

FREE

Issue: Dec. 2020

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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 Manistee County! It sure has been a long crazy year, and everything is so different. The COVID-19 numbers are climbing and it looks like the Council on Aging and senior center will stay closed to the public until further notice. We have been doing a few activities and programs at the Wagoner Community Center which has been great, but there was another press conference and they asked everyone to limit contact with others for at least three weeks. So, here we go again!!!! You can give us a call if you have any questions. Please mail in any forms, we will be working remotely until we get the okay to come back to the office and there won't be people at the office at all times.

With the November elections finally over and our millage passing, we will be starting the Meals on Wheels program in January. There have been a lot of new things we have had to learn about the program, but it is definitely worth the extra work. This will be a new adventure and I know it will be a great addition for the Council on Aging and the Manistee Area Public schools. The more we work with other organizations in our county, the more we can get accomplished for our community.

I am still in shock that it is December. 2020 has been a blur. Nothing has been normal for such a long time; we miss everyone, every day. But I really seem to miss everyone. When there is a holiday and we usually have a large party to celebrate. Some of the people that come to the big parties might only participate in the big celebrations. Which means we haven't seen you since last

December, so to all of our friends near and far we wish you a very Merry Christmas and a Happy New Year!

I just got some bad news about our tax program for 2021. Our great group who have been doing seniors taxes for years has decided it just isn't safe for them to come in and do taxes for our seniors. The tax group are also seniors and it is putting them at great risk, because of the closeness it takes to do this program. I will keep working on this and see what we may be able to do during tax season.

The Christmas season is such an important time for all of us, it doesn't matter what God you pray to, or if you don't believe at all. Christmas is a time when you can reflect on life, love, and ask yourself if you have done enough to make a difference in this world. Have you put others ahead of yourself? This year dealing with the pandemic, fear, the unknown, closures, masks, social distancing and death has been overwhelming for everyone. But boy, am I surprised when I hear people

say, "I'm not going to follow any of these rules and they can't make me." I am shocked by this behavior. As a human being and an American, this is such a backwards statement. You know what you believe, but what ever happened to kindness, civility and love? I won't put your life in danger, please don't put my family's life in danger. None of us love these changes, but we need to follow these rules so we can be safe. After everything in 2020, I am looking for the world to wake up and remember what is important, EACH OTHER. I hope you have a wonderful holiday season and may your life be filled with love, health and laughter.

Sarah



Get involved with these activities!

Services

Foot Clinic: second **Wednesday**
Next Foot Clinic: 10 a.m.

Senior Food Bank: third Friday January through November. Next Food Bank: 9 to 11 a.m. on Jan. 15. There will be no produce pantries during the winter months.

Exercise Opportunities

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

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

Chair yoga: coming soon

Cardio drumming: 2:00 p.m., Tues (Wagoner Community Center)

**ALL EVENTS & ACTIVITIES
ARE CANCELLED AT LEAST
THROUGH DEC. 11**



"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."
— Norman Vincent Peale

December Milestones

Happy Birthday!

Lois Schmeling	12/1
Bobby Stamp	12/1
Martha Willis	12/3
John Steele	12/4
Mike Zimmerman	12/6
Bob Daniels	12/12
Diane Bell	12/14
Darlene Thomas	12/15
Ellen Jablonski	12/17
Rosemary Hesck	12/19
Carol Westberg	12/19
Betty Scott	12/22
Helen Salacina	12/23
Christie Wissner	12/26
Jerry Schroeder	12/27

Doris Reid	12/27
Betty Lindstrom	12/29
Mary Lou Millard	12/29
Kathleen Block	12/30
Becky Tilltson	12/30

Happy Anniversary!

Dave & Jeanne Barber 12/1

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.



December Weather Folklore

- White Christmas, green Easter.
- Green Christmas, white Easter.
- If December is rainy, mild and unsettled, the winter will not be harsh.
- If there's thunder during Christmas week, the winter will be anything but meek.
- The nearer the New Moon to Christmas Day, the harder the winter.
- If Christmas Day be bright and clear, there'll be two winters in the year.
- A green Christmas brings a heavy harvest.



The Northwest Michigan Health Services will be partnering with the Betsie Valley Community Center using their Mobile Services vehicle at the Manistee County Council on Aging (Senior Center)

Thur., Dec. 17
9 a.m. to 3 p.m.



Appointments will be available for education, dental screenings, and oral cancer screenings.
Attendees receive goodie bag.



NORTHWEST MICHIGAN
Health Services Inc

Call the senior center for an appointment
723-6477

MEALS ON WHEELS TRANSITION

On Monday, Jan. 4, 2021, the Manistee County Council on Aging will assume leadership of the Meals on Wheels program in Manistee County. It is our plan to make this a seamless transition for all of the Manistee County seniors who receive Meals on Wheels. There should be no lapse in service when this change takes place.

