

# NEWS AND VIEWS

**MARCH  
APRIL  
2022**



**231-775-0133**

## **Our Mission**

“To provide resources and support for Wexford County residents, sixty and over.”

## **Our Vision**

For seniors to live healthy, safe, and independent lives with dignity and respect

## **Our Values**

Compassion  
Diversity  
Independence  
Determination  
And  
Inclusion

## *My Wishes Are...*

Do your family, physicians and/or caregivers know how you would like to be treated medically if you are unable to make those decisions yourself? An Advance Medical Directive is a legal document that states those wishes and assigns someone to be your spokesperson when you cannot do so yourself. Sound complicated? A bit scary? Who wants to think of such things? The answer is that we all should at some point, especially if we have specific wishes, if we become terminally ill, or at the end of life. Here we will try to break down Advanced Medical Directives for you and hopefully it will give you some food for thought on preparing your own.

There are actually three types of Advance Medical Directives: A Durable Power of Attorney for Health Care, A Living Will, and a DNR (Do Not Resuscitate order). There are differences between the three and you may have any of them, all of them, or none at

all.

**Durable Power of Attorney for Health:** Is a document in which **you appoint another person to carry out your medical treatment and related personal care decisions for you. This person is referred to as your Patient Advocate.**

Your patient advocate must be at least 18 years of age. They can only act for you when you become unable to participate in medical treatment decisions yourself. This is determined by your primary physician and one other doctor or psychologist. The person that you choose **to carry out** these medical decisions must accept the responsibility. The Durable Power of Attorney for Health Care can be simple or very detailed depending on your wishes concerning your medical treatment and care. You can specify your wish to refuse treatment or decline specific

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## **MARK YOUR CALENDAR**

**March 1.....Mardi Gras**  
**March 13.....Daylight Savings**  
**March 17 .....St. Patrick's Day**  
**March 19.....Lets Laugh Day**  
**March 20.....Spring Equinox**  
**March 22.....National Goof Off Day**  
**April 1 ..... ..April Fool's Day**  
**April 15 .....Good Friday**  
**April 17..... Easter Sunday**  
**April 22 .....Earth Day**

# Directors Report

Kathy Kimmel

Dear Wexford County Council on Aging Friends:

Happy Spring – Almost!

I know it doesn't look like it now, but the birds will be singing and the flowers will be blooming before we know it.

In the mean time, keep salting those walks and be extra careful so you don't fall. Falls are so hard to recover from – be safe out there!

I am hoping you will all help me celebrate a new chapter in my life. After almost 17 years of employment, the last 7 as the Executive Director, I am changing employers. Effective 3/18/22 I am going to work for another aging services agency in northern Michigan. I will be doing contract coordination and financial support. I am excited to be learning something new!

On that note, please welcome Erin Brotherton R.N., as the

Interim Director. Erin has been with the agency for over 20 years. She has the passion, knowledge, and experience to serve the seniors of Wexford County well.

It has been a pleasure working with all of you over the years.

Blessings,

Kathy Kimmel



Kathy,  
Cheers to greater and more fulfilling victories. May this new job take you to your desired destination and bring out the best version of you. May it bring you the happiness and fulfillment you deserve.  
Congratulations! The COA Team!

## LAWN CARE 2022

You may call the council to get signed up for the Lawn Care program starting March 21st. This is a first come, first served program with only a limited number of slots available.

The one-time fee for the season is based on income and will include no more than 2 mowings per month from April thru October. A seasonal cleanup will be dependent on the weather and contractor availability. The maximum size of the yard is 1/2 acre, larger sizes yards will be available at additional cost through the contractor directly.



## Electronic Recycling

The Missaukee Recycling Center is excited to announce a partnership with the Missaukee County Commission on Aging, Wexford County Council on Aging, and Ms. Green to offer a Electronics Recycling program to the senior residents of Missaukee and Wexford Counties.

This program will recycle old telephones, TVs, computers, DVD players, VCR's, electronics of all kinds.

In Wexford County you may drop your items at the Manton Senior Center. Please call (231) 824-6961 for business hours. You can also drop your items off to the WCCOA office during business hours (Monday–Friday, 8 am–4 pm). Call (231)775-0133 for more information.

