



September & October

2023

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Mark Your Calendar

- Sept 4th—Labor Day & COA Closed
- Sept 10th—Grandparents Day
- Sept 11th—Patriot Day
- Sept 17th —Citizenship Day
- Sept 22nd—Native American Day
- Sept 28th—Senior Expo
- October 9th—Columbus Day
- October 16th—Boss’s Day
- October 21st —Sweetest Day
- October 31st — Halloween



News and Views

The leaves are turning vibrant shades of color and there seems to be an extra nip in the air. As the temperature cools, the crisp air signals the beginning of another season. With this new season comes the first celebration of Fall— Halloween! While many think of Halloween as a holiday for the kids, there are many ways to celebrate, regardless of your age.



Labor Day 2023 will occur on Monday, September 4. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans and is celebrated with parties, street parades and athletic events.



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



Directors Thoughts



I would like you all to choose one thought per day and dwell on it.

"You are a masterpiece"

"Choose joy today, all day"

"You are loved"

"Don't forget to live"

"Don't let your sparkle go dim"

"You are enough"

"You are closer than you think"

"You are packed full of miracles"

Goal for all

-No more quilt

-No more shame

-No more suicide

-You are valuable



- Pam

Director: Pam Blevins Board Members 2023

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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



Snowplowing 2023- 2024 Sign-up starts

→ ***October 1st until Dec 31st***



Snowplowing is done after 4 inches of snow or more has fallen or AFTER the storm has stopped.



Driveways are plowed up to 120' in length, car widths wide. A path from the home, to driveway & mailbox are cleared. Longer driveways can be contracted with the plower at a reasonable cost and collected by the contractor directly from you.

Sign-up does not start until
October 1st ending Dec 31st
231-775-0133



Preparing Seniors for Cold Weather



The winter season is right around the corner – with this comes inclement cold weather conditions that can disrupt daily life, especially for seniors. Depending on where you live, it could be only a matter of a few weeks until you start experiencing full-on winter weather, including very low temperatures, wind, snow, and ice. These weather conditions could be a major hazard for you, your elderly loved ones, and their care providers and could cause a number of issues when it comes to getting the level of care, assistance and support they need.

Seniors especially should be cautious of the dangers during winter months because of the restrictions that aging brings. With lower temperatures comes risk of hypothermia, frostbite, and falls on icy surfaces. As a caregiver, it is your responsibility to ensure the adequate preparation is made for the challenges that seniors will face in the cold winter weather.

Staying Warm

Staying warm is crucial during the winter months, but that can be troublesome when the temperature outside plummets. Staying inside in the warmth is recommended whenever possible. If seniors must leave the house in winter weather, outer garments such as hats, gloves, jackets, and scarves help to keep body temperature up and provide overall better temperature control.

Risk of hypothermia or frostbite increases substantially during winter months. Hypothermia occurs when the core temperature of your body drops severely. Signs that you are suffering from hypothermia include cold and pale skin, excessive tiredness, problems walking, confusion, slow breathing, and a low heart rate. Frostbite happens when the temperature outside gets so low that any exposed skin, tissue, and even bone gets damaged. It's most likely to take place on your nose, ears, chin, cheeks, fingers, and toes.

Avoiding Falls

Even a thin layer of ice on a sidewalk or driveway can be extremely dangerous for seniors who have mobility issues or balance problems. A slip on the ice can lead to devastating injuries with lingering negative effects for your seniors. Stock up on surface de-icing products that will melt ice if it forms and prevent further ice from forming.

Safety Inside the home

Safety inside the home can be just as crucial as outdoor winter safety. Decrease the risk of accidents without a caregiver present by double-checking the home and making it as safe as possible. Additionally, ensure your senior loved one is stocked up on the necessities – water, food, batteries, blankets, medicine and any other emergency materials that will benefit them in case of extended inclement weather.

Establishing relationships with surrounding neighbors can ensure that someone is there for your senior when you cannot be due to weather. Simply having a trusted neighbor checking in with the senior can provide peace of mind to you and ensure safety of the elder when caregivers are unable to travel to the location due to wintery conditions.

