



# SENIOR MOMENTS

Issue: November 2015

## Meet the Staff



**Sarah Howard**  
*Executive Director*

**Jeanne Barber**  
*Executive Assistant*



**Nancy Fortin**  
*Custodian/Assistant*



**Faye Keyes**  
*Senior Helper*



**Molly Cichy**  
*Bookkeeper*

## Board of Directors

**Robert Daniels**  
*President*

**Jerre Stephens**  
*Secretary*

**Alan Marshall**

**Marlene McBride**

**Velma Moore**

**Virgil Johnson**

**George Wagoner**



## News & Notes from Sarah

By Sarah Howard  
Executive Director

Happy November. I hope this note finds everyone happy and healthy and doing well. November is always such a great month. I know I have soooo much to be thankful for. Of course, I am thankful for my wonderful family, and for my great job and for my blessed life, but I am also so grateful for all of you. I don't think I have ever been more content in anything I have done. Meeting all of the people in our county, from all of the special seniors, to all of the people we all come in contact with who volunteer their time and talents to all of us, to everyone I have met at all of the other agencies that we collaborate with. I can't thank you all enough. You have made my life richer than you will ever know and I will be forever grateful for getting to know each and every one of you.

On November 1st, remember to set your clocks back. I always like the fall because I get one hour more of sleep. This is what I always tell myself, and I always feel more rested.

October went by so quickly. We had so many fun things happening. We had a great turn out for the Color Tour and our Halloween Party was so much fun. Thank you to everyone who participated in these fun activities.

We have a lot of great activities that will be going on this month at the Manistee County Council on Aging. I hope you will stop down and check some of them out. We have our annual Thanksgiving Food Bank this month. All Manistee county seniors, 60 and over, are welcome to participate in this program. Check the calendar for the date and time and come down if you need some food.

I also want to say a special thank you to everyone who donates food and money for the Manistee County Council on Aging Food Bank. This helps us so much. The last couple of months we have served about 125 seniors each month. I know in November we usually get more seniors participating. We are so blessed to have so many caring people in our county. It is so wonderful to have you be a part of the Manistee County Council on Aging.

Make sure you check out the monthly calendar. We have our ongoing programs like, Toe Tapping Tuesday, Attorney Services, Sit & Get Fit, Fun Bingo, Holiday Parties, Foot Clinic, Food Bank, Produce Bingo, Exercise, Bridge, Pinochle, Fun Bingo, Monthly Birthday Party, Blood Pressure Clinic and Veterans Exchange Day, but we are always adding new programs and fun surprises.

Remember what you are thankful for this holiday season, and try something new.



# Get involved with these activities!

## Services

**Foot Clinic:** second Wednesday  
 Next Foot Clinic: 12:45 p.m. on November 18 (due to Veterans Day).  
**Senior Food Bank:** third Friday January through November. Next Food Bank: 1 to 3 p.m. on November 20.  
**Eyeglass Repair Clinic:** third Thursday  
 Next Eyeglass Clinic: 11 a.m. on November 19.  
**Free Attorney Consultations:** second Tuesday  
 Next attorney consultations: 10:30 a.m. on November 10.

## Exercise Opportunities

**Exercise Group:** 9 to 9:30 a.m., Monday and Wednesday  
**Sit & Get Fit (Manistee):** 10 to 10:30 a.m., Tuesday and Thursday  
**Sit & Get Fit (Onkama):** 10:45 to 11:30 a.m., Monday and Wednesday

## Fun & Games

**Bridge:** 1 p.m., Tuesday  
**Fun Bingo:** 11 a.m., Wednesday  
**Produce Bingo:** first Friday  
 Next Produce Bingo will be November 6.



*“November always seemed to me the Norway of the year.”*

- Emily Dickinson

# November Milestones

## Happy Birthday!

Charlotte Kott	11/2
LaRaine Duchon	11/3
Ben Kubiak	11/4
Lillian Bladzick	11/6
Jane Kuriger	11/7
Constance Krusniak	11/9
John Perschbacher	11/10
Patricia Daniels	11/11
Richard Russell	11/12
Barbara Mitchell	11/15
Kay Avery	11/16
Geraldine Rader	11/16
Joanne Kott	11/20
Robina Storm	11/20
MaryAnn Zuchowski	11/20
William Chambers	11/23
Kay Field	11/24
Ken Hesch	11/24



Dan Stefanski	11/29
Marcy Day	11/30

## Staff Birthdays

Sarah Howard	11/7
Mike Bagley	11/30

## Happy Anniversary!

Bernard & Judy Chapple	11/26
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*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.*

## November Flower:

Chrysanthemum. A red chrysanthemum means “I love you;” a white chrysanthemum means innocence, purity, and pure love; a yellow chrysanthemum means slighted love.