**Director:** Kathy Kimmel

### Board Members 2021

Chair: Lynne Harris

Vice Chair: Robert Colvin

Secretary: Catherine Best

Treasurer: Leo Paveglio

Ruthann French

Floyd Kanipe

Jane Leveque

William Potvin

Pat Steinhour

Gary Taylor

Ron Puruleski

### Services Offered by the Wexford County Council on Aging

Homemaking Services

Personal Care

In-Home Respite

DayBreak Adult Day

Center

Foot Care Clinics

Medicare/Medicaid Assistance  
Program (MMAP)

Medication Management

Private Duty Nursing

Senior Advocacy: Notary

Information and Assistance  
(Seasonal)

Senior Project Fresh

Lawn Care

Snow Plowing

For More Information

Please call (231) 775-0133

treatments. You can express your wishes concerning your care during a terminal illness or placement in a nursing home. Remember, your wishes cannot be followed if no one knows what they are.

## Where do you start if you want to prepare a Durable Power of Attorney for Health Care?

The Council on Aging, Munson Hospital, and many physicians' offices have booklets available that will help to start you on the process. Many of these documents are in the form of a workbook that will have questions concerning different types of care or situations. It will address different areas such as your spiritual/religious preferences, organ donation, whether or not to use life sustaining equipment and more. You simply write your answers to each of the questions, fill out the accompanying forms, and have them witnessed by two people not related to you or listed in your will. You then give a copy to your Patient Advocate, copy to your physician, and a copy to the medical facility that you use. It should then become a part of your medical record.

**Living Wills:** A Living Will is a written document in which **you inform doctors, family members, and others what type of medical care you wish to receive should you become terminally ill or permanently unconscious.** A Living Will only takes effect after a doctor diagnoses you as terminally ill and determines you are

unable to make or communicate decisions about your care. There can be overlap with a Durable Power of Attorney and the Living Will, where the focus of the Durable Power of Attorney is on who makes the decision, and the focus of a Living Will is on what the decision should be. **Please note a Living Will is not legally recognized in the state of Michigan without a Patient Advocate designation.** A Living Will can provide insight into a persons treatment preferences and be used to help guide conversations on treatment decisions. However, it cannot be upheld independently without a Patient Advocate designation.

## DNR (Do Not Resuscitate)

A Do Not Resuscitate (DNR order) is a written medical order which tells EMS and medical teams that you do not want CPR if your heart or breathing has stopped. This document is legally binding in the state of Michigan and there are standard forms available. You should keep the order with you at home and in plain sight.

So what happens if you don't have any of these documents in place? Decisions would still have to be made for you should you become unable to do so. Sometimes a doctor or hospital will accept a spouse as an informal decision maker; other times a guardianship proceeding will have to take place in Probate Court.

More in-depth information is available in the booklets from Munson Healthcare; the

Advance Directive Workbook and Peace of Mind: A Guide to Medical and Legal Decisions by the Michigan Legislature. Both of these are available at the Council on Aging office.

You are encouraged to have the conversation with your family, friends, and physician because we cannot predict when something unfortunate may happen. You may suddenly become injured or ill leaving you unable to tell the doctors and nurses caring for you how you want to be treated. This can be incredibly stressful for everyone involved.

Keep in mind, this is a process with complicated and emotional decisions, so take your time. But at least start the conversation so your loved ones will know what you want, if and when, the need arises.

Remember, and this is important, these documents are considered to be living documents and can be changed at any time and as many times as you may need. You should review them periodically. The Durable Power of Attorney for Health Care, Living Will or DNR then becomes a part of your important papers filed along with your actual Will, Deeds, etc. Remember, your wishes cannot or may not be followed if others are unaware of them, so write them down.

Sources include: Munson Healthcare, Advance Directives by Bradley Geller, Attorney, Peace of Mind publication from State of Michigan.

## All around the Office: Oh, Nurse!

**Erin, RN:** Erin is the lead nurse on staff. As the Supervisor of the Schedulers and the Nurses she is very involved with the staff. She also performs foot care for clients, does assessments for services, delivers commodities and trouble shoots uncommon problems for seniors pertaining to their immediate health and wellness. Erin just celebrated her 20th year with the Council and her passion is the seniors, making sure that they are happy, healthy, and safe. With the recent resignation of Executive Director, Kathy Kimmel, the Council Board of Director chose Erin as the Interim Executive Director of the Council on Aging. The board and the staff are positive that Erin will lead the team in a positive direction during this transition.

**Diane, LPN:** As the manager of Daybreak, Diane has the responsibility of operating the Adult Day Program. Diane has been with the Council and the DayBreak program for 24 years. Her favorite thing about her job is the sharing and caring of the elderly. She says, "Hearing their stories is a highlight of our time spent together. The hardest thing is the grief and loss of losing one of our clients because we care so much for them and their families."

