but it is not the same. I really missed the Mystery Trips this year. I love to hear the excitement of people when we pull into a new stop. I also missed the Detroit Tigers trip this year. Each program, activity, trip or congregate lunch site, there are different seniors who participate in them. We get such a wide variety of people who come and hang out.

I am sure this year has been difficult for all of you too. This is not just a place to get help, learn something new, exercise, eat, travel or listen to music. This is a place where friends and family gather to keep in touch, check on each other and make sure they are not feeling alone or isolated. I know I have been feeling like that, and I can get out and about. Can you imagine how seniors who are unable to get out feel. If you know someone who may be alone, send them a note or give them a call so they know that someone cares.

The weather sure turned cold sooner than I thought it would this year. We had been doing some activities outside which was great, but now we will be moving some exercise programs indoors. We decided, we have a large building at 260 St. Mary's Parkway that is just sitting empty, so why not utilize it for a couple of things. With the social distancing and the precautions we

need to take with the 60 and over crowd, we have enough room to do a few things safely. Our current building is too small to get many people inside while following the rules. Please check out the calendar to see the activities that will be going on at 260 St. Mary's Parkway. You must wear a mask and keep at least 6 feet apart, but remember, we will be together but safely apart.

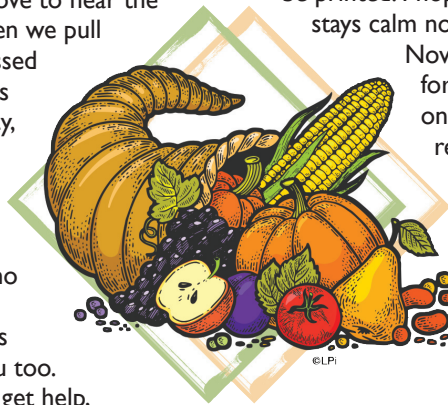
When you get this newsletter, we may already know the fate of the world with the election on November 3, 2020. I have no idea what is going to happen. I write this article about one week before the next month begins so it can be printed. I hope things go well and the world stays calm no matter the outcome.

November 3, 2020 is very important for the Manistee County Council on Aging too. It is time for our renewal of our millage and we did ask for a small increase so we can take on the Meals on Wheels program. The group from Traverse City who has been doing that program for forty years had decided they couldn't do the program any longer. The COA felt that

the Senior Nutrition program is part of our mission. To bring hot, nutritious meals to our Manistee County homebound seniors is very important. Not only is this a great way to check on our homebound seniors daily, but it is a good opportunity that we can get them the services they may need.

I have asked before, but I am asking again. As a Manistee County resident, what are you looking for in the way of programs, services or activities? What do you or your parents/grandparents need so you can age in place and stay independent? The world has changed with the pandemic, and it is time you let us know what you want from MCCOA.

I hope you have a beautiful Thanksgiving and a Happy November! Please, remember to try something new!



Sarah

Get involved with these activities!

Services

Senior Food Bank: third Friday January through November. Next Food Bank: 9 to 11 a.m. on Nov. 20. There will be no produce pantry in November nor during the winter months.

Exercise Opportunities

Exercise Group:

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

Zumba: 2:00 p.m., Mon. & Wed. (Wagoner Community Center)

Chair yoga: Coming soon

Cardio drumming: 6:00 p.m., Tues (Wagoner Community Center)



“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”

– Henry Van Dyke

November Milestones

Happy Birthday!

Darlene Carr	11/2	Paul Fortelka	11/17
Charlotte Kott	11/2	Peg Nagel	11/19
LaRaine Duchon	11/3	Joanne Kott	11/20
Gaye Fett	11/6	Robina Storm	11/20
Jane Kuriger	11/7	MaryAnn Zuchowski	11/20
Sarah Howard	11/7	Dave O'Brien	11/21
Keith Graham	11/7	Virginia Szymanski	11/22
Karen Jaskulski	11/7	William Chambers	11/23
Constance Krusniak	11/9	Kay Field	11/24
Bill Norris	11/9	Lois Bigalke	11/24
Bob Danks	11/9	Judy Harris	11/27
Mary Jo Jach	11/9	Ken Hesck	11/29
John Perschbacher	11/10	Dan Stefanski	11/29
Carol Halstead	11/11	Dan Hogan	11/30
Patricia Daniels	11/11	Marcy Day	11/30
Susan McCumby	11/11	Mike Bagley	11/30
Richard Russell	11/12	Pamela Meinhardi	11/30
John Gancarz	11/14		
Barbara Mitchell	11/15		
Kay Avery	11/16		
Geraldine Rader	11/16		

Happy Anniversary!

