

Senior Moments

MANISTEE COUNTY COUNCIL ON AGING

Meet the Staff



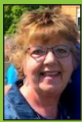
Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



Nancy Fortin
Asst./Facility Maint.

Hilary McKie
Senior Nutrition



Nanette Cooper
Receptionist

Lindsay Meyer
RN Med Mgmt



Molly Cichy
Bookkeeper

Board of Directors

Judy Crockett
President

Ashley Gutowski
Vice President

Marlene McBride
Secretary

Maureen Barry
Marie Linn

Howard Gimpel
Gary Madden

News & Notes from Sarah

Well, another July is done, and August is here. August is always one of those months that is bittersweet for me. As a kid it always meant school was almost ready to start and my fun was almost done till next year. As an adult it reminds me that another summer is gone, and I ask myself did I make memories? Did I make a difference? Did I get to the beach? Did I relax enough? Well, usually my answer is no to all of my questions. As an adult I wish I enjoyed life like I did when I was a kid. Get up early, pour as much play time, friends and fun into the day and stay out as late as I could to stretch each summer day as long as possible. As an adult we all have so many responsibilities and I know when I get home, I am so tired. I wish I would force myself to enjoy each day like it was my last. I hope you look at August like a kid and remember when this summer is done there is no going back to the summer of 2023.

Our August is full of programs, classes, exercise and fun. We have our annual summer picnic at the Lions Pavilion which is always a great time. We take care of the burgers and the hotdogs and you just bring a dish to pass. We always have great music and some fun surprises for everyone. Another big day at the senior center is Produce Bingo Day. That is on the first Wednesday of the month which is August 2. Come in have some fun playing bingo and take some delicious fruits and veggies home with you.

We have some interesting presentations this month by Chief Glass of the Manistee Police Department. He

is coming in to talk about some of the new laws that have been put into place and he will also talk about what is going on in our community. We also have Rick Rowe from the Veterans Affairs office coming in to share the changes with their office and benefits that may be available for veterans. Another great guy who is coming in to talk about Drivers Safety is Sheriff Brian Gutowski. Come in and support these dedicated men from our community.

I know everyone will be excited to hear that Wheeling and Dealing with Johnny O will be back in September. This is always a favorite of everyone's and really keeps everyone in stitches. If you remember Let's Make a Deal, it is very similar to that. Start thinking about a costume, and what you will put in your pockets and purses to see if you will be chosen to play.

Another thing that we have are the Project FRESH coupons. If you live in Manistee County and are 60 years or older and haven't gotten any coupons yet give us a call. These help our local farmers and our seniors at the same time.

I want to wish my Mom a Happy 88th Birthday! She is amazing, and I hope she knows how much we all love her!



I hope you have a wonderful August and remember to try something new!

Get involved with these activities!

Services

Senior Food Bank: Third Friday Jan - Nov. Next Food Bank: **Fri., Aug. 18.**

Free Attorney Consultations: 2nd Monday. Next attorney consultations: **Aug 14.** By appointment only.

Eyeglass Clinic: 2nd Wed., 10:30 a.m. provided by Coastal Woods Vision

Hearing Aid clinic: 2nd Tues., Jan., April, July & Oct., 1 p.m. Appointment only. Provided by Beltone Hearing
Next clinic Oct 10

MMAPS Services (Medicare, Medicaid Assistance Program): Tuesdays, by appointment only

Exercise Opportunities

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

Sit & Get Fit (Onkama): 10:30 a.m., Mon. & Wed., Farr Center, Becky Kline coordinator 889-4690

Sit & Get Fit (Wellston): 9 a.m., Tues & Thurs., Norman Twp. Comm Center

Chair Yoga: Tues., 3:30 p.m. .

Indoor Walking: Daily, center open 8-4:30.

Tai Chi: Mon., Wed., Fri. 9 a.m. during inclement weather

Zumba Gold: On hold until fall.



