

SENIOR MOMENTS

Issue: October 2018

Meet the Staff



Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



Nancy Fortin
*Assistant/
Facility Maintenance*



Faye Keyes
Senior Assistant



Jo Hall
Receptionist



Molly Cichy
Bookkeeper

Board of Directors

Maureen Barry
President

Virgil Johnson
Vice President

Velma Moore
Secretary

Marlene McBride

Patty Spencer

Heather Volkema

Mary Kaye Wilkosz



News & Notes from Sarah

By Sarah Howard
Executive Director

Hello everyone! Can you believe it is October already? I am still in denial that summer is done. This was the first year in my life that I didn't get to the beach. I have been so busy, I have put myself on the back burner. I am told over and over again by my family, friends and a lot of the seniors that I need to take care of myself first and then I can help more people. I am kind of starting to believe everyone.

I haven't been feeling very well for a few weeks now. I haven't had a doctor for a couple of years, so I finally scheduled an appointment with someone and I am really hoping I can get back on track. If you are like me, I don't eat regular meals, I don't drink much water and I never exercise. So, I see a lot of places where I can improve on myself without getting too crazy, but it is time to look out for me once in a while. I hope you are taking care of you too, we should all try to be the healthiest we can be and enjoy long lives.

Well this is October and there is so much to look forward to. We have some great programs and activities that will be going on. One that I am really looking forward to is the Lions/Packers game on Sunday, October 7 at Ford Field. The bus looks pretty full. We are hoping to have a great time and wishing you could all join us.

We also have the Colors of Autumn Dinner Dance coming up on Wednesday, October 31st at the beautiful Ramsdell Theater. This will be another great party for everyone to eat some of the best catered food by the great Jerry Zupin Catering and some of the best music by Butch Baker and the Just 4 Fun Band. If you are looking for something fun and exciting to do, come to this great party and enjoy your friends, delicious food and great entertainment. Remember, we will have some great door prizes and some special raffles.

Besides all of our daily and monthly activities and programs, we are getting ready for some of our holiday specials. We will be starting to get ready for our special Thanksgiving Food Bank and

will be looking for some special donations. If you are thinking of a way to help others and looking for a tax credit, think of the Senior Center Food Bank. We are always looking for donations of non-perishable foods and monetary donations. If you donate funds to a specific program, that is where it goes, into that program, not into our general budget.

We will also start getting ready for our adult foster care home Christmas program. This program is great. There are so many seniors that live in adult foster care homes or nursing homes and have no family around that visits or purchases any necessities that the senior may need. Some of the gifts we find on their wish lists are so small, like kleenex or paper and pens, sometimes they ask for clothes or puzzles. We usually get the lists in early November and we will put the tags up on the tree. I hope you will help with this great program, and make a difference in someone's life.

We had so many great things that went on in September. We celebrated the First Responders for everything they do for everyone in the county. It was so nice to see everyone who could come on this special day.

We had a beautiful cake and some delicious hors d'oeuvres for everyone. This was such a nice simple way to visit and let our First Responders

know how much they are appreciated. We also had a garage/bake sale to benefit the new building. The garage sale brought in over \$1100 for this great project. Thank you to everyone who worked on this huge project and to everyone who donated items for the sale. Without all of you, none of this would have been possible. On Tuesday, October 23 we will be doing another floral arrangement activity at Gloria's Floral Garden. This time Rose will be helping us make pumpkin centerpieces. This was such a hit last year and we are hoping you might want to give it a try. Give us a call to sign up.

I hope you are ready to have a great October and remember to try something new!



Get involved with these activities!

Services

Foot Clinic: second **THURSDAY**
(note new day) Next Foot Clinic: 10:30 a.m. on Oct. 11.

Senior Food Bank: third Friday January through November. Next Food Bank: 9 to 11 a.m. on Oct. 19.

Eyeglass Repair Clinic: third Thursday
Next Eyeglass Clinic: 11 a.m. on Oct. 18.

Free Attorney Consultations: second Tuesday. Next attorney consultations: Oct. 9. By appt.

Hearing Aid Clinic: third Monday. Next hearing aid clinic: 1-2pm Monday, Oct. 15.

Exercise Opportunities

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

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

Sit & Get Fit (Onekama): 10:45 to 11:30 a.m., Mon & Wed

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

Tai Chi: 2:30 p.m. Wed & Fri

Seated Tai Chi: 2 p.m. Thurs. Marina bldg. (note new time)

Indoor walking: 10 a.m. Wed & Fri (Marilla)

Sweatin' to the Oldies: 3:30 p.m. Mon. & Wed.

