



**JANUARY
FEBRUARY
2023**

231-775-0133

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MARK YOUR CALENDAR

- Jan 1st—Happy New Year
- Jan 2nd—Office Closed
- Jan 2nd--Groundhogs day
- Jan 16th—Martin Luther King Jr day.
- Jan 19th—National Popcorn Day
- Feb 14th — Valentines day
- Feb 17th—Random Act of Kindness day
- Feb 20th—Presidents Day
- Feb 23rd— National Banana Bread Day

NEWS AND VIEWS

GOOD NEWS WILL TRAVEL!



Have you noticed?
Did you see us?

We are here for you!

One of the most common comments that we hear is “Oh, I didn’t know you did that.”

Well, one of the goals of our Director is to make sure the seniors all over the county hear about the Council and what we do for our senior residents. She hit the ground running with an advertising campaign to complete that goal. We have had ads for the past 4 months about services and programs in the Cadillac Evening News. She has initiated several articles in the Cadillac News about issues that affect seniors in Wexford County. The Council hosted presentations on Power of Attorney and Pre-Planning Funerals arrangements.

We even have some new marketing items (Big Thick—Orange Pens— good for arthritic hands) along with updated brochures.

NOW we are traveling the county on the WexExpress Bus (pictured above with some of the staff).

We are all working hard at getting the word out all over the county about our services, which are available to seniors 60 and over who live in Wexford County.

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

Our services include:

HOMEMAKING: Our home health aides will do the light housekeeping for you so

Director's Report

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

HAPPY NEW YEAR TO ALL!

This note comes wishing you all the best of 2023! I have been here six months now and what changes we have seen. The staff here is wonderful, committed, and extremely generous in their time and talents. I have enjoyed 2022 but I prefer to look forward with anticipation of all we can do and ways we can serve more in the New Year!

It really is our thoughts and mind and how we look at things that can make a big difference in how we create our lives. Don't let negative things hold you back from asking for or trying new things. If you don't know what you think about something, the government, the TV, or the newspaper will be happy to tell you what you should think, or your friends.

On January 25, 2023 we are having a free discussion about how we all think about aging. (Call the COA for details on Sassy Seniors).

Do you have goals for your “Golden Years”? Many people tell us their Golden Years are not too golden. Health issues, financial issues, family stress affect all of us at one time or another. Each time you cope and deal with something it is said you are made stronger for your next challenge.

I wish for each of you a new way of looking at things in the New Year! Choose to be happy, work on a little stretching (physically and mentally) and reach out every day and do something for someone else. Small things, like holding a door for someone, smiling at a stranger, telling someone how important they are in your life. It costs nothing to think a prayer over people you come in contact with.

Pick a word to describe your focus for a week, a month or the year. It could be Gratitude, Compassion, and Acceptance Purpose, or Forgiveness.

HAPPY NEW YEAR !

Director: Pam Blevins

Board Members 2022

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
Alexander Mallory
Calvin Reynolds
John MacLeod

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 Assis-
tance Program (MMA)
Medication Management
Private Duty Nursing
Senior Advocacy: Notary
Information and Assistance
Snow Plowing
For More Information
Please call (231) 775-0133

The 5 Daily Focus Principles to be Happy

MONDAY **Gratitude** - Focus on what is right.
TUESDAY **Compassion** - Recognize that when people are up-
set, it's a call for help
WEDNESDAY **Acceptance** - Creatively work with what is, be
open to possibilities, control the
controllable.
THURSDAY **Meaning** - **PURPOSE** Why are you here? "I am a
agent of service and love, to make a little cor-
ner of the world happier and more hopeful
than I found it.
FRIDAY **Forgiveness** - Forgiveness is a gift you give
yourself.

you can do other things. That includes: sweeping, vacuuming, mopping, doing dishes, cleaning kitchen and bath rooms, changing bed linens, doing laundry if facilities are on site. Please be aware this service is to provide a safe and clean environment for you, the senior. Our aides do not do deep cleaning, windows or extra areas outside the immediate living area (guest rooms, basements, etc).

PERSONAL CARE: This service assists the senior with daily living activities, dressing, showering/bathing, oral hygiene, hair care, etc. Many of our clients can get in the tub but are nervous to get in by themselves. Our aide can be there to make sure the “in and out” is safe.

