

FREE

Issue: May 2021

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

Beth Joseph
Support Staff



Bonnie Kruse
Senior Nutrition

Molly Cichy
Bookkeeper

Board of Directors

Judy Crockett
President

Virgil Johnson
Vice President

Marlene McBride
Secretary

Maureen Barry
Marie Linn

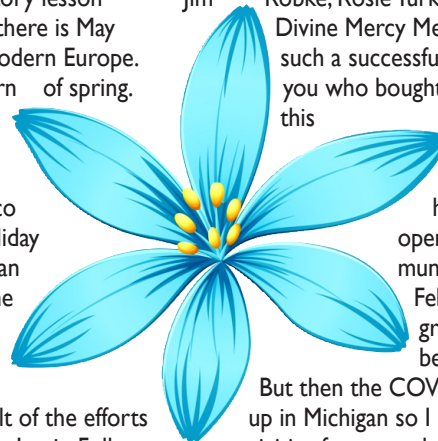
By Sarah Howard
Executive Director

Hello everyone! I just peeked at the calendar for this month and could not believe how much is going on during May. There seems to be more days to celebrate than I remember. I will say, I am happy May is here. We can spend more time outside relaxing in the sun. If you know me, you know I have very fair skin, and the sun and I don't always get along. But last year, I never went outside. I never went to the beach and truly, we barely used the grill. I think I was going through some sort of depression or sadness with the pandemic. I still have the same feelings but this year, I am going to force myself to get outside and just breathe some fresh air and relax.

I am going to give you a little history lesson about the month of May. This month there is May Day, which started in medieval and modern Europe. It was for the celebration of the return of spring. The observance probably originated as an ancient agricultural ritual. The Greeks and Romans held big festivals to celebrate May 1st. May 5th is Cinco de Mayo, or the fifth of May. It is a holiday that celebrates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. May 9th is Mother's Day. The official Mother's Day holiday started in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. As a mom, I always appreciate this day very much! May 15th is Armed Forces Day which is a joint celebration of all six branches of the U.S. military: Air Force, Army, Coast Guard, Marine Corps, Navy, and the newly created Space Force. The day honors all people currently serving in the U.S. armed forces. Finally, there is Memorial Day on May 31st. It was originally known as Decoration Day. It originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it

marks the beginning of the summer season. This stuff is very interesting to me. I didn't know any of the history of any of these holidays. Lucky me, I get to write about it and learn something new at the same time.

I need to thank Jerry Zupin and the Divine Mercy Men's Club for doing the swiss steak dinner fundraiser for the kitchen at the Wagoner Community Center. I am always amazed by the generosity of people in Manistee County, and Jerry sure is one of a kind. Jerry, thank you for everything you do for the seniors in Manistee County. I also want to thank all of our volunteers that made sure everything was dished up and ready to go. A huge shout out to Lynn & Jim Modrzyński, Tom Tarczon, Kathy Johnson, Brianne Brockway, Chris Schultel, Mick Szymanski, Jim Robke, Rosie Turk, Chris Morski and the Divine Mercy Men's Club for making this such a successful dinner. And to all of you who bought tickets to help support this important project, Thank you.



The Senior Center has been very lucky. We opened up the Wagoner Community Center to the public in February and started some group activities and had been having music weekly.

But then the COVID cases started to move up in Michigan so I decided to cancel the activities for a couple of weeks to see if the numbers start to go down after spring break. As a Council on Aging/Senior Center our population has been the most vulnerable since the beginning of the pandemic. Now with the new variants arriving we want to err on the side of caution. So, please be patient, we will start sooner than later with activities and programs again.

I want to wish all of the wonderful Moms, Grandmas, & aunts a very Happy Mother's Day! To my mom, you are the best mom in the world! I love you and I am always so proud that I got to be your daughter!

Take care of yourselves and each other and remember to try something new!

Get involved with these activities!

Services

Foot Clinic: Coming soon

Senior Food Bank: third Friday January through November. Next Food Bank: Fri., May 21. There will be no produce pantries during the winter months.

Free Attorney Consultations: second Monday. Next attorney consultations: June 14. By appt.

