



News and Views

WEXFORD COUNTY



231-775-0133

July/August 2023

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Mark Your Calendar

- July 1st**—Canada Day
- July 3rd** -Dog Days of Summer
- July 4th**—Independence Day & COA office Closed
- July 7th**—World Chocolate Day
- July 14th**— Mac & Cheese Day
- July 30th**—Tree Planting Day
- August 2nd**—National For-giveness Day
- August 8th**— National Cat Day
- August 9th**— Indigenous Day
- August 12**— International Youth Day

TRAVEL THE WORLD

WEX AIRLINES

**SEPTEMBER 28, 2023
10 AM-2 PM**

SENIOR EXPO

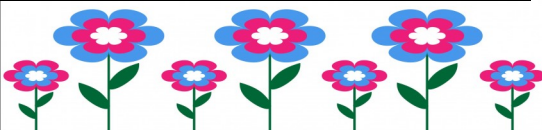
Save the Date

The Wexford Civic Center • Event Center • Ice Arena

WEXFORD COUNTY Council on Aging

We're *Traveling Around the World* at this years Senior Expo! Join in on all the **Free fun** at the Wexford Civic Center on September 28th 2023 from 10:00- 2:00. There will be mock passports, live entertainment, food, giveaways and a chance to win an awesome grand prize! Watch for more details to follow. If you would be interested in having a booth at this years event, please contact the office for registration details. 231-775-0133

Prize awarded for the best dressed tourist





Directors 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

“You are a story”

Everyone of you is a story like no one else. I am fascinated by listening to people’s stories. If you look at your life, do you realize all the lessons you have learned through good times and difficult times? That is your wisdom and experience. Stories should be shared with one another. But, you must listen and make good eye contact. People can tell if you are listening or not. Pay attention! Watch them enjoy telling their story.

Some of the most significant people in my life are those I met briefly or only had known for a few months. Years ago, I interviewed my grandparents on video and asked them all sorts of questions about how they met, and what are some of the good and bad times of their lives were.

I was shocked at some of the tragedies I had never heard before. My Parents and I toured a couple cemeteries, and the names on the stones would stimulate their memories or stories of

the person. Families may be fascinated by your story. Write it down so they can find it when they have time to read it. Most seniors are not going to ask if you want to hear about their younger life, but if you ask, they would love to share.

Someone told me once that we should practice writing our obituary. Then it is done and what we want in there is there and nothing else. I want to control the stories about me, nothing too colorful! :) Everyday is important and what you choose to do with today is important! I hope you know how valuable you are and that you are packed full of miracles. You just have to discover your miracle for today. Never give up! You are closer than you think to conquering any problem you could be facing. Lets reach out and be there for one another Share your story! I would love to hear it.

Enjoy the Summer!

-Pam

Director: Pam Blevins Board Members 2023

- Chair: Lynne Harris
- Vice Chair: Robert Colvin
- Secretary: Catherine Best
- Treasurer: Leo Pavaglio
- 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 Daycare
- Foot Care Clinics
- Medicare/Medicaid Assistance Program (MMAAP)
- Medication Management
- Senior Advocacy: Notary
- Information and Assistance
- Snowplowing (Winter month)

For More Information
Please call (231) 775-0133



We are pleased to announce **Diane Wentzloff** as our newest home health aide. Diane is a perfect fit for the COA family and

we couldn't be happier to have her on our team. Diane enjoys spending time with her grandchildren, quilting, and embroidery .

“ I love seeing the smiles I bring to faces, knowing that we are helping seniors stay in their home is rewarding.” -Diane

Breathe easy this summer with these indoor plants

The recipe for a long, healthy life includes two essential ingredients: fresh air and sunshine. Filling your home with greenery brightens things up. More importantly, it filters the air for better breathing. Indoor houseplants help seniors breathe easier in summer and all year long. Mild winters and hot, humid summers may take a toll on seniors (and everyone else who spends much of the day indoors.). Poor indoor air quality, resulting from cleaning chemicals and volatile organic compounds, affect all age groups. For older folks, foul air may lead to serious health setbacks.