RESPIRE: We care for the caregiver by providing respite for the senior so their caregiver can go shopping, to the doctor, to a movie, or visit with friends. This “scheduled” service is very important for the caregiver to have some down time and get selfcare time. Being a caregiver is one of the hardest jobs and we want to support them as well as the senior.

DAYBREAK ADULT DAY CENTER: This is the place for our most frail seniors whose caregivers are still working or are in need of some down time (respite). At Daybreak your loved one will be surrounded by other adults and a caring team (Diane LPN and Sue). They will enjoy the company of other seniors and

partake in daily activities in a safe and caring environment.

ADVOCACY: Our on-staff advocate will assist you with applying to other agencies for financial assistance for utilities. She can provide FREE notary services for you. Deb is our professional problem solver.

MMAPS (Medicare/Medicaid Assistance Program): Our full time MMAPS Counselor can assist you with all things Medicare, including being New to Medicare at age 65. She and 2 awesome certified volunteer MMAP counselors assisted over 600 Wexford County resident's with Open Enrollment for Part D coverage this past Open Enrollment season (Oct to Dec). Kim also can assist you with applying for Medicaid and other savings programs affiliated with Medicare.

NURSING SERVICES: We have a full time nurse and 3 part time nurses that provide much needed services like **Medication Management, Foot Care, Meals on Wheels assessments as well as assessments for COA services.** They are eager to assist you in anyway that they can.

SNOWPLOWING: A much needed service in the northern Michigan winters. Our contractors plow

so that you and emergency services can access the home throughout our snowy winters. This is a one time fee service that covers the winter season (Nov—April).

Miles for Memories: Specially for your senior loved one that has dementia and wanders. This bracelet will help reduce the worry if they do wander. This program is a collaboration with the WCCOA and Wexford County Central Dispatch.

The Council also collaborates with other agencies (Meals on Wheels, The Cadillac Senior Center, Manton Senior Center, Northwest Michigan Community Action Agency food distribution programs, Senior Companions and more) on programs and services to serve the seniors of Wexford County better. Call us if you have any questions or would like more information on any of our services. We are here to serve the seniors and community of Wexford County.

231-775-0133



New for Medicare in 2023

Medicare Part B Premium and Deductible

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be **\$164.90 for 2023**, a decrease of \$5.20 from \$170.10 in 2022. **The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023**, a decrease of \$7 from the annual deductible of \$233 in 2022.

The decrease in the 2023 Part B premium aligns with the CMS recommendation in a May 2022 report that excess SMI reserves be passed along to people with Medicare Part B coverage.

Beginning in 2023, certain Medicare enrollees who are 36 months post kidney transplant, and therefore are no longer eligible for full Medicare coverage, can elect to continue Part B coverage of immunosuppressive drugs by paying a premium. For 2023, the immunosuppressive drug premium is \$97.10.

Before the Inflation Reduction Act, more than 5 million people with Medicare struggled to afford their prescription drugs. People with lower in-

comes and those under age 65 also are more likely to skip the medicine they need because of high costs.[1] The Inflation Reduction Act makes changes to Medicare so that millions of people with Medicare will spend less on their prescriptions.

Someone with Medicare who takes insulin covered by their prescription drug plan or through a traditional pump covered under Traditional Medicare will have access to each insulin for no more than \$35 for a month's supply. That person also won't pay a deductible for their covered insulin products. The new rules begin January 1, 2023 for insulin covered under Medicare prescription drug plans and July 1, 2023 for insulin that is used through a traditional pump covered under Traditional Medicare's durable medical equipment benefit. This change sets a cap on insulin cost-sharing that will benefit at least 1.4 million people with Medicare.

People with Medicare will also save money on vaccines. Starting January 1, 2023, Part D-covered adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including **the shingles and Tetanus-Diphtheria-Whooping Cough vaccines**, will be available with no deductible and no cost-sharing to people with Medicare prescription drug coverage.