Sit & Get Fit (Onkama): 11 a.m., Mon. & Wed., Farr Center

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

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

Exercise Opportunities

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

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



*Remember those
who served before.
Remember those
who are no more.
Remember those
who serve today.
Remember them
as we eat and play.
Remember our protectors-
who are not home today.
Remember them all on
Memorial Day.
~Emily Toma, 2014*

May Milestones

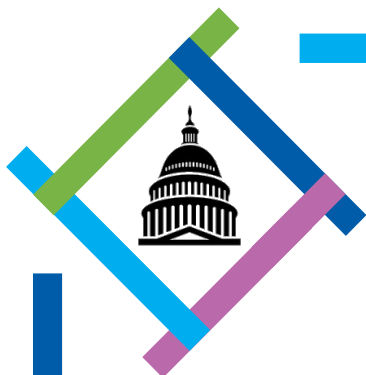
Rita Merkey	5/1	Mary Gossett	5/15
Judy Taylor	5/1	Barbara Jados	5/15
Joan Crow	5/1	Lenore Adams	5/16
Betty Sander	5/2	Debbie Cole	5/17
Carol Carlin	5/2	Alvin Williams	5/17
Paula Barton	5/3	Peggy Falk	5/21
Carol Lucas	5/3	Jan Jankweitz	5/21
Paul Masty	5/3	Maureen Jankwietz	5/21
Marianne Blair	5/3	Leroy Gramza	5/21
Carol Ann Briske	5/3	Beverly T. Lauth	5/22
Carl Peterson	5/4	Penny LaVasser	5/22
Ann Bielak	5/5	Marilyn Stefanski	5/22
Harry Kolk	5/5	Ada Brown	5/22
Pat Thomas	5/5	Jim Dewey	5/22
Diane Beall	5/9	Susan Mackin	5/23
Frank Lopetrone	5/9	Louie Ketz	5/24
Del Mikolajczak	5/10	Roger Lemire	5/24
Gretchen Davies	5/11	Donna Darrow	5/25
Sharon Hutson	5/12	Marianne Damako	5/26
Gary Cushing	5/13	Charles M. Lauth	5/27
Ellen Kuuttila	5/13	Sue Steinberg	5/28
Anita Mohr	5/13	Herb Dyer	5/28
Carol Quade	5/14		



Harriet Adamczak	5/28
Tom Gorney	5/29
Ron Celli	5/30

Happy Anniversary!

Ron & Joyce O'Hagan	5/5
Lou & Rodger Slag	5/8
Gerald & Joan Riss	5/15



JOIN US



SENIOR ACTION WEEK • MAY 10-14, 2021

Join the Area Agencies on Aging Association and community partners in a week of advocacy!

Learn about our top five advocacy priorities and why they are so important to older adults in Michigan. Help us rally to protect these vital services that allow seniors to age with dignity and independence in their own homes.

Monday	Rebalance Community-Based Long-Term Services & Supports (LTSS) Funding
Tuesday	Increase Access to Non-Medicaid Home & Community-Based Services
Wednesday	Bridging the Digital Divide for Older Adults
Thursday	Support & Strengthen the Direct Care Workforce
Friday	Establishment of a Kinship Caregiver Navigator Program

LIVESTREAM EVENT • WEDNESDAY MAY 12 • 10:00-11:30AM

Hear from legislators on important issues that impact Michigan's most vulnerable population.

Join the Livestream Event: <https://zoom.us/j/96885691099?pwd=TS9JS2JoRjRjQlE4MnpIR2syMXk3QT09>

Meeting ID: 968 8569 1099

Passcode: 616294

Join via phone: 1-646-558-8656



ZUMBA
Mon & Wed
2-2:30 p.m.
at the
Senior Center
260 St. Mary's Pkwy



TUES 6 P.M.
AT THE
SENIOR CENTER
260 ST. MARY'S
PARKWAY
(WAGONER
COMMUNITY CENTER)

DEMENTIA SUPPORT GROUP

The dementia support group will meet the second Thursday of the month. During meetings masks and social distancing protocols will be implemented. 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 June 10 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., June 17 at the Wagoner Community Center. Please call Linda Nickelson (231) 690-5048 or Sean Knudsen (517) 544-6938 for more information.



