



# News and Views

## Getting Seniors Perpared for an Emergency

May / June

2023

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### Mark Your Calendar

- Cinco De Mayo—May 5th
- Senior Gala—May 12th
- Mother's Day—May 14th
- Armed Forces Day—May 20th
- Memorial Day—May 29th
- Donut Day—June 5th
- Flag Day—June 14th
- Father's Day—June 20th
- Juneteenth—June 19th
- Summer Solstice—June 21st
- Senior Expo— Sept 28th

When a disaster strikes, the senior population is one of the most vulnerable, especially for those who live alone. There are measures older Americans can take to start preparing for emergencies before they happen. For example, if it is difficult to get around on your own or you need assistance to shelter at home or evacuate, you need to know ahead of time who will help. **Make a list of people who can help.** Older adults face many more obstacles during an emergency than most people: isolation, limited mobility, medical needs, and distrust. Sometimes, seniors rely on a single relative as their main caregiver. Emergencies can happen at anytime and that usual person might not be there. It's important to have a list of other people you can call on and know how to get ahold of them. Create a chain of contacts. Assign who you would con-

tact during an emergency. Enlist family, friends, and neighbors, if necessary, but do not leave it all to one person. If the one person on the list is injured or incapacitated, you may be left stranded. There are many communication apps available, that can be used to communicate while phone lines or internet service is down. Talk with your friend and family about downloading these apps. **Be sure your medical information is available.** If you have a medical condition, you may choose to wear a medical alert bracelet or pendant. This could save your life, especially if you are a diabetic or allergic to specific medications, etc..

Continued to page 11



# 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

Join us for big fun at the Senior Gala with a Hollywood theme.

**May 12th 6 pm—9 pm**

**At the Mackinaw Middle School. Tickets: \$20.00 per person** (only one person needs to be 60 + over).

Tickets available at the Council on Aging office, Cadillac Senior Center and the Manton Senior Center. Come Walk the Red Carpet, there will be music, dancing, prizes, refreshments and FUN!!! Call 231-775-0133 with any questions.

Happy Spring & Happy Mothers day, May 14th 2023. Hug your mom and tell her thank-you for all she has done.

**May 17th at 1:00 pm** we are having a **Fire Prevention presentation** here at the COA building. Learn how to use your household fire extinguisher and

get lots of emergency tips from the experts.

Happy Flag Day, June 14, 2023. Show your patriotism by wearing your Red White and Blue, today.

Happy Fathers Day, June 18, 2023. Tell dad how important he has been and is in your life. Give him a Hug!

We will also be getting ready for Project Fresh in a month or so when the weather warms up and the farmers have crops for the markets.

I did see a crocus in bloom today while it was snowing. The Daffodils are blooming and the robins are everywhere. Some things are just out of our control. That's good.

Sit back, relax and Breathe.

Enjoy the spring. See you at the GALA!

-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 (MMAP)  
Medication Management  
Senior Advocacy: Notary  
Information and Assistance  
Snowplowing (Winter month)  
For More Information  
**Please call (231) 775-0133**

# TRAVEL THE WORLD





# What is Respite Care...



**Respite care** provides temporary relief for a primary caregiver, enabling you to take a much-needed break from the demands of caregiving a sick, aging, or disabled family member. Respite care can take place in your own home, at day-care centers, or at residential or nursing facilities that offer overnight stays. Whether it's for just a few hours a week or an extended vacation, seeking respite care can help ease the burden of family caregiving and help to relieve stress, restore your energy, and promote balance in your life. It can also prevent you from becoming exhausted, isolated, or even burned out. Respite care can benefit the person you're caring for, too, providing them with variety, stimulation, and a welcome change of routine. Seeking support and maintaining your own health are key to managing your role as a caregiver, so it's not selfish to need time to yourself. If you're overwhelmed by the daily grind of caregiving, your patience and compassion will wear thin, you'll find it harder to connect with the person you're caring for, and you'll probably both feel unfulfilled. After a break to recharge your batteries, though, you'll feel more energetic, focused, and reinvigorated about your caregiving role. You may even be able to pick up tips on new ways to tackle common problems you face as a caregiver, helping to make the caregiving journey a more enjoyable and rewarding experience for both you and the loved one in your care.