<https://hometostayhc.com/winter-preparation-for-seniors/>

Medicare/Medicaid Benefits

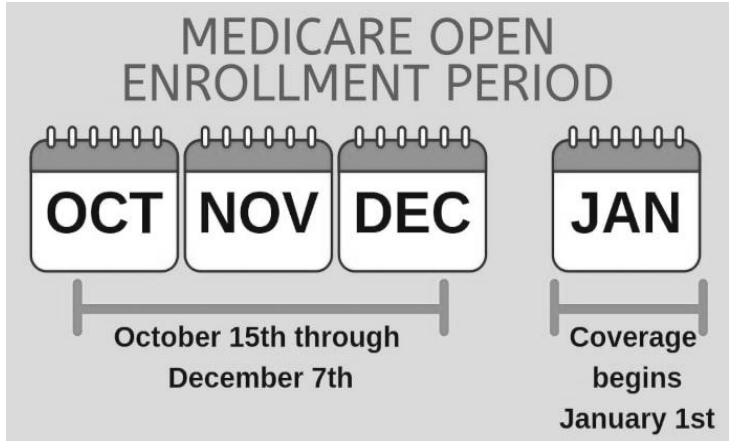
MEDICARE Open Enrollment Coming up!

Do you need unbiased, educated help in comparing your current Medicare Plan (including drug and Advantage plans) with what might be a better option for coverage for the coming year or to make sure your current plan still works for you?

If so, we have three Medicare Counselors at Council on Aging that would love to help you. Open Enrollment begins October 15th and goes through December 7th. It is highly recommended that you have your coverage looked at this time of year because plans can make changes to their formularies and pricing and you do not want to be unpleasantly surprised with rising costs.

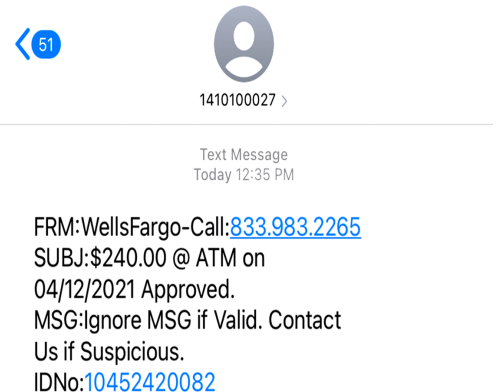
Call 231-775-0133 to be put on our mailing list if you have not utilized our Medicare program in the past. If you have used our program in the past, call the office to make sure we have your correct information so that you will receive our form letter soon that will need to be returned to the office for your Counseling appointment. If you know we have your correct information, there is no need to call. Simply return the form you will receive during the month of September and we will call you!

As always, we look forward to helping you!



How to Recognize Spam Text Messages

If you have a cell phone, you probably use it dozens of times a day to text people you know. But have you ever gotten a text message from an unknown sender? It could be a scammer trying to steal your personal and financial information. Here's how to handle and report unwanted text messages. Scammers send fake text messages to trick you into giving them your personal information. Things like your password, account number, or Social Security number. If they get that information, they could gain access to your email, bank, or other accounts. Or they could sell your information to other scammers. If you get a text message you weren't expecting and it asks you to give some personal or financial information, don't click on any links. Legitimate companies won't ask for information about your account by text. Here are some examples of scammed text messages.



Kitchen Korner

Tasty Tomato Tart

Ingredients

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health and add to senior nutrition. It's similar enough to pizza that even picky eaters will try it — but it's a total showstopper with fresh, colorful ingredients.

-1 sheet frozen puff pastry, thawed

-1 onion, thinly sliced

-1 teaspoon olive oil

-2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)

-1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)

-1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano



Cooking Directions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or nonstick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft, about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes until the crust is golden. Sprinkle with the remaining herbs, cut into squares. ENJOY!

Simple & Fun Recipes

Three-ingredient homemade ice cream

OK, this recipe is not a healthy option, but it's fun, super easy, and totally customizable to fit your tastes.