Judy Cunningham 1
Gerald Lewis 1
Vickey Sawhill 1
Char Schullo 1
Dennis Terhorst 1
Kris Ammons 2
Dennis Duncan 2
Toni Gorch 2
Marilyn Harrison 2
Billie Jacobs 2
Shelley Lyman 3
Debra Blehm 4
Denise Dursum 4
Diane Schmid 4
Philip Asiala 5
Leann Letson 5
Janet Potton 5
Dianne Robke 5
Sue Wagner 5
Charlene Young 5
Donald Baranek 6
Dorothy Batzer 6
Karen Farnsworth 6
Marcia Hedges 6
Elizabeth Sloan 6
Gary Smejkal 6
Rose Smejkal 6
Jerry Gumieny 7
Jerri Newman 7
John Witkowski 7
David Yeiter 7
Judy Nies 7
Eleanor Doneski 7
Teri Cole 8
Thomas Duford 8
Bonnie Garbrecht 8
Charles Oleniczak 8
Robin Peacock 8

Linda Shirley 8
Barbara Thierwechter 8
Rita Alton 9
Leslie Kirks 9
Jean Rouse 9
Milford Sage 9
Nora Brown 10
Karen Newsome 10
Janet Zwiefka 10
Marsha Brookhart 11
Dolores Jaquez 11
Martha Kase 11
Tim Soller 11
Susanna Verrett 11
Karen Wends 11
Rita Crow Curtis 12
Sandra Harvey 12
Alice Roberts 12
Rebecca Skocelas 12
Barbara Sleder 12
Al Taylor 12
Jan Wills 12
Melvin Larsen 13
Diana Shively 13
Susan Fahnestock 14
James Gutowski 14
Leon Kukla 14
Delores LaPorte 14
Fred MacDonald 14
Mary Ann LaDuke 15
Diana Lemson 15
Barb Lind 15
Mark Modjeski 15
Joyce Myers 15

Kathy Stringham 15
Barb Syverson 15
Mary Jane Cybert 16
Lynn McLamb 16
Pam Robinson 16
Ellie Applegarth 16
Joann Hilliard 17
Carl McKee III 17
Dale Merkey 17
Andrina Muno 17
Sylvia Ruprich 17
Carol Kudalski 18
Irene Kukla 18
Denise Lee 18
Renee Zwiefka 18
Rebecca Day 19
Chris Dodson 19
Margaret O'Herron 20
Stephen Rice 20
Sheri Howell 21
Bonnie Inman 21
Jan Kenny 21
Phyllis Parks 21
Helmi Schimke 21
Barb Vostinar 21
Evelyn Furman 22
Barbara Johnson 22
Linda Andersen 23
Tim Fauble 23
Marsha Smith 23
Marion Fauble 24
Fay Kuenzli 24
Sue Lindeman 24
Cherie Reilly 24
Teresa Williams 24
Kathy Harris 24
Kay Bonds 26
Judy Crockett 26
James Reed 26
Ann Twite 26
Donna Berner 27
Larry Duchon 27
Rich Belic 28
Gordon Cole 28
Barbara Morris 28
Ken Pelarski 28
Kathy Stefanski 28
Betty Stendel 28
Betty Spencer 28
Tina Agle 29
Kirk Brookins 29
Thomas Dutkavich 29
Bob MacDonald 29
Martha Markham 29
Bill Rowland 29
Sherry Rutowski 29
Karen Laney 29
Betsy Webb 29
Paul DuFresne 30
Annie Hooghart 30
Janet Joslyn 30
Sharron Lemmer 30
Rose Pierson 30
Robert Roskoski 30
Linda Sutton 30
Jacqueline Wallace 30
Kathy Fenstermacher 31
Kathy Ketz 31
LJ Marriott 31

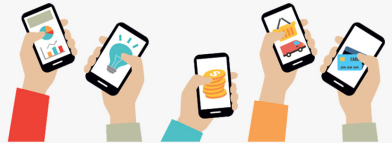


Mon. Aug. 21
4-6 p.m.

**1st Street Beach,
Lions Pavilion**

All seniors welcome.
Bring a dish to pass.
Meat will be provided
There'll be music and lots of fun!
Call the senior center to sign up
723-6477

Technology Class



ONLINE SHOPPING
TUES, AUG 29 ~ 1 P.M.