## **Types of Respite Care**

Respite care can take many forms, but boils down to two

basic ideas: sharing the responsibility for caregiving and getting support for yourself. Respite could take the form of enlisting friends and family to watch your loved one so you can take a break to visit others, go to the gym, or handle chores, for example. Or respite care can mean finding volunteers or paid carers to provide in-home services for your loved one, either occasionally or on a regular basis. Finally, respite care can mean using out-of-home programs such as adult day care centers, day camps, or nursing homes to provide you with a break and your loved one with the continued care that they need. **In home Respite Care** can be provided by volunteer or paid help, either occasionally as needed or on a regular basis. Services may last from a few hours to overnight, and may be arranged directly or through an agency. This popular respite choice enables your loved one to remain in their own home while they continue to receive care, and can be invaluable for you as the primary caregiver. **Volunteers** may be available from faith-based, community, and other non-profit organizations. **Trained staff** from home-care businesses are available to cover short periods of -home care. **Personal care providers** can assist with daily living skills such as bathing, dressing, or feeding. **Home-maker services** support meal preparation, shopping, and housekeeping. **Out-of-home respite care** Whether you're caring for a child, an adult, or a senior, there are a range of private and non-profit respite programs available depending on your location.

These can include: **Adult day care centers**, designed for older adults who can no longer manage independently, or who are isolated and lonely. Planned activities promote well-being though social and health services.

**Residential programs** offer temporary care for varying lengths of time. Group homes, hospitals, nursing homes, and other specialized facilities provide emergency and planned overnight services, allowing caregivers 24-hour relief. While medical insurance in the U.S. generally does not cover overnight respite, long-term care policies and veterans' programs may subsidize the cost of care.

**Caregiver retreats and respite camps** are available in some areas, combining respite with education and support.

[www.helpguide.org/articles](http://www.helpguide.org/articles)

**Your home or ours?** The **Wexford County Council On Aging** provides respite care two different ways: **Daybreak Adult Day Center** in Cadillac, and **In-Home Respite**. Daybreak provides socializing, community, stimulating activities, healthy meals, snacks and activities of daily living support. In-home respite care is a scheduled break allowing the caregiver to leave the home while our trained Aide will come and stay with your loved one. This service is typically for an estimated 4 hours per visit. If you are in a situation where you are the caregiver, call the Council On Aging for more information on our respite program and get your "break" scheduled.

231-775-0133

# Updates from Deb & Kim

**KNOW THE DIFFERENCE** What is the difference between Medicare & Medicaid? Because they sound so similar, there is often confusion about the difference between Medicare and Medicaid. The long explanation is as follows according to HHS.gov, “Medicare is federal health insurance for anyone age 65 and older, and some people under 65 with certain disabilities or conditions. Medicaid is a joint federal and state program that gives health coverage to some people with limited income and resources.” The easy to remember explanation that we use around the Council office, is that MediCARE is CARE for seniors and MedicAID is AID for people with low income. So, everyone who is a senior gets MediCARE (at age 65 unless there are extenuating circumstances earlier like disability) but not everyone gets MedicAID. There are income and asset qualifications for someone to be eligible for AID. If you have further questions about the differences and what each one covers, please feel free to call one of our Medicare/Medicaid Assistance counselors at the WCCOA. They would love to help. 231-775-0133.

## Respite: In Your Home or Ours



**DayBreak is available to seniors 60 and older who reside in Wexford and surrounding counties.**

DayBreak offers the care giver a much needed break while keeping their senior loved one safe and engaged socially in a safe environment with caring staff.

- Daily Care includes:
- ★ Socializing
  - ★ Music
  - ★ Games
  - ★ Exercise
  - ★ Movies
  - ★ Arts & Crafts
  - ★ Cards
  - ★ Lunch and Snacks provided

*Respite is not a luxury. It is a necessity.*



Call for more information **231-775-0133**

DayBreak is owned and operated by the Wexford County Council on Aging

## Senior Fire Safety Presentation May 17, 2023, 1:00 pm at Wexford County Council on Aging Office

- Learn how to use a Household Fire Extinguisher
- Fire Safety Tips
- Hands on Demonstrations
- Refreshments
- Drawings

space limited call to sign up

Presented by the  
Haring Twp. Fire Department



Call for more information!

