

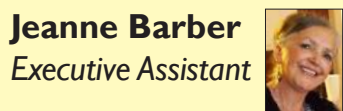
SENIOR MOMENTS

Issue: June 2018

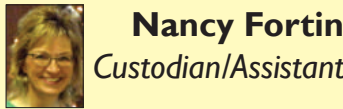
Meet the Staff



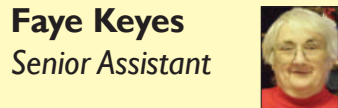
Sarah Howard
Executive Director



Jeanne Barber
Executive Assistant



Nancy Fortin
Custodian/Assistant



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

Mary Kaye Wilkosz

Patty Spencer

Heather Volkema



News & Notes from Sarah

By Sarah Howard
Executive Director

Hello everyone. I am so glad that June is here and the weather has been so beautiful. We have been doing some planting around the building. We have a large city planter in front of the building and two huge planters, one at each door. I love when you come in and it looks so welcoming and cheery. Stop in and see what has been happening around here. We always seem to have new and interesting programs and activities every day.

June is bringing some fun with it to the Senior Center. Susan Meyers is back in Manistee and she is ready to start up "STRUT" a jazzy tap class. This activity was a great success last year. I really wanted to join in last summer but just didn't have time. I still remember taking tap class in 3rd grade with Mrs. Naffie. We had so much fun, it was at Guardian Angels School, and I still remember the clickity, click sound, of all of our shoes hitting the tile. What sweet memories. This will be a program we all can do, whether you sit in a chair or stand behind a chair, if you like to dance or just like learning something new, you should try this fun activity.

This month everyone should be able to find something that looks interesting to check out. We are having our Kick Off for the 4th of July party on Friday, June 29th at the beautiful Stronach Township Hall. Jerry Zupin will be cooking, Butch Baker and the Just 4 Fun Band will be entertaining us. Please come and have a great time with your old friends and make some new friends at this popular event.

Our Detroit Tigers trip still has a few empty seats. We head to Comerica Field on Thursday, June 14th to cheer on our team. We also have our June Mystery Trip that a lot of people look forward to. If you like a little mystery in your life, give one of the Mystery Trips a try this year.

Project Fresh coupons are in and ready to go. This is a great program, it helps not only our seniors but also helps our local farmers. Look at the schedule that is in this flyer and see which date and location you can go to.

There are many reasons for me to love June. Besides the beautiful weather and our beautiful beaches. My oldest daughter Emily was such a wonderful gift for my husband and I. Emily was born 29 years ago on June 24th and has been a wonderful daughter, granddaughter, sister friend and she is such a great Mom to her sweet Adeline. It is funny, her personality is very different than mine, but she is the one I go to when I get frustrated at work or with something crazy and he always knows just what to say to help. I have been so lucky to have this sweet girl in my life.

June also brings a very special day, Father's Day. I hope all the Dad's, Grandpa's, and Uncles have a wonderful day. I know without my husband Tony, I wouldn't be able to do my job at the Senior Center. He does all kinds of extra work at home so I can spend long hours working and he never complains. He helps anyone who asks and is such a great guy. Happy Father's Day to my husband Tony. I know I don't tell you enough, but thank you for keeping our lives silly. I hope you have a great June and remember to try something new!



June Milestones

Happy Birthday!

Margaret Cooley	6/1	Randy Badley	6/18
Agnes Schmike	6/1	Mick Szymanski	6/18
Allen Garber	6/3	Marylou Ursum	6/21
Sharon Nottingham	6/3	Lu Sundbeck	6/23
Joyce Polen	6/3	Joyce Akerman	6/24
Sharon Anderson	6/4	Kate Giffels	6/24
Agnes Cusack	6/4	Nancy Schultz	6/24
Lynise Hensel	6/5	Dave Barber	6/25
Susan Baker	6/6	Bonnie Brauch	6/25
Phyllis Greve	6/6	Karen Reed	6/25
Alan Marshall	6/6	Dave Carlson	6/26
Marie Chellis	6/6	Anne Pinkerton	6/26
Irene Sparks	6/6	Grace Ratliff	6/26
Thomas A. Johnson	6/7	Linda Shively	6/27
Joan Chuby	6/9	Evelyn Cooper	6/27
Michelle Galicia	6/9	Betty Merriman	6/28
Carolyn Kosoboski	6/9	Nita Leslie	6/29
Harlan Kott	6/10	Joyce Anderson	6/30
Carmen Ludke	6/10	Don Faulkenstein	6/30
Robert Todd	6/10		
Robert Welsh	6/10		
Sue Wilson	6/10		
Jean Malony	6/11		
Jewel Richardson	6/11		
Maggie Armstrong	6/12		
Karen Bruchan	6/12		
Gail Badley	6/13		
Alice Clark	6/13		
Rosemary Maue	6/14		
John Pomeroy	6/14		
Betty Robb	6/15		
Irene Olson	6/15		
June Olson	6/15		
Robert Hafer	6/16		
Sandy Pelarsk	6/16		
Ruth Belic	6/17		
Tom Culbert	6/17		
Darwin Gilbert	6/17		
Sandy Kittlaus	6/17		
Lorraine Adamski	6/18		