Jerry & Joyce Schroeder 11/1

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.



November Weather Folklore

- If there's ice in November that will bear a duck, there'll be nothing after but sludge and muck.
- November take flail; let ships no more sail.
- If trees show buds in November, the winter will last until May.
- There is no better month in the year to cut wood than November.
- Ice in November brings mud in December.
- A heavy November snow will last until April.

THERE'S STILL TIME

HAVE YOU GOTTEN YOUR FLU SHOT YET?

THIS YEAR, MORE THAN EVER, IT'S IMPORTANT TO GET YOUR FLU SHOT.
CALL YOUR LOCAL PHARMACY TODAY, OR CALL THE HEALTH DEPARTMENT AT

723-3595

Get your flu shot. Protect yourself. Keeps others safe.

COLORING FUN



MEDICARE OPEN ENROLLMENT

continues thru
Dec. 7, 2020

Call the senior center to make an appointment with Fran 723-6477

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

Music, Music Music
at the
Wagoner Community
Center

Toe Tapping Tuesday
Nov. 10, 11 a.m.
Nov. 24, 11 a.m.

Carrie & Roger
Fri., Nov. 13, 10:30 a.m.



October Fun



Looking back at last October, we'll be doing fun things again before you know it. Nora taste-tests the strawberry shortcake. Rosemary picked up one of the last fun/craft bags we were passing out. More bags will be ready around the holidays.

REMEMBER TO



TUES., NOVEMBER 3

OR BY MAIL

Dementia Support Group

2nd Thursday
of the month 3 p.m.
Thurs., Nov. 12, 3-4 p.m.
St. Joseph Parish Center.
Contact Jacki Krolczyk, 231-
883-1341 for more informa-
tion.

Parkinson's Support Group

3rd Thurs of the month
Call Sean Knudsen
517-554-6938 or
Linda Nickelson 690-5048
for time and place



ZUMBA
Mon & Wed
2-2:30 p.m.
at the Wagoner
Community Center

Call to sign up 723-6477

The Betty J Naffie Memorial Thanksgiving dinner

will take place this year on

Thurs., Nov. 26

It will be conducted as a drive through
at the VFW Walsh Post 4499
1211 28th St.

If you are unable to drive through
you may call for delivery

723-2331

The public is invited to participate.
Presented by United Way
of Manistee County

Normally at this time of year the senior center would be starting the Adult Foster Care Christmas Gift program. Unfortunately due to the recent pandemic, the senior center is unable to accept donated gifts for that program at this time.

So let's look at things a little differently this year. Do you have a senior friend who has not been getting out? Perhaps someone who has not had many visitors since all of this started in March. Think of them during the upcoming holiday season. Do something for them. Send them a Christmas card. Take them a special treat. Let them know they are not forgotten. It may seem like a small gesture, but it could mean the world to a lonely senior.

Isn't that what the true spirit of the season is all about? We at the senior center thank you in advance for your kindness to our seniors.

Cardio Drumming Class



Tues., 6 p.m.

Wagoner
Community Center

Class is open to the public
Over 60 free
Donation for others
Call to reserve your space

723-6477



Manistee County Council on Aging
Reimbursement Program for Services

This program was originally intended to replace services previously provided by MCCOA staff, such as lawn care and house cleaning. The goal was to allow people to remain in their own homes longer by assisting with household needs. The program has grown, and is starting to become cost-prohibitive to maintain at current levels.

The program is intended to serve county residents aged 60 or older, whose income is at or below 185% of poverty level. Income is determined by the Adjusted Gross Income on your federal tax form. For 2021, 185% of poverty level will be determined by the following chart:

Number of people living in household	185% of Poverty Level (annual income)
1	\$23,606
2	\$31,894
More than 2	Add \$8,288 per person above 2

Beginning January 2021, all current participants who wish to continue in this program, as well as new applicants, must sign this document, certifying that they meet the age, residency and income qualifications.

I certify that I am eligible for this program and wish to continue participating.

Printed Name: _____

Address: _____

Phone Number: _____

Date of Birth: _____

Signature: _____

Today's Date: _____

January 1, 2021

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).

Because so many of you have asked about the language in the ballot regarding the DDA, here is info we received from Ed Bradford, Chief Financial Officer for the City, regarding that language.

The DDA and/or BRA (in their active plans) capture any taxes generated by your millage on taxable value within the DDA or BRA district above the base value.

For example only: If a district had a base value of \$6,000,000 and the current value was \$10,000,000, the COA would collect their millage on the \$6,000,000 of value and the district would capture on any taxable value above that, in this case, \$4,000,000 of value.