To help with their Medicare costs, low-income seniors and adults with disabilities may

qualify to receive financial assistance from 2 different programs. **The Medicare Savings Programs (MSPs).**

The MSPs help pay Medicare premiums and may also pay Medicare deductibles, coinsurance, and copayments for those who meet the conditions of eligibility. The MSP is an income based program.

You may qualify if you are:
Single: Monthly income of \$1,529 or less and assets less than \$8,400.

Married: Monthly income of \$2,060 or less and assets less than \$12,600. (Assets do not include your home, car or personal items, but will include savings, stocks, CD's, life insurance policies and other items with a cash value).

The other program available is **Medicare Extra Help or Low income Subsidy (LIS):**

This program is designed to help you in paying for your Medicare Prescription Drug Coverage (Part D) premium and lower the cost of your copay and deductibles.

You may qualify if:

Single: monthly income of \$1,700 or less and assets less than \$15,510.

Married: monthly income of \$2,289 or less and assets less than \$30,950. <https://www.cms.gov/newsroom>

www.cms.gov/newsroom

Please note that the amounts for both programs will change in April 2023.

Please call the Wexford County Council on Aging for assistance in applying for these programs.

231-775-0133



Shepherds Pie

- 1 teaspoon salt, plus more to taste
- 3 Large Potatoes , peeled and quartered
- 8 Teaspoons (1 stick) Butter
- 1 Medium Onion
- 1-2 cups Mixed Vegetables
- 1 & 1/2 Ground Beef
- 1/2 Cup Beef Broth
- 1 Teaspoon Worcestershire Sauce



Preheating Oven to 450°F

Place your peeled and quartered potatoes in a medium sized pot. Cover with at least an inch of water. Add teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender. (about 20 mins) **Sauté the Vegetables** while the potatoes are cooking, melt about 4 tbs of butter into a large sauté pan adding vegetables and chopped onions. **Add Ground Beef & Worcestershire sauce** to the pan with the onions and vegetables. Cook until no longer pink. Drain excess fat. Season with salt and pepper. **Mash the potatoes.** Remove from Pot and Mash using the remaining 4tsp of butter. Layer your Ground beef mix in casserole pan placing the potatoes over the top. Place in pre-heated oven cooked until browned and bubbling (30 mins). Best if paired with dinner rolls . Enjoy!

Baked Oatmeal for one

Ingredients

- | | | |
|---|------------------------------|------------------------------------|
| 1/4 cup old fashioned oats | 1/8 teaspoon ground cinnamon | 1/8 teaspoon kosher salt |
| 1/4 cup 1% milk (may also use almond or soy milk) | 1 tablespoon butter ,divided | |
| 1/4 teaspoon vanilla extract | 1 tablespoon honey | 1 large egg 1/4 cup blueberries |

Heat oven to 350 degrees F (177 degrees C). Generously butter the insides of a 5-inch baking dish with 1/2 tablespoon of butter.

In a small bowl, mix together the oats, cinnamon, and salt.

In another small bowl, whisk together the milk, 1/2 tablespoon melted butter, vanilla, and egg. Arrange the blueberries in a single layer in the bottom of the prepared baking dish. Sprinkle the dry ingredients over the fruit. Next, pour the wet ingredients over everything. Bake until the top is golden brown, 40-45 minutes.

Notes: We love using blueberries, fresh or frozen but feel free to use your favorite fruits. Sliced bananas, sliced strawberries, and chopped apples are wonderful additions. Enjoy baked oatmeal hot, served with milk, yogurt or cream, drizzled with additional honey or as is.

Health and Wellness For Seniors

Perhaps one of the most important areas of retirement to educate yourself and your family about is senior health and wellness. The fact that your physical needs change as you age is no surprise to anyone. However, many of us resist accepting the fact that our body's capabilities may not match up to what we imagine. For some, this is because of illness, either severe or mild. For others, it's due to failing to live a healthy and active lifestyle. There's a danger in retirement of individuals believing they don't need to attend to their health and wellness or that their senior years will be filled with only dealing with health issues. Both of these extremes miss the mark. Senior health and wellness are important to living the full, active lifestyle you expect as you age.