Stretch & Strength for Seniors: 2:30 p.m. Wed. & Fri.

Fun & Games

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

Fun Bingo: 11 a.m., Wednesday

Game Day: Thursdays 10:30 a.m. (note new time)

Drum Circle: Thursdays 12:30 p.m.

Produce Bingo: first Friday
Next Produce Bingo will be Oct. 5.



The trees are in their autumn beauty, The woodland paths are dry, Under the October twilight the water mirrors a still sky.

~William Butler Yeats

October Milestones

Happy Birthday!

Mary Lou Pearson	10/1
Alice Maidens	10/5
Jeanne Boyko	10/7
Mary Tarczon	10/7
Donna Meduna	10/7
Arlene Adamski	10/8
Dawn Doehne	10/10
Pamela Cooper	10/10
Shirley Krause	10/12
Tom Amor	10/13
Judy Chapple	10/15
Robert Mooney	10/15
Greg Robert	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

Jean Ward	10/25
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.



October Flower:

Marigold

October Birthstone:

Opal

There are many days to commemorate in October:

10/1 is National Homemade Cookies day, 10/7 is Bald and Free day, 10/12 is Old Farmer's day, 10/18 is No Beard day, 10/21 is National Pumpkin Cheesecake day, 10/27 is Navy day, and 10/30 is National Candy Corn day.

Welcome October!!

September Fun at the Senior Center



We said goodbye to Jerre Stephens in September. Jerre has always been a big part of who we are. We're gonna miss you Jerre.

What a beautiful month September was. And so busy! We learned about the county dive team, painted, drummed, dedicated, honored, and hung out with friends.



Maureen came from Medical Care to join the painting class with Susan.



Police Talk was about the dive/rescue team. Rich gets to try on the packs and mask. He needed help standing up.



We started drum circle again, and we've got some new instruments!



The Manistee Fire Department came and helped make emergency medical forms for our seniors.

Color Tour

Tuesday, October 16

12:30 p.m.

\$8.00

Travel with us as we see the beautiful colors of autumn, and stop for pie!

Sign up at the front desk
at the Senior Center



ODYSSEY OF THE MIND WARM UP

Come play spontaneous brain games
to prepare for

Odyssey of the Mind - Repeat, 2019

Join us **Thur., Oct. 4 and Nov. 1**

1 p.m. at the Senior Center

BORN IN OCTOBER

Charming, charismatic & romantic souls, honest, believing in justice and harmony. Peace loving, hospitable. Easily offended, frustrated by naysayers & constant negativity.

Mystery Trip

Friday, Oct. 26

\$40/person

Sign up at the Senior Center
or call 723-6477

WHAT'S GOING ON AROUND THE COUNTY

WELLSTON

Tues. & Thur. 9 am
Sit & Get Fit
(note new time)
Thurs. 10 am Bingo

2nd Thurs of the month
1 pm Jammers
(May-Oct.)

ONEKAMA

Mon & Wed. 10:30 am
Sit & Get Fit

COPEMISH

2nd Friday of month
10:30
Senior Fun Day (Bingo)
60 and older

MARILLA

Wed. 10 am Walking
Wed. 1 pm Computers
Fri. 10 am Walking
Bingo last Wed each
month 11 am

BEAR LAKE

Wednesday 10 am
Sit & Get Fit
Friday 10 am
Sit & Get Fit



BLOOD PRESSURE CLINIC

Hospice of Michigan is offering free blood pressure clinics at the Senior Center at 9 a.m. on the first and third Fri., each month. The dates for the remainder of 2018 are as follows:

- Fri., October 5
- Fri., October 19
- Fri., November 2
- Fri., November 16
- Fri., December 7



Photography Group
meets at the Senior Center
Thurs, October 18 at 3pm.
Come join the fun!

Veterans Feast

Mon., November 12

LROBI

Registration 11 am
 Buffet meal 12-3pm
 Veterans eat free. All veterans invited.
 Significant others \$10/each
 Virgil Baker & the Just 4 Fun Band entertaining
 Watch next month's Senior Moments
 for details.

The Colors of Autumn Dinner Dance

Wed., October 31
 11 a.m. - 3 p.m.
 Ramsdell Ballroom
 \$10/person

Dinner catered by Zupin Catering
 Music provided by Butch Baker & the Just 4 Fun Band
 Tickets available at the Manistee Senior Center



Join us for

Produce Bingo

Friday
 Oct. 5
 11:00 a.m.



Fall Craft Show

Saturday, November 10
 10 a.m. - 2 p.m.
 Manistee Senior Center
 457 River St., Manistee

Reserve a table to showcase your crafts for \$5.00

To reserve your table or for more information,
 call the Senior Center at 733-6477

Manistee Senior Center is a 501(c)(3) organization.