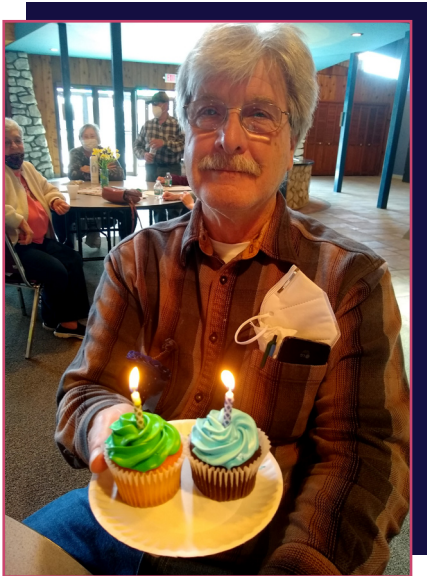
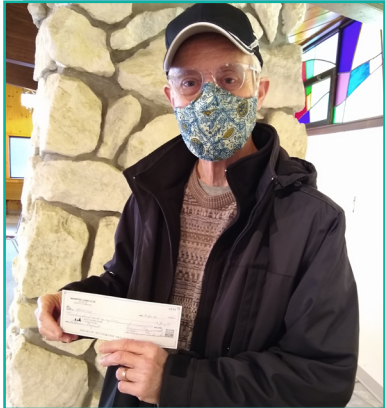
Sometimes it's the small things, and thoughtful gestures that mean the most during these times. We have a little duck family growing on our grounds.

Can't wait to see the ducklings!

Mick from the Manistee Lions Club presented us with a donation to the Wagoner Community Center.

We celebrated Paul's birthday last month.

The small things... make us feel good.



Did you pay funeral costs after losing someone due to COVID-19?



We may be able to help with funeral assistance.

Learn more at **FEMA.gov** or call **(844) 684-6333** to get started.



FEMA

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

SIMPLY give

Feeding local families has never been this simple. Support the Manistee Senior Center food pantry by buying a \$10 Meijer Simply Give donation card at Manistee Meijer now through July 3.

#MeijerGives

Sat., June 19 is a double match day!

SUMMER READING

This summer the Manistee County Public Library will be presenting their youth summer reading program. One of the events will be an outdoor event held here June 23, at the Wagoner Community Center, featuring Clark, the Juggler. Mark your calendars, plan to bring your grandchildren for this fun event. Watch for more details.

NUTRITION

Good Carbs, Bad Carbs -How to Choose

Carbohydrates provide fuel for our body. They can also turn into fat, which is stored energy that can be used later.

There are three main categories for carbohydrates.

Starches- Pasta, rice, and grains are starchy carbs that are a good source of energy. Potatoes, parsnips, corn, and peas are among the starchy vegetables. Beans, such as garbanzo, kidney, and black, are not only a starchy carb but provide fiber.

Sugars-Sugar carbs are refined carbs and typically found in processed foods and foods made with corn syrup, fructose, or sugar. These carbs should be limited in your diet. Some examples are the following: white bread, white pasta, chips and crackers, candy, cakes, cookies, and pies, sugar sodas, and sugary cereals.

Fiber-Fiber carbs do not provide energy directly, but they feed the friendly bacteria in our digestive system. Fiber regulates the body's use of sugars, helping to keep your blood sugar at a healthy level. Dietary fiber helps your digestive system to maintain healthy bowel function. Some fiber foods are almonds, pistachios, avocados, blackberries, raspberries, popcorn, bran cereal, broccoli, asparagus, pears, oranges, apples, red grapes, bananas, and most beans.

In summary, the healthiest way to eat carbs is to choose fiber rich fruits and vegetables, whole grains, low-fat dairy products, and limit foods with added sugars. The best carbs are the ones closest to its natural state.

Be encouraged knowing that small steps
can yield big benefits!

Happy Mother's Day

Senior Food Bank

Fri., May 21 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.

SENIOR NUTRITION PROGRAM SEEKING VOLUNTEER DRIVERS

The Senior Nutrition Program is looking for meal delivery volunteer drivers. We need drivers who can commit on a weekly basis and sub drivers, a call when needed basis. It is through the hard work and dedication of our wonderful volunteers that the Senior Nutrition Program is able to provide hot nutritious meals to homebound seniors in Manistee County. Being a volunteer can be enjoyable and rewarding, knowing that you made a difference in someone's day. You may also discover that you have a new passion!

For more information call Bonnie
at 723-6477

My Mother Kept A Garden

by Kelly Z

My Mother kept a garden,
a garden of the heart,
She planted all the good things
that gave my life its start.
She turned me to the sunshine
and encouraged me to dream,
Fostering and nurturing
the seeds of self-esteem...
And when the winds and rain came,
she protected me enough-
But not too much because she knew
I'd need to stand up strong and tough.
Her constant good example
always taught me right from wrong-
Markers for my pathway
that will last a lifetime long.
I am my Mother's garden.
I am her legacy-
And I hope today she feels the love
reflected back from me.