-Aloe Vera plant is hard to miss. This succulent plant removes formaldehyde and benzene from the air. It absorbs carbon dioxide and releases oxygen. Another plus: when you break a frond, aloe gel is medicinal for treating burns. Aloes are very prolific; the main plant will produce offshoots. Replanting the “babies” is a great activity for your older loved one to do with their caregiver. Place aloes in front of sunny windows.

-Snake Plants (also called mother-in-law’s tongue) much like aloes, snake plants emit oxygen while removing carbon dioxide from the air at night. Snake plants are sturdy, don’t need a lot of light or water, and are good in bedrooms for a good night’s sleep.

-Lush Peace Lilies eliminate indoor air chemicals like benzene, formaldehyde, ammonia, acetone, and xylene. With bright, glossy leaves and soft white spikes embedded in the stems, peace lily flowers and foliage make beautiful indoor showpieces. One thing to note: **Peace lilies are toxic to pets** and small children who like to chew on leaves. Parts of the plant contain calcium oxalate, which can lead to stomach and breathing difficulties if ingested.

-Daisies color up the home prettily while removing formaldehyde and benzene from the air. But daisies need a lot of light -- so plant them in an outdoor container and bring them inside at bedtime.

Houseplants are nature’s cleaning service for the air we breathe, and in this humid air, we need all the help we can get to breathe easier this summer. <https://careinc.com/care-blog>

Congrats, our dear friend!

Happy
RETIREMENT

Thank you for being such a wonderful colleague and friend. We're so proud of you! Thank you for your devotion to the Council On Aging over the last 7 Years, We will miss you!



Lets play a game! Within this News & Views Newsletter are hiding ten watermelon pictures. Some big, some small, some you wont find at all. Can you find all ten?



Medicare/Medicaid Benefits

Wexford County Council on Aging wants to remind Medicaid beneficiaries that due to the end of the COVID-19 public health emergency you could be at risk of losing your Medicaid or Medicare cost share coverage.

Nationwide, Medicaid beneficiaries will have to RENEW their coverage to comply with FEDERAL Legislation. Annual renewals will begin in June 2023 and will continue through May 2024. Michigan Department of Health and Human Services (MDHHS) will review the Medicaid eligibility of more than 3.1 million Michigan residents, and those who are no longer eligible for benefits must take action to maintain healthcare coverage (this includes the state paying Medicare premium) to protect themselves and their families. If you are a Medicaid beneficiary, you should take the following steps to prepare for the redetermination:

-Make sure your address, phone number, email address and household income are up to date at www.michigan.gov/mibridges. You can also call Wexford/ Missaukee MDHHS at 231-779-4500. If you do not have an online account for MI-Bridges to access your Medicaid case or report changes, visit wwwmichigan.gov/MiBridges to sign up for an account or reach out to Wexford County Council on Aging at 231-775-0133 to help you with this process.

If you get a renewal packet, be sure to fill it out, sign the forms and return it by the due date with any proof needed. Wexford County Council on Aging can help you with this process also. NOTE: if you do not complete and return the renewal, you WILL LOSE Medicaid coverage. If you do not have internet access, there are other options. Call our Medicare and Medicaid Assistance Program (MMAP) for help at 1-800-803-7174 or 231-775-0133 -Kim & Deb

TRAVEL THE WORLD



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 | lwilli@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.

Best Chicken Quesadilla Recipe

Ingredients

1 tbsp. Plus 1 tsp olive oil, divided

4 tsp. All-purpose flour

2 tsp. Chili powder

1/2 c. Chicken stock

1/2 Red bell pepper, chopped

4 oz. Sliced mushrooms

6 oz. Shredded cooked chicken breasts (about 1 1/4 cups)

6 oz. shredded sharp Cheddar cheese (about 1 1/2 cups) 4 large flour tortillas

Salsa, sour cream, fresh cilantro, lime wedges, and sliced avocado, for garnish



Cooking Directions

Step 1- Heat 1 tablespoon oil in a medium saucepan over medium heat. Add flour and chili powder. Cook, stirring, 1 to 2 minutes. Gradually whisk in stock. Add bell pepper, mushrooms, and chicken. Cook, stirring occasionally, until vegetables are tender, 6 to 8 minutes. Remove from heat and stir in cheese.