Join Chrissy Streeeter from the Manistee County Library for "Online Shopping" How to place orders from trusted websites using your phone, tablet or computer.

Call the Manistee Senior Center
to sign up
723-6477



Foot Care Clinic

2nd Wed. of the month
Next Clinic
Wed., Aug. 9

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

\$20
bring towel
& basin



**Mexican Train
Dominoes**
Mondays at 10 a.m.

Come join in the fun at
the senior center
260 St. Mary's Parkway
Manistee

**Chair Massages w/Diane
by donation**
at the Senior Center
on Aug. 7, 14, 28
Please call to sign up **723-6477**



Reflexology w/Sandy

Aug., 7, 14, 28
by donation

Reflexology involves massage of feet
and legs, targeting acupressure
points. **It is not massage therapy.**
Call the senior center to schedule
your appointment

723-6477

Conversation with Chief Glass

Friday, Aug. 11, 11 a.m.
at the senior center

Got questions for the chief? Bring them with you and see
what he has to say. Call to register 723-6477



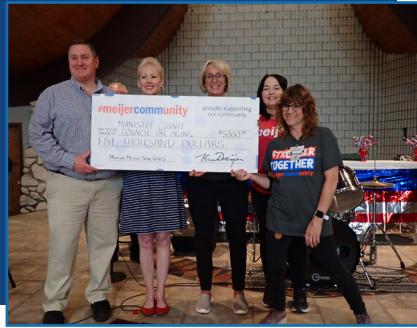
The Annual Perseid Meteor Shower lights up the night sky this month.

The peak days are August 12-13.
However, You can see them for a
couple of weeks before and after
this date.

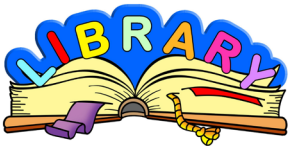
Watch these little bits and pieces
of space debris and dust as they
enter the earth's atmosphere and
burn up.

When you see one make a wish.
As the words from a Disney song
go "When you wish upon a star
your dreams come true".

The Perseid meteor shower
occurs annually in mid-August. It
is a free stellar show that avid
space enthusiasts can't miss.
There it is in black and white, in all
of its fiery glory. Whatever you do,
do not blink! If you do, you will
miss the meteor, as it flames
across the night sky. It's
absolutely amazing what a little
piece of dust can do when it
enters the earth's atmosphere
traveling at 160,000 miles per
hour. Meteors are seen as the
Earth passes through the orbit
trail of a comet. As the comet
streaks through the heavens, it
sheds dust and small debris.
When this debris enters the
earth's orbit, friction from the
upper atmosphere burns up the
meteorite, resulting in a streak of
light quickly blazing across the
night sky. The brightness and
longevity of the light is a function
of the size of the meteor, how
near it is to you (don't worry, it's
thousands of miles away), and
how dark the evening is.



Last month we got a new flag and our flagpole got a facelift. Thanks to Mick and Paul for doing the work, Grand Rental for the use of the lift, and Faye for donating the beautiful flag. During our 4th of July Kickoff, Meijer made a generous donation to one of the senior center's special projects. Heather from Port City Brew stopped in and shared coffee and more with us!



TUESDAY, Aug. 29
10 a.m. to 1 p.m.

Join Chrissy Streeter
at the
Wagoner Community
Center

Chrissy will be offering support in the morning, in the library area, and will hold her tech class at 1 p.m. Stop by, it will be a drop in session with Chrissy.



**Popcorn
&
a Movie**

Tues., Aug. 15
1 p.m.
at the Vogue

Join us for an afternoon of entertainment as we watch a movie, enjoy popcorn and a small soda, on us.

Seniors, 60+
are welcome to sign up.
723-6477



Manistee County Veterans Service Officer

Rick Rowe will present a program

on **Veterans Benefits**

Fri., Aug 11 2 p.m.

Wagoner Community Center/Senior Center

260 St. Mary's Parkway

Open to the public

Call to sign up **723-6477**

Cards & Coffee

Tues., Aug 8
9:30 a.m.