Make a Pumpkin Centerpiece
 Tuesday, October 23 1 p.m.
 At Gloria's Floral Garden
 \$20/person
 Sign up at the senior center.

**MEDICARE OPEN ENROLLMENT
 STARTS OCTOBER 15, 2018**
 Call the senior center to make
 an appointment with Bill Tod
 723-6477

Manistee Area Caregiver Support Group
To enhance the lives of individuals with Alzheimer's disease & other dementias

1st Tuesday each month
 Munson Healthcare Manistee
 Education Center room 3

The Alzheimer's Association's caregiver support groups are designed to provide emotional, education and social support for caregivers through their monthly meetings. They help develop methods and skills to solve problems. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimally caring for their loved one struggling with dementia.

Contact Mike Senters
 723-2543 Ext. 112 msenters@mcmcf.org

**SAFE BANKING
 FOR SENIORS**

Oct. date to be
 announced
at the Senior Center

Presented by representatives from
Huntington Bank

There will be activities throughout the morning.
 Prizes, refreshments. Huntington Bank will be
 buying lunch for all attendees

723-6477



Craft Day
 Wed., Oct. 17 ~ 12:30



Join us at the senior center
 as Myla Dinger teaches us
 how to make pressed flower cards.
 Call 723-6477 to sign up.

**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 299-1286
 Linda Nickelson 690-5048

**WE ARE SEEKING VOLUNTEERS FOR
 SENIORS VISITING SENIORS
 PROGRAM**

Volunteers will visit
 homebound seniors
 in Manistee County.
 Call
723-6477



October 2018 ~ Meals on Wheels Menu

<p>1</p> <p>Potato crunch pollack Baked potato Green beans Tropical fruit Rye bread</p>	<p>2</p> <p>Beef stew Potatoes & carrots Brussels sprouts M&M cookies Pears Biscuit</p>	<p>3</p> <p>Chicken tenders Tater tots Sliced carrots Applesauce Roll</p>	<p>4</p> <p>Braised beef over noodles Corn Broccoli Pineapple chunks Roll</p>	<p>5</p> <p>Roasted veg lasagna Tossed salad Peas Mandarin oranges Garlic biscuit</p>
<p>8</p> <p>Cabbage roll Mashed potatoes Wax beans Mixed fruit Roll</p>	<p>9</p> <p>Homemade chicken noodle soup Egg salad sandwich Coleslaw Peaches</p>	<p>10</p> <p>Shepherds pie Mashed potatoes Broccoli Brownie Pears Roll</p>	<p>11</p> <p>Chop suey over rice Asian veg Diced carrots Egg roll Tropical fruit</p>	<p>12</p> <p>BBQ meatballs Scalloped potatoes Cauliflower Applesauce Roll</p>
<p>15</p> <p>Sloppy joe on a bun Seasoned potatoes Scandinavian veg Peaches</p>	<p>16</p> <p>Beef enchilada Spanish rice Corn Tropical fruit Mexican churro pastry</p>	<p>17</p> <p>Stuffed peppers Potatoes O'Brien Yellow beans Mixed fruit Roll</p>	<p>18</p> <p>Chicken caccitore Garlic smashed red skin potatoes Normandy veg Mandarin oranges Breadsticks</p>	<p>19</p> <p>Swiss steak Mashed potatoes Squash Pears Bread</p>
<p>22</p> <p>Asparagus soup Ground bologna sandwich Coleslaw Applesauce</p>	<p>23</p> <p>Meatloaf Baked potato Green beans Cottage cheese w/blackberry topping Roll</p>	<p>24</p> <p>Sweet & sour pork Asian rice Oriental vegetable Diced carrots Pineapple tidbits Breadstick</p>	<p>25</p> <p>Italian sausage w/peppers & onions Seasoned potatoes Wax beans Butterscotch pudding Peaches Roll</p>	<p>26</p> <p>Chicken stew w/potatoes, carrots & peas Stewed tomatoes Fresh apple Biscuit</p>
<p>29</p> <p>Hot turkey sandwich Gravy Mashed potatoes Whole petite carrots Fruit cocktail</p>	<p>30</p> <p>Spaghetti Italian veg Tossed salad Mandarin oranges Garlic bread</p>	<p>31</p> <p>Ground beef & gravy Mashed potatoes Cauliflower Lemon bars Bread</p>	 <p>Menu subject to change</p>	

