

Feb. 2024



News & Notes

Hello Everyone! Another month has come and gone, and we are all getting through the crazy weather. I can't believe that Valentine's Day is already here and so is Lent. We are going to have our Valentines party on Tuesday, February 13th since Valentine's Day is also Ash Wednesday. This way we can have a wonderful meal of oven baked ham, cheese potatoes, steamed asparagus, pineapple tidbits and blueberry crumble. So, if you want to come in and have some fun, call and get on the list. We have great music with the Paying It Forward Band, fun dancing, and some fun surprises. We hope you can spend some time with us.

It's that time of the year again. We are working with NMCAA to help provide tax services to Manistee County seniors 60 years and older. Stop by the senior center, pick up your information packet. Taxes will be prepared in the NMCAA offices in Traverse City and returned to the senior center. There are two deadlines to drop off your completed forms, February 14 and March 8. Make sure you give us a call if you have any questions.

We have some great presentations

this month. We have Kelly Tomaszewski who will come in and discuss the changes that are being made at the Manistee Munson Hospital. This is a great time to bring in your questions and get your answers. She'll be here twice in February, once with Dr. McComb, who'll be talking about heart health, and again at the end of the month. We also have Downsizing & Decluttering with Tara. She will also be here twice in February. These will be great presentations regarding how to make a change at your home. I know I should be at this presentation. I have a big house full of 30 years of sentimental collecting and "I may need that one day" cluttering up my home. Plan on attending something this month and learn something new!

We are going to be partnering with the Manistee County Library for a fun presentation on Thursday, February 15th. If you are looking for something different to do this month and you'd like to learn about what it is like to travel to Spain, we have a wonderful presentation which will make you feel like you are traveling. We will also have some traditional foods to eat and enjoy from Spain. We have a local chef who will prepare a few treats for

this presentation. Make sure you call and get signed up, I think it will be fun.

I have big news for you. We have a Tigers trip heading down to Comerica Park on April 5th for opening day. We are working with the Polish Hillbillies who do a bunch of trips in Michigan. If you want to attend, sign up now. Money is due by March 3rd and you will be on your way to see the Detroit Tigers play the Oakland As. We will also be working with the Polish Hillbillies on a couple more trips throughout the year.

Who is ready for a Pool Party? We are going to have two fun pool days at the Paine Aquatic Center in February. Tuesday, February 6th and Monday, February 19th at 1 p.m. Plan on coming to join in the fun. We will have time to relax, time to swim, time to float and just have a great time together. Meet at the pool and bring your swimsuit and towel. If you have any questions or you want to sign up, just give us a call.

I hope you have a great February and a very Happy Valentine's Day! Remember to try something new.