June Flower:
Rose or Honeysuckle

June Birthstone:
Pearl or Alexandrite

Happy Anniversary!

Howard & Janet Turk
Gerald & Pearl Schudlich
Lenore & Arthur Wlodkowski
Robert & Paula Bullington
Richard & Phyllis Russell
Dan & Marilyn Stefanski
Charles & Beverly Lauth
Jack & Diane Beall
Joe & Irene Kukla
Ray & Phylis Mikula

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.



May Fun at the Senior Center



If you see our sweet Irene on June 6th, wish her a very Happy 97th Birthday!



It is so nice to see good friends when you come in to the Senior Center. Vicki and Jerry are sure glad to see each other.



Ester made it to the Potluck in May and looks like she really enjoyed herself.



SOME OF US CAN REALLY CARRY A TUNE AND SOME OF US JUST ENJOY THE SONGS.



Your birthday cards are sent to you courtesy of these two great volunteers.



Painting Class

with Susan Morris

Fri. June 22

9 a.m.-12:00 p.m.

*Create a Masterpiece
in 3 Hours ~ \$30 for seniors*

This project:

Even beginners can paint like this, with the Bob Ross style of painting. Everyone who participates will take home a finished painting at the end of the class. Please call the Senior Center to register.

723-6477



As many of you are aware, Hospice of Michigan provides a bi-weekly blood pressure clinic at the Manistee COA center. It is our pleasure to provide this service and to get to know the amazing members of the community we are so very committed to serving.

As we prepare for upcoming clinics, Hospice of Michigan wanted to share with you tips for receiving the most accurate blood pressure reading possible, whether at our clinic or elsewhere.

The American Heart Association outlines the following blood pressure guidelines:

1. The most common error in **blood pressure** measurement is use of inappropriate **cuff size**. Considerable overestimation can occur if the cuff is too small. The bladder length recommended by the AHA is 80 percent of the patient's arm circumference, and the ideal width is at least 40 percent.
2. Wrap the **cuff** around your arm so it's snug but not too **tight**. As a rule of thumb, you should be able to slip one finger under the **cuff**. Place the **cuff** against your skin, not over your clothing. Do not just push your sleeve up to the top of your arm — doing so forms a **tight** bend around the upper arm.
3. Roll up the sleeve on your **left** arm or remove any tight-sleeved clothing, if needed. (It's best to take blood pressure from the **left** arm, if possible.) Rest in a chair next to a table for five to 10 minutes. (Your **left** arm should rest comfortably at heart level.)
4. The artery mark indicates proper **cuff** positioning. **Place the cuff** over the bare upper arm with the artery mark positioned directly over the brachial artery. The bottom edge of the **cuff** should be positioned approximately one inch (2-3 cm) above the antecubital fold.

Additional tips that will help you to receive the most accurate reading include:

- *Try to take your blood pressure at the same time each day.*
Levels are usually lowest in the morning, and then rise steadily through the day.
- *Avoid exercise, tobacco, and caffeine for at least an hour before.*
All can make blood pressure spike temporarily
- *Go the bathroom.*
A full bladder can raise systolic pressure by 10 to 15 mmHg. One of the main blood pressure medications, diuretics, lower blood pressure in part by causing your kidneys to remove more sodium and water from the body (in other words, go to the bathroom a lot), which helps to relax the blood vessel walls.
- *Rest for 5 minutes before the reading.*
Feet should be flat on the floor, legs uncrossed, and cuff at heart level; those can each affect systolic pressure by 2 to 10 mmHg.
- *Remain quiet during the test.*
Talking can raise systolic pressure by 10 to 15 mmHg

WHAT'S GOING ON AROUND THE COUNTY

WELLSTON

Tues. 10 am
Sit & Get Fit

Thurs. 10 am Bingo

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

ONEKAMA

Tues. 10 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



Senior Project FRESH

Coupon distribution Schedule ~ June 8-19

Friday, June 8

Cleon Twp Hall (Copemish) 11:45 a.m. - 12:45 p.m.

