

FREE

Issue: Oct. 2020

Senior Moments

Manistee County Council on Aging

News & Notes from Sarah

By Sarah Howard
Executive Director

are really glad to have friends around.

During the last few months, I have found out that doing some coloring, and holding babies is a de-stressor for me. I am always looking for ways to relax and take a few breaths. My mind never shuts down! When I am supposed to be relaxing doing yoga, meditating or getting a massage I can't relax. That is so frustrating. I would love to know if you have any good ideas. I am sure there are a lot of people like me out there.

This month reminds me of so many fun times in my life. I love Halloween. I still dress up to hand out candy. I am not sure how things will be in our county this year, but I am looking forward to seeing my little monsters dressed up this year.

My husband and I usually go away the last week of October. We always stay at the Grand Geneva Resort in Lake Geneva, Wisconsin. They usually have a Dining Event during this week at all of the beautiful resorts. You can go and get 3 and 4 course gourmet meals for a fraction of the cost. We love to try some of the interesting meals while we are there. I don't know if this means I am cheap or that I love food. We did make reservations to go, but it really depends on what phase Wisconsin is in the week before.

With the weather getting colder, we have been working on some options for some of our programs. But with our population, I still need to think of bringing people out and gathering. I will keep you posted with everything that will be going on in the next few weeks.

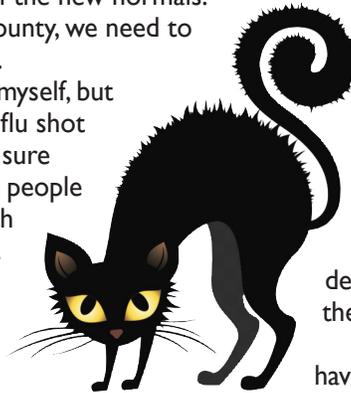
I hope you have a very wonderful October and a Happy Halloween and please remember to try something new!

Hello everyone! Boy we sure have missed all of you the last 7 months. I have been struggling with how we can get people back into the senior center, but as of today we are still in the mid to high-risk category. This has really been dragging on so much longer than anyone (especially me) thought. I still remember thinking it would affect us for a few days, then a couple of weeks, but never this.

I have had a few family members and several good friends affected by COVID-19. You never know how bad it can be until it is so close to home. Some had a couple of the symptoms and the others were very sick. I just don't know how so many people around the world have been affected by this terrible virus, but it looks like most people around here are following all of the new normals. Keep it up Manistee County, we need to beat this horrible virus.

I don't want to repeat myself, but please, please get your flu shot this year. I just am not sure what will happen when people start getting the flu with the pandemic going on. I know the CDC and other organizations are very worried. So be vigilant, wash your hands, wear your mask and get the flu shot.

I have been really busy with family lately, kids and grandkids seem to have so much going on, so it is nice that Tony and I can help out. I lived 5 hours away when my kids were little, so I remember just figuring everything out and being jealous that my sister had our mom a block away to help. Schools started and it looks like things are going well so far. Two of my grandkids are in school and they



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 Oct. 16.

Eyeglass Repair Clinic: third Thursday

Next Eyeglass Clinic: 11 a.m. on

Free Attorney Consultations: second

Monday. Next attorney consultations:

Chair yoga:

Cardio drumming:

Sit & Get Fit (Onekama):

Sit & Get Fit (Bear Lake):

Indoor Bowling:

Fun & Games

Product

Fun Bingo

Game Day

Product

Product

Product

Product

Product

Product

Exercise Opportunities

Exercise Group:

Sit & Get Fit (Manistee): 10 to 10:30

a.m., Tues & Thur (outside)

Zumba:

**BE SURE TO CALL TO SEE
IF YOUR EVENT IS STILL
HAPPENING.
THE SENIOR CENTER
IS CLOSED TO
THE PUBLIC
UNTIL FURTHER NOTICE.**



*“Shadows of a thousand
years rise again unseen.
Voices whisper in the trees,
“Tonight is Halloween!”*

– Dexter Kozen

October Milestones

Happy Birthday!

Mary Lou Pearson	10/1
Roxanne Lambert	10/2
Alice Maidens	10/5
Jeanne Boyko	10/7
Donna Meduna	10/7
Arlene Adamski	10/8
Dawn Doehne	10/10
Pamela Cooper	10/10
Tom Amor	10/13
Robert Mooney	10/15
Jona Harris	10/19
James Staff	10/20
Nancy Fortin	10/20
Jodi Samsal	10/20
Jean Rowe	10/21
Diana Huntley	10/21
Mary Lynn Richardson	10/21
Pinky Westervelt	10/23
Pat Fisk	10/25
Sue Mucha	10/27
Trish Self	10/27

Jean Bialik	10/28
Beth Griffin	10/28
Betty Gardner	10/28
Gary Baker	10/28
Sandra Welsh	10/28
Barbara Hoffman	10/30

Happy Anniversary!