**231-775-0133**  
wexfordcoa.org

## 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.

## Make-Ahead Breakfast Bites

3 1/2 cups Original Bisquick™ mix  
1 cup milk  
12 eggs  
2/3 cup grated Cheddar cheese  
2/3 cup diced ham  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 tablespoon chopped fresh rosemary leaves, if desired.



Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray  
In medium bowl, mix Bisquick mix and milk with wooden spoon to form thick dough. Dump out onto floured surface, and use a floured rolling pin to roll it 1/4 inch thick. Cut into rounds with 3- or 4-inch round cutter.

Press the rounds into muffin cups. Sprinkle cheese in each cup, followed by a few cubes of ham. Crack the eggs individually into small bowl, then gently slide 1 egg into each muffin cup. Top with remaining cheese and ham. Sprinkle with salt, pepper and rosemary. Bake 20 to 25 minutes or until egg whites are set. Cool in pan 5 minutes, then lift cups out using knife. Serve immediately. Store leftover egg cups in an airtight container in the fridge up to 3 days or in the freezer up to 1 week. Reheat in microwave.

## Baked Apples & Baked Sweet potato fries

1 small apple (Golden Delicious or Granny Smith are my favorite)  
1 packet of sweetener (Splenda is my favorite) or a spoonful of sugar  
1/4 teaspoon cinnamon  
1/4 teaspoon cornstarch  
1 tablespoon water  
Small handful of raisins, optional



Peel or don't peel apple, core and slice or dice. Place in freezer-quality plastic zippered bag along with remaining ingredients. Seal bag and shake well to mix ingredients. Reopen bag just a touch to vent. Microwave on High for 2 minutes-- longer if you use a big apple. Carefully (it will be HOT and steamy) open bag and pour over plain or cinnamon-sugar pita chips, flour tortilla chips, oatmeal or ice cream.

**Baked sweet potato fries** are a healthy swap for potato chips.

This vitamin A-rich snack is a healthy favorite. Preheat the oven to 425 degrees Fahrenheit. Cut four sweet potatoes into 1-inch-wide wedges, place flesh-side down on a roasting pan, then brush with a mixture of 2 tablespoons olive oil,

1 1/2 teaspoons chili powder, and 1 teaspoon kosher salt. Cook, turning once, for 20-25 minutes. Remove pan from oven and sprinkle with 1/2 teaspoon kosher salt.



# Six Essential Elements

Maintaining or enhancing one's health and wellness shouldn't stop at a predetermined age. As we get older, we need to pursue a balanced mind and body by focusing on our physical well-being as well as our happiness, fulfillment, and mental fortitude. **Seniors should not be afraid to live their best and most fulfilled life. With the assistance of family, friends, and professional in-home caregivers, seniors can successfully pursue the following six elements of senior wellness.**

**A proper diet** is the foundation of good health. Without the right levels of nutrients, seniors will have trouble maintaining cognitive and physical energy. A few nutrition recommendations include the following: Flavor foods with spices and herbs, but use less salt. Seniors can lose the ability to taste salt in food, but don't try to overcompensate. Too much salt can increase the risk of heart disease. Drink milk, Milk provides calcium and protein to promote healthy bones. Don't depend too much on nutritional supplements. Vitamins and minerals in natural foods are always better than dietary supplements.

**Sleep**, most healthy seniors need 7 to 8 hours of sleep each night to feel recharged the next morning, according to research. Older adults may awake earlier in the morning due to body rhythm changes called advanced sleep phase syndrome. However, this means older adults may need to go to bed earlier in the evening. Additionally, a range of physical conditions associated with aging can make it difficult for seniors to get enough sleep, which can cause sleep deprivation. Here are some tips to help seniors get a better night's sleep: Avoid caffeine, alcohol and nicotine in the evenings. Go to bed and awake at the same time every day, even on weekends. Don't take naps longer than about 20 minutes during the day, if possible ask a doctor if a medication or physical condition could be preventing sleep. An in-home caregiver could help monitor proper sleep habits and assist with any sleeping discomfort. **Physical Activity.** A lack of exercise quickly leads to many health problems in both body and mind. Seniors don't have to break records at the gym to stay healthy and feel well. A moderate amount of physical activity each day will keep the body in good working order and lead to a