2 cups heavy cream

1 (14 ounce) can sweetened condensed milk

1 teaspoon vanilla extract A mix-in of your choice, like chocolate syrup, crushed Oreos, finely chopped strawberries, sprinkles, etc.

1. In a large bowl, whip the cream until stiff peaks form. You can use an electric beater to make this process easier. Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined. Stir in mix-ins of your choice. Get creative! You can separate your base into multiple containers to try more flavors. Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.



White Tea with Berries

White tea offers antioxidants & anti-inflammatory properties with little caffeine.

1 cup mixed berries, such as blueberries and strawberries. 2 bags white tea & cold water

Wash berries thoroughly.

Quarter strawberries, leaving other berries whole.

Add tea bags and cover with water.

Infuse in the fridge for several hours, or until tea has brewed.



Travel the World at the Senior Expo!

The Senior Expo is back and we're taking you around the world while staying in Wexford County! Join us for a FREE day packed full of information, valuable resources, much needed social interaction, fun and more. Take time to explore the different vendor booth "destinations" while collecting stamps to fill your passport along the way for a chance to win 1 of 2 GRAND PRIZES!

Be sure to like & follow our Wexford County Council on Aging Facebook page for more details, updates and a complete list of vendors/sponsors in the next couple weeks.



Cadillac Hospital —Prevention is the key to

staying healthy. Check out the Cadillac Munson HealthCare station where they will have all the information on necessary routine health screenings, information on Mary Free Bed along with providing, free blood pressure screenings.



Bon Voyage!

IT'S NOT TOO LATE!!

If you would like to have a booth at the Expo you can still register. Call the office at 231-775-0133 for more information.



Combos available for only \$6.00

Combo #1 Soft shell ground beef or chicken taco, chips/salsa & rice

Combo #2 Ground beef or Chicken taco salad, chips/salsa & rice

Combo #3 German weiner hotdog, potato chips & fruit cup

Combo #4 Chicken salad wrap, potato chips & fruit cup

Combo #5 Chicken Noodle soup, fresh local bread & fruit cup

Pop \$1.00

Door prizes will be drawn every half hour throughout the event!

- * Prize for best dressed tourist
- * Prize for best decorated booth

Complete your passport for a chance to win

1 of 2 lift chairs graciously donated by the sponsors below

**Must be present to win*



MAPLE RIDGE
LIVING CENTER



Before we know it, fall will be here and that means flu season. Your local, Cadillac Family Fare, will be offering the flu vaccine at this years Expo. Seniors interested in receiving the vaccine should bring their Medicare Part B insurance cards.