## November Birthstone:

Topaz  
 There are many days to commemorate in October.

11/5 is Men Make Dinner Day, 11/9 is Chaos Never Dies Day, 11/11 is Veterans’ Day, 11/13 is Sadie Hawkins Day, 11/15 is Clean Your Refrigerator Day, 11/24 is All Our Uncles are Monkeys Day, and 11/26 is Thanksgiving  
 Welcome November!!

# October Fun at the Senior Center



**Shirley Trucks & John Perschbacher became man and wife in October. Best wishes to the happy couple.**

*October... probably one of the warmest Octobers in a long time. We traveled around the county with our seniors, played a lot of bingo, learned how to use our AED machine. It was a good month.*



**Our Nancy celebrated her birthday in October.. What?? 29 again?? Happy Birthday, Nancy.**



**Duane Davis steps backstage to chat with his grandson, Josh, following his concert at the Ramsdell Theatre.**



**Dr. Long, Dr. Oliver and Dr. Wagoner wait for lunch one October afternoon.**



**Carl Krebs and Julie Scott enjoy fellowship before lunch at the Senior Center**



## **Parkinsons Support Group**

The Parkinsons Support Group meets on the 3rd Thursday of every month (except Jan. & Feb.) at 11 a.m. at West Shore Medical Center Education Center, room #1.

For info call Jeanne Lewis (231) 299-1286  
or Linda Nickelson (231) 398-9175

## **Do you like to craft?**

The Senior Center is looking to start a weekly craft afternoon. You will be welcome to stop in, bring your crafts and work with other seniors. There'll be coffee and treats. Please call the Senior Center for more information. 723-6477



MANAGING CONCERNS ABOUT FALLS

Do you limit your activities because of a fear of falling? If your answer is yes, then "A Matter of Balance" classes could be what you need.

Matter of Balance classes will began once again on January 4, 2016. If you are interested in participating in this set of classes, please call the Senior Center and sign up for. The classes are two hours long, and will be held on Mondays from 2-4 p.m. for 8 weeks.

The aim of these classes is not just to teach you how to minimize your risk of falling, but how to change the way you think about falling, to release you from that fear.

"A Matter of Balance." We have three trained leaders who will be facilitating the classes.

Call the Senior Center at 723-6477 to sign up. Or stop by the Senior Center and ask for the sign up sheet.

## **Adult Foster Care**

### **Christmas Gift Program**

The holidays will be upon us soon. Once again we are looking for donations for our Adult Foster Care Christmas program. Each year we gather donated gifts to wrap and give to residents in area adult foster care homes. For some residents, these are the only gifts they will receive.

Please join us in our efforts to spread the Christmas spirit this year. You can call the Senior Center at 723-6477 for more information.

### **SENIOR VOLUNTEER TRANSPORTATION**

The need for reliable transportation for seniors is an important issue.

The Senior Center is looking for volunteers to help provide transportation for seniors who do not drive and have out of town medical appointments in Traverse City, Grand Rapids, Muskegon, etc.

Volunteers must have insurance and good driving record.

Please call the Senior Center at 723-6477 to volunteer, or for more information.



### **SENIOR TAX PREPARATION**

Each year the Senior Center offers tax preparation help for Manistee County seniors. Our tax team is looking for volunteers to join them preparing returns one day a week here at the Senior Center. Training will be provided for 3-4 days in January at the Manistee County Library. If you like numbers and enjoy being part of a fun team, call Mary Haw at 723-9821.

## TOMB OF THE UNKNOWN SOLDIER

Interesting facts about the Tomb of the Unknown Soldier and the Sentinels of the Third United States Infantry Regiment "Old Guard"



Q: How many steps does the guard take during his walk across the tomb of the Unknowns and why?

A: 21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.

Q: How long does he hesitate after his about face to begin his return walk and why?