clearer mind and a greater sense of fulfillment. Consider the following recommendations for senior activity: Older adults should achieve at least 150 minutes of physical activity per week, according to the World Health Organization (WHO). Gardening, walking, and outdoor hobbies can provide proper physical activity. Cardiovascular health workouts and muscle-strengthening activities are recommended together to prevent the potential for falls, heart attacks and many of the most common causes of senior debility. **Socialization:** Loneliness is a silent killer for the elderly and is a contributing factor to dementia, depression, obesity, Alzheimer's disease, and many other mental and psychological conditions. Seniors need to interact regularly with other people in order to maintain well-being. Community activities, games, and projects can foster a sense of interest, usefulness and social bonding. conversation from time to time is a necessity. For seniors needing to stay at home, an in-home caregiver could provide interaction they desperately need and crave. **Purpose :** After retirement and withdrawal from economic and political involvement, seniors may need to

# of Senior Wellness



find something new to provide direction and purpose. They may need to realize their lives are meaningful. Volunteer work and other activities that help others are excellent outlets for seniors to find self-purpose. **Safety** : Falling is one of the biggest safety risks for seniors. Making a senior's home physically safe and easy to navigate is a first step toward wellness. Seniors also need protection from scammers who prey on the elderly. Family caregivers need to take precautions ahead of time to prevent senior loved ones from falling victim to telemarketing and online scams. An in-home caregiver can supervise and ensure both physical and non-physical safety measures for seniors.

<https://www.visitingangels.com/knowledge-center>

## {Discount Opportunity}

**Purchase a Senior Gala Ticket and receive 10% off Coupon to Absolutely Fabulous retail store. Tickets are currently available at both Cadillac & Manton Senior**

## SENIOR GALA DISCOUNT!!

This coupon can be used for an additional 10% off any dress, suit, jacket or skirt at Absolutely Fabulous, on top of any store sale!



**National Senior Health and Fitness Day – May 31, Celebrated on the last Wednesday of May, this year on May 31st . It is a day dedicated to the betterment of the health of seniors. The common goal is to help senior Americans stay fit and healthy. Numerous organizations around the country organize events to spread the word about the importance of senior care and the various ways of doing it.**

Join Us  
FOR A RED CARPET EVENT

# SENIOR GALA

FOR ALL SENIORS 60 +

MAY 12th, 2023  
6 PM - 9 PM  
MACKINAW TRAIL MIDDLE SCHOOL

Music, Dancing,  
Refreshments

Formal Event  
Please dress your best

Ticket Prices \$20  
(Cash or Check Only)

Purchase tickets at the  
Wexford County Council on Aging  
231-775-0133  
714 W. 13th Street, Cadillac

Speaking of staying active! Have you purchased a ticket to the *SENIOR GALA*? This local event is a great way to *shake the winter blues away*. Come join the fun, invite your senior friends, bring your son, your daughter. (Only one person needs to be 60+) Come join us on the dance floor, request to play/hear your old time favorites songs. *Dance to the Polka, waltz, line dance, and more.* Photobooth pictures taken by Eagle Entertainment, snacks and beverages will also be served. Tickets for each individual attending the Dance are \$20. Purchasing tickets can be made at the Wexford Council on Aging office and both Cadillac/Manton Senior Centers. Location for the Gala is Mackinaw trail middle school.

8401 S Mackinaw Trail,  
Cadillac, MI 49601



# Puzzle Page / Funny Bone

A couple in their nineties were both having problems remembering things. During a checkup, the doctor told them that they were physically okay, but might want to start writing things down to help them remember. Later that night, while watching TV, the old man got up from his chair. 'Want anything while I'm in the kitchen?' he asked.

"Will you get me a bowl of ice cream?"

"Sure.."

"Don't you think you should write it down so you can remember it?" she asked.

"No, I can remember it.." "Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?"

He said, "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that - write it down?" she asked.

Irritated, he said, "I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!"

Then he toddled off into the kitchen. After about 20 minutes, the old man returned and handed his wife a plate of bacon and eggs. She stared at the plate for a moment.

"Where's my toast?"

<https://www.ba-bamail.com/humor/a-hilarious-selection-of-short-senior-jokes/>

A man and his wife went on vacation to Jerusalem. While they were there, the wife passed away.

The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150."

The man thought about it and told the undertaker he would just have her shipped home. The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. "I can't take that risk."

<https://inspire21.com/old-folks-jokes/>

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.