There are usually seven aspects to maintaining and improving senior health and wellness. These include the following:

- **Physical wellness:** This is what many think of when they hear the phrase 'health and wellness.' It involves physical activities and exercise planned and directed by fitness professionals in the senior living community.
- **Emotional wellness:** It's important to learn how to cope with and adapt to life's changes. Emotional wellness can range from grief and mental health counseling to regularly interacting with peers.

- **Spiritual wellness:** A strong spiritual sense can offer hope, strength, and peace. In the community, seniors might nurture their spiritual selves through on-site worship services, meditation, religious studies, music performances, and more.

- **Social wellness:** Socializing as a senior is vital to health. It's all too tempting for seniors to isolate themselves or resist engagement with the community around them. Doing so can lead to significant health issues whereas socializing, exploring, talking, and activities all improve mood and memory.

- **Intellectual wellness:** Intellectual activities boost cognitive function and stimulate the brain. Participating in lifelong learning allows seniors to stay sharp, stave off dementia, and stay connected with those they care about.

- **Vocational wellness:** Seniors have valuable work and life skills that not only benefit their community but also give them a sense of purpose and accomplishment.

- **Environmental wellness:** Often, our mental state is a reflection of our environment. Many senior living communities create warm, comfortable, and inviting spaces so that residents and their visitors feel good about themselves. <https://www.seniorsmart.com>

Be physically active without spending a dime!

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any

money.

Make your own weights from household items such as soup cans or bottles of water.

Try out free demonstration exercise classes at your local senior center or fitness center. Go for a hike in a park.

Participate in community-sponsored fun runs or walks. Yard work such as raking, digging, and planting can keep you active. Make sure to drink water Or juice after exercise.

Find ways to stay Active in all four seasons:

Being creative about your physical activity plans and trying new forms of exercise can keep you motivated by preventing boredom. A change in seasons is an excellent time to be creative about your exercise routine and try something new. There are many ways to be active throughout the year.

Winter -When your grandchildren visit, head outside to build a snowman together or go ice skating. Cold outdoor temperatures are an excellent reason to join a mall-walking group. Start the new year by trying out a fitness center — many offer New Year's Resolution specials.

Spring -As the temperatures start to get warm, get your garden ready for spring and summer. The lifting and bending you do when gardening are great for strength and flexibility. A bike ride is a great way to enjoy the warmer temperatures. Anything can be fun with upbeat music, including spring cleaning!

Health and Wellness For Seniors

Summer -Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy. Walking in the mall is a cool way to beat the heat. Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity. Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

Fall - If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month in September is a great time to find special events and trial classes for beginners. As the weather begins to cool, join an indoor sports league, such as basketball, handball, or bowling.

Fall provides great opportunities for physical activity. You can take long walks to see the beautiful fall colors. Once the leaves have fallen, raking is good exercise. If you have holiday shopping to do, walk the entire mall each time you're there.

Whatever the season, be active and stay healthy.

<https://www.nia.nih.gov/health/>



Winter Exercise Opportunities in Wexford County

Swimming

Cadillac YMCA - \$ 7.00 per class

Lake Cadillac Resort (Former Cadillac Sands Resort), M-115
- \$4.00 per class

Walking

The Wexford Civic Area
12—pm. **FREE**
Mondays
Wednesdays
Thursdays

Check out the many exercise opportunities at the

Cadillac Senior Center

(231)-779-9420

Tai Chi, Drumming and Swimming

Manton Senior Center

(231) 824- 6961)

Tai Chi

THANK YOU TO ALL OF THE COMMUNITY MEMBERS WHO DONATED TO THE BASKETS OF LOVE SUPPLY DRIVE and THANK YOU TO PROJECT CHRISTMAS

Though the actual drive was called off because of our Northern Michigan winter weather, so many of the community members heard our plea on Facebook and took to Amazon and ordered supplies. We were so excited to get box after box from Amazon. Our hearts are so full of gratitude.

Project Christmas once again provided some much needed cheer to area seniors with gifts and food .

**Thank you
Thank you
Thank you**

For making this Christmas special for some of our seniors.



