

FREE

Issue: May 2020

Senior Moments

Manistee County Council on Aging

News & Notes from Sarah

By Sarah Howard
Executive Director

what she needs done but we can only do what is essential. With everyone working remotely, it just seems so weird.

We are going to look at a possible opening on Monday, June 1, 2020. We can't wait till we are all back and things are a little normal. Now don't hold me to that date because things can always change. We are doing food bank two times per month while we are closed to the public.

We are doing a fresh produce food bank and our regular food bank. Check out the dates and times for May. You just drive in and we put the food in your car. Any senior 60 and older that lives in

Manistee County is welcome to participate. It has been so nice to see everyone's smiling faces and to know you are doing well as you drive through.

If you told me this pandemic was going to happen and life as we know it would change, a year ago, I would have told you that you were crazy. But seeing what is happening in the world and numbers of people that are no longer with us, it is just unthinkable. Life can change in an instant, I will never take life for granted again. We are the lucky ones in all of this, we are still here. I hope your life has been changed for the better and you appreciate everything a little bit more. I pray that you and your loved ones will be safe through the next few months of the unknown and you take nothing for granted.

To all of the moms, grandmas, aunts and sisters, I hope you have the happiest of Mother's Day! To my Mom, I hope you know you are the reason I am who I am, and I love you more than you will ever know. I hope you have a wonderful May and remember to try something new!



I hope you are safe, staying home and staying healthy! These times are so strange. Our world may never be the same again and it is very stressful not knowing what is next. I have been so unsure what to say to people or even what is right or what is wrong in these times. We are being given so much new information every day that it is truly overwhelming. So, hang in there, things can only get better.

I keep looking for the light at the end of the tunnel. I haven't seen my mom for more than a drop off groceries how are you doing and a goodbye. My brother and sister don't want anyone even in her house for fear she could get sick. I agree, but she is so lonely. It is cute, my daughter and granddaughter walk over to her house and have porch picnics and visit. They sit outside and eat together, but not really together. I hope you are able to see your loved ones, even if it is just through the window.

The Senior Center is just not the same anymore. When we are here getting food bank ready it is just us and it is sad. We all have fun, but it just isn't the same without the hustle and bustle of all of you. The phones are being answered every day by one of the great staff, so they can answer questions and still give you a hand. You can always reach me by email if you need anything. I have been working on the computer and having zoom meetings galore. Molly our bookkeeper comes in and gets

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

Get involved with these activities!

Services

Foot Clinic: second **Wednesday**

Next Foot Clinic: 10:30 a.m. on .

Senior Food Bank: third Friday January through November. Next Food Bank: 9 to 11 a.m. on May 15.

Eyeglass Repair Clinic: third Thursday
Next Eyeglass Clinic: 11 a.m. on .

Free Attorney Consultation: second Monday. Next attorney consultation .

Exercise Opportunities

Exercise Group: 9 a.m., Mon & Wed

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

Zumba: 2 p.m., Mon & Wed

Chair yoga: Mondays, 2:45 p.m.

Cardio drumming: Tuesdays, 6 p.m.

Sit & Get Fit (Onekama): 10:30 to 11:00 a.m., Mon & Wed

Sit & Get Fit (Bear Lake): 10 to 11 a.m., Wed & Fri

Indoor walking: 10 a.m. Wed & Fri

(Manistee) .

Fun & Games

Bridge: 1 p.m., Tuesday (in season)

Fun Bingo: 11 a.m., Wednesday

Game Nights: 6 p.m. Wednesday

Game Day: Thursdays 10:30 a.m.

Produce Bingo: first Friday

Next Produce Bingo will be .



“May, more than any other month of the year, wants us to feel most alive.

– Fennel Hudson

May Milestones

Happy Birthday!

Betty Sander 5/2
Paula Barton 5/3
Carol Lucas 5/3
Paul Masty 5/3
Marianne Blair 5/3
Ann Bielak 5/5
Harry Kolk 5/5
Pat Thomas 5/5
Terry Tetzlaff 5/7
Dennis Raz 5/7
Diane Beall 5/9
Del Mikolajczak 5/10
Helen Wichtoski 5/10
John Long 5/13
Lenore Adams 5/16
Alvin Williams 5/17
Jack Hanson 5/20
Peggy Falk 5/21
Leroy Gramza 5/21
Beverly T. Lauth 5/22
Marilyn Stefanski 5/22

Ada Brown 5/22
Jim Dewey 5/22
Charles M. Lauth 5/27
Sue Steinberg 5/28
Tom Gorney 5/29
Mike Pajtas 5/31

Happy Anniversary!