FAMILY FARE.
In Your Neighborhood



TRAVEL THE WORLD



Missaukee County
Commission on Aging



2170 S. Morey Road
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(231) 839-7839
www.missaukeecoa.org



Puzzle Page & Funny Bone

v e l s e n i h e w n d t T r a o r d x p o , a r o u
o r E

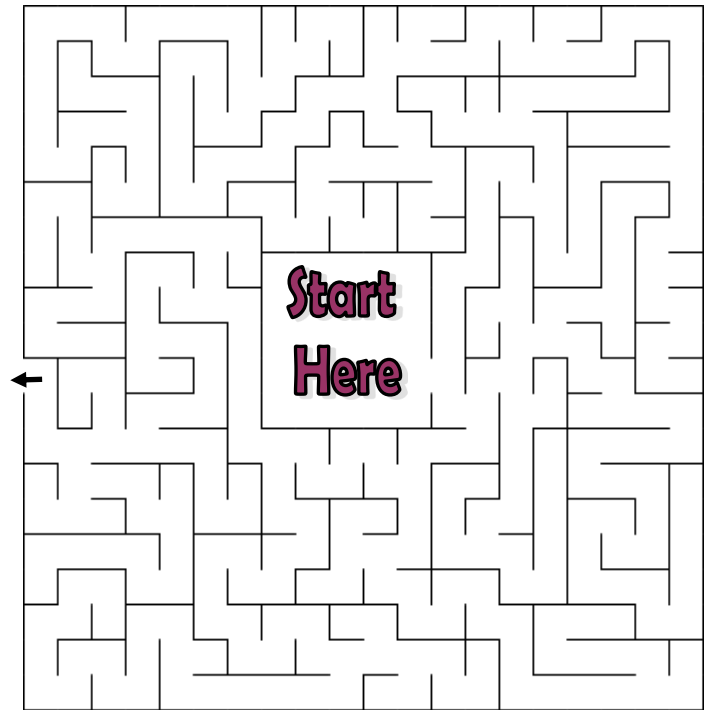
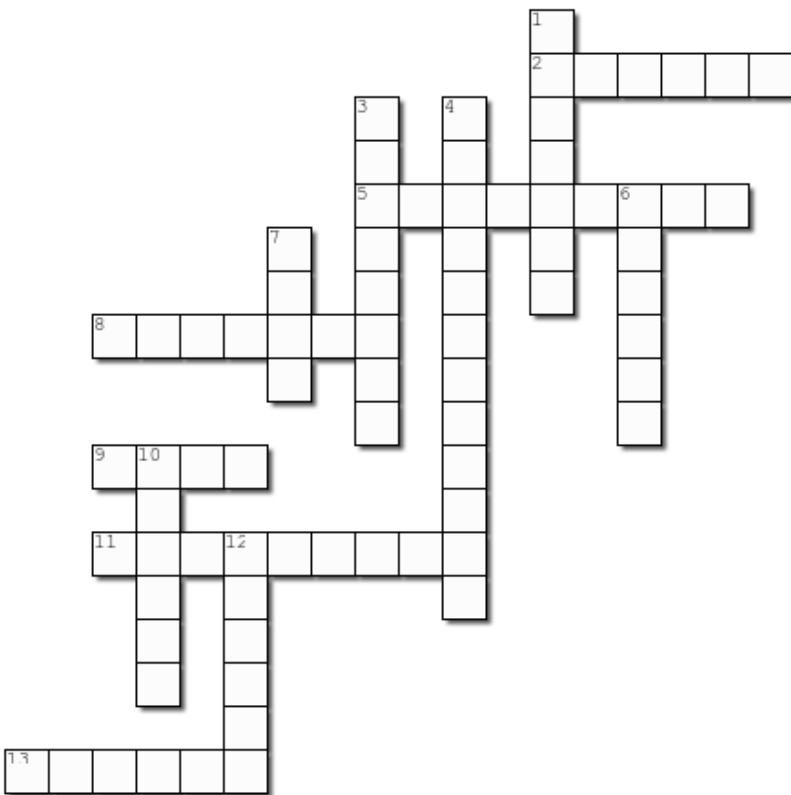
Unscramble the tiles to reveal a message.

Each tile is used only once.

Use spacing, punctuation and common words to find adjacent tiles. Some words may be split into two lines.

Fall

Complete the crossword puzzle below



ACROSS

2. Another name for Fall
5. Used to frighten birds
8. For carving and pie
9. Grows on stalks
11. Scary Holiday
13. Falls from oak trees

DOWN

1. Marks the end of the growing season
3. Jewish Holiday, Rosh_____
4. Feast Holiday
6. Squirrel
7. Tool to clean the grass of leaves
10. A color
12. Changes colors



Can you hear that?

A man decided his wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked. The doctor said he could see her in two weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room. He says to himself
"I'm about 40 feet away, lets see what happens."

"honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

He moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. Moving to the kitchen door, only 10 feet away. "Honey, what's for supper?" still no response. Finally he walked right up behind her. "Honey what's for supper?"

Wife says "for the 5th time chicken is for supper"

Do you know who I am?

One day a famous old celebrity went to a nursing home to see all of his friends again and see how everyone was doing. When he go there he was immediately greeted by everyone because they recognized him instantly. He said "HI" to all of his friends warmly, but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to walk up to the man.

The celebrity went up to the old man and stood in front of him, asking "do you know who I am?"

The old man looked at him, and quickly responded "No, but you can go to the front desk and they'll tell you".