Come out and enjoy some craft time and learn to create your own greeting cards. We will make 2 cards, with all materials provided. No experience necessary, instructions will be given. Call the Senior Center 723-6477 to reserve your spot so we have enough supplies for everyone.

COST: \$5 DONATION

TO THE WAGONER COMMUNITY CENTER



Dementia Support Group

The dementia support group will meet the second Thur. of the month. 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 **Aug. 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 (except Jan & Feb). This month's support group will meet Thurs., **Aug 17**, 11 a.m. at the Wagoner Community Center. Please call Marcia Holbrook 614-937-4442 for information.

MyPlate for Older Adults

Fruits & Vegetables
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Fluids
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains
Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts UNIVERSITY | **JEAN MEYER USDA NUTRITION RESEARCH CENTER** | **HNRCA** | **AARP Foundation**

mobility constraints, which make it difficult to shop for food, lift heavy jars, open containers, etc.

- Low income is prevalent in aging populations, making it difficult for many older adults to access high quality foods (i.e., because those foods tend to be more expensive).

A Modified Food Guide Pyramid for Older Adults

Because of the changing dietary needs of older adults, colleagues at the Jean Meyer USDA developed what they termed the Modified Food Pyramid for older adults. Key modifications to the original USDA Food Guide Pyramid include placement of water at the bottom of the pyramid because many older adults do not drink enough water to stay hydrated, and placement of a flag at the top of the pyramid indicating the need for calcium, vitamin D, and vitamin B12 supplements because many older adults do not get enough of these nutrients in a standard diet.

After an update to the Food Guide Pyramid took place for the general population, a new Modified MyPyramid for older adults with illustrated examples of healthful foods in each food group. Key modifications to the original MyPyramid include the addition of examples of physical activity at the bottom of the pyramid. Greater physical activity allows for intake of larger quantities of food, which in turn increases the likelihood that all of the necessary nutrients will be consumed. Also, physical activity helps maintain muscle mass.

How Dietary Needs Change with Aging

Dietary needs change with aging in several ways:

- People become less active, their metabolism slows, their energy requirement decreases, all of which mean that they need to eat less.
- Recent research demonstrates that because older adults' abilities to absorb and utilize many nutrients become less efficient, their nutrient requirements (particularly as a function of body mass) actually increase.
- Chronic conditions and medications can affect nutrition requirements. For example, in addition to drug-nutrient interactions affecting drug metabolism, some drug-nutrient interactions are also nutrient wasting. This is especially true of the B vitamins.

Maintaining a nutrient-dense diet is critically important for older adults

because of the impact of food intake on health. Years of research have demonstrated that diet quality has a huge effect on physical condition, cognitive condition, bone health, eye health, vascular function, and the immune system. Yet, this can be challenging to achieve for several reasons:

- Aging is often accompanied by a loss of appetite and changes in taste and smell, all of which can lead to more limited food choices and lower intake of healthful foods.
- Aging is also often accompanied by general oral health decline and a reduced ability to swallow, which can affect food choice and intake.
- Many older adults experience

Caregivers: Talking with a loved one about Power of Attorney (POA)

Power of Attorney (POA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two power of attorney documents, one for healthcare decisions and one for financial decisions. Note, the document can be canceled or changed at any time.

Power of attorney documents are used if your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate. If you are not sure how to talk about POA here are some tips that may help.

1. Start the Conversation

Ask for help with the conversation. Include someone who your loved one respects but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your

doctor or a trusted professional to start the conversation. Try not to force a decision. Remind them it is completely their choice.

2. Provide Information

Explain that a power of attorney document:
 Gives them control while they can still make decisions.
 Prevents decisions from being made by someone they don't trust.
 May help prevent family fighting in the future.
 Makes it easier to care for them.

3. Support Them to Make Decisions

Start by asking what you can do to help with the decision. It may help to explain the documents in a different way. Ask if there's anyone else, they'd like to talk to about power of attorney, or what questions they have. Don't expect all decisions to be made during your first

conversation. Give them extra time to make decisions. Deciding not to make a decision is still a decision. Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your care recipient to live their vision of the best life possible. It's not about what other people think is right, or even what you think is right. It's about the person you care for.