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

Monday	Tuesday	Wednesday	Thursday	Friday
May 2021 ~ Senior Nutrition Program Menu				
3 Meatballs Mashed potatoes Green beans Fruit cocktail	4 Chicken salad sandwich Fresh lettuce Coleslaw Strawberries Pretzel twists	5 Beef enchilada w/ sauce Mexican rice Mixed vegetables Fiesta bean bake Diced pears Cinnamon churro	6 Cheese lasagna roll Parsley carrots Cauliflower Sliced peaches Garlic Toast	7 Shredded pork BBQ Baked beans Asparagus Cinnamon apple slices Hamburger bun
10 Cod nuggets Rice pilaf Lima beans Chef blend veg Pineapple Dinner roll	11 Meatloaf Mashed potatoes w/ gravy Steamed peas Banana Dinner roll t	12 Baked chicken breast Root blend veg Steamed corn Mixed fruit Sliced bread	13 Egg & cheese omelette Sausage links Peppers & onions Hash browns applesauce Biscuit	14 Cabbage rolls w/ sauce California blend vegetables Diced carrots Blueberries Dinner rolls
17 Homemade goulash Green beans Mixed veg Tropical fruit WG garlic toast	18 Chicken Cordon Bleu Diced squash Red skin mashed Potatoes Sliced Pears Dinner roll	19 Beef & cheese burrito Refried beans Fiesta corn Applesauce Dinner roll	20 Chicken n noodles Sliced carrots Peas Diced peaches Biscuit Cookie	21 Sliced ham Scalloped potatoes Broccoli Cauliflower Wheat bread
24 Tuna noodle casserole Winter blend veg Brussel sprouts Mandarin oranges Dinner rolls	25 Roasted sliced turkey Stuffing Asparagus Mixed vegetables Dinner roll	26 Chicken Alfredo Steamed broccoli Glazed carrots Strawberries Biscuit	27 Salisbury steak Mashed potatoes Green beans Fruit cocktail Sliced wheat bread	28 Chicken tenders Root blend veg- Waxed beans Fresh fruit cup Dinner rolls
31 Memorial Day No meals served	EARLY JUNE MENU Sloppy Joe Baked beans Diced oven potatoes Cinnamon Apple slices Hamburger bun Chicken gravy w/ Mashed potatoes Corn Diced pears Biscuit Cheese ravioli Green beans Sliced carrots Mixed fruit Garlic toast Pudding cup Ham & cheese sandwich Shredded romaine Coleslaw Watermelon Bread			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.

May 2021 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 Social Striders	4 Election day Senior Center closed	5 Cinco de Mayo	6	7
9 Mothers day	11	12	13	14
10 Social Striders				15 Armed Forces day
Older Michiganian Week				
17 Social Striders	18	19	20	21 9-11 Food Bank
24 Social Striders	25	26	27	28
31 Memorial Day Senior Center closed				

Because of the high number of Covid cases in Manistee County, all activities at the senior center have been cancelled for this month.

We hope to be back open soon,
keep watching for updates.

We miss your company! We miss your smiles!

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

Let's Bake! Word Search

B	R	E	A	D	E	G	G	S	R	C	O	E	N	D	A
A	E	B	A	K	E	C	G	W	O	E	L	O	T	C	C
K	I	E	E	U	R	N	H	O	L	E	O	E	A	S	O
L	K	O	T	U	I	I	K	A	L	P	E	K	U	O	O
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R	E	S	N	R	C	U	P	C	A	K	E	P	A	A	L
E	E	F	O	U	R	R	O	L	L	I	N	G	P	I	N
T	A	B	L	E	S	P	O	O	N	Y	E	E	R	L	R

Word List:

CUP
SUGAR
CREAM
CAKE
ROLLS
CHOCOLATE
WHIP
COOKBOOK
CRUST

TEASPOON
MILK
BUTTER
COOKIE
PASTRY
DOUGH
BAKE
SALT

TABLESPOON
BUTTERMILK
OVEN
CUPCAKE
FROSTING
BATTER
VANILLA
YEAST

FOUR
EGGS
COOKIESHEET
BREAD
ROLLINGPIN
STIR
LOAF
PIE





April at the Senior Center

Filer Credit Union held a food drive to help support the senior center food pantry. Thank you to our community for their generosity. Nancy uses our fancy new sanitizer gun. It looks a lot like a ray guy from the 50s! Look at our main door. If you're confused where to enter the new center, follow the red arrow. You won't actually see it on the grass, so take a good look at the photo.

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