Step 2- Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Spread half of vegetable mixture on a tortilla, leaving a 1-inch border all around. Top with a second tortilla. Cook, turning once, until golden brown, 2 to 3 minutes per side. Repeat with remaining oil, tortillas, and vegetable mixture.

Step 3- Slice into wedges and serve topped with desired garnishes.

Easy Weeknight Beef and Broccoli Stir-Fry

Ingredients

1/3 c. chicken stock

1/4 c. soy sauce

1 tbsp. plus 1 teaspoon pure honey

1 tsp. toasted sesame oil

1 tbsp. plus 1 teaspoon cornstarch

12 oz. flank steak, thinly sliced

Kosher salt and freshly ground black pepper

2 tbsp. canola oil

12 oz. broccoli florets, halved if large

1 one-inch piece fresh ginger, peeled and minced

3 cloves garlic, minced

Hot cooked rice, toasted sesame seeds, sliced scallions, and lime wedges, for serving



Cooking Directions

Step 1- Whisk together stock, soy sauce, honey, sesame oil, and cornstarch in a bowl until cornstarch is dissolved.

Step 2- Season steak with salt and pepper. Heat oil in a large skillet over high heat. Add steak and cook, stirring occasionally, until almost cooked through, 2 to 3 minutes; transfer to a plate using tongs. Reduce heat to medium-high. Add broccoli and season with salt. Cook, stirring often, until broccoli is crisp-tender, 2 to 3 minutes (you can add a few tablespoons of water if pan starts to get too dark). Add ginger and garlic. Cook, stirring, until fragrant, 30 seconds to 1 minute.

Step 3- Whisk sauce and add to pan with steak and any accumulated juices. Cook, stirring, until sauce is thickened and steak is warm, about 1 minute.

Step 4- Serve over rice topped with sesame seeds and scallions with lime wedges alongside



Summer Activities Seniors

Enjoying warm summer temperatures doesn't have to be a distant memory for elders and their caregivers. Finding an interesting activity that is suitable for an older adult's abilities may take some creativity and planning, but it is well worth switching up your routine and getting out of the house. The benefits of getting outside, a main advantage of heading outdoors, even for a short period of time, is being able to soak up some sunlight. Sun exposure generates vitamin D, which is necessary for a healthy brain, bones, and muscles. Some doctors even prescribe sunlight as a source of vitamin D, which research has shown can improve cognitive function and mood. Older adults, especially those who are homebound or whose exposure to sunlight is limited, are at high risk for vitamin D insufficiency. In addition to the physical benefits of natural sunlight and fresh air, being outside provides mental and emotional benefits. Getting out enables elders to socialize with new people, and many outdoor activities provide opportunities for interacting with children, nature, and animals. Such activities can give people an extra spring in their step and rejuvenate them.

Catch a sporting event— Attending a grandchild's soccer game or a professional baseball game can be an action-packed way for your loved one to reconnect with one of their favorite pastimes.

Fish for Fun — Even if an elder has mobility problems or uses a wheelchair, you can still cast a rod from a dock, pier, or other location. Check your state's tourism or parks and recreation websites to see if they provide listings of ADA compliant fishing locations. Many areas across the country have also started offering all-terrain wheelchairs for check out or rental that can help a loved one with mobility issues get closer to the water.

Take a dip—For some folks, this might entail putting a foot in the pool, while others may be able to handle low-impact water aerobics. If a senior is willing and able, spending some time in the pool is an excellent way for them to incorporate some physical activity into their routine that seems more like relaxing than a workout.

Stroll around for a walk if possible — Start slow and work up to longer outings. Consider bringing along a walker or wheelchair in case your loved one gets tired and needs to rest along the way or requires help getting back.

Be an animal lover — This could be as simple as encouraging a loved one to sit outside and enjoy the sights and sounds of a birdhouse, bird feeder, or bird bath in the yard, or it could mean an outing to the zoo or a local dog park. There are plenty of options for seniors who enjoy animals to get outside and either interact with or observe nature.

Picnic Outdoors — Picnics are another flexible activity that you can plan at a park, in your own backyard, or on the surrounding grounds of a long-term care facility. At the park, seniors can watch children run around and enjoy the buzz of outdoor activity. Make sure to locate an area with comfortable seating and plenty of shade in advance, or remember to bring your own umbrella and chair.



and Caregivers Can Enjoy Together

Attend community events — From Fourth of July parades and fireworks to Labor Day block parties, there are plenty of community events during summer that offer opportunities for elders to get out and be part of the crowd. Many communities offer outdoor musical performances, art shows, car shows, flea markets, festivals, and more.

