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## Mark Your Calendar

- March 1st**— Employee appreciation day.  
**March 10th**— National Hug Your Dog Day.  
**March 14th**— National Popcorn lovers Day  
**March 15th**— World Sleep Day  
**March 17th**— Happy St Patrick's Day  
**March 20th**— Int'l Day of Happiness  
**March 31st**— Easter Sunday  
**April 1st**— April Fools Day  
**April 13th**— Peach Cobbler Day  
**April 18th**— Tax Day  
**April 22nd**— National Jelly Bean Day  
**April 28th**— National Superhero Day

In order to help keep senior citizens safe at home and on the go, learn these senior safety tips and facts:

**Focus on balance.** Exercise regularly to maintain strength, and rise slowly after eating, sitting or lying down to help avoid dizziness and loss of balance.

**Medicate safely.** Improper use and handling of medication can create serious safety concerns. Check medication expiration dates on all prescription and over-the-counter medications – and follow all directions.

**Store medications safely.** Medicine is best kept in its original container, but if you must transfer medication to a new container, clearly label it with the medication name, dose, and expiration date.

**Have easy access to emergency numbers.** Post National Poison Control Hotline and other emergency numbers next to all phones. Be sure to add emergency numbers as contacts on your mobile phone as well.

**Wear an alarm device.** Consider wearing an alarm device in case you fall and cannot get up on your own.

**Get annual eye exams.** Ensure your glasses or contacts prescription is up to date and that you do not have any conditions that limit your vision.

**Handle driving with respect and honesty.** If you or your loved one has declining driving abilities, consider alternate forms of transportation. The decision, while difficult, can save lives.

**Prevent unnecessary falls and improve your safety by making yourself aware of environmental hazards.**

Install secure handrails and bright lights with switches at the top and bottom of stairways.

Repair loose or uneven steps. Check stairs for worn or loose carpeting and install anti-slip treads.

Always wear shoes with traction and make sure throw rugs have non-skid backing.

Install grab bars for the toilet, bathtub and/or shower, and use non-slip mats or decals on ceramic surfaces both inside and outside the tub.

Install nightlights in areas you frequent at night. Also, consider keeping a flashlight near your bed.

Store frequently-used items on lower shelves in the kitchen to limit the use of stools or step-ladders. If you must use a step stool, use one with a bar to hold onto. <https://www.nationwide.com/lc/resources/home/articles/senior-citizen-safety>

# 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

Inclusion

We provided 150 -\$25 coupon booklets to older adults for the purchase of fresh produce through Senior Project Fresh.

Two hundred seniors have signed up for snow plowing for the 2023—2024 season. We have 7 snow plowers contracted with us.

Over 591 seniors were assisted through Open Enrollment from October 15th—December 7th, 2022, by MMAPS counselor Kim Swanberg and MMAP Volunteers, Mary Curtis and John Clore. The savings for clients was \$667,000 during Open Enrollment. Real money back in their pockets and the community. In addition, Kim had over 1120 contacts with other clients for the year. We are looking forward to reinstating our New to Medicare classes in March.

We sponsor the monthly Low Vision Support Group and have sponsored the Low Vision Calendar for 2024. We ordered and gave away 50 Calendars and to seniors that have low vision issues. DayBreak provided over 5,841 hours of care, socialization and respite hours to clients and their caregiver. 19 Miles for Memories bracelets were assigned to seniors with memory loss or dementia. An average of 20 clients per month received medication set ups provided by our nurses in 2023.

We provided over 17,742 hours of in-home services in 2023.

Homemaking - 9,460 hours

Personal Care - 5,481 hours,

Respite-1,849 hours,

Community Support- 952 hours

## Did you know

Wexford COA serves over 450 clients 60 & over with in-home services, homemaking, respite, personal care, and snowplowing combined

The COA preforms foot care for 49 clients per month. COA does medication set-up in home for 51 clients per month. Our Community Advocate helps on average 100 clients per month. If you have questions about how the COA can help you give our receptions a call (231)-775-0133

## **Director: Pam Blevins Board Members 2024**

Chair: Bob Colvin  
Vice Chair: John MacLeod  
Secretary: Catherine Best  
Treasurer: William Potvin

Ruthann French  
Floyd Kanipe  
Jane Leveque  
Pat Steinhour  
Gary Taylor  
Calvin Reynolds  
Alexander Mallory  
Pat Steinhour

## **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 months)

For More Information

## Medical Alert Systems - Where to Start Your Search?

Emergencies can't be avoided, but their repercussions can be prevented. Medical alert systems, also known as emergency alert systems, are modern devices that notify first responders whenever a user needs immediate attention. These devices include fall detectors with medical alert buttons connected to an emergency response system, serving as lifesavers for at-risk elderly and disabled.

### Recommended Medical Alert Systems

These are some of the most recommended medical alert systems: Information is sourced, contact businesses for further assistance and to learn more about these alert devices. Phone numbers are attached next to each alert system.

<https://www.ncoa.org/adviser/medical-alert-systems/best-medical-alert-systems/>

**MobileHelp** — [1-877-308-1102](tel:1-877-308-1102) Most mobile medical alert systems include a \$100–\$200 fee on top of the monthly monitoring fee, but MobileHelp doesn't charge extra fees for most devices. There's only one device with an extra fee—a \$49.95 processing fee for the Classic at-home system—but the company waives it with quarterly, semiannual, or annual payment plans. It's this lack of fees that led us to designate MobileHelp as "Best for No Extra Fees." We also like the variety of devices available, including a smart tablet at-home system with games, a photo gallery, and a health database.