This is a true account recorded in the police log of Sarasota, Florida

An elderly Florida lady did her shopping and , upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs,

"I have a gun, and I know how to use it! GET OUT OF THE CAR!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady somewhat shaken, the loaded her shopping bags back into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a frisbee, and two 12- packs of beer in the front seat. A few minutes later, she found her own car parked just a few spaces down. She drove down to the police station and reported her mistake . The sergeant who she told her story to couldn't stop laughing. He pointed to the other end of the counter where the four pale men were reporting a car jacking by a elderly woman described as white, less then five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral to the story? If your going to have a senior moment... Make it memorable!

Low Vision Support Group

One major life change when someone is losing their sight is the inability to drive a car. Our culture is based on the independence that driving provides. I have seen many different reactions to this life change. Some descend into anger and decide to get a bicycle, golf cart, or a four-wheeler of some sort. Of course, this is not the solution as it is not the car that cannot see. Others seek alternative ways to meet their travel needs, which of course, is the better idea. These options include rides with friends and relatives or public transportation. Here in Wexford County, we have several great choices for travel. Two of the best are the public bussing system, WexExpress, and the New Freedom volunteer driving program for medical appointments. The WexExpress buses travel anywhere in the county for any reason. They provide door to door service with drivers extremely well trained in sensitivity, as well as excellent driving skills. The New Freedom rides are specific for medical appointments anywhere in the state. The volunteer drivers are carefully screened and the cost is mileage based. I have personally used this service and find it a great option. Deciding to stop driving is a big decision. Your doctor may suggest it, but is not legally obligated or required to do so. Family or friends may also suggest you stop driving, but the final choice is yours. You must remember that when you cannot see well you not only endanger your life, but also the life of others. It only takes a moment to change or take a life forever. Choosing the option that best suits you may certainly take much consideration and patience. A lot of patience is required since most adults are used to instantly going when the desire arises. To learn how others cope with this drastic life change, come to the support group meeting, and talk it out with those who understand.

We meet the second Tuesday of each month from 10am to 11 am at the Wexford County Council on Aging on 13th street in Cadillac. Friends and family are welcome and refreshments are served. -Connie

Wexford County Council on Aging has a certified Community Health Advocate whose services are free of charge to Wexford County residents age 60 and over.

The COA Advocate Deb Simon helps seniors problem solve: exploring options and choices available; supporting them in accessing resources and services to meet their needs.

There are many resources available in Wexford County for seniors and the Advocate stays aware of those resources by collaborating with as many other organizations as possible.

Our Advocate helps seniors with things such as:

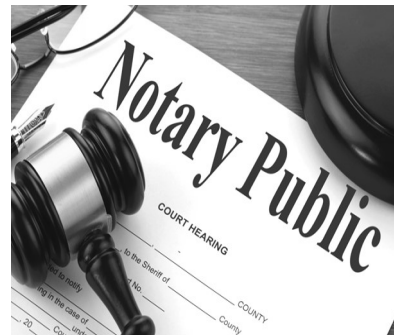
- *Applying for food benefits and state emergency relief with the Michigan Department of Health and Human Services.
- *Accessing resources available in the community a senior might be eligible for such as home repair, legal aid, housing options, food programs, guardianships/conservatorships, wills/power of attorney, financial management, transportation, no cost cell phone, and other available resources.
- *Helping seniors access on-line systems, or understanding paperwork they receive, that is required for services they are eligible for.
- *Applying for Home Heating Credits and Property Tax Credits.
- *Speaking with other organizations on behalf of/with senior to make process of obtaining resources smooth and less stressful.
- *Financial Management assistance such as balancing a checkbook or helping to write out bills.
- *Advocate is a licensed NOTARY with the State of Michigan.

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

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 Council on Aging.



Caregivers: Talking with a loved one about Durable Power of Attorney (DPOA)

Durable Power of Attorney (DOA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two DPOA documents: one for healthcare and another for financial decisions. Note, the documents can be canceled and/or changed at any time.

Durable Power of attorney documents become activated when your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate. However, the financial DPOA can be made active upon signing if they want immediate help with issues such as banking.