Monday, June 11

Bear Lake Methodist Church 9-11 a.m.

Onekama Farr Center 12-1:30 p.m.



Tuesday, June 12

Norman Twp. Community Center (Wellston) 10 a.m. - noon

Wednesday, June 13

Marilla Twp. Hall 10:30 a.m. - noon

Kaleva Lions 1 p.m. - 2:30 p.m.



*Must be 60 or
older & live in
Manistee County*

Monday, June 18

Manistee Senior Center 9-11 a.m. 1-3 p.m.

Tuesday, June 19

Century Terrace 9 -10:30 a.m. ~ Harborview 11-12:30 p.m.

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

Join us for Produce Bingo

Friday, June 1
11:00 a.m.



COME JOIN OUR
DRUM CIRCLE
THURSDAY, JUNE 7 AT 11 A.M.
at the marina, across the street
from the Senior Center
Everyone welcome!

Make Some Noise! Have Some Fun!

Call 723-6477 for info.

COMPUTER INSTRUCTION

By Appointment Only
Please call 231-723-6477
to schedule appointment.

STRUT!

a jazzy tap class for seniors
Classes begin



Monday, June 4, 10:00 a.m.
\$3 per class 4 for \$10
Call the Senior Center to sign up

723-6477

Stop in to visit or have lunch!



WE ARE SEEKING VOLUNTEERS FOR SENIORS VISITING SENIORS PROGRAM

Volunteers will visit homebound seniors
in Manistee County.

Seniors Visiting Seniors
training session
coming in June
Watch for details. Call

723-6477



Photography Group with Jo

**Thursday, June 21
at the senior center**



Do you limit your activities because of a fear of falling? "A Matter of Balance" classes could be for you.

The next classes will be held June 5 - June 28. Classes are two hours long, and will be held on Tuesdays and Thursday from 10-12 for 4 weeks. Two trained leaders will be facilitating the class.

The aim of these classes is to teach you how to minimize your risk of falling, and how to change the way you think about falling, to release you from that fear.

Call the Senior Center at 723-6477 to sign up.

June 2018 ~ Meals on Wheels Menu



Farewell Connie, we are all going to miss you tremendously!