Valentines day Word Scramble

1. On this Day we send flowers to the ones we love. ansVinltee yDa _____
2. Being pleased or attracted by someone. arhmdCe _____
3. Feeling deep affection for someone. dLeov _____
4. Known as Conversation Hearts. ydaCn tserha _____
5. A winged boy holding a bow and arrow. IdupC _____
6. Something a man gets a woman on Valentines day. oseFrwl _____
7. A person with whom someone is having a romantic relationship. tterhwaese _____
8. This comes after December. yurnaJa _____
9. Relationship between friends? ndhipiFsr _____
10. Comes after January. abyrFure _____

Sudoku Challenge!

Enter numbers in the empty squares so that the numbers 1-9 appear only once in each row, column and box

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

CREATED ON: www.funfonix.com/pdf



VALENTINE'S DAY WORD SEARCH

♥	Y	C	U	P	I	D	O	U	M
I	G	H	F	I	H	H	T	F	A
L	L	O	L	N	E	I	N	L	L
O	V	C	O	K	A	E	C	O	W
I	C	O	W	T	R	H	A	V	A
V	A	L	E	N	T	I	N	E	P
I	R	A	R	E	D	N	D	C	U
S	D	T	S	H	I	O	Y	N	♥
S	W	E	E	T	H	E	A	R	T

CUPID
FLOWERS
CARD
CANDY

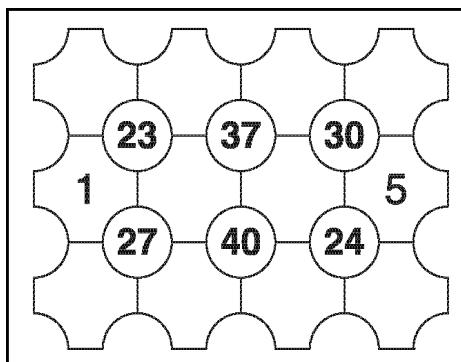
VALENTINE
SWEETHEART
CHOCOLATE

RED
PINK
HEART
LOVE

Use the rest of the letters in the order they appear to find the answer:

WHY IS IT BAD TO BE A NEARSIGHTED
PROCUPINE ON VALENTINE'S DAY?

Insert numbers 1 to 12 (each just one) in the empty spaces of the diagram so that each number in a circle always equals the sum of the numbers in the surrounding parts. Two numbers are already in the right places.





Valentines day Funny Bone



What do squirrels say to each other on Valentines day? Answer: I'm Nuts about you!

Why is Love like an old pair of Dentures? Answer: Because I cant smile without you!

What did the stamp say to the Valentines day card. Answer: I'm stuck on you!

How did the telephone propose to its girlfriend? Answer: He gave her a ring!

What do Italians say to each other on Valentines day? Answer: You've got a pizza my heart

What did one sheep say to the other sheep on February 14? Answer: I love you baaaaaack!

Why did the sheriff lock up her Valentine? Answer: He stole her heart!

How do chefs show their love? Answer: They whisk you off your feet!

What do you call two birds in love? Answer: Tweethearts!



What did the cucumber say to the pickle? Answer: You mean a great dill to me!

What did one Bee say to the other? Answer: Bee-ing with you is my favorite!

Do you like Star Wars? Because Yoda one for me!

What's the most popular shape on Valentine's Day? Answer: A-cute triangle.

What do you call a romantic ship? Answer: A courtship.

What did one calculator say to the other? Answer: You can count on me.

What did the paper clip say to the magnet? I find you very attractive.

"Knock, knock." "Who's there?" "Eyesore." "Eyesore, who?" "Eyesore do love you a lot."

"Knock knock." "Who's there?" "Olive." "Olive who?" "Olive you!"

"Knock knock." "Who's there?" "Justin." "Justin who?" "Justin time for your Valentine!"

"Knock knock." "Who's there?" "Butter." "Butter who?" "Butter pucker up Valentine!"

"Knock knock." "Who's there?" "Frank." "Frank who?" "Frank you for being my Valentine!"

"Knock knock." "Who's there?" "Sherwood." "Sherwood who?" "Sherwood love you to be mine."

"Knock, knock." "Who's there?" "Pauline." "Pauline, who?" "I think I'm Pauline in love with you."



"Knock, knock." "Who's there?" "Honeydew." "Honeydew, who?" "Honeydew you know how much I love you?"

"Knock, knock." "Who's there?" "Juno." "Juno, who?" "Juno that you're the love of my life?"