If you are not sure how to talk about DPOA here are some tips that may help.

1. Simply Start the Conversation

If you feel uncomfortable, ask someone your loved one respects, who isn't the intended DPOA, for help with the conversation. Sometimes, the closest caregiver gets the most push back. You can also ask their doctor or a trusted professional to start the conversation.

2. Provide Information Explain that a DPOA document:

- Gives them control while they can still make decisions.
- Prevents decisions from being made by someone they don't trust.
- May help prevent family fighting in the future.
- Makes it easier to make sure their wishes are carried out.

3. Support Them to Make Decisions Start by asking what you can do to help with the decision. It may help to explain the documents in a different way.

- Ask if there's anyone else they'd like to talk to about DPOA or what questions they have.
- Don't expect all decisions to be made during your first conversation. Give them time.
- Do not force a decision. Remind them it is completely their decision.
- Deciding not to make a decision is still a decision.

Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your loved ones' right to choose. It's not about what other people think is right, or even what you think is right.

Expert Tip

Even if you don't agree with your loved one's decision, remember everyone has the right to make their own decisions in life. Think about times in your life you made a decision that your family didn't agree with. Would anything have changed your mind at the time? This can help reduce any feelings of frustration that may come up.

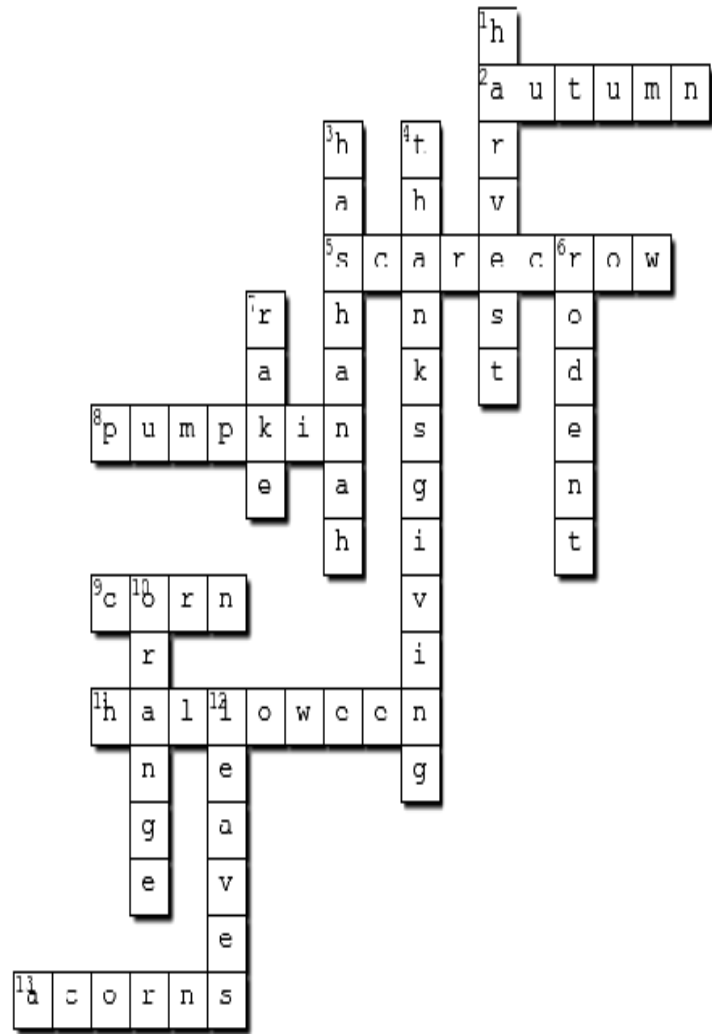
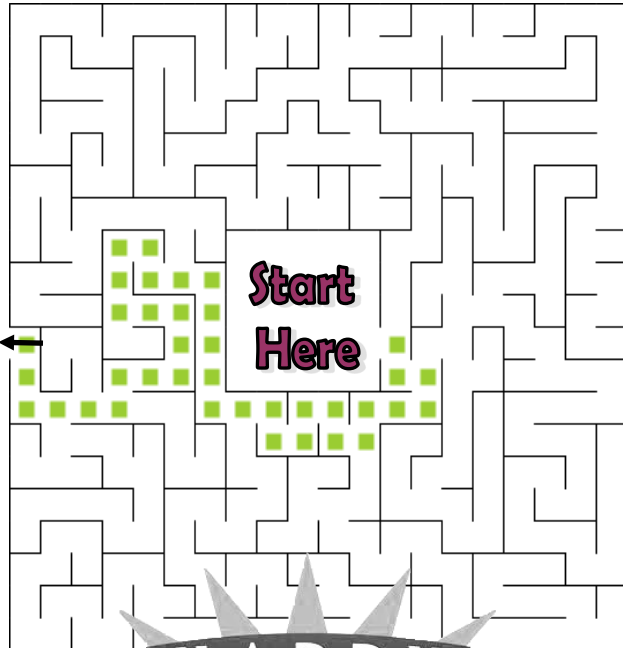
*If the person is past the point of competent decision making and not able to sign the DPOA knowingly, DPOA is not appropriate. A petition with the court for guardianship and/or conservatorship would need to be filed.