**Kitty, LPN:** Kitty has been with the Council for 13 years. She primarily takes care of foot care clients. She says she "likes doing foot care to help serve people. I have many long term repeat clients. They come for foot care but know that I care about the whole person." Foot care is one of those things that

gets more difficult as we age. This is especially important if a client has diabetes. If you are in need of some foot care by a caring, compassionate person like Kitty please call the council for an appointment.

**Evelyn, LPN:** Evelyn says she likes to talk and loves to travel, so her job as Program Client Assessor suits her well as she talks to all our clients when they first sign up for COA programs and she travels to do their first home visit. Evelyn has worked for the COA for just over 2 years now. She say, "My passion is helping to keep seniors living in their homes, independently for as long as possible." She is always talking to seniors about the other programs the COA offers. If she is doing a Meals on Wheels assessment she is telling that senior about Home-making, Medicare assistance, Project Fresh and so on.

**Rhonda, RN:** Rhonda has been with the COA for almost 4 years coming from a large regional hospital downstate. She says "I love the one-to-one nursing care and forging personal relationships with my client's. My main goal is to help seniors remain independent and stay in their homes as long as possible." Rhonda primarily does the medication set-ups for client's, however she also communicates with the pharmacies and physicians in regards to the clients medications and doses and does vital signs and assessments of the clients health. She is always looking to find ways to assist the seniors in ways that can help.



### MORE RESOURCES FOR ADVANCED DIRECTIVES

**Munson Hospital: Advance Care Planning Workshops.** Monthly Virtual Workshops are free. <https://www.munsonhealthcare.org/services/advance-care-planning/workshops>.

**Advance Care workbook:** Available at the Council on Aging or you can download from <https://www.munsonhealthcare.org/services/advance-care-planning/documents>.

**American Bar Association: ToolKit for Health Care for Advance Planning:** [https://www.americanbar.org/content/dam/aba/administrative/law\\_aging/2011\\_aging\\_bk\\_proxy\\_guide\\_gen.pdf](https://www.americanbar.org/content/dam/aba/administrative/law_aging/2011_aging_bk_proxy_guide_gen.pdf)

**Making Medical Decisions for Someone.** [https://www.americanbar.org/content/dam/aba/administrative/law\\_aging/2011\\_aging\\_bk\\_proxy\\_guide\\_gen.pdf](https://www.americanbar.org/content/dam/aba/administrative/law_aging/2011_aging_bk_proxy_guide_gen.pdf)

If you cannot download these, please call the council and we will download and print it for you.



**Don't forget to set all of your clocks one hour ahead!**

**MARCH 13, 2022**

# KITCHEN KORNER



## Air Fryer Chicken Cordon Bleu

Crispy air-fried chicken cordon bleu stuffed with ham and melty cheese. Serve with a steamed vegetable for a complete and satisfying meal. Prep: 15 mins Cook: 20 mins Additional: 5 mins Total: 40 mins Servings: 2

### Ingredients

|                                      |   |
|--------------------------------------|---|
| 2 boneless, skinless chicken breasts | salt and ground black pepper to taste                           |
| 1 tablespoon Dijon mustard           | 4 slices deli Swiss cheese                                      |
| 4 slices deli ham                    | 2 toothpicks  |
| 1/4 cup all-purpose flour            | 1 egg, beaten   |
| 1 cup panko bread crumbs             | 1/4 cup and 1 tablespoon and 1 teaspoons grated Parmesan cheese |
| cooking spray                        |   |

### Directions

**Step 1.** Set 1 chicken breast on a cutting board. Hold a sharp knife parallel to the cutting board and along one long side of the breast; cut chicken breast almost in half, leaving breast attached at one side. Open breast so it lies flat like a book and cover with plastic wrap. Lightly pound with the flat side of a meat mallet to 1/4-inch thickness. Repeat with remaining chicken breast.

**Step 2.** Season each chicken breast with salt and pepper. Spread Dijon mustard on top. Place 1 slice of cheese on each breast. Top each with 2 slices of ham and 1 slice of cheese. Roll each breast up and secure with a toothpick.

**Step 3.** Place flour in a shallow bowl. Place egg in a second bowl. Mix panko bread crumbs and grated Parmesan in a third bowl.

**Step 4.** Preheat an air fryer to 350 degrees F (175 degrees C).

**Step 5.** Dip chicken first in flour, followed by egg, and finally roll in the bread crumb mixture. Spray chicken rolls with nonstick spray and let sit for 5 minutes while the air fryer preheats.