Pinky & Doug Westervelt	10/7
Thomas & Laura Johnson	10/11
Tom & Kay Adamczak	10/19
Bob & Lois Danks	10/28

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.



Folklore for the Season

- When deer are in a gray coat in October, expect a hard winter.
- Much rain in October, much wind in December.
- A warm October means a cold February.
- In October dung your field, and your land its wealth shall yield.
- Good October, a good blast,
To blow the hog acorn and mast.
[tree fruit upon which wild animals feed]

Vaccines: Why Are They Essential for Your Care

As flu season nears, be sure to stay updated on your vaccinations. Especially as we continue to battle the COVID-19 pandemic, it's important to protect ourselves from other illnesses so that we can keep our immune systems strong. Staying on top of your vaccines is one of the easiest prevention measures you can take for your health—so read about available shots below, and talk with your healthcare professional today!

Flu Shot

The CDC recommends an annual shot to protect against influenza viruses. There are two new influenza vaccines, Fluzone High-Dose Quadrivalent and Fludac Quadrivalent, that are licensed for people who are 65 years old or older. Older adults are at a higher risk for having serious flu-related complications, so it's especially important for them and the people around them to get vaccinated.

Pneumococcal Shot

This vaccine protects against pneumococcal bacteria, which can cause pneumonia and blood or brain infections. It is recommended for older adults over 65. Talk to your healthcare provider to see if this vaccine is right for you.

Tetanus/Diphtheria Shot

This shot, recommended for everyone, protects against bacterial infections that can potentially become deadly. This shot is needed once every 10 years, so be sure to talk to your health provider about your vaccination record to see if you're on track.

Shingles (Herpes Zoster) Shot

The CDC recommends the Recombinant Zoster Vaccine (RZV) for everyone age 50 and older to protect against the development of shingles—a painful, blistering skin rash caused by the chickenpox virus. The RZV can reduce your risk for shingles by up to 97%, and it is administered in two doses.



Fuzzy Bear and the boys, entertaining at the Norman Township Community Center, Wellston.

Work your mind AND your body!

Sit & Get Fit

Tuesdays & Thursdays 10 a.m.

In the parking lot at the Senior Center
(weather permitting)

ARE YOU BORED?

LOOKING FOR SOMETHING FUN TO DO??

Call the senior center.

We have put together **Fun/Craft Bags** just for you!

Each bag is filled with wonderful goodies; colored pencils, cards, puzzles, puzzle books, paint by numbers, and so much more!

Call us at

723-6477

and we'll get one together for you

September Fun



September flew by like the wind and we packed in the fun! We observed National Senior Center Month with a day honoring our seniors. Crazy bubble fun, informative presentations, a concert; we held a scavenger hunt; we got our bodies moving... Imagine what we will do in October!

**No-BAKE
PUMPKIN CHEESECAKE**



CRUST

- 1 1/2 c. finely crushed gingersnaps
- 2 tbsp. granulated sugar
- 5 tbsp. butter, melted

THE FILLING

- 1 c. heavy cream
- 2 (8-oz.) blocks cream cheese, softened
- 1 (15-oz.) can pumpkin puree
- 1 c. powdered sugar
- 1 tsp. pure vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. kosher salt

TOPPING

- Whipped cream
- Roughly crushed gingersnaps

DIRECTIONS

In a medium bowl, combine crushed gingersnaps, sugar, and melted butter until mixture resembles wet sand. Pour into a 8" springform pan and pat into an even layer.

In a medium bowl, beat heavy cream to stiff peaks. In a large bowl beat cream cheese until light and fluffy. Add pumpkin puree and beat until no lumps remain. Add powdered sugar and beat again until no lumps remain. Add vanilla, cinnamon, nutmeg, and salt and beat until incorporated. Add whipped cream and fold in until just combined. Pour batter over crust and smooth top with an offset spatula. Refrigerate until set, at least 4 hours and up to overnight. Serve with whipped cream and crushed gingersnaps.

**Monthly Senior
Food Bank**

Fri., Oct. 16 9-11am (or as supplies last)

Manistee Senior Center

Bank will be conducted as 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.