MCCOA 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

Howard Gimple, *President*

Ashley Gutowski, *Vice President*

Marlene McBride,
Financial Secretary

Laurie Becker Anderson,
Recording Secretary

Maureen Barry

Judy Crockett

Marie Linn

Gary Madden

BIRTHDAYS

Cindy Beard	1	Pati Potes	10	Wm Dahlquist	21
Marc Carter	1	Beth Wheeler	10	Ron Deising	21
Patrick Glenn	1	Micheal Amor	10	Mary Hoffrichter	21
Nancy Kissel	1	Debbie Kimble	10	Chris Keene	21
Dennis Niemiec	1	Barbara Gielczyk	11	Paul Sedlar	21
James Sell	1	Julie Johnson	11	Wm Farnsworth	22
James Taylor	1	Detra Kelsey	11	Lynn Larr	22
Jane Waldron	1	Susan Hilkowski	11	Joe Perrin	22
John Silvis	1	Mary Manning	11	Diane Russell	22
Linda Albee	2	Winnie Baker	12	Becky Kline	23
Rosemary Hesch	2	Debbie Ciceri	12	Greg Morris	23
Muriel Mitchell	2	Charlie Ganss	12	Joyce O'Hagan	23
Leslie Jackson	2	Judy Hilley	12	Linda Cihlar	24
Julie Cronk	3	Jeff Janowiak	12	Don Kosiboski	24
Lori Gerber	3	Kelly Orton	12	Celeste Ryan	24
Susan Jezowski	3	Michael Popkowski	12	Molly Thorwell	24
Beth Adams	4	Mary Kay Wakefield	12	Mary Adams	25
Barbara Doering	4	Francis Stefanski	12	Lori Chycinski	25
Stan Franckowiak	4	Sandra Bologna	13	Rick Gerber	25
Nancy Hamilton	4	Mark Parmelee	13	Joe Kukla	25
Dixie Howes	4	Jean Wilkosz	13	Henry Rozmarek	25
Wanda Jobbins	4	Sheila Wittmer	13	Christi Groom	25
Karen Lemon	4	Patti Bernard	14	Ronald Gardin	26
Audrey Millstein	4	Winnie Garcia	14	Shirley McDougall	26
Kathy Weronko	4	Linda Hamrick	14	Susan Schaub	26
Ruth Wiitala	4	Jean Leatherman	14	Bonnie Smith	26
Julie Bond	5	Marlene McBride	14	Karen Dozeman	27
Carol Gressler	5	Donna Nawrocki	14	Joyce Franckowiak	27
Rosemary Adamski	6	Larry Reed	14	Nancy Jans	27
Mary BeVier	6	Clifford McNally	15	Connie Johnson	27
Karen Brown	6	Sally Ringel	15	Joyce Kaplan	27
Carolyn Burrus	6	Bo Clampitt	16	Chris Morski	27
Betty Elmore	6	Sue Picardat	16	Jackie Bergren	27
Yvonne Gorman	6	Linda Spahn	16	Ken Madsen	28
Sandra Mazeika	6	Darlene Burkett	17	Dick Rohdy	28
Robbie Stewart	6	Suelley Couchman	17	Marlene Santa	28
Tim Zeh	6	Ann Taylor	17	Ann Turney	28
Darlene McAuliffe	6	Suzanne Thomas	17	Larry Veine	28
Sally Spisz	7	Patricia Barr	18	Carolyn Tennant	28
Shirley Eckoff	8	John Brown	18		
Edwin Johnson	8	Patricia Lytle	18		
Stephen Tondy	8	Linda Petrie	18		
Myrna Walter	8	Dale Edmondson Jr.	19		
Kelly Bjorkquist	8	Debby Fortin	19		
Karen Pociuluyko	8	Marie Sagala	19		
Karen Moore	9	Lila Fink	20		
Beverly LeSarge	9	Jean Rhodea	20		
Deborah King	9	Gary Ruprich	20		
Susan Lindeman	10	David Shilts	20		

****A special Happy
Birthday to our Leap
Year birthday girls!****
Peggy Carpenter 29
Barbara Sprader 29



ACTIVITIES & SERVICES

Services

Senior Food Bank: Third Friday Jan -Nov.
 Next Food Bank: Fri., Jan. 19.

Free Attorney Consultations: 2nd Mon-
 day. Next attorney consultations: Feb. 12.
 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 April 9

**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.

Balance & Stretching: Mon., 1 p.m.; Fri.,
 10 a.m.

Cardio Drumming: Wed., 1 p.m.

Medicare Advantage Open Enrollment Period

(Jan 1st – Mar 31st)

Beneficiaries who began 2024 enrolled in a Medicare Advantage (MA) plan have an additional opportunity to switch MA plans or disenroll from an MA plan and enroll in traditional Medicare with a Part D prescription drug plan during the first 3 months of the calendar year, ending on March 31st. This enrollment opportunity is called the Medicare Advantage Open Enrollment Period. This enrollment period is only available to people enrolled in an MA plan – not to individuals who are in traditional Medicare and a stand-alone Part D plan. Please note that you can only make one change during this period. Changes will take effect on the first of the month after the plan gets your request.

Please contact the Manistee County Council on Aging 231-723-6477 or contact Michigan Medicare Assistance Program at 1-800-803-7174 for assistance.

SIGN LANGUAGE CLASS
THURSDAYS, 1 P.M.
MANISTEE SENIOR CENTER
FREE & OPEN TO THE PUBLIC

Blood Pressure Clinic

Wednesdays 10 a.m.
at the senior center.

Munson Manistee's Kelly Tomaszewski
will be back twice this month.

Wed., Feb. 14 • 2 p.m. with Dr. McComb. Kelly with
more updates, & Dr. McComb will address heart health.