**Step 6.** Place chicken in the basket of the preheated air fryer and cook for 10 minutes. Spray any chalky spots with nonstick spray again. Cook until chicken is no longer pink in the center, 8 minutes more.



## Broccoli Beef

Round steak and broccoli are quickly cooked in a soy-ginger sauce. Serve over hot rice or noodles. Prep: 15 mins Cook: 15 mins Total: 30 mins. Servings: 4



### Ingredients

|   |                               |
|---|-------------------------------|
| 1/4 cup all-purpose flour                               | 1 (10.5 ounce) can beef broth |
| 2 tablespoons white sugar                               | 2 tablespoons soy sauce       |
| 1 pound boneless round steak, cut into bite size pieces |                               |
| 1/4 teaspoon chopped fresh ginger root                  | 1 clove garlic, minced        |
| 4 cups chopped fresh broccoli                           |                               |

### Directions

**Step 1.** In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

**Step 2.** In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.

### KITCHEN HACKS:

Why didn't I think of that?

Use a (clean) dustpan to fill a container that doesn't fit in the sink



Three Words: Bacon, Pancakes and YUMMYUMM



# Medicare: Inpatient or outpatient hospital status affects your costs

Your hospital status—whether you're an inpatient or an outpatient—affects how much you pay for hospital services (like X-rays, drugs, and lab tests). Your hospital status may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

- You're an inpatient starting when you're formally admitted to the hospital with a doctor's order. The day before you're discharged is your last inpatient day.

You're an outpatient if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, or any other hospital services, and the doctor hasn't written an order to admit you to a hospital as an inpatient. In these cases, you're an outpatient even if you spend the night in the hospital.

## NOTE:

Observation services are hospital outpatient services you get while your doctor decides whether to admit you as an inpatient or discharge you. You can get observation services in the emergency department or another area of the hospital. Also be aware our doctor may order observation services to help decide whether you need to be admitted to the hospital as an inpatient or can be discharged. During the time you're getting observation services in the hospital, you're considered an outpatient—you can't count this time towards the 3-day inpatient hospital stay needed for Medicare to cover your SNF stay.

The decision for inpatient hospital admission is a complex medical decision based on your doctor's judgment and your

need for medically necessary hospital care. An inpatient admission is generally appropriate when you're expected to need 2 or more midnights of medically necessary hospital care. But, your doctor must order such admission and the hospital must formally admit you in order for you to become an inpatient.

Each day you have to stay, you or your caregiver should always ask the hospital and/or your doctor, or a hospital social worker or patient advocate if you're an inpatient or outpatient.

Here are some common hospital situations and a description of how Medicare will pay. Remember, you pay your deductible, coinsurance and copayment.

## NOTE:

Remember, even if you stay overnight in a regular hospital bed, you might be an outpatient. Ask the doctor or hospital. You

may get a Medicare Outpatient Observation Notice (MOON) that lets you know you're an outpatient in a hospital or critical access hospital. You must get this notice if you're getting outpatient observation services for more than 24 hours.

The MOON will tell you why you're an outpatient getting observation services, instead of an inpatient. It will also let you know how this may affect what you pay while in the hospital, and for care you get after leaving the hospital.

The copayment for a single outpatient hospital service can't be more than the inpatient hospital deductible. However, your total copayment for all outpatient services may be more than the inpatient hospital deductible.

<https://www.medicare.gov/what-medicare-covers/what-part-a-covers/inpatient-or-outpatient-hospital-status>

| Situation   | Inpatient or outpatient   | Part A pays   | Part B pays   |
|---|---|---|---|
| You're in the Emergency Department (ED) (also known as the Emergency Room or "ER") and then you're formally admitted to the hospital with a doctor's order.   | Outpatient until you're formally admitted as an inpatient based on your doctor's order. Inpatient after your admission. | Your inpatient hospital stay and all related outpatient services provided during the 3 days before your admission date. | Your doctor services  |
| You come to the ED with chest pain, and the hospital keeps you for 2 nights. One night is spent in observation and the doctor writes an order for inpatient admission on the second day.  | Outpatient until you're formally admitted as an inpatient based on your doctor's order. Inpatient after your admission. | Your inpatient hospital stay and all related outpatient services provided during the 3 days before your admission date. | Your doctor services  |
| You go to a hospital for outpatient surgery, but they keep you overnight for high blood pressure. Your doctor doesn't write an order to admit you as an inpatient. You go home the next day.  | Outpatient  | Nothing   | Your doctor services and hospital outpatient services (for example, surgery, lab tests, or intravenous medicines) |
| Your doctor writes an order for you to be admitted as an inpatient, and the hospital later tells you it's changing your hospital status to outpatient. Your doctor must agree, and the hospital must tell you in writing—while you're still a hospital patient before you're discharged—that your hospital status changed from inpatient to outpatient. | Outpatient  | Nothing   | Your doctor services and hospital outpatient services   |

# Health and Wellness: Choosing Healthy Meals As You Get Older

Making healthy food choices is a smart thing to do — no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods and beverages for better health at each stage of life.