The MCCOA is working in partnership with the Manistee Area Public Schools to continue to provide hot, delicious, healthy meals to seniors across our county.

If you have any questions or concerns about this program, please let me know. Your feedback is so important. We are here to serve the senior population in Manistee County and to help end food insecurity, one good meal at a time.

Yours,



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
Dec. 22, 11 a.m.
(if the state's emergency order has been lifted.)



November Fun



The Wagoner Community Center is starting to sparkle like new as we prepared for exercise classes to restart. We kept busy in November, but still found time to have a little fun. A trip to the Vogue Theater for a Halloween double feature was fun. Sarah's costume? It's Raining Men!



Help bring joy this season

Buy your gifts at AmazonSmile and Amazon donates



You can donate to the Manistee County Council on Aging when you do your online holiday shopping on Amazon. Shop AmazonSmile, and choose the Manistee County Council on Aging as your charity of choice. AmazonSmile donates 0.5% of your eligible purchases on Amazon to a charity of your choice.



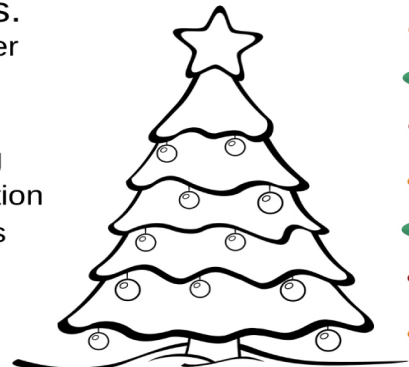
Giant Christmas Word Search



b	g	y	p	y	r	u	d	o	l	p	h	s	c	f	u	l	w	a	r	r	u	o	r	z
f	d	z	f	v	b	z	l	q	x	j	k	l	t	u	r	k	e	y	l	y	h	f	e	s
s	s	l	j	j	c	o	w	q	n	n	j	e	j	g	a	r	l	a	n	d	a	f	i	l
a	n	w	o	v	a	p	p	r	e	c	i	a	t	i	o	n	m	p	w	i	d	n	e	
l	o	t	y	l	s	a	m	c	f	s	p	e	s	t	o	c	k	i	n	g	s	g	d	i
f	w	g	t	l	y	c	h	a	v	c	h	e	g	g	n	o	g	k	a	e	d	i	e	g
a	d	w	t	y	u	v	g	e	l	i	d	o	i	k	p	h	b	z	s	d	f	f	e	h
m	w	o	c	o	w	l	k	t	i	n	s	e	l	e	n	s	c	b	m	u	y	t	r	v
i	s	v	r	h	y	k	w	b	n	s	q	v	h	l	p	x	s	a	g	q	c	s	s	j
l	n	l	o	t	r	s	j	c	t	s	h	s	w	r	y	q	k	f	r	e	e	n	f	i
y	o	v	s	t	k	i	q	w	r	q	q	d	a	i	w	y	t	u	e	o	z	b	t	n
z	w	a	n	u	r	k	s	g	e	l	d	x	u	n	q	m	i	f	l	c	l	y	r	g
q	f	e	o	w	i	p	x	t	e	a	n	f	x	s	t	k	n	y	g	z	i	s	a	l
x	l	b	w	g	o	r	n	a	m	e	n	t	s	w	x	a	u	g	a	k	q	c	d	e
u	a	v	m	q	c	q	n	b	o	a	j	h	a	l	c	g	t	y	t	r	l	z	i	b
j	k	b	a	v	k	c	i	e	j	f	s	s	b	l	a	y	c	s	h	u	i	z	t	e
d	e	c	n	t	x	a	p	v	l	p	w	d	q	z	u	l	r	k	e	a	g	i	i	l
t	b	h	h	t	g	y	a	s	o	f	d	d	f	c	e	v	a	k	r	b	h	p	o	l
c	f	w	l	e	t	h	a	n	k	f	u	l	k	f	a	w	c	n	i	d	t	r	n	s
c	d	o	h	j	e	z	r	h	s	v	c	t	r	g	u	j	k	q	n	f	s	c	s	v
u	r	v	d	e	z	r	o	m	q	q	p	u	m	u	d	x	e	w	g	y	z	i	x	g
n	o	r	t	h	p	o	l	e	e	j	s	d	f	s	n	a	r	s	v	b	k	q	a	n
k	g	s	o	b	n	q	w	x	j	x	d	g	r	a	t	i	t	u	d	e	w	v	s	a
t	r	e	e	s	k	i	r	t	j	f	r	o	s	t	y	d	t	e	h	i	p	q	g	d
s	i	p	m	i	s	t	l	e	t	o	e	d	y	r	m	b	w	o	e	g	b	q	g	j

Find these **Christmas** words.

North Pole	Santa	ornaments	nutcracker
family	reindeer	tree skirt	mistletoe
joy	toys	jingle bells	traditions
tinsel	snowflake	eggnog	gathering
thankful	Frosty	gratitude	appreciation
garland	holly	carols	christmas
snow	lights	sleigh	Rudolph
turkey	stockings	snowman	tree
cheer	jolly	gifts	elf



(The words may be hidden vertically, horizontally or diagonally.)