A: 21 seconds, for the same reason as answer number 1.

Q: Why are his gloves wet?

A: His gloves are moistened to prevent his losing his grip on the rifle.

Q: Does he carry his rifle on the same shoulder all the time, and if not, why not?

A: No, he carries the rifle on the shoulder away from the tomb. After his march

across the path, he executes an about face and moves the rifle to the outside shoulder.

Q: How often are the guards changed?

A: Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

Q: What are the physical traits of the guard limited to?

A: For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30".

### Other requirements of the Guard:

They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty **FOR THE REST OF THEIR LIVES**. They cannot swear in public **FOR THE REST OF THEIR LIVES** and cannot disgrace the uniform (fighting) or the tomb in any way.

After **TWO YEARS**, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that

extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first **SIX MONTHS** of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis (the boxer) and Medal of Honor winner Audie Murphy, (the most decorated soldier of WWII) of Hollywood fame. Every guard spends **FIVE HOURS A DAY** getting his uniforms ready for guard duty.

In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/ House took 2 days off with anticipation of the storm. The ABC evening news reported that, because of the dangers of the hurricane approaching Washington, DC, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They refused. "No way, Sir!"

Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment; it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24/7, since 1930.



# Fall Craft Show

Saturday, November 21 ~ 10 a.m. - 2 p.m.  
Manistee Senior Center

**Rent a table to showcase your crafts for \$5.00**

To reserve your table or for more information,  
call the Senior Center at **723-6477**

# Jingle Bell Ball

**Monday, December 14**  
**St. Joseph Parish Center**

Are you ready to get your holiday on?

Join us for a jingle-y, jangle-y good time.

Doors open at 11 a.m., Music til 3:30 p.m.

Dinner served at noon. Catered by Jerry Zupin.

On the menu: baked chicken, homemade polish sausage, sauerkraut and Swedish meatballs, real mashed potatoes and gravy, vegetables, rolls and assorted cakes

Music by Virgil Baker's Just 4 Fun Band

Tickets are available at the Senior Center and must be purchased on or before December 12.

Come take part in the fun,  
food and fellowship.

Call for more information. 723-6477



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## This Was 1963

### **TIME Magazine Person of the Year:**

Martin Luther King, Jr.

### **Cost of Living:**

New house - \$12,650

Average income - \$4,396

Average rent - \$110/month

Movie ticket - \$1.25

Postage stamp - 5¢

### **Popular Movies:**

Tom Jones (Academy Award winner)

The Birds

The Great Escape

The Pink Panther

It's a Mad, Mad, Mad, Mad World

### **Sports Champions:**

L.A. Dodgers, San Diego Chargers, Parnelli

Jones. Toronto Maple Leafs, Boston Celtics

**Born This Year:** Brad Pitt, Helen Hunt,  
Whitney Houston, Mark McGwire, Tatum  
O'Neal, Michael Jordan, Johnny Depp

# November 2015 ~ Meals on Wheels Menu

1	2 Creamed chipped beef Mashed potatoes Malibu vegetable Tropical fruit Roll	3 Asian ginger pork Asian brown rice Asian vegetable Pineapple chunks Honey wheat roll	4 Meatballs & gravy Mashed potatoes Nantucket vegetable Pears Hawaiian bread	5 Potato bacon cheddar soup Egg salad sandwich Tossed salad Fresh orange	6 Citrus grilled chicken Scalloped potatoes Calif. blend vegetables Peaches Roll	7
8	9 Goulash Succotash Green beans Mixed fruit Garlic roll Tapioca pudding	10 Ground beef & gravy Mashed potatoes Key West vegetables Tropical fruit Bread	11 <u>Senior Center is closed. No meals served on site</u>  Veal Parmesan Seasoned potatoes Normandy vegetable Pineapple tidbits	12 Chicken over garden rice Beets Peas Mandarin oranges Bread	13 Beef stroganoff over noodles Stewed tomatoes Wax beans Applesauce Roll Cookie	14
15	16 Swedish meatballs Mashed potatoes Winter blend vegetable Pineapple chunks Roll Chocolate pudding	17 Lemon pepper chicken Au gratin potatoes Caribbean vegetable Cottage cheese w/ blackberry topping Roll	18 Beef stew Carrots & potatoes Beets Fresh orange Biscuits	19 Turkey w/stuffing Potatoes w/gravy Corn & squash Cranberry sauce Rolls Pumpkin dessert	20 Parmesan fish Baked potato Nantucket vegetable Pears Bread	21
22	23 Shepherd's pie Mashed potatoes Broccoli cuts Applesauce Roll	24 Creamy tomato soup Oyster crackers Tuna sandwich Tossed salad Mixed fruit	25 Cabbage rolls Scalloped potatoes Beets Peaches Potato roll	26 Happy Thanksgiving Day Senior Center and Meals on Wheels closed	27 Senior Center closed	28
29	30 Sweet & sour pork Rice pilaf Sicilian vegetable Pears Roll					