"Knock knock." "Who's there?" "Peas." "Peas who?" "Peas be my Valentine!"

"Knock knock." "Who's there?" "Luke." "Luke who?" "Luke who just got a Valentine!"

"Knock knock." "Who's there?" "Bea." "Bea who?" "Bea mine Valentine!"

"Knock, knock." "Who's there?" "Juno." "Juno, who?" "Juno that you're the love of my life?"

<https://www.thepioneerwoman.com/holidays-celebrations/a35194767/valentines-day-jokes/>

A new year is here, along with winter. This is a great season to contemplate the coming year in a snug cozy chair. It is a great time to relax and enjoy reading (talking books) all those books you didn't have time for in the busy summer months.

The cold winter days are quiet without all the summer birdsong, and the sound of green leaves blowing in the wind. The nights are without crickets or frogs singing.

But if you take a moment to stand outside in still darkness and listen very closely you might be surprised at what you hear.

On a windless night you may hear snowflakes falling on the dry leaves on the ground or hitting those dry leaves still hanging stubbornly on the trees. Or perhaps you might hear an owl hooting in the distance or maybe the howl of a coyote. And feel the snowflakes on your face.

Daytime can also bring surprise sounds. The crows who have stayed for the winter making their rounds, blue jays squabbling over food or perching rights, a chattering squirrel scolding a nearby dog. Take the chance to reel the winter sun on your face.

The winter time can be a time to refresh and recharge after a busy summer and fall, not to mention a holiday season of events.

Though the support group meetings are on hiatus until March, this is a good time to consider what you want to bring to the group for discussion when we resume. The support remains in place, we all understand the challenges and will once again gather to share them.

Stay warm and safe! **Low Vision Support Group Resumes in March, 2023**



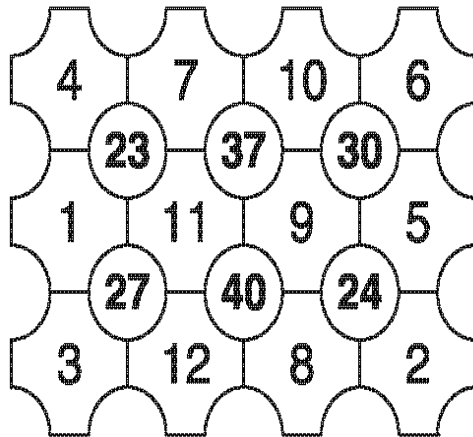
Puzzle Answers



Valentine's day Word scramble

Answers

1. Valentines day
2. Charmed
3. Loved
4. Candy Hearts
5. Cupid
6. Flowers
7. Sweetheart
8. January
9. Friendship
10. February



Sudoku Challenge!

Enter numbers in the empty squares so that the numbers 1-9 appear only once in each row, column and box.

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

VALENTINE'S DAY WORD SEARCH

I L O V E S
 Y G L V
 H O C O
 U N W
 P N T
 H E A R T
 Q T N A
 U F O V E
 M A L W
 S W E E T H E A R T
 C U P I D
 F L O W E R S
 C A R D
 C A N D Y
 V A L E N T I N E
 S W E E T H E A R T
 C H O C O L A T E
 R E D
 P I N K
 H E A R T
 L O V E

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHY IS IT BAD TO BE A NEARSIGHTED PORCUPINE ON VALENTINE'S DAY?

You might Fall in love with a Pincushion.

www.florasloisirl.blogspot.com





Wonderland Humane Society

SENIORS & VETERANS

Wonderland Humane society will be assisting seniors and veterans with their pet needs in 2023.

Look for dog vaccination clinics and Adopt a dog assistance and more.

WHS is always looking for new members and volunteers to assist with animal needs of the community.

Call for more information: 231-920-6405 or email . Wonderlandhumane @gmail.com

DO YOU NEED HELP WITH A LEGAL MATTER BUT CAN'T AFFORD AN ATTORNEY?

ATTEND OUR FREE LEGAL CLINIC!