Wed., Feb. 28 • 2 p.m. with more updates on the
changes at Munson Manistee.

Call to sign up 723-6477

VETERANS EXCHANGE GROUP

the 2nd Wed. of the month, 1 p.m.

An informal get together for all veterans.

Manistee County VSO Rick Rowe will be available to
answer general questions

Next meeting Wed., Feb. 21

GRIEF SUPPORT GROUP

The newly formed grief support group will meet the first Thur. of the month at the senior center. Doug Klee, Spiritual Care Advisor with Munson Healthcare Hospice will be facilitating the group. The next meeting will be **Feb. 1** at 11 a.m. Contact the Senior Center 723-6477 for more information.

DEPRESSION/ISOLATION SUPPORT GROUP

The Depression/Isolation support group will meet the first Thur. of the month at the senior center. The group is a safe, supportive environment for anyone who may be experiencing depression or feeling isolated. Judy Neis, retired RN will be facilitating the group. No meeting in February. The next meeting will be **March 7** at 2 p.m. Contact the Senior Center 723-6477 for more information.

DEMENCIA SUPPORT GROUP

The dementia support group will meet the second Thur. of the month at the senior center. 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 **Feb. 22** 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) at the senior center. This month's support group will meet Thurs., **Mar. 21** 11 a.m. at the Wagoner Community Center. Please call Marianne Blair 586-917-8964 for information.

Wellbeing Services at the Senior Center

Reflexology w/Sandy

Mon., Feb. 5, 12, 19
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

Foot Care Clinic

2nd Tues. of the month
Next Clinic

Tues., Feb. 6 & 13

\$20 bring towel & basin

Call for an appointment
723-6477

Chair Massage

w/Diane
by donation

at the Senior Center

Mon., Feb. 5, 12, 19

Please call to sign up
723-6477

WHAT DO I NEED TO DO TO GET READY FOR TAX SEASON?

Tues., Feb. 6 11 a.m.

Suzanne & John Long from Salt City CPA will be at the senior center (260 St. Mary's Parkway) to present a Q&A session. Make sure you are ready for tax season this year. Bring your questions, find your answers!

Call to sign up 723-6477

INCOME TAX SERVICES

The Manistee County Council on Aging will be working with the NMCAA to help provide tax services to Manistee County seniors 60 years and older. Some income restrictions may apply. Stop by the senior center, pick up your information packet. Taxes will be prepared in the NMCAA offices in Traverse City and returned to the senior center. The first deadline to drop off your completed forms is Feb. 14, as they will be picked up Feb. 15. The second drop off date is Fri., March 8. Call 723-6477 for more info.

UPCOMING MUSIC

TUES., FEB. 13
11 A.M.

THE PLAYING IT
FORWARD BAND
(VALENTINE'S DAY
PARTY)

TUES., FEB. 20
11 A.M.

CHERYL WOLFRAM

Watch for the
Playing It Forward
Band

They'll be at the
senior center one
Tuesday a month.

Valentine's Day Party

Tues., Feb. 13 11 a.m.

Valentine Luncheon and Music

Music by the Playing It Forward band

*Oven baked ham, cheesy potatoes, steamed asparagus, pineapple tidbits
and blueberry crumble are on the menu.*

Call to get signed up 723-6477

POPCORN & A MOVIE

TUE., FEB. 20

1 p.m. at the Vogue
Theatre.

Call the senior center
to sign up **723-6477**



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

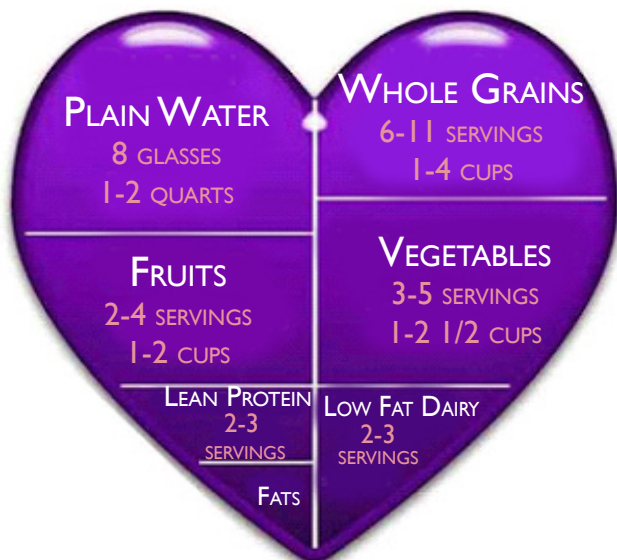
You can choose to honor a loved one by making a donation in their name. Including the address of the honoree or their family members will allow us to send an acknowledgment of the gift.