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



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, 2021, to the Senior Center, 457 River St. along with \$6.50 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 _____

Make an Impact on the MCCOA

Do you realize that 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

What better way to honor a loved one than 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.



Legacy 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.

You can rest assured that the Manistee County Council on Aging will continue to be good stewards of your generous gifts. If you have any questions, please feel free to contact us at 231-723-6477

Donor Information

Name: _____ Address: _____
(Please note here if you want to remain anonymous)

City: _____ State: _____ Zip: _____ Phone: _____

Donation Amount: _____

Honoree Name: _____ Honoree Address: _____
(if applicable)

The Manistee County Council on Aging is an independent 501(c)3 not-for-profit organization. Gifts to MCCOA are tax deductible under appropriate IRS regulations. Consult your tax or legal advisor for details.

Donor Privacy Policy: MCCOA does not sell or distribute donor information. Be assured your information is secure and protected.

December 2020 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2	3	4 Faux Fur Friday
7 Remember Pearl Harbor	8	9 Weary Willy Day (in honor of Emmett Kelly)	10	11
National Cookie Cutter Week				
14 2 Zumba(Wagoner) Monkey Day	15 10 Sit & Fit (Wagoner) 6 Cardio Drumming (Wagoner)	16 2 Zumba(Wagoner) Nat'l Chocolate Covered ANYTHING day.	17 9-3:30 Dental Van 10 Sit & Fit (Wagoner) 3 Parkinson's Support Group	18 Nat'l Ugly Sweater day 
Keep in mind that these activities are subject to cancellation, depending on whether the state's emergency order has been lifted or extended.				
21 2 Zumba(Wagoner) Crossword Puzzle day	22 10 Sit & Fit (Wagoner) 11 Toe Tapping Tuesday (Wagoner) 6 Cardio Drumming (Wagoner)	23 2 Zumba(Wagoner)	24 Christmas Eve 	25 Merry Christmas 
28 2 Zumba(Wagoner)	29 10 Sit & Fit (Wagoner) 6 Cardio Drumming (Wagoner)	30 2 Zumba(Wagoner)	31 New Year's Eve 	

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

Winter Safety Tips for Caregivers

The winter months can be challenging, especially when you are a caregiver, because this is a historically dangerous time for seniors.

Contributing factors for death among seniors during the winter months include the flu, pneumonia, lowered immunity, and falls that lead to hospitalization.

Use these 6 tips to prepare yourself and your older adult for the winter season. Knowing that you're helping them stay as safe and secure as possible gives you greater peace of mind.

- Be vigilant about cleanliness

We've learned from the coronavirus pandemic, it's that cleanliness is crucial for health.

Regularly washing hands thoroughly as well as regularly cleaning and disinfecting your older adult's home reduces exposure to germs.

And if they live in an assisted living community, find out about the protocols staff are using to keep residents safe.

- Use personal protective equipment to reduce the spread of illness

With or without Covid-19, using masks and hand sanitizer in public is a good practice to continue, especially if

you're in close contact with your older adult.

While you're out, using your personal protective gear reduces the risk that you'll bring illnesses back to your older adult.

- Practice safety protocols during the holidays

For many families, large gatherings during the holidays is the traditional way to celebrate. But this year, things may look a little different in order to keep everyone safe.

As a caregiver, you understand that seeing family will lift the spirits of your care recipient, but, you don't want to risk exposing them to illness.

Discuss options and modifications with family to come up with a plan that balances tradition, fun, and safety.

Group video calls can be fun and heartwarming too, but don't have the risk of close contact.

- Prepare your vehicle for winter weather

If you use your vehicle to transport your older adult during the winter, have it serviced prior to winter's harsh weather. Make sure tires, brakes, fluids,

wipers, headlights, and taillights are in working condition.

It's also a good idea to keep a road trouble kit in your vehicle.

Stock it with essentials like water, a mobile phone battery charger, snacks, blankets, flares, flashlights, and extra batteries in case your car gets stuck.

- Winterize their home

If your older adult lives independently in their own home, look for ways to prepare their home for cold weather.

Have their heating system serviced before it gets too cold.

Check the weather stripping around doors and windows, make sure the gutters are free of debris, and the roof is secure.

- Have an emergency plan

Create an emergency plan in case your older adult needs to be moved to another location during extreme weather.

Also, in case of your illness plan for a reliable and trustworthy family member or friend to take over for you.

Share the emergency plan with your older adult and other family members too.

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



November Shenanigans

Music and socially distanced exercise classes were on the docket for November. It was nice to see one another once again. Who was that masked man?? It could have been any one of our seniors, as we're all trying to be safe.

Manistee County COA
457 River St.
Manistee, MI 49660