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



We celebrated Edna Holmberg’s 101st birthday in April



Born in May?

Those who are born in May are self motivated. They love to dream. They can be systematic, with a stubborn approach. They like literature and arts. They are very diligent, extremely understanding, resolute and enthusiastic.

Your birth flower is the Lily of the Valley.

The Lily of the Valley symbolizes sweetness, humility and purity.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

								4
	5	9		4	1			8
				8	3			2
			9				2	1
				5	4		3	
	4	3				6	5	
6		1		2				
3		2			9			

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DIFFICULTY: ★★☆☆



SOLUTIONS
ON PAGE 8

ENIGMATM CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "G" = "U"*

“EMJ VJBLPJI DYYV ZLXEJO MXO
PYPOJPOJ XP WJEEJL VBPTGBTJ
EMBP EMJ GPVJBLPJI, WGE OEXVV
‘EXO PYPOJPOJ.’” – WJPHBQXP DLBPFVXP

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E020

What are you doing to stay sane during “Stay at Home”?

**Our kitty entertains us
Watch or listen to
encouraging programs, pray.
Play and listen to
encouraging music**

**Downloading books and
lots of reading.
Downloading Netflix shows
and movies on my tablet.**

**What do I do? Try new
recipes with minimal
ingredients, walk my
dogs, but only in the
evenings, because they
aren't social, and work
out. Lots of weight
lifting!!**

**Cleaning and sorting items
that we have in rooms,
drawers, closets, etc. Been
putting off for a long time.
Have lots of time now.
Be safe everyone!**

**Reconnecting with old
friends and family via
FaceTime and Facebook.**

**Wood working.
Sewing, walking the girls.
I walk a little, try exercise
with country music.
Crosswords.**

**Keep up the great work!
We'll be out and about before you know it!**

COUNTYWIDE TRAVELING FOOD BANKS TO BE SCHEDULED

In Marilla, Copemish, Bear Lake, Wellston and Kaleva. To make sure we have enough food, these banks will be operated with a call in system. If you are a Manistee County resident, 60 years or older from the Marilla, Copemish, Bear Lake, Wellston or Kaleva areas, you will be instructed to call the senior center and sign up for these food banks. You will be asked for your name, birth date, address and phone number. You must be signed up to participate in the food banks. Dates to be announced. The senior center's phone number is 231-723-6477

CROSSWORD PUZZLE

ACROSS

- 1 Record
- 4 Women's Army Aux. Corps (abbr.)
- 8 Footless
- 12 Amer. Bar Assn. (abbr.)
- 13 Blood (pref.)
- 14 Tiber tributary
- 15 3 (Rom. numeral)
- 16 Sweet spire
- 17 Protuberance
- 18 Jap. sword
- 20 Dravidian language
- 22 Festival
- 25 Popular girl
- 28 Afr. gazelle
- 31 Russ. range
- 33 Office of Economic Development (abbr.)
- 34 Turkish caliph
- 35 Whiff
- 36 Exclamation

- 37 Angry
- 38 Amer. Natl. Standards Inst. (abbr.)
- 39 Ground (pref.)
- 40 Buddhist saint
- 42 Noble (Ger.)
- 44 Ecuador (abbr.)
- 46 Land of Croesus
- 50 Empty
- 52 Created
- 55 Scot. alder tree
- 56 Star (pref.)
- 57 Woden
- 58 Roofing slate
- 59 Social climber
- 60 Hindu cobra
- 61 To or from a distance (pref.)

DOWN

- 1 Non-cleric
- 2 Fetish
- 3 Lope
- 4 Pule

- 5 At the age of (Lat.)
- 6 Soul or spirit (Fr.)
- 7 Heddles of a loom
- 8 Talus
- 9 Queen of Ithaca
- 10 Mountain (pref.)