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



“Your heart is the softest place on earth. Take care of it!”
 – Nayyirah Waheed

You cannot escape them this time of year: flaming red heart-shaped balloons, cookies, cakes, boxes of chocolates, and cards that grab our attention and remind us to show those closest to us how much we love them. However, since February is also Heart Health Awareness Month, they can likewise act as a stark reminder to follow heart healthy tips in February and beyond in order to safeguard that most important of organs.

This can be especially critical for the elderly, who encounter a variety of changes to the heart, such as stiffness and a buildup of fatty deposits in the arteries, which might bring about raised blood pressure, a heart attack or stroke, and heart disease.



Fortunately, however, the following heart healthy tips for February and beyond can help keep the heart healthy throughout aging:

Increase physical activity. After first obtaining the doctor’s approval and recommendations, help motivate and encourage your older loved one to get at least 150 minutes of exercise per week – ideally working out each day, if possible. There are endless options available, so

discover what your loved one most enjoys: walking, bowling, gardening, riding a stationary bike, or even dancing! And since it’s always more fun to exercise with a pal, offer to work out with the senior, so that you both reap the health and fitness benefits.



Include more heart-healthy foods. Healthy eating habits may be challenging to implement and sustain if a senior is used to salty, fatty, or sugary food choices. Making gradual replacements is often a more effective way to generate lasting habits. For example, try exchanging one unhealthy snack of chips or cookies every day with fresh fruit; or substitute the white bread in the older adult’s sandwich with a whole grain option.



Integrate stress-relieving techniques. Reducing stress is a key factor in preserving heart health, in addition to emotional wellbeing. Ensure the older adult’s daily routine includes enough time for enjoyable, relaxing activities, such as reading, listening to music, spending time outdoors, and engaging in favorite hobbies and pastimes. Your senior loved one may also take advantage of talking with a therapist for further coping tactics to more effectively manage stress.

OH, I'VE NEVER BEEN TO SPAIN...

Join us as we partner with the Manistee County Library and take a virtual trip to Spain

Thur., Feb 15 1:30 p.m.

We will even have a local chef who will prepare a few traditional Spanish foods for the presentation.

You'll almost believe you've been to Spain. Be sure to call and sign up for this fun afternoon.

723-6477



THURS., FEB. 29 - 10AM-1PM

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 1pm. Stop by, this is a drop in session with Chrissy.

TECH CLASS

with Chrissy Streeter

from the Manistee Public Library

Thurs., Feb. 29, 1 p.m.

"Dating & Socializing Online"

We'll be discussing different apps that can be used to find love, connect with new friends, and reconnect with old pals. Learn how to spot scammers and how to avoid looking for love in all the wrong places.

Cards & Coffee

Feb. 13 ~ 9:30 am

at the Senior Center



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

Polish Hillbillies present:

Opening Day

Detroit Tigers vs Oakland Athletics

Fri., April 5 ~ \$110/person

Seats are in section 322 at the stadium. Pickup and drop off is at the Wagoner Community Center parking lot (260 St. Mary's Parkway, Manistee). The bus leaves at 6 a.m. sharp. Seats are limited. Call the Manistee Senior Center for more info. 723-6477

MICHIGAN LEGACY ART PARK

COMMUNITY ART PROJECT ~ FRI., FEB. 9, 1 P.M.

The Art Park is working with the community to create an art installation called *Raindrops*. The project offers a chance to make a piece of art to share with others and learn a little about water quality and quantity issues in our community. Participants will draw and color a small round piece of wood that will be strung with thousands of others to create the art installation. The goal is to connect over 1000 individual pieces of art that will be suspended over the accessible trail at the Michigan Legacy Art Park, mimicking a gentle rain shower, and will be exhibited through 2025.