Go out for a treat — Most seniors have a favorite snack or restaurant that picks their spirits right up. Instead of limiting this indulgence to special occasions or the post-doctor's appointment routine, make an outing out of it just because. This could consist of getting an ice cream cone from the local Dairy Queen, a coffee and pastry from a favorite breakfast spot, or a lunch special from the diner around the corner. If the weather is nice, enjoy your goodies at a patio table.

(www.agingcare.com/articles/summer-activities-to-do-with-seniors)



Join us at The Greenhouse every Wednesday from 6-8pm for a **fun night of trivia** with TriviaNight-Fun.com hosted by DJ Shawny-D from Hot Traxx Entertainment LLC! **It's FREE** to play! Join at any time with no score penalty! PRIZES for 1st, 2nd, and 3rd place winners! **Following Trivia is music BINGO 8pm-9pm**

916 S Mitchell St, Cadillac, MI 49601, USA

Greatest 4th in the North

(Lake City) June 30th-July 4th
Parade starts 10am on Tuesday July 4th
Fireworks start at dusk over Lake Missaukee

Freedom Car Festival Show

Saturday, July 8, 2023
from 11am – 4pm
Downtown Cadillac
Over 20 Categories!

National Cherry Festival (Traverse)

July 1st-8th

Festival of the Arts (Cadillac)

July 20th & 22nd

Clare County Fair

July 24th-29th

Harbor Days Festival (Elk Rapids)

August 2nd-5th

Midland Area River Days & Balloon Festival

August 3rd-6th

Northwest Michigan Fair (Traverse)

August 6th-12th

Northern District Fair (Cadillac)

August 14-19th

The 56th annual Buckley Old Engine Show

August 17-20 -Location at the show grounds on 2 1/2 Road, just off M-37.

Cadillac Freedom Festival at the Cadillac Commons

Tuesday, 4th of July Parade -1pm

Wednesday, July 5th

Kids Activities at the Market 1-4pm

Splash Pad Pizza & Dance Party 5pm

Outdoor Movie night at the Pavilion, hosted by the Cadillac Fire Dept—Starts at dusk

Thursday, July 6th

-Vendors in the park 12-6pm.

Kids Pet Parade –6:30pm followed by Upbeat Music series & After hours Market

Friday, July 7th

Kids Carnival rides –10am

Farmers Market & Food Trucks 10am-4pm

Live Music - 3:30-10pm

Saturday, July 8th

Vendors in the park & Food Truck 10am-6pm

Classic Car Show 11am-4pm

Cornhole tournament –11am

Pork in the Park BBQ –1pm-6pm

Fireworks over Lake Cadillac. Fireworks show is set to music, tune your radio to 107.9 FM

Puzzle Page & Funny Bone

Enter numbers in the empty squares so that the numbers 1-4

| | | | | | | | |
|---|---|--|---|---|---|---|---|
| 4 | 2 | | 1 | 3 | | | 4 |
| 1 | | | 2 | | 4 | | |
| 3 | | | | | | 4 | |
| | | | 3 | 4 | 1 | | 2 |



CREATED ON: www.TheTeacherCorner.net

Summer of 2023

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

CARSHOW
 BURGERS
 AUGUST
 SUNGLASSES
 LEMONADE

SUMMER
 INDEPENDENCE
 SUNSETS
 CAMPING
 POPSICLES

HOTDOGS
 DAY
 TRAVELING
 BEACH
 PARADE

REBUS

Good Luck!

1. **IF-LAND
 IF-IF-C**

2. **#####
 WEIGHT**

3. **AM U OUS**

4. **_____ it**

5. **123456789
 US**

6. **E E
 A A
 R R
 T T
 H H**

7. **XQQQQME**

8. **CAJUSTSE**

9. **7S3A6F4E2T5Y1**

10. **ME 1one11**

Riddles & Jokes



Number 1: A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home there were two masked men. Who were they?