Menu subject to change

# November 2015 ~ Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 1 pm Euchre	2 9 am Exercise 9 am Diabetic support group 11 am Social hour Noon meal 6 pm Pinochle	3 10 am Sit & get fit 11 am Toe Tapping Tuesday Noon meal 1 pm Bridge	4 9 am Exercise 11 am Fun bingo Noon meal 1 pm Veterans Exchange	5 10 am Sit & get fit 11 am Social hour Noon meal	6 11 am Produce bingo Noon meal 	7	
8	9 9 am Exercise 11 am Social hour Noon meal 6 pm Pinochle	10 10 am Sit & get fit Noon meal 1 pm Bridge Attorney services	11 Veterans' Day Senior Center Closed	12 10 am Sit & get fit 11 am Social hour Noon meal 6-7 pm Brownie Game Night	13 11 am Social hour 11:30 am Bingo at the Kaleva VFW Noon meal 1 pm Dynamic PT presentation	14 5:30 pm WSMC Auxiliary Barnyard Bingo	
15 1 pm Euchre	16 9 am Exercise 11 am Social hour Noon meal 6 pm Pinochle	17 10 am Sit & get fit 11 am Toe Tapping Tuesday 1 pm Bridge MCCOA Board Mtg.	18 9 am Exercise 11 am Fun bingo November birthdays Noon meal 1 pm Veterans Exchange 12:45 pm Foot Clinic	19 10 am Sit & get fit 10:30 am Blood pressure clinic 11:30 am Carrie Selbee & band Noon meal Eyeglass clinic	20 11 am Social hour Noon meal 1-3 pm Food bank	21 10 am-2 pm Fall Craft Show	
22	23 9 am Exercise 11 am Social hour Noon meal 6 pm Pinochle	24 10 am Sit & get fit Noon meal 1 pm Bridge	25 9 am Exercise 11 am White Elephant Bingo Noon meal	26 Happy Thanksgiving Senior Center closed	27 Senior Center closed	28	
29	30 9 am Exercise 11 am Social hour Noon meal 6 pm Pinochle	<p>Johnny O may be making an appearance in Wellston sometime in November. We will let you know as we get more details. Keep watching!</p>					





# “Real” Daytime Bingo

## Kaleva VFW ~ Nov. 13

Box lunches provided by Kaleva Meats served at 11:30 a.m., Bingo begins at noon. Lunch \$3. Transportation will be provided. Bus leaves the Senior Center at 10:30 a.m.

Sign up at the Manistee Senior Center 723-6477

### Manistee County Council on Aging

457 River St.  
Manistee, MI 49660

Phone: (231) 723-6477  
Toll Free: (888) 723-9060  
Fax: (231) 723-1640

**We're on the Web!**  
[manisteecountycoa.com](http://manisteecountycoa.com)

*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.*

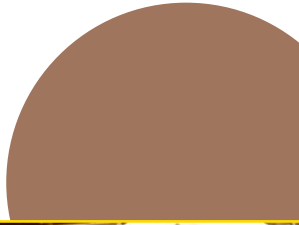
*Stay active*

*Stay informed*

*Stay involved*

**Find us on Facebook**

[www.facebook.com/ManisteeCountyCouncilOnAging](http://www.facebook.com/ManisteeCountyCouncilOnAging)



## October 2015 at the Senior Center

We had a fun October! White Elephant Bingo, a Color Tour and Pie trip, (we hear the pie was the highlight of the trip). The Community Garden once again brought us a bountiful supply of vegetables from their final harvest, and we traveled to Wellston for the Jammers, and for Produce Bingo!

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