## 1. Drink plenty of liquids.

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are healthier choices.

## 2. Make eating a social event.

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

**3. Plan healthy meals.** Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

## 4. Know how much to eat.

Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

## Daily Recommendations\*

### Fruits:

Women 60 + 1 1/2 to 2 cups of fruit  
Men 60+ 2 cups

### Vegetables:

Women 60 + 2 to 3 cups vegetables  
Men 60+ 2 1/2 to 3 1/2 cups

### Grains: Total Grains in ounce-equivalents

Women 60+ yrs 5 to 7 oz-  
Men 60+ yrs 6 to 9 oz-

### Whole Grains in ounce-equivalents

Women 60 + 3 to 3 1/2 oz-  
Men 60+ 3 to 4 1/2 oz-

### Protein: Daily Recommendations\* in ounce equivalents

Women 60+ yrs 5 to 6 oz-  
Men 60+ yrs 1/2 to 6 1/2 oz-

### Dairy: Daily Recommendations\*

Women 60+ yrs 3 cups  
Men 60+ yrs 3 cups

## 5. Vary your vegetables.

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

## 6. Eat for your teeth and gums.

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

## 7. Use herbs and spices.

Foods may seem to lose their flavor as you age. If favorite dishes

taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

## 8. Keep food safe.

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

## 9. Read the Nutrition Facts label.

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

## 10. Ask your doctor about vitamins or supplements

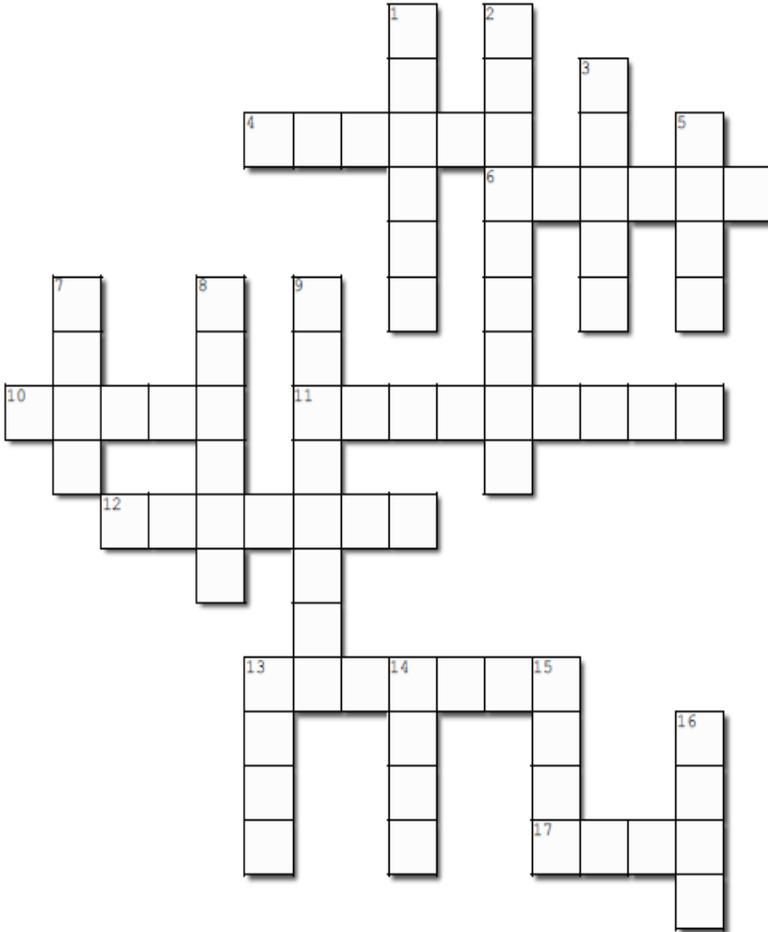
Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Be Active, Be Healthy and Be Safe.