- 11 Drop
- 19 Africa (abbr.)
- 21 Skillful
- 23 Rotate
- 24 Undo
- 26 Guide
- 27 Lover of Narcissus
- 28 Ceylonese langur
- 29 Whistling swan
- 30 Yet
- 32 Tart
- 35 Braz. armadillo
- 39 Thickness
- 41 Astringent
- 43 Queen of Italy
- 45 King of Judah
- 47 Pointed missile
- 48 "Dies _____"
- 49 Anglican (abbr.)
- 50 Low (Fr.)
- 51 Army service number (abbr.)
- 53 Amer. Dental Assn. (abbr.)
- 54 Grub

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20	21				
			22		23	24		25			26	27
28	29	30			31		32			33		
34				35						36		
37				38					39			
40			41			42		43				
		44			45		46		47	48	49	
50	51				52	53	54			55		
56					57					58		
59					60					61		



SOLUTION
ON PAGE 8

Fresh Produce Food Bank

Fri., May 1 ~ 9am-11am
(or as supplies last)

Manistee Senior Center

(bank will be conducted as a drive through food bank as previous food banks have been conducted.)
Must be 60+ years old and live in Manistee County.

Monthly Senior Food Bank

Fri., May 15 • 9-11am
Manistee Senior Center

Bank will be conducted as a drive through food bank.
Must be 60+ years old and live in Manistee County.

Puzzle Solutions

PREVIOUS SOLUTION: "The learned fool writes his nonsense in better language than the unlearned, but still 'tis nonsense." — Benjamin Franklin

LOG		WAAC		APOD
ABA		HEMA		NERA
III		ITEA		KNOB
CATAN			MALE	
	FETE		BELLE	
MOHR		URAL		OEC
ALI		TRACE		PAH
HOT		ANSI		PEDO
ARHAT		EDEL		
	ECUA		LYDIA	
BARE		MADE		ARN
ASTR		ODIN		RAG
SNOB		NAGA		TEL

Answer to Sudoku

2	3	8	5	9	6	1	7	4
7	5	9	2	4	1	3	6	8
4	1	6	7	8	3	5	9	2
8	6	5	9	3	7	4	2	1
1	2	7	6	5	4	8	3	9
9	4	3	8	1	2	6	5	7
6	7	1	4	2	5	9	8	3
5	9	4	3	7	8	2	1	6
3	8	2	1	6	9	7	4	5



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
 Herbert Funeral Home medical equip loans (231) 723-3557



Rock Me to Sleep

BY ELIZABETH AKERS ALLEN

Backward, turn backward, O Time, in your flight,
Make me a child again just for tonight!
Mother, come back from the echoless shore,
Take me again to your heart as of yore;
Kiss from my forehead the furrows of care,
Smooth the few silver threads out of my hair;
Over my slumbers your loving watch keep;—
Rock me to sleep, mother, – rock me to sleep!

Backward, flow backward, O tide of the years!
I am so weary of toil and of tears,—
Toil without recompense, tears all in vain,—
Take them, and give me my childhood again!
I have grown weary of dust and decay,—
Weary of flinging my soul-wealth away;
Weary of sowing for others to reap;—
Rock me to sleep, mother – rock me to sleep!

Tired of the hollow, the base, the untrue,
Mother, O mother, my heart calls for you!
Many a summer the grass has grown green,
Blossomed and faded, our faces between:
Yet, with strong yearning and passionate pain,
Long I tonight for your presence again.
Come from the silence so long and so deep;—
Rock me to sleep, mother, – rock me to sleep!

Over my heart, in the days that are flown,
No love like mother-love ever has shone;
No other worship abides and endures,—
Faithful, unselfish, and patient like yours:
None like a mother can charm away pain
From the sick soul and the world-weary brain.
Slumber's soft calms o'er my heavy lids creep;—
Rock me to sleep, mother, – rock me to sleep!

Come, let your brown hair, just lighted with gold,
Fall on your shoulders again as of old;
Let it drop over my forehead tonight,
Shading my faint eyes away from the light;
For with its sunny-edged shadows once more
Haply will throng the sweet visions of yore;
Lovingly, softly, its bright billows sweep;—
Rock me to sleep, mother, – rock me to sleep!

Happy Mother's Day to all.