**Fresh Produce
Food Bank**

Fri., Oct. 2 9-11am
(or as supplies last)

Manistee Senior Center

Must be 60+ years old and
live in Manistee County.



REMEMBER TO



TUES., NOVEMBER 3

OR BY MAIL

**Dementia
Support Group**

2nd Thursday
of the month 3 p.m.
Thurs., Oct. 8, 3-4 p.m.
October meeting will be
held at the Lions Pavilion
at First St. beach.

**Parkinson's
Support Group**

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



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).

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

October 2020 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>AT THE PRESENT TIME, THE SENIOR CENTER IS CLOSED TO THE PUBLIC.</p> <p>SOME ACTIVITIES ARE RESUMING, OUTDOORS. (OUTDOOR ACTIVITIES ARE "AS WEATHER PERMITS.")</p> <p>WATCH FOR UPDATES ON WHEN THE SENIOR CENTER WILL REOPEN.</p>			<p>1</p> <p>10 Sit & Fit (outdoors) International Coffee Day</p>	<p>2</p> <p>9-11 Produce food bank</p>
<p>5</p> <p>Do Something Nice day</p>	<p>6</p> <p>10 Sit & Fit (outdoors) 11 Toe Tapping Tuesday (weather permitting)</p>	<p>7</p> <p>Bald & Free day</p>	<p>8</p> <p>10 Sit & Fit (outdoors) 3 Dementia Support Group</p>	<p>9</p> <p>10:30 Carrie & Roger (weather permitting) 11 Feeding America Mobile Food bank Manistee Friendship Center</p>
<p>12</p> <p>Moment of Frustration day (just one day???)</p>	<p>13</p> <p>10 Sit & Fit (outdoors)</p>	<p>14</p>	<p>15</p> <p>10 Sit & Fit (outdoors) 3 Parkinson's Support Group</p>	<p>16</p> <p>9-11 Food bank</p>
<p>National Drink Local Wine Week 10.11 - 10.17</p>				
<p>19</p> <p>National New Friends day</p>	<p>20</p> <p>10 Sit & Fit (outdoors) 11 Toe Tapping Tuesday (weather permitting)</p>	<p>21</p> <p>National Pumpkin Cheesecake day (see recipe on pg. 5)</p>	<p>22</p> <p>10 Sit & Fit (outdoors)</p>	<p>23</p> <p>10:30 Carrie & Roger (weather permitting) 11 Feeding America Mobile Food bank Manistee Friendship Center</p>
<p>26</p> <p>Worldwide Howl at the Moon Night</p>	<p>27</p> <p>10 Sit & Fit (outdoors)</p>	<p>28</p> <p>National Chocolate day (it should be every day, don't you think?)</p>	<p>29</p> <p>10 Sit & Fit (outdoors)</p>	<p>30</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

Feeding America Mobile Food Pantries

Fri., Oct 9 11 a.m.

Fri. Oct. 23 11 a.m.

Mon., Nov. 2 11 a.m.

Fri., Nov. 20 11 a.m.

All pantries held at

Manistee Friendship Society

Open to all. No ID required,
no qualifications, no proof of income
needed. Drive thru pickup



WE ARE HERE FOR YOU...

- CareConnect Behavioral Health provides tele-audio therapy sessions to senior citizens, students and their families.
- CareConnect Community Health connects families to MiBridges navigation, telehealth apps, food assistance, and other basic needs.
- To request service visit: www.nmhsi.org
- Behavioral health therapists are staffing a "warm line" available to people coping with COVID-19 related stress or questions.
M-F from 8 a.m.-12 and 1-4 p.m. at
(231)655-3867 or COVID-stress@nmhsi.org

We'll be Toe Tapping on Tuesdays in Oct. (weather permitting)



**Tues., Oct. 6 & 20
11 a.m.**

(weather permitting)

in the senior center parking lot.
Bring your lawn chair, a drink &
enjoy the music. Be sure to dress
for the weather.



Join us in the senior center
parking lot as we enjoy the
musical stylings of

Carrie & Roger

Friday, Oct. 9

Friday, Oct. 23

10:30 a.m. - 12:00 p.m.
(Weather permitting)



September at the Senior Center

In September, we learned a little sign language, played with bubbles, learned about Manistee's history and culture, enjoyed concerts by Awesome Distraction, Fuzzy Bear and the Band, Carrie Selbee and Roger Tarczon, and the 3Ds.

Manistee County COA
457 River St.
Manistee, MI 49660