Call the senior center to sign up. 723-6477

DOWNSIZING & DECLUTTERING

WITH TARA

FRI., FEB. 9 & 23, 11 A.M.

We all have stuff. Some of us have too much stuff.. Come listen to Tara Johnson as she explains how to start the process of downsizing and decluttering your home.

After a short presentation, she will open up the discussion for questions and answers.

Call the senior center to register.

723-6477

Stay Informed

Our local law enforcement officers are on hand monthly to keep you informed about what's going on around town.

The first Wednesday of the month the Manistee County Sheriff's dept. is here at 12:30 p.m. They'll be here on Wed., Feb. 7. (Buzz with the Fuzz)

On the 4th Thursday of the month the Manistee City Police dept. stops in at 12:30 p.m. to share info with our seniors. Next presentation is Feb. 22. Stop by and see what's new around town. (City Patrol)

February 2024 ~ Senior Nutrition Program Menu

			1 Oven roasted turkey Mashed potatoes Green beans Cranberry sauce Roll	2 Cheeseburger on bun Baked beans Mixed vegetables Banana
5 Sweet & sour meatballs Midori veg blend Steamed broccoli Diced pears Biscuit	6 Macaroni & cheese Steamed peas Diced carrots Applesauce Roll	7 Pork chop steak Sweet potatoes Cauliflower Grapes Roll	8 Lemon pepper baked fish Lima beans Cook's choice veg Fruit cocktail Roll	9 Stuffed green peppers Stewed tomatoes Winter blend veg Sliced peaches Bread
12 Beef stew Brussel sprouts Sliced carrots Raisins Roll	13 Oven baked ham Cheese potato bake Steamed asparagus Pineapple tidbits Blueberry crumble	14 Cheese ravioli Green beans Steamed corn Sliced peaches Bread	15 Chicken sandwich on a bun Baked beans California blend veg Apple slices	16 Tuna noodle casserole Steamed peas Hubbard squash Diced pears Roll
19 Orange blossom chicken Rice pilaf Oriental blend veg Mixed veg Mandarin oranges/Roll	20 Scrambled eggs Sausage Sauteed peppers/onions Seasoned potatoes Apple juice Blueberry muffin	21 Sloppy Joe on bun Diced carrots Steamed broccoli Banana	22 Beef tips & gravy Mashed potatoes Asparagus Fruit cocktail Biscuit	23 Toasted cheese sandwich Tomato soup Wax beans Dried mixed fruit
26 Italian sausage on bun Sauteed peppers/onions Potato coins Sliced pears	27 Primary Election day Turkey gravy Mashed potatoes Green beans/ Grapes No congregate meal at the senior center	28 Marinated chicken breast Cali blend veg Steamed peas Applesauce/ Roll	29 Turkey & cheese croissant 3-Bean salad Coleslaw Banana	

Community Senior Luncheon Schedule

Hot 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 am	299-0330
Pleasant Valley Comm Center, Arcadia	Tuesday & Friday 12:30 pm	510-2890
Marilla Twp Hall, Marilla	Wednesday at noon	233-8395
Maple Grove Twp 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.