Number 2: A man lives on the fifteenth floor of an apartment building. Every morning he takes the elevator down to the lobby and leaves the building. In the evening, he gets into the elevator, and, if there is someone else in the elevator, or if it was raining that day, he goes back to his floor directly. Otherwise, he goes to the tenth floor and walks up five flights of stairs to his apartment. Can you explain why he does this?

Number 3 : What is square, sits in a corner, but goes all around the world?

Number 4 : There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. All the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?

Number 5: What is the longest word in the dictionary?



George Carlin on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half." You're four and a half going on 5.

You get into your teens, and you simply jump to the next number. "How old are you?" "I'm gonna be 16." You could be 12, but you're gonna be 16. Eventually.

Then the great day arrives and you become 21. Even the words sound like a ceremony. You BECOME 21!!

Then you turn 30. What happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. What's wrong? What changed?

You BECOME 21. You TURN 30; You're PUSHING 40. You REACH 50. Then you MAKE IT to 60. By then you've built up so much speed, you HIT 70. After that, it's a day by day thing. You HIT Wednesday...

You get into your 80's; you HIT lunch, you HIT 4:30. And it doesn't end there...

Into the '90s, you start going backward. "I was JUST 92." Then a strange thing happens; if you make it over 100, you become a little kid again. "I'm 100 and a half."

- I used to know a couple who grew fruit trees together. They lived to a ripe old age.
- These are not gray hairs! They are wisdom highlights.
- Why do old people love English muffins so much? All the nooks and grannies.
- Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...
- I always wanted to marry Mrs. Right. I just didn't know her first name was going to be "Always."

Low Vision Support Group

When I went to the Michigan College of Optometry in April at Ferris State University for my annual presentation, I realized by the students' questions that two hours was not enough time to speak on all that a low vision support group has to offer.

First of all, the group is a safe place to share feelings about vision loss, and not a place to receive pity. All those present understand and truly identify with each other.

Medical knowledge and experience are shared as well as information and opinions about doctors, treatments, and procedures. Learning all information possible can be very liberating.

Members share illustrations on how to do tasks, often finding new ways to-do things to accomplish better results. Sometimes simple solutions to difficult problems make independent living easier.

There are a lot of devices and adaptive equipment available that most people aren't aware of. This is the time and place to learn about them and where to get them. Sometimes equipment and devices, such as readers, are donated at the Low Vision Support Groups. Friends and Family are also welcome to the meetings to learn about low vision in general, making it easier to understand some of our struggles. Members often emphasize their needs to family and/or friends in the safe and non-judgmental atmosphere of the meeting.

Meetings being held at the Wexford Council on Aging is an advantage since members and staff often speak at that meeting, sharing information about programs and activities offered there. Most of all, knowing that there are others with similar problems, sitting around the big table, openly talking can be such a comforting experience. Come join us! Family and friends, learn and laugh with us on the second Tuesday of each month from 10am to 11am at the Wexford Council on Aging office. - Connie Payne

Around the office events: Wow! What a crazy and fun past couple months we have had :) In May we hosted the *Senior Gala* that was a total success. More than 40 Senior Citizens attended the event. We danced the night away and took some memorable pictures. We can't thank everyone enough for all their time and dedication to make the night special for everyone that attended.

We also hosted a "Senior Fire Safety Presentation." Haring Township fire department was so graciously kind to come put on a demonstration and discuss fire safety. Deputy Chief Nate McConnell and his crew were here showing us proper use of a fire extinguisher and discussing fire safety importance, most of us who attended even got to put that fire extinguisher to use and put-out a controlled fire. **911 Address Signs** (green address signs that post up at the end of your driveway) If you are located in Wexford County these are free to you. Give Haring township fire department a phone call to have one made (231) 775-7319 Thank you

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

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.



Around the office events



Answers to riddles & Sudoku



Number 1 : The catcher and the umpire.

Number 2 : The man is a dwarf. He can't reach the upper elevator buttons, but he can ask people to push them for him. He can also push them with his umbrella.

Number 3 : A Stamp

Number 4 : There are no stairs—it's a one-story house!