If you need DPOA paperwork, contact the Wexford County Council on Aging at 231-775-0133.

Information adapted from Area Agency on Aging of Northwest Michigan. Visit <https://aanm.trualta.com/> for more information. © Trualta Inc. 2022

Puzzle Answers

Unscramble Answer: Senior Expo, travel around the world



MEDICARE MONDAY

- A free informational workshop where you will learn all about the ABC 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 Kim Swanberg (Medicare/Medicaid Assistance Program) Counselor
- All workshops held at the Wexford County Council on Aging office, Please call (231) 775-0133 to reserve your seat.

Next Class

October 9th 2023 at 4pm

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GREEN ACRES

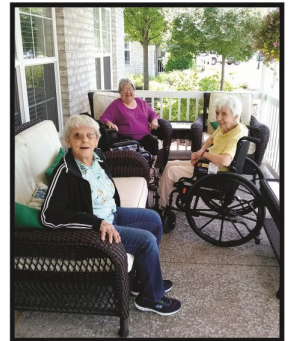
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INVESTMENTS & RETIREMENT PLANNING

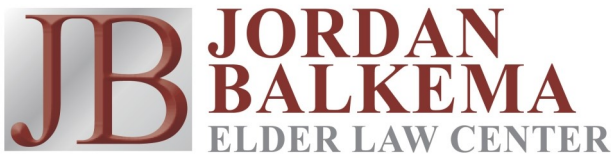
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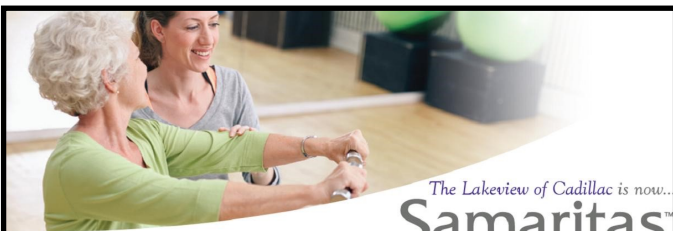
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We are so very grateful for the community members that donate incontinence supplies and Ensure protein drinks to the COA. If you are in need of these supplies please don't hesitate to stop in the office.

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.

Address Changes

The Newsletter is mailed in bulk mailing permits, so they do not forward. They are returned to us at a cost of \$0.95 to \$2.15. We are not sending Newsletter outside of the 496 Zip Code. **Please** Advise us of your address change or cancellation of the newsletter to help keep the postage and return cost down. Thank-You Kindly



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Yes I would like the electronic issue instead of a mailed paper copy.
(For Donation to the News & Views make the check out to Wexford County Council On Aging), Would you like to submit a story, joke, tid-bit, tip, etc.? Please send your submissions to ***Lacey at the office address above, or you can send by email to lmeadows@wexfordcoa.org***
Please note: Submissions may or may not be included in the News and Views, but we love to hear from you! Thanks!