1
Chicken Stew
Cauliflower
Beets
Fruit Cocktail
Roll

4

Pork Chop
Mashed Potatoes
Green Beans
Applesauce
Roll

5

Beef Stroganoff
over noodles
Diced Carrots
Roasted Zucchini
Tropical Fruit
Roll

6

Sloppy Joe on bun
Tater Tots
Peas
Blue Raspberry
Lemon Slushie

7

Stew Brunswick
Cauliflower
Brussel Sprouts
Chocolate Pudding
Biscuit

8

Swiss Steak
Mashed Potatoes
Corn O'Brien
Ice Cream
Roll

11

Braised Turkey
over noodles
Broccoli
Sliced Carrots
Tropical Fruit
Roll

12

Sausage & Saurkraut
Mashed Potatoes
Peas & Carrots
Mixed Fruit
Roll

13

Chicken Spring Salad
Peas & Peanuts
Summer Corn Salad
M&M Cookie
Roll

14

Spaghetti
Italian blend veggie
Tossed Salad
Citrus Mousse
Garlic Roll

15

Taco Lasagna
Spanish Rice
Three Bean Salad
Watermelon

18

Baked Chicken
Mashed Potatoes
Creamed Peas
Peaches
Roll

19

Stuffed Peppers
Cheezy Potatoes
Corn
Cherry Cobbler
Roll

20

Salisbury Steak
Mashed potatoes
California Blend veg-
Pears
Roll

21

Sweet & Sour
Meatballs
Scalloped Potatoes
Broccoli
Pineapple Tidbits
Roll

22

Krabby Cakes
Hashbrowns
Stewed Tomatoes
Honeydew Melon
Roll

25

Cabbage Roll
Augratin potatoes
Beets
Cupcake
Roll

26

Meatloaf
Baked Potato
Green Beans
Applesauce
Roll

27

Ham
Potato Salad
Coleslaw
Cantaloupe
Roll

28

Goulash
Wax Beans
Peas
Pistachio
Garlic Roll

29

Ranch Chicken
Sour Cream & Chive
Potatoes
Chilled Cucumbers
Jello w/fruit
Roll

Menu subject to change

June 2018 ~ Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<div style="background-color: yellow; padding: 10px; border: 1px solid black;"> <p>Be Sure to Check out all of the Great Programs and Activities This Month!</p> </div>					<p>10 am BP clinic 11 am Produce bingo Noon meal 2:30 pm Stretch & Strength for Seniors</p>	
3	4	5	6	7	8	9
	<p>9 am Exercise 10 am Diabetic Support Group 10 am STRUT Noon meal 3:30 pm Sweatin' 6 pm Pinochle</p>	<p>10 am Sit & get fit 10 am MOB/Elks 11 am Social hour Noon meal 1 pm Bridge</p>	<p>9 am Exercise 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength 3:30 pm Sweatin'</p>	<p>10 am Sit & get fit 10 am Game Day 10 am MOB/Elks 11 am Drum Circle (Marina) 11 am Social hour Noon meal 1 pm Tai Chi (Marina)</p>	<p>11 am Social hour Noon meal 2:30 pm Stretch & Strength for Seniors</p>	
10	11	12	13	14	15	16
<p>1 pm Potluck</p>	<p>9 am Exercise 9 am Shrine of the Pines Trip. 10 am STRUT 11 am Social hour Noon meal 3:30 pm Sweatin' 6 pm Pinochle</p>	<p>10 am Sit & get fit 10 am MOB/Elks 11 am Toe Tapping Tue Noon lunch 1 pm Bridge Attorney services</p>	<p>9 am Exercise FootClnc 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength 3:30 pm Sweatin'</p>	<p>MCCOA Offices will be closed today. Tigers Trip MOW OPEN Noon meal</p>	<p>9-11 am Food bank 10 am BP clinic 11 am Social hour Noon meal 2:30 pm Stretch & Strength for Seniors</p>	
17	18	19	20	21	22	23
<p>Father's Day</p>	<p>9 am Exercise 10 am STRUT 11 am Social hour Noon meal 3:30 pm Sweatin' 6 pm Pinochle</p>	<p>10 am Sit & get fit 10 am MOB/Elks 11 am Social hour Noon meal 1 pm Bridge MCCOA Brd Mtg</p>	<p>9 am Exercise 11 am Fun bingo June birthdays Noon meal 2:30 pm Stretch & Strength 3:30 pm Sweatin'</p>	<p>10 am MOB/Elks 10 am Sit & get fit (Marina) 11 am Social hour 11 am Eyeglass clnc Noon meal 1 pm Tai Chi (Marina) 3 pm Photography Group</p>	<p>9 a.m. Painting Class w/Susan 11 am Social hour Noon meal 2:30 pm Stretch & Strength for Seniors</p>	
24	25	26	27	28	29	30
	<p>9 am Exercise 10 am STRUT 11 am Social Hour Noon lunch 12:30 Police Talk 6 pm Pinochle</p>	<p>10 am Sit & get fit 10 am MOB/Elks 11 am Toe Tapping Tue Noon lunch 1 pm Bridge</p>	<p>9 am Exercise 11 am Fun bingo Noon meal 2:30 pm Stretch & Strength 3:30 pm Sweatin'</p>	<p>10 am MOB/Elks 10 am Sit & get fit (Marina) 11 am Social hour 11:30 pm Carrie Selbee 1 pm Tai Chi (Marina)</p>	<p>4th of July Kickoff Party (Stronach Twp. Hall) Noon meal</p>	

4th of July

Kickoff Party

Friday, June 29th 11:00 a.m. - 3:30 p.m.

Stronach Twp. Hall



**Entertainment by Virgil Baker
& the Just 4 Fun Band**

Catered by Jerry Zupin

Tickets \$10

Available at the Senior Center

723-6477 - Sponsored by MCCOA



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



THE SENIOR ODYSSEY TEAM DID A GREAT JOB AT THE STATE COMPETITION - THIRD PLACE
Thanks to Paul Glaser, Jo Hall, Mick Szymanski, Maureen Barry, John Kudalski, & Annie Hooghart

Manistee County COA
457 River St.
Manistee, MI 49660