<https://www.nia.nih.gov/health/choosing-healthy-meals-you-get-older>

## Spring

Complete the crossword puzzle below



### Across

4. a place to plant flowers or plants
6. a person whose job it is to plant crops
10. grass grows and turns the color \_\_\_\_\_
11. a caterpillar turns into a \_\_\_\_\_
12. April showers bring May \_\_\_\_\_
13. colorful arc in the sky after the rain
17. ice and snow \_\_\_\_\_

### Down

1. rain gathers in one spot on the ground and makes a \_\_\_\_\_
2. a yellow flower that faces the sun
3. spring starts during this month
5. plant a \_\_\_\_\_ and wait for a flower to grow
7. children go to the \_\_\_\_\_ and play
8. open the \_\_\_\_\_ and let fresh air into the house
9. hold this to stay dry when it rains
13. water falling from the sky
14. birds make a \_\_\_\_\_ to lay eggs
15. temperature that is not too cold and not too hot
16. fly a \_\_\_\_\_ on a windy day

## BRAIN TEASERS

### The Car Crash

A man and his young son are driving down the road when a driver hits the car. The father and son are both badly injured and are rushed to the hospital. The father is in a coma, and the boy has to be rushed in for emergency surgery.

But the surgeon takes one look at him and says, "I can't operate on this boy – he's my son." How is this possible?

### Walking in the Rain

A man goes for a walk one afternoon, but he gets caught in a rainstorm. Not expecting the bad weather, he left his umbrella, his raincoat, and even his hat at home. But despite the downpour, not one hair on his head gets wet.

How is this possible?

### Only One Match

You are closed in a dark room, and when you feel around in your pockets, you discover you have a matchbook with only one match in it. By feeling around the room, you discover there is a pile of papers, a kerosene lamp, and a fireplace with some logs in it. Which should you light first to make sure you'll be able to see?

## SUDOKO

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 7 |   |   | 2 |   |   | 9 |   |
| 2 |   | 5 | 9 | 1 | 3 | 8 |   |   |
| 9 |   |   |   |   |   | 5 |   | 1 |
|   |   | 9 | 3 |   | 1 | 7 |   | 2 |
|   | 5 | 7 |   | 6 |   | 1 | 3 |   |
|   | 2 |   |   |   | 9 |   |   | 4 |
|   |   | 3 |   |   | 4 | 2 |   | 7 |
|   | 1 |   | 7 |   |   | 9 |   |   |
|   | 9 | 2 | 1 | 5 |   | 3 |   |   |

# THE FUNNY BONE

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he's been dead for 40 years didn't sway her. Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?" "Well, yes," she said reluctantly. "But that would ruin his credit."



I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?" He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy." "Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things." He looked at me and said, "Then why do you want to live to 80."



A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.' !"

Three men were discussing aging on the steps of the nursing home. "Sixty is the worst age to be," announced the sixty year old. "You always feel like you have to pee. And most of the time, you stand at the toilet and nothing comes out!" "Ah, that's nothing," said the seventy year old. "When you're seventy, you can't take a crap anymore. You take laxatives, eat bran - you sit on the toilet all day and nothing comes out!" "Actually," said the eighty year old, "Eighty is the worst age of all." "Do you have trouble peeing too?", asked the sixty year old. "No ... not really. I pee every morning at 6AM. I pee like a race horse - no problem at all." "Do you have trouble taking a crap?", asked the seventy year old. "No, not really. I have a great bowel movement every morning at 6:30." With great exasperation, the sixty year old said, "Let me get this straight. You pee every morning at six o'clock and take a crap every morning at six thirty. What's so tough about being eighty?" To which the eighty year old replied, "I don't wake up until ten."



Bill, a 70-year-old extremely wealthy widower, shows up at the Country Club with an astonishingly beautiful and very sexy 25-year-old blonde who knocks everyone's socks off with her youthful appeal and outright charm while hanging over Bills arm and listening intently to his every word. His buddies at the club are all awestruck. They corner him and ask, "Bill how did you get the trophy girlfriend?" Bill replies, "Girlfriend? She's my wife!" They're knocked over, but continue to ask. "So, how did you persuade her to marry you?" Bill says, "I lied about my age." His friends respond, "What do you mean? Did you tell her you were only 50?" Bill smiles and says, "No, I told her I was 90."

*A day without laughter is a day wasted. Charlie Chapin*

# LOW VISION SUPPORT GROUP

by Connie Payne

We are still in winter, but spring is within sight. Tho the calendar will say spring in March, up here real spring isn't until May. Until all the snow piles along the roads and parking lots are gone, and the snow in the woods, it is not spring.