DATES: January 17, March 14, May 9, September 12 & November 14, 2023

TIME: 5pm-7pm

WHERE: WEXFORD COUNTY LAKE STREET BUILDING 401 N. LAKE ST., CADILLAC, MI 49601

Volunteer attorneys are available to assist you and answer questions. You may attend for questions you have about any legal matter.

CONTACT TAMMY @ 231-779-9494 EXT. 2008 FOR MORE INFORMATION.



No act of Kindness
No matter how small
Is ever wasted

I make Medicare easy

Trust Farm Bureau to help you choose the plan that's best for you

Lori Williams

Medicare Sales Specialist

Call for an appointment today!



(877) 822-7096 | lwilli1@michfb.com | MFBHealth.com

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get more information on all your options.



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

Lacey Meadows

lmeadows@wexfordcoa.org

WEBSITE:

www.wexfordcoa.org

FACEBOOK:

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 newsletter.

IN THE OFFICE



Welcome **Barbara Rolph.**

Barbara is a Michigan born RN, that has been living in California or the past 3 decades. She recently returned to Michigan to be with family and is adjusting to the colder weather, which Old Man Winter provided early just for her.

Barbara will be filling in for all of the nursing staff as needed, which means she will be assisting with foot care, medication setups, assessments and DayBreak Adult DayCare.

The COA is very happy to have Barbara here with us. Her varied experiences in nursing are an added bonus for staff and the clients.

Project Christmas, and the COA Elves

It was once again a pleasure for the COA office staff (elves) to deliver Project Christmas to 20 Wexford County Seniors in December. The smiles, hugs and laughs are the best presents that we as staff receive. We are blessed.

In November a member of our community called and wanted to be a Secret Santa for a senior. YES, we said and a 93 year old, sweet deserving senior was chosen to be the recipient. Needless to say she was honored to be chosen and so happy with her Secret Santa gifts. She even ended up knowing her Secret Santa

but hadn't seen her in a long time.

With all of the turmoil in the world, we at the COA are so very grateful for the wonderful things that we see in the community and are able to do for the Wexford County seniors.

We may be opening up a Secret Santa program for the seniors and the community this year. Stay Tuned.

FREE Sassy Seniors Workshop

Are you aging...
gracefully?
on your own terms?
having fun with your
status as a senior?

**Join us and Life Coach
Penney McRae for a
presentation on
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Learn how to enjoy your
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on your terms.**

**January 25th 2023
2:00 pm
Cadillac First Church of
Nazarene
(Community Center)
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Cadillac, MI 49601**

RSVP REQUESTED

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For more information call
231-775-0133

"NEW TO MEDICARE" WORKSHOPS RETURN

The New to Medicare workshops were very popular before Covid and we are ready to bring them back, starting in April 2023 on a monthly basis.

This is a free informational workshop where you will learn all about the ABC's and D of Medicare. The more information you have, the better decisions you can make on this very important portion of retiring. The workshop is facilitated by our Certified MMAP (Medicare/Medicaid Assistance Program) Counselor, Kim Swanberg and held at the Council office in the board room.

Space is limited so, RSVP is required. Please call
231-775-0133.

This is a FREE service of the Council on Aging.

New to Medicare

**On the 2nd Monday of
each month listed below,
at 4:00 pm**

2023
April
May
June
July
August
September
October
November
December

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- Emergency call system
- Life enriching activities
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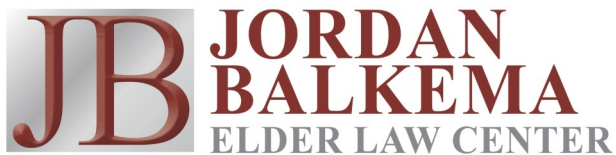
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"Angels walk among us, sometimes the only thing we may not see are the wings upon their backs."
Molly Friedenfeld

We are so very grateful for the community members that donated incontinence supplies and Ensure.

Melinda K. Linda G. Several Anonymous

Thank you to Lauren T. for being the secret Santa for one of the seniors in the community.

Thank you to B2 Outlet and the AAR Mobility Union who generously donated to the Council this past holiday season.

*We so appreciate the talents of these community members that make the wonderful birthday and sympathy cards that we send out to in home service clients each month.
Thank you so much!*

Bev W. Jackie S. June D. Mary Z.



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