May 2020 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE KEEP IN MIND THAT AT THE PRESENT TIME, THE SENIOR CENTER IS CLOSED TO THE PUBLIC AND <u>ALL ACTIVITIES ARE CANCELLED</u>. WATCH FOR UPDATES ON WHEN THE SENIOR CENTER WILL REOPEN.</p>				<p>1 9-11 Produce food bank</p>
<p>4 Your dreams don't have to be lofty; they just have to be lived.</p>	<p>5 The goal is not to change who you are but to become more of who you are at your best.</p>	<p>6 May you see sunshine where others see shadows, and opportunities where others see obstacles.</p>	<p>7 A single thread of hope is still a very powerful thing.</p>	<p>8 Laugh at yourself. It tones your facial muscles and attitude.</p>
<p>11 Remember that life's greatest lessons are usually learned at the worst times</p>	<p>12 It's your life; live it well.</p>	<p>13 Success is a lousy teacher. It seduces smart people into thinking they can't lose.</p>	<p>14 Taking care of yourself makes you stronger for everyone in your life ... including you.</p>	<p>15 9-11 Food bank</p>
<p>18 Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined.</p>	<p>19 Don't worry about failure, worry about the chance you miss when you don't even try.</p>	<p>20 Let your dreams be bigger than your fears, your actions louder than your words, and your faith stronger than your feelings.</p>	<p>21 Limits exist only in the mind.</p>	<p>22 It's your life. Be sure you're playing to your strengths instead of simply to other people's weaknesses.</p>
<p>25 Negative people need drama like it's oxygen. Stay positive and take their breath away.</p>	<p>26 Give your stress wings and let it fly away.</p>	<p>27 Life is not about waiting for the storm to pass, it's about learning to dance in the rain.</p>	<p>28 We don't meet people by accident. They are meant to cross our path for a reason.</p>	<p>29 It's not about being the best. It's about being better than you were yesterday.</p>

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

COVID-19 FACTS

We have heard a lot recently about "coronavirus" or COVID-19. Here are a few things to know to keep yourself safe and informed.

What is COVID-19? COVID-19 is a type of virus that can cause respiratory illnesses. Cases of COVID-19 in particular can be mild, but others can be more severe and occasionally deadly for those living with other chronic health conditions.

What are the symptoms and what should I do if I experience them? In general, COVID-19 causes a respiratory illness that ranges from mild to severe, though for some it can be deadly. Symptoms, which usually appear 2 to 14 days after someone gets infected, can include: fever, cough, shortness of breath. If you have these symptoms, call your doctor first, before visiting an office. They

can determine if your symptoms match COVID-19 and whether you should be tested. Also contact your doctor if you have been in close contact with a person known to have COVID-19 and/or have recently traveled to an area where COVID-19 cases have occurred. If you develop emergency warning signs such as difficulty breathing, call 911 immediately. Let the 911 operator know that you may have COVID-19 symptoms.

How can I protect myself and others?

The CDC recommends everyone follow these everyday practices: Stay at home as much as possible and if you have to go out, avoid crowds or poorly ventilated areas. Make sure you have access to medications and supplies during the time you are staying at home.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water (or an alcohol-based hand sanitizer with at least 60% alcohol) for at least 20 seconds.

You should especially wash your hands after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing; and after encountering anyone who is or may be sick.

Cover your cough or sneeze with a tissue. If a tissue isn't readily available, sneeze or cough into your elbow to reduce the risk of spreading infection with your hands.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning product.

MORE CENSUS INFO

ATTENTION SENIORS:



If you do not have internet access, or if you have not received your census paperwork in the mail, that doesn't mean you can't register for the 2020 census.

You can call **844-330-2020**. You will get to speak to an actual person who can help you get counted. Or if you received yours in the mail, you can fill out the census paperwork and mail it in.

Census officials were going to be leaving paper questionnaires on doorknobs at each residence in Manistee County, but during this health crisis, that project has been postponed.



Detroit Tigers Game



Thurs., June 11

Tigers vs Oakland Athletics

\$119 per person

No refunds after May 15

Includes transportation, ticket, hot dog and pop at the stadium. Bus loads in the Manistee Catholic Central parking lot at 6:30 a.m. Leaves at 7 a.m. sharp. Seats are limited.

Call the Senior Center for more info.

723-6477

PLEASE WATCH REGARDING POSSIBLE CANCELLATION



April..Not much to be seen..so much behind the scenes

Being closed doesn't mean that nothing went on at the center. We want to give a big thank you to everyone who helped us in our efforts to keep in touch with our seniors. Those who stood out in the cold during food banks, who directed traffic. Those who donated food, masks, bags, time, money, those who called our seniors to stay in touch. We couldn't have done it without you.

**Manistee County COA
457 River St.
Manistee, MI 49660**