The good news is it will be here. And we are here to anticipate it. And maybe, just maybe, we can soon get some normalcy to life.

Winter and cold spring days are perfect for listening to books on the talking book machine. For those who do not know about the service, I will enlighten you.

The National Library Service provides a machine that plays books and magazines on a cartridge that slides easily into it. This service, machine and cartridges, is free and available to anyone who is unable to read print or physically hold a book or turn the pages. It is a federally funded program. The machines and books/ magazines are sent free through the mail. Applications can be obtained at a public library.

If you are not aware, we have a new librarian in the talking book library in Traverse City that serves our area. Her name is Anita, and she is eager to attend one of our meetings. She hopes to come soon after we restart our support group meetings.

Anita can be reached at the Traverse City Library the same way you communicated with Polly, who preceded her. By phone at: 1-877-931-8558. You can also request books by contacting Michigan's Bureau of Services for Blind Persons at: 1-800-932-9012.

This is a wonderful program/service and helps keep everyone connected and informed. And it is fun!  
Until we gather again, stay well.

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# Medicare/Medicaid Assistance Programs

Below is an email that Director Kathy recently received from the Michigan Medicare/Medicaid Assistance Program office. The Wexford County Council on Aging is a part of Region 10. We are very proud of our MMAPS program and the impact we have on the seniors in our county and region.

For reference to the regions mentioned in the email.

Region 2 serves: Jackson, Hillsdale, Lenawee

Region 11 services: the UP: Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft

Region 3B serves: Barry, Calhoun

Region 9 services: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon

Region 10 serves: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford

**Good Afternoon** Regional Coordinators, AAA Directors, and MMAP Board Members:

I have the pleasure to announce the recipient of the SHIP Navigator Award for the third quarter of the 2021-22 SHIP grant year, October 1, 2021 through December 31, 2021.

The Navigator Award recognizes the MMAP team that served the highest percentage of their Medicare population in a quarter as measured by Total Client Contacts reported in SHIPTools. The calculation is a snapshot of a three month period and is not cumulative.

Most Worthy Notice: Region 2-Region 2 Area Agency on Aging

Honorable Mention: Region 11-UPCAP Services

Third Place: Region 3B-CareWell Services SW

Second Place: Region 9-Region 9 Area Agency on Aging

And the Navigator Award goes to:

**Region 10-Area Agency on Aging Northwest Michigan.**

Congratulations to everyone and thank you for all you do to assist Michigan's Medicare beneficiaries.

Patricia M. MacKinnon J.D.  
MMAP, Inc.  
Assistant Director  
Lansing, MI

## WINTER TIME

### ASSISTANCE

#### **TRANSPORTATION:**

The Wex Express

231-779-0123

#### **NEW FREEDOM VOLUNTEER DRIVER PROGRAM:**

For non-emergency medical appointments—

231-942-7900

#### **HEAT ASSISTANCE:**

Wexford County Council on Aging: 231-775-0133 by appointment to fill out applications for other agency assistance.

#### **FOOD STAMPS:**

Wexford County Council on Aging: 231-775-0133 by appointment to fill out applications for DHHS.

#### **FOOD PANTRIES:**

Call the Wexford County Council on Aging for a list of area pantries or visit [www.wexfordcoa.org/communityconnections/foodpantries](http://www.wexfordcoa.org/communityconnections/foodpantries).

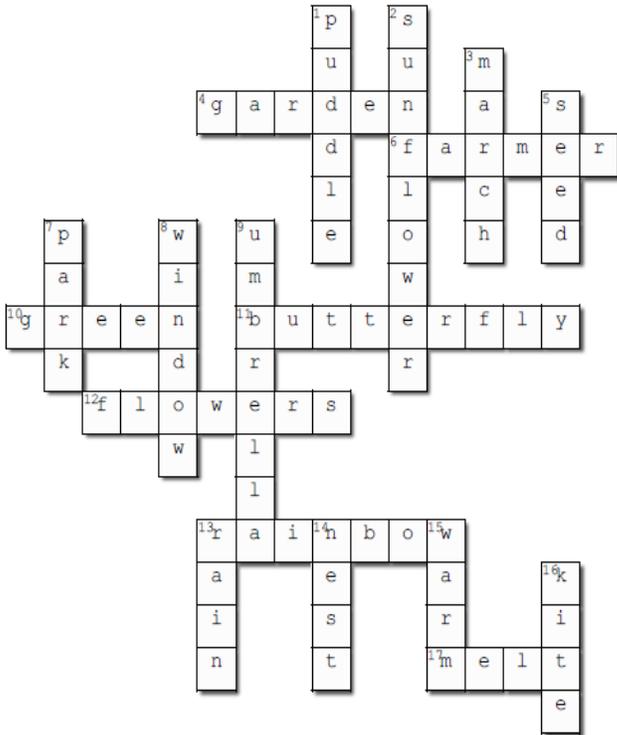
#### **FEEDING AMERICA - 4TH THURSDAY OF THE MONTH.**

2:00 PM - Wexford County, Cadillac Revival Center, 984 Plett Road, Cadillac, MI 49601