Number 5: Smiles, because there is a mile between each 's'.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 4 | 2 | 3 | 1 | 3 | 2 | 1 | 4 |
| 1 | 3 | 4 | 2 | 1 | 4 | 2 | 3 |
| 3 | 1 | 2 | 4 | 2 | 3 | 4 | 1 |
| 2 | 4 | 1 | 3 | 4 | 1 | 3 | 2 |

Summer of 2023

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

REBUS Answers

1. One if by land, two if by sea.
2. 10 pounds over weight
3. Ambiguous (am BIG-U ous)
4. Blanket
5. Count on us
6. Down to Earth
7. Excuse me
8. Just in case
9. Safety in numbers
10. Someone's following me



May God who understands each need, who listens to every prayer, bless you and keep you In his tender loving care. –God

CARSHOW
 BURGERS
 AUGUST
 SUNGLASSES
 LEMONADE



SUMMER
 INDEPENDENCE
 SUNSETS
 CAMPING
 POPSICLES

HOTDOGS
 DAY
 TRAVELING
 BEACH
 PARADE

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Estate Planning & Elder Law

- * Wills
- * Trusts
- * Powers of Attorney
- * Guardianship and Conservatorship

Long Term Care Planning

- * Medicaid Specialist on Staff
- * Asset Preservation
- * Critical Nursing Home Placement Experts

Allow us to assist you in planning for future estate and long term care needs. Our team of professionals offer decades of estate planning and Medicaid benefit expertise. We will custom fit a plan to your individual needs in an affordable and compassionate manner.

GREEN ACRES

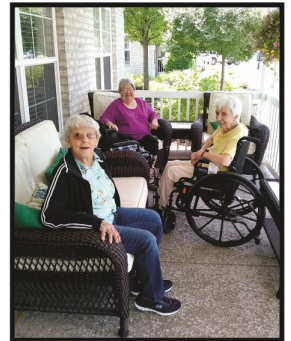
Assisted Living

235 Pearl Street
Cadillac, MI 49601
231-775-5300
www.rlmgmt.com

Green Acres of Cadillac provides the very best in retirement living. We focus on providing you with personalized living spaces within a community atmosphere and personal assistance needed for you to live a happy healthy and independent life. You'll find that Green Acres is the place to be, with your personalized apartment located on "Park Avenue." The beautiful interior streetscape is lined with trees, park benches, canopies, and old fashioned street lights. Our residents can take part a variety of activities such as exercise classes, picnics, arts & crafts, games, gardening, worship services, as well as enjoying our elegant dining atmosphere. Green Acres is staffed 24 hours a day with compassionate and devoted caregivers who have a true passion for the elderly.

Services and Amenities

- Assisted/respite care options
- 24 hour personal care assistance
- Assistance with medication
- Three home-cooked meals per day
- Nutritional snacks throughout the day
- Emergency call system
- Life enriching activities
- Beauty/Barber shop
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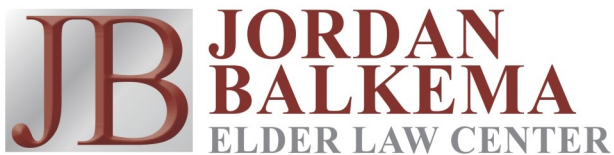
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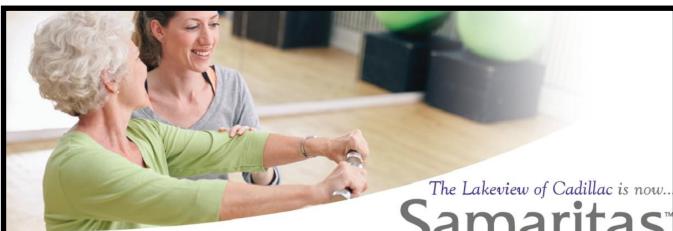
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We are so very grateful for the community members that donate incontinence supplies and Ensure protein drinks to the COA. If you are in need of these supplies please don't hesitate to stop in the office.

Thank you to all who returned the News and Views form (with or without a donation) from the January issue. We appreciate all of your feedback. We are also very grateful for your donations for the News and Views. As you know we write, publish, edit, and mail the newsletter ourselves with the help of our volunteers. The News and Views is available to anyone 60 and older that lives in Wexford County. We strive to make it interesting, fun and informative for seniors but also affordable for our advertisers. We are always interested in your input to make the newsletter better.



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