November 2020 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 11 Feeding America Mobile Food bank Manistee Friend- ship Center 2 Zumba(Wagoner)	3 10 Sit & Fit (Wagoner) Election Day 6 Cardio Drum- ming (Wagoner)	4 Check your blood pressure day 2 Zumba(Wagoner)	5 10 Sit & Fit (Wagoner) National Redhead Day	6 John Philip Sousa's birthday
9 2 Zumba(Wagoner) 	10 10 Sit & Fit (Wagoner) 11 Toe Tapping Tuesday(Wagoner) 6 Cardio Drum- ming (Wagoner)	11 2 Zumba (Wagoner) Veterans Day <i>Some people dream</i> <i>the dream.</i> <i>Some people live</i> <i>the dream.</i> <i>Some people defend</i> <i>the dream.</i> <i>God bless the defenders.</i> <i>Thank you for your service.</i>	12 10 Sit & Fit (Wagoner) 3 Dementia Support Group	13 World Kindness day 10:30 Carrie Selbee & Roger Tarczon (Wagoner)
16 National Fast Food day 2 Zumba(Wagoner)	17 10 Sit & Fit (Wagoner) Ntn'l Homemade Bread Day 6 Cardio Drum- ming (Wagoner)	18 2 Zumba(Wagoner) 	19 10 Sit & Fit (Wagoner) 3 Parkinson's Support Group	20 9-11 Food bank 11 Feeding America Mobile Food bank Manistee Friend- ship Center
23 Fibonacci Day 2 Zumba(Wagoner)	24 10 Sit & Fit (Wagoner) 11 Toe Tapping Tuesday (Wagoner) 6 Cardio Drum- ming (Wagoner)	25 2 Zumba(Wagoner) 	26 Happy Thanksgiving 	27 
National Game & Puzzle Week				
30 Mark Twain's & Dick Clark's birthday 2 Zumba				

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

www.facebook.com/ManisteeCountyCouncilOnAging

Open Enrollment

Oct. 15 - Dec. 7 is Open Enrollment for Medicare Prescription drug and Medicare Advantage plans. If you're already enrolled in a Medicare Part D prescription plan, or a Medicare Advantage plan and you don't want to make changes to your coverages for the coming year, you don't need to do anything during Open Enrollment. If your plan is being discontinued and isn't eligible for renewal, you will have received a non-renewal notice from your carrier prior to Oct. 15.

What can I do about Part D coverage during the annual Open Enrollment Period?

Anyone who has or is applying for Medicare Part A or B can join or drop a part D prescription plan. Switching your drug coverage, or add drug coverage for the first time can make crucial medications that you need, less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your current plan's formulary for next year). If you use the Open enrollment period to choose a new Part D plan, that new coverage will begin on Jan. 1, 2021

What can I do about Medicare Advantage coverage during the annual Open Enrollment Period?

Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan. Anyone with Medicare Advantage can drop it and switch back to Original Medicare (Parts A & B). Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.

You cannot use Open Enrollment to enroll in Part A and/or Part B for the first time.

Insurance companies sometimes make changes to Medicare Advantage plans that effect how much you pay out-of-pocket – monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” You should double-check your current plan before you lock yourself in for another year. A way to lower your medical costs is to check that your current doctors, hospital and pharmacy are “in-network” with whatever Medicare Advantage plan you use. If your insurance company has changed your plan's provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment

to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs. If you use the Open Enrollment period to choose a new Medicare Advantage plan, that new coverage will begin on January 1, 2021.

If you would like help during Open Enrollment to review your options you can make an appointment with the certified MMAP counselor through the Manistee County Council on Aging. All appointments will be conducted via telephone as there are no in-person appointments during this time due to COVID-19.

Call the Manistee Senior Center/ Council on Aging at 231-723-6477 to arrange an appointment.

If you are soon to be 65, soon to lose employer coverage, looking for help with an application for Medicaid, have questions on retiree coverage, need help with nursing home Medicaid or MI Choice waiver applications, have questions on Tri Care for Life coverage, or would like to find a less expensive Medigap plan, we will do our best to help with these questions after Open Enrollment ends.

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



October Days, Past and Present

Social activities were few and far between in October, but we did get together for a fun strawberry shortcake/music day. Carrie & Roger entertained and we all enjoyed strawberries, and fresh shortcake from Lenz's Countryside. Yum! Last year we were playing games and taking trips. Soon, soon, is our hope.

Manistee County COA
457 River St.
Manistee, MI 49660