# PUZZLE PAGE ANSWERS

## Spring

Complete the crossword puzzle below



## BRAIN TEASERS

### The Car Crash

The surgeon is the mother of the patient.

### Walking in the Rain

The man who goes walking in the rain is definitely getting soaked. But not one hair on his head is getting wet because the man is bald.

### Only One Match

You don't have to think through whether it would be more prudent to light the lamp, the papers, or the fireplace first. The first thing you're going to light in that dark room is a match.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | 8 | 6 | 2 | 5 | 4 | 9 | 3 |
| 2 | 4 | 5 | 9 | 1 | 3 | 8 | 7 | 6 |
| 9 | 3 | 6 | 4 | 8 | 7 | 5 | 2 | 1 |
| 6 | 8 | 9 | 3 | 4 | 1 | 7 | 5 | 2 |
| 4 | 5 | 7 | 2 | 6 | 8 | 1 | 3 | 9 |
| 3 | 2 | 1 | 5 | 7 | 9 | 6 | 8 | 4 |
| 5 | 6 | 3 | 8 | 9 | 4 | 2 | 1 | 7 |
| 8 | 1 | 4 | 7 | 3 | 2 | 9 | 6 | 5 |
| 7 | 9 | 2 | 1 | 5 | 6 | 3 | 4 | 8 |

PERHAPS THE

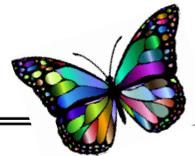


butterfly

IS PROOF THAT YOU CAN GO  
THROUGH A  
GREAT DEAL OF DARKNESS  
AND STILL BECOME

SOMETHING

beautiful.



## When You Donate, You Make a Difference

The Wexford County Council on Aging is an independent 501 © (3) not-for-profit organization that depends upon donations to sustain many of our programs. When you make a donation to the Wexford County Council on Aging, you will be helping to provide important services and programs to seniors in our county. Some of these services include home-making services, respite services, personal care services, advocacy and more.

### Tribute Donations:

You may consider asking for gifts to the Wexford County Council on Aging as a memorial in lieu of flowers.

**Planned Giving:** As you prepare your legacy for your family and your community, please consider including the Wexford County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Wexford County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory or honor of an individual, please tell us and we will do our best to meet your wishes. If you have any questions, please feel free to contact us at (231) 775-0133.

100% of all contributions are retained by the Wexford Council on Aging. The Wexford Council on Aging is an independent 501 © (3) not-for-profit organization. Gifts to the Wexford County Council on Aging are tax deductible under appropriate I.R.S regulations. Consult your tax or legal advisor for details.

### News and Views:

For information on the newsletter, placing an advertisement or to submit an article please contact the COA office at (231) 775-0133

Carrie L. Galligan

cgalligan@wexfordcoa.org

### WEBSITE:

www.wexfordcoa.org

## Paid Advertisements

We are so grateful for the paid advertisers that appear in our newsletter. Advertisers were solicited to help defray the cost of printing and mailing the News and Views to our area seniors in Wexford County. Although the Wexford County Council on Aging cannot endorse any individual business that advertises, we thank each one for their support of the mission of the Wexford County Council on Aging and the News & Views

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**"Coming together is a beginning; keeping together is progress; working together is success."**

**Henry Ford**



### Thank you Angels

We so very much appreciate the donations of incontinence supplies and Ensure. These items donated by you are given to low income seniors in the county, that are in need.

Thank you so much:

|            |            |
|------------|------------|
| Lonnie     | Georgia T. |
| Margaret B | Jan B.     |
| Pat M.     | Bill P.    |
| Dawn V.    |            |

A donation of ensure In Memory of Hilary.

We so appreciate the talents of these community members that make the wonderful birthday and sympathy cards that we send out.

Thank you so much:

|          |                    |
|----------|--------------------|
| Kathy K. | Jackie S.          |
| June D.  | The Krafty Kittens |

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