Expert Tip

Even if you don't agree with your loved one's decision, remember everyone has the right to make their own decisions in life. Think about times in your life you made a decision that your family didn't agree with. Would anything have changed your mind at the time? This can help reduce any feelings of frustration that may come up.

Area Agency on Aging of Northwest Michigan partners with Trualta to offer you free access to health and caregiver information.

Visit <https://aanm.trualta.com/> to register for free. © Trualta Inc. 2022



Drivers Safety with Sheriff Brian Gutowski Mon., Aug. 14 1 p.m.

Stop by the senior center and learn about the new hands free law, and more fun information to keep you safe on the road.

Call to sign up 723-6477

NAVIGATING



with NETTERS Tuesday, Aug 22

A wild day of adventure with Netters.
 Travel, fun activities, lunch.
 Bus leaves the senior center at 8:30 a.m.
 \$50/person due at sign up.
 Call 723-6477 for more info

Wheelin' & Dealin' with Johnny O Fri., Sept. 22, 1 p.m.

Be sure to wear a costume!
 Fill your pockets & purses
 with stuff!

Manistee Senior Center.
 Come join in the fun!

Call to sign up
 723-6477

Think "Let's Make
 A Deal"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili Fiesta corn Wax beans Diced peaches Corn muffin	2 Orange blossom chicken Rice pilaf Oriental blend veg Steamed cauliflower Banana/Roll	3 Country fried steak Root blend veg Brussel sprouts Cinn apple slices Roll	4 Beef & noodles Lima beans Cook's choice veg Pineapple tidbits Biscuit
7 Chicken ala king Peas & carrots Spring blend veg Dried cranberries Roll	8 Lasagna Key Largo veg Spinach Sliced pears Bread	9 Salisbury steak Mashed potatoes Green beans Blueberries Roll	10 Pork chop Cheese potato bake Winter blend veg Applesauce Bread	11 Stuffed peppers Steamed carrots Stewed tomatoes Fruit cocktail Roll
14 Scrambled eggs Sausage/ Sauteed peppers/ onions Oven diced potatoes Blueberry muffin Apple juice	15 Chicken n noodles Asparagus Mixed vegetables Fresh pear Biscuit	16 Chicken cordon bleu Garlic potatoes Hubbard squash Strawberries Roll	17 Italian spaghetti Wax beans Cali blend veg Sliced peaches Bread	18 Baked BBQ chicken Capri blend veg Steamed peas Mandarin oranges Roll
21 No Meals on Wheels today. No congregate meals at the Manistee site.	22 Tuna noodle casserole Lima beans Sliced carrots Fruit cocktail Roll	23 Toasted cheese sandwich Tomato soup Spinach Fresh apple slices	24 Chicken drumstick Green beans Steamed corn Diced pears Roll	25 Turkey & cheese sandwich Potato salad 3Bean salad Watermelon
28 Swedish meatballs Mashed potatoes Brussel sprouts Applesauce Roll	29 Wet burrito Refried beans Fiesta corn Corn chips Banana	30 Oven roasted turkey Sweet potatoes Steamed corn Cranberry sauce Roll	31 Chicken alfredo Steamed broccoli Sliced carrots Pineapple tidbits Biscuits	



Community Senior Luncheon Schedule

Hot, nutritious meals are available to all Manistee County Seniors at six sites. Donations of \$3 per meal are gladly accepted. Visitors and anyone under 60 are welcome, with a \$5 fee.

Site	Schedule	RSVP #
Wagoner Community Center, Manistee	Monday - Friday at Noon	723-6477
Farr Center, Onekama	No meals at this time	889-4690
Norman Twp. Comm. Center, Wellston	Tuesday & Thursday 11:30 a.m.	299-0330
Pleasant Valley Comm. Center, Arcadia	Tuesday & Friday 12:30 p.m.	510-2890
Marilla Twp. Hall, Marilla	Wednesday at Noon	233-8395
Maple Grove Comm. Center, Kaleva	Thursday at Noon	299-4484

Be sure to call to reserve your meal by noon, the day before you want to eat at any of the congregate sites.