February 2024 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 Sit & Fit 10 Cribbage 11 Grief Support Group 12 Lunch 1 Chess 1 Sign Language	2 9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks
5 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games	6 10 Sit & Fit 11 Tax Q & A w/Salt City CPA 12 Lunch 1 Pinochle 1 Pool Party at the Paine 2 Knit/Crochet circle 3:30 Chair Yoga Foot Care Clinic	7 9 Tai Chi 10:30 TOPS 10 BP Clinic 11 Produce Bingo 12 Lunch 12:30 Buzz w/the Fuzz 1 Cardio Drumming	8 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess 1 Sign Language 3 Dementia Support	9 9 Tai Chi 10 Balance /Stretching 11 Downsizing with Tara 12 Piano w/Suzanne 1 Euchre 1 Legacy Art Park art project
12 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes Attorney by appt. 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games	13 9:30 Cards & Coffee 11 Valentine's Day luncheon & music	14 9 Tai Chi 10 BP Clinic 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 2 Munson Update w/ Kelly Tomaszewski AND 2 Dr. McComb Heart Health	15 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 Fire Dept. Fire Extinguisher safety 1 Chess 1 Sign Language 1:30 Virtual trip to Spain Foot Care Clinic Income Tax pick up day	16 9 Tai Chi 9-11 Food Bank 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks
19 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pool Party at the Paine 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games	20 10 Sit & Fit 11 Music w/Cheryl Wolfram 12 Lunch 12:30 Bridge 1 Pinochle 1 Popcorn & Movie 2 Knit/Crochet circle 3:30 Chair Yoga	21 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 11 Celebrate our February birthdays 12 Lunch 1 Cardio Drumming 1 Veterans Exchange group	22 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 City Patrol 1 Chess 1 Sign Language	23 9 Tai Chi 11 Downsizing with Tara 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Finger painting
26 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games	27 Presidential Primary Senior center closed All activities cancelled	28 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Cardio Drumming 2 Munson Update w/ Kelly Tomaszewski	29 Happy Leap Day! 10 Sit & Fit 10 Cribbage 10 Library day 12 Lunch 1 Chess 1 Tech class 1 Sign Language	

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

SNOW DAY POLICY

It's that time of year again. Please keep in mind that during this winter, if the Manistee Area Public Schools are closed due to the weather, the senior center will also be closed. There will be no activities, no congregate lunches, and no home delivered meals.

You Gotta Have Art! Lessons & Laughter

Open to all levels, bring your own supplies (acrylics, oils, water colors. Bring your own canvas in a size you'd like. Mondays at 10 a.m.

Work on a project or work on your own, at your own pace. We will learn from an instructor & each other.

FINGER PAINTING

FRI., FEB. 23 ~ 2 P.M.

Come get messy with us!

Call to sign up 723-6477

Pool Party!!

Tuesday, February 6 • 1-3 p.m.

Monday, February 19 • 1-3 p.m.

Meet at the Paine Aquatic Center pool, bring your swimsuit and towel. There will be snacks in the commons area. Come swim & have fun with us. Call to sign up 723-6477

FIRE EXTINGUISHERS 101 WITH THE FIRE DEPARTMENT

If there was a fire in your home or garage, would you know how to use your fire extinguisher? **Thur., Feb. 15, 12:30**

p.m. Fire Chief Tom Herndon will be at the senior center with a fun & informative program

FRIDAY FLICKS

Friday, Feb. 2 & 16 ~ 2 p.m.

Come to the senior center and watch a great movie on the new big screen with the gang!

Be sure to call and sign up 723-6477

REACH PROGRAM

REACH is an evidence based program designed to support caregivers of persons with Alzheimer's and other types of dementia.

CAREGIVER SUPPORT

REACH is free to caregivers aged 60 and older and/or caregivers of any age that are caring for a person aged 60 and older. Caregiver or care recipient must live in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, or Wexford county.

TELL ME MORE

The program includes an initial assessment and four individual sessions with a certified REACH Program

Coach. Each session is an hour. Sessions can be done in-person (home or Area Agency on Aging of Northwest Michigan office), over the phone or virtually using a computer or tablet.

HOW DOES IT WORK

Session 1 establishes rapport; stress is discussed and a stress management technique is taught and practiced. Session 2 offers education on dementia and strategies to address safety concerns are offered. Learning and practicing problem solving is the main focus of this session. Session 3 focuses on positive thinking/mood management. Session 4 provides an opportunity for Coach and Caregiver to work on additional concerns and to review

the program and strategies to use in the future.

GET STARTED

To refer yourself or a caregiver you know to the program send us a referral.



SCAN ME

<https://www.aaanm.org/reach-referral>

Area Agency on Aging
of Northwest Michigan
Dignity • Independence • Choice

LEARN MORE

CONTACT US TODAY!

231-421-9615

caregiversupport@aaanm.org



January Fun
We pour painted, we learned a lot from Dr. Fuller, we finger painted and once again, our volunteers stepped up and helped us out. Paul & Chris painted the walls in our activity hall, making it all cheery and bright, and a great crew from Coast Guard Station Manistee helped us set up for our senior food bank.



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

*The Manistee County
Council on Aging:
Serving & providing
for the seniors of
Manistee County
for 52 years.*