<https://inspire21.com/old-folks-jokes/>





# Spring Word Search

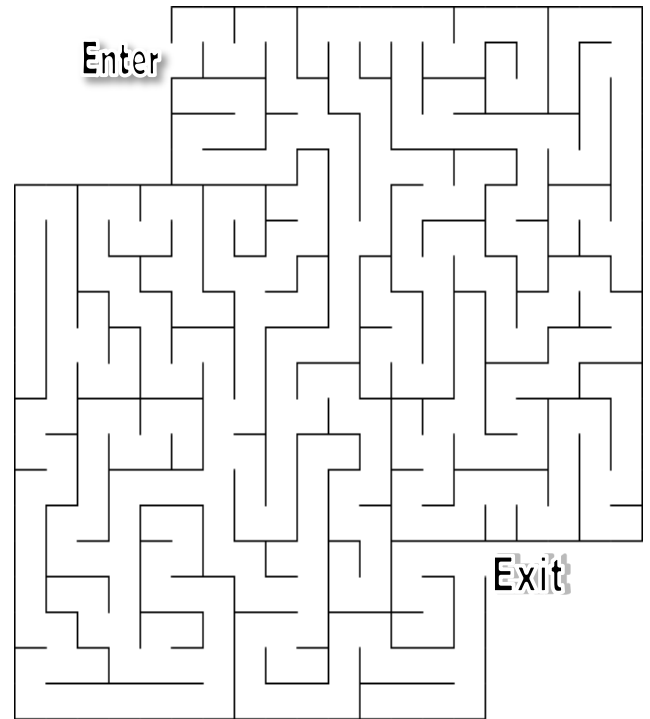
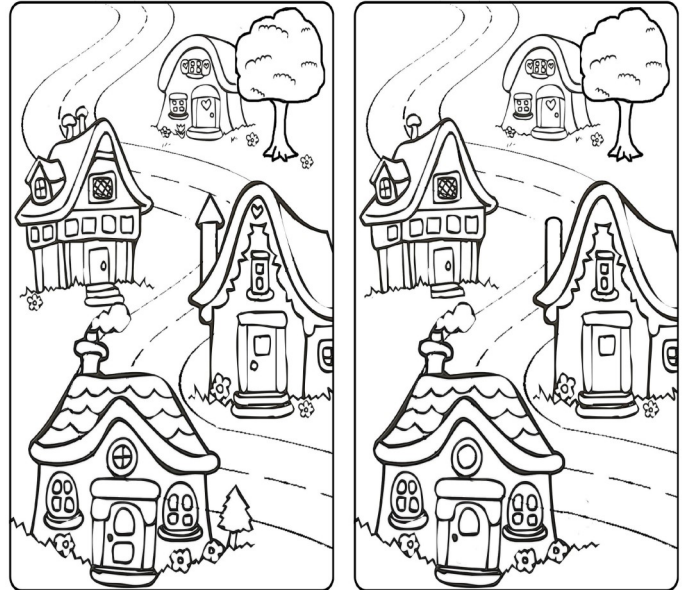
Y Q T R V L N K W U A D I J H B D R W K  
 O K S Q E V S M X Q T R C C I T Q E A C  
 Z J U N E G T P G F Y P G E F V R H W G  
 R S R O O D T U O Y U J L B Y I X E A A  
 A S L Q V E T E R A N S U N S H I N E T  
 I R O V V K H Z X D W T C Q S M V A J S  
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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

FLOWERS  
 SPRING  
 SUNSHINE  
 CLEANING  
 DAY  
 FISHING  
 SUNSHINE  
 CADILLAC

MAY  
 MOTHERS  
 OUTDOORS  
 VETERANS  
 BUTTERFLY  
 TREES  
 SEASON

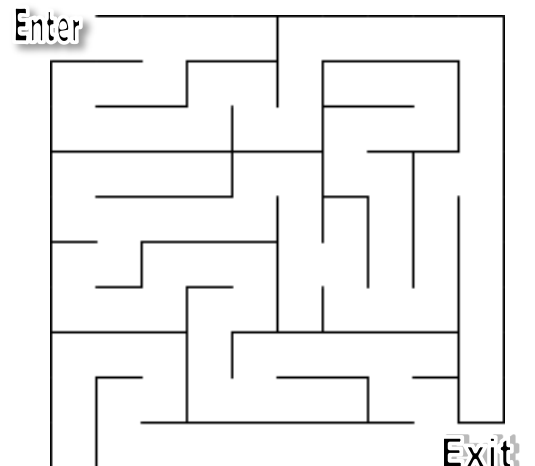
JUNE  
 DAY  
 FLOWERBEDS  
 MEMORIAL  
 CAMPING  
 BLOOM  
 RAINCOAT

Can you spot the 14 differences between these two pictures?