10 AUGUST 2023 ~ CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 Sit & Fit 11 Toe Tapping Tues 11 Cooking for One 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	2 10:30 TOPS 11 Produce Bingo 12 Lunch 1 Sign Language 1 2 Sign Language 2	3 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess	4 12 Lunch 12 Piano w/Suzanne 1 Euchre
7 10:15 You Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage	8 9:30 Cards & Coffee 10 Sit & Fit 11 Music w/ John Pomeroy 11 Cooking for One 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	9 10:30 Eyeglass clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Sign Language 1 2 Sign Language 2 Foot Care Clinic	10 10 Sit & Fit 9 Wellston Jammers 10 Cribbage 12 Lunch 1 Chess 3 Dementia Support	11 11 City Police Chief Glass presentation 12 Lunch 12 Piano w/Suzanne 1 Euchre 2 Veterans presentation w/Rick Rowe
14 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 1 Drivers Safety w/Sheriff Gutowski 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage Attorney by appt	15 10 Sit & Fit 11 Toe Tapping Tuesday 12 Lunch 12:30 Bridge 1 Popcorn & Movie 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	16 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Sign Language 1 2 Sign Language 2	17 10 Sit & Fit 10 Cribbage 11 Parkinson's Support Group 12 Lunch 1 Chess	18 9-11 Senior Food Bank 1 Euchre
Perseid Meteor Shower peak viewing nights				
21 10:15 You Gotta Have Art 10 Dominoes NO LUNCH TODAY 4-6 Summer Picnic	22 8:30 Navigating w/ Netters 10 Sit & Fit 11 Music w/ 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	23 10:30 TOPS 11 Fun Bingo 12 Lunch 11 Celebrate our August birthdays 1 Sign Language 1 2 Sign Language 2	24 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess 1 Pour Painting w/Kathy	25 12 Lunch 12 Piano w/Suzanne 1 Euchre
28 10:15 You Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage	29 10 Sit & Fit 10 Library Day 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 1 Tech Class 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	30 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Sign Language 1 2 Sign Language 2	31 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess National Trail Mix day	

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

www.manisteecountycoa.com www.facebook.com/ManisteeCountyCouncilOnAging

If you or someone you know are in need of a temporary or permanent accessible handicap ramp

contact the Manistee County Habitat for Humanity at 723-7458 or email habitat.manistee.county@gmail.com

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

Area Agency on Aging

(800)442-1713

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

Senior Nutrition Program

(231) 723-6477 / (231) 299-7855



FLU SHOT CLINIC

Mon., Sept 11

at the Wagoner Community Center/Senior Center

Call to make an appointment

723-6477



You Gotta Have Art! Lessons and Laughter

Open to all levels -- bring your own supplies. (Acrylics, Oils, Water Colors)

We will start by working on a painting together. Bring your own canvas in a size you'd like. Meet Mondays at 10 a.m. and work on a project, or work on your own, at your own pace. We will learn from an instructor and from each other. It's a great time to develop skills & friendships. Sign up by calling

723-6477



Wellston Jammers

Thurs., Aug 10

Sign up to take the bus to the Norman Twp.

Community Center for a day of bingo, lunch and music with the Wellston Jammers.

Call to sign up before July 8.

723-6477

The bus leaves the senior center at 9:15 a.m.



Pour Painting with Kathy Yoder

**Thurs., Aug. 24
1 p.m.**

**Pour a vase & a canvas
\$15**

**Call to sign up
723-6477**





4th of July Kickoff at the Senior Center

We played host to over 250 guests at our annual 4th of July Kickoff party. Butch Baker and his band played great music and the dance floor filled with dancers. There was delicious food thanks to Jerry Zupin, and good friends gathered for the fun. The party was a success, many thanks to our wonderful volunteers. Later in the month, Chief Peddie and Firefighter Nelson shared info about how to use your home fire extinguishers.

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