October 2018 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 am Exercise 10 am Diabetic support Noon meal 3:30 pm Sweatin' 6 pm Pinochle	2 10 am Sit & get fit 11 am Toe Tapping Tue Noon meal 1 pm Bridge	3 9 am Exercise 10 am Losing it 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength for Seniors 3:30 pm Sweatin'	4 10 am Sit & get fit 10:30 Game day 11 am Social hour Noon meal 1 pm Mind Games Paint the Town Pink Activities normally scheduled at marina today are cancelled.	5 10 am BP clinic 11 am Produce bingo Noon meal 12:30 Caregiver focus group 2:30 pm Stretch & Strength for Seniors
7 Lions Game 8 9 am Exercise Noon meal 3:30 pm Sweatin' 6 pm Pinochle	9 10 am Sit & get fit 11 am Social hour Noon meal Attorney services 1 pm Bridge	10 9 am Exercise 10 am Losing it 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength for Seniors 3:30 pm Sweatin'	11 10 am Sit & get fit(m) 10:30 Game day (m) 10:30 am Foot Clinic (note new day) 11 am Social hour Noon meal 12:30 pm Drum Circle (marina) 2 pm Tai Chi (marina)	12 11 am Social hour Noon meal 2:30 pm Stretch & Strength for Seniors
15 9 am Exercise 11 am Social hour Noon meal 1 pm Hearing aid clinic 3:30 pm Sweatin' 6 pm Pinochle	16 10 am Sit & get fit 11 am Toe Tapping Tue Noon meal 12:30 Color Tour 1 pm Bridge 2 pm MCCOA Board Mtg.	17 10 am Losing it 11 am Fun bingo Oct. birthdays Noon meal 12:30 pm Craft day 2:30 pm Stretch & Strength for Seniors 3:30 pm Sweatin'	18 10 am Sit & get fit 10:30 Game day 11 am Eyeglass clinic Noon meal 12:30 pm Drum Circle (marina) 2 pm Tai Chi (marina) 3 pm Photo group	19 9 am Senior food bank 10 am BP clinic Noon meal 2:30 pm Stretch & Strength for Seniors
21 1 pm Potluck 22 9 am Exercise 11 am Social hour Noon meal 12:30 Police Talk 3:30 pm Sweatin' 6 pm Pinochle	23 10 am Sit & get fit 11 am Social hour Noon meal 1 pm Bridge 1 pm Pumpkin Centerpiece making (Gloria's)	24 9 am Exercise 10 am Losing it 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength for Seniors 3:30 pm Sweatin'	25 10 am Sit & get fit 10:30 am Game day 11 am Social hour 11:30 am Carrie Selbee Noon meal 12:30 pm Drum Circle (marina) 2 pm Tai Chi (marina)	26 9 am Mystery Trip 11 am Social hour Noon meal 2:30 pm Stretch & Strength for Seniors
29 9 am Exercise 11 am Social hour Noon meal 3:30 pm Sweatin' 6 pm Pinochle	30 10 am Sit & get fit 11 am Social hour Noon meal 1 pm Bridge	31 11 am Colors of Autumn Dinner Dance NO BINGO TODAY Noon meal	Be sure to check page 4 to see happenings throughout the county.	



Focus Group Opportunity

Seeking Participants to receive payment to participate:

Your opinion counts! You will be part of a group discussion on some of the unmet needs/challenges of rural dementia caregivers; challenges caregivers have due to their geographic location; barriers preventing them from obtaining their needs. Also, technology resources caregivers have utilized, and technology strategies the caregivers need.



Date and Time:

October 5 (Friday) from 2:00 to 3:30 pm

Location:

Manistee Senior Center
457 River Street
Manistee, MI

Eligibility Criteria:

- You are the one with primary responsibility for care of a relative with dementia or Alzheimer's disease.
- You live in a rural county or rural area

Incentive-We PAY YOU: In gratitude for fully participating in the focus group process you will receive \$30.00 MSU check in the mail shortly after the event.

RSVP to Coordinator:

Jeanne Barber – Assistant to ED, Manistee County Council on Aging

Email: mccoajb@gmail.com

Phone: 231-723-6477

For more Information about the project contact:

Fei Sun, PhD

MSU School of Social Work

Email: sunfei@msu.edu Cell: 602-515-1566

*You may receive a reminder follow up from your facilitator/host Katie Donovan (517-242-7355)

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

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



Dedication & Naming of the Future Senior Center

On September 6 we surprised our good friend George "Doc" Wagoner with an impromptu gathering where we dedicated and named the future center the George Frederick & Beverly Jane Wagoner Senior Center. Many of Doc's friends and family were there to celebrate.

Manistee County COA
457 River St.
Manistee, MI 49660