## Riddle Me This

1. In a year there are 12 months. 7 months have 31 days. How many months have 28 days? \_\_\_\_\_
2. A plane crashes on the border of the U.S. and Canada. Where do they bury the survivors? \_\_\_\_\_
3. You are a cyclist in a cross-country race. Just before the crossing finish line you overtake the person in second place! What place did you finish in? \_\_\_\_\_
4. What is full of holes but can still hold water? \_\_\_\_\_
5. Which came first, the chicken or the egg? \_\_\_\_\_



# Low Vision Support Group

I have been living with low vision/legal blindness since I was 30 and have been facilitating low vision support groups for over 20 years. I am still affected by the panic in the voice of a parent who reached out to me this past week. She just found out her young adult child was losing sight.

This mom has a 24 year old son who has lost most of his vision over the past few months due to glaucoma. She was panicky because of the worrisome impact on his future life and by his need to look for resources for support and assistance. It really hit home just how much the wonderful, upbeat members of our low vision support group help one another. No one should feel alone in their fears, problems, or possible solutions in living with less than normal sight.

Luckily, I was able to answer many of their questions about doing routine things; giving encouragement by citing my example of learning to live alone for the first time at both end stage Retinitis Pigmentosa and old age. She relaxed some when I gave her simple solutions to questions like how to mark the appliances, how to use a traveling cane to find obstacles, or how to find the toilet. By the time we ended our conversation, she had my assurance to call anytime with any questions.

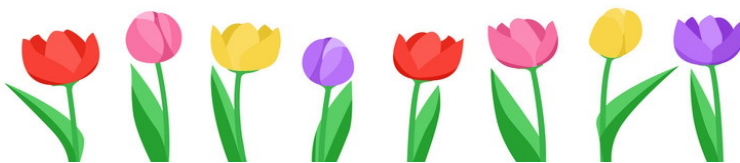
I also advised her to call her county social services to find a support group in her area that would help the entire family cope. I stressed to her that it is not the end, but simply a new beginning of learning how to-do things differently.

I am grateful for our group and the Council On Aging for giving us a space to be available for those who otherwise would live in panic and depression when there is no need to-do so. -Connie

**Next Low Vision Support group scheduled to meet on May 9th From 10-11am at Wexford COA office.**



In our March/April Newsletter we did a St. Patrick's Day Coloring Contest. The COA office staff decided on which colored picture they liked the most, gifting the winner with a spring themed gift basket! Winner was Ms. Sharon P. She was excited about this coloring page, She said, "It's been a long time since I've colored a picture, It's nice to try something different." Congratulations! Thanks so much for sending in your beautiful picture.



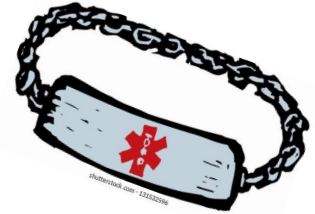
**Recycling News— #2 & #5 Plastic plant pots and Buckets are recyclable. Meijer Garden Centers are now accepting all plant containers and trays back for recycling, no matter where the flower was bought from. ( they must be clean and rinsed out ) Next Hazardous Waste Day is May 6th & September 23rd from 9am-2pm location at Cadillac Water Treatment Plant on Plett Road. Recycle non-working Christmas lights or any old electrical cords.**



**Please leave caps on containers. They're recyclable, but too hard to corral and keep in processing bales unless attached. A customer tells me she squishes caps and puts them inside the bottle/jug container. Ms. Green Recycling 231-942-9444 5018 M-115, Cadillac.**

# Continue Reading..Getting Senior's Perpared for an Emergency

Any of the medical alert jewelry available today could help first responders treat you properly in case you are unable to give or tell them your medical history. **There are things you need to take with you if you leave your home.** Before an emergency arises, write down a list of everything it will take for you to stay healthy. Include your doctors and pharmacy name and contact information, a list of medications and medical devices. One thing you will need is a **kit** with all the items you need to survive for a minimum of 72 hours. Carrying **cash** is a rule of thumb, having at least enough to pay for 30 days of essential living. Be sure to have some coins and smaller bills for toll booths or for buying groceries and supplies. Everyone can take steps to prepare for the kinds of emergencies that are most likely in your area. <https://www.fema.gov/>



## Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps



**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](mailto: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.

# Puzzle Answers

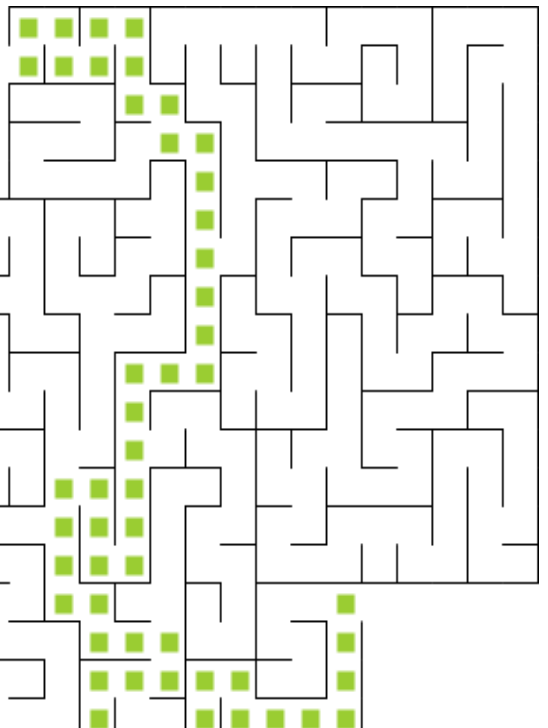
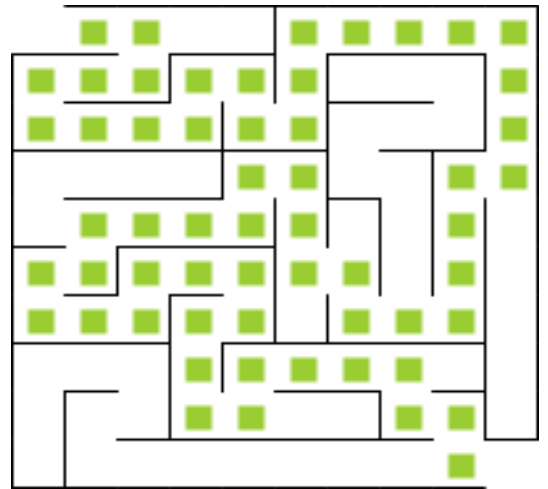
## Word Search

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

FLOWERS  
 SPRING  
 SUNSHINE  
 CLEANING  
 DAY  
 FISHING  
 SUNSHINE  
 CADILLAC

MAY  
 MOTHERS  
 OUTDOORS  
 VETERANS  
 BUTTERFLY  
 TREES  
 SEASON

JUNE  
 DAY  
 FLOWERBEDS  
 MEMORIAL  
 CAMPING  
 BLOOM  
 RAINCOAT



## Riddle Answers

1. They all do.
2. You don't bury the **SURVIVORS!**
3. **Second Place.** If you pass the person in second, you take second place, and they become third.
4. A sponge.
5. The egg. Dinosaurs laid eggs far before there were chickens!



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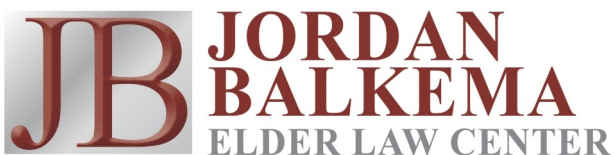
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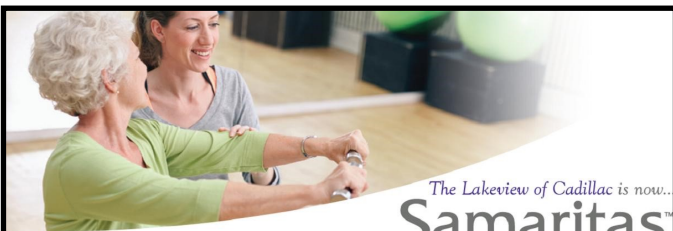
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*"to care for those who once cared for us is one of the highest honors".*

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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Please note: Submissions may or may not be included in the News and Views, but we love to hear from you! Thanks!