**Medical Guardian** — [1-800-764-8023](tel:1-800-764-8023) Usually a brand's at-home or on-the-go systems outshine the other, but we were equally impressed with both from Medical Guardian, making this brand our pick for "Best Overall." The at-home systems feature some of the longest ranges in the industry (1,300–1,400 feet), while the mobile devices are available as a lightweight necklace, bracelet, or smartwatch with advanced location tracking, a multi-day battery life, and optional fall detection (not available for the watch).

**Bay Alarm Medical** — [1-833-986-0295](tel:1-833-986-0295) The starting monthly prices for Bay Alarm Medical devices are on the lower end of the price range compared to other top medical alert systems, which is why our Reviews Team named it "Best Value." Not only does the brand offer great pricing, but the quality and features of its at-home and mobile systems are impressive. We like the range of device options (landline or cellular at-home system, two mobile systems, and a smartwatch), as well as the two-for-one bundles, intuitive caregiver app, one- to 25-second response time, and high BBB customer review rating.

| Medical Alerts           | Price   | Range/<br>Distance | Connection-<br>type                    | Battery-life |
|--------------------------|---------|--------------------|--|--------------|
| <b>MobileHelp</b>        | \$34.95 | 600–1,400 feet     | Landline, AT&T<br>cellular             | 3 days       |
| <b>Medical Guardian</b>  | \$29.95 | 1,300–1,400 feet   | Landline, AT&T, or<br>Verizon cellular | Up to 5 days |
| <b>Bay Alarm Medical</b> | \$24.95 | 1,000 feet         | Landline, AT&T, or<br>Verizon cellular | Up to 5 days |

The comparison table above allows you to easily compare prices and features of the best medical alert systems of 2024. When comparing medical alert systems, pay special attention to connection type, device range, and battery life.

You don't need to be an AT&T or Verizon customer to purchase a medical alert system with cellular service— you just need to live within range of the provider's network. Both cellular networks cover most of the United States.

# Staying balanced as you age

Most people don't think much about practicing their balance, but they need to. As we age, our balance declines if it isn't practiced, which can lead to falls that often result in a broken bone. Every year more than one in four people age 65 and older fall, and the risk increases with age. Here's what you should know about balance problems, along with some different exercises that can help you improve it.

## Aging Affects Balance

Balance is something most people take for granted until it's challenged by a medical condition, medication, or advanced age, which dulls our balance senses and causes most seniors to gradually become less stable on their feet over time.

Poor balance can also lead to a vicious cycle of inactivity. You feel a little unsteady, so you curtail certain activities. If you're inactive, you're not challenging your balance systems or using your muscles. As a result, both balance and strength suffer. Simple acts like strolling through a grocery store or getting up from a chair become trickier. That shakes your confidence, so you become even less active.

## Balance Exercises

If you have a balance problem that is not tied to illness, medication, or some other specific cause, simple exercises can help preserve and improve your balance. Here are four exercises you can do that will help.

**One-legged stands:** Stand on one foot for 30 seconds, or longer, then switch to the other foot. In the beginning, you might want to have a wall or chair to hold on to. Or, for an extra challenge, try closing your eyes or standing on a throw pillow or Bosu ball (an inflated rubber disc on a stable platform).

**Heel-to-toe walking:** Take 20 steps while looking straight ahead. Think of a sobriety test.

**Standing up:** Without using your hands, get up from a straight-backed chair and sit back down 10 to 20 times. This improves balance and leg strength.

**Tai chi:** Research has shown the Asian practice of Tai Chi—which uses a combination of slow, graceful movements, meditation, and deep breathing—can help reduce the risk of falls.

**Tai chi, line dancing, and other exercise activities are conducted locally at our Cadillac Senior Center contact Diane 231-779-9420 for full list of event details, or grab one of the Senior Centers Newsletters to see there complete list of calendar events.**

**See a Doctor**—I do, however, want to emphasize that if you've already fallen, are noticeably dizzy or unsteady, or have a medical condition affecting your balance, you need to see a doctor. They might refer you to a physical therapist or to an appropriate balance-training class in your community

## Simple & Fun Recipes

### *One-Pan Salmon And Vegetables*

This recipe is so easy, it's almost not even a recipe. It showcases flaky and rich pink salmon, a low-calorie protein source full of heart-healthy omega-3 fatty acids and energy-boosting B vitamins. This non-recipe is versatile! Replace salmon with another flaky fish like tilapia or trout. Swap out the veggies for whatever's in your fridge, or add potatoes for a heartier meal.

#### **Ingredients:**

- 1 squash or zucchini, sliced into rounds.
- 1/2 onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

Instructions: **1.** Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.

**2.** In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.

**3.** Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each

**4.** Roast for 12-15 minutes until salmon is flaky and mostly opaque.

**5.** Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!



### *Dumpling soup*

On nights when you barely have time to chop an onion, this dumpling soup comes swooping in to save the day. Why? Because it's a filling, comforting, soul-enriching meal that is on the table in under 20 minutes!

#### **Ingredients:**

- 1 tbsp. vegetable oil
- 2 tsp. sesame oil
- 1 cup. shredded carrots
- 5 green onions, thinly sliced, whites and greens separated
- 3 garlic cloves. finely chopped
- 1/4 tsp. ground ginger
- 1/4 cup. white miso paste
- 6 cups. chicken or vegetable broth, divided



#### **Directions:**

- 1.** In a large pot, heat the vegetable oil and sesame oil over medium heat. Add the carrots, green onion whites, garlic, and ginger. Cook, stirring frequently, until the vegetables begin to soften, 2 to 3 minutes.
- 2.** In a small bowl, combine the miso paste with 1/2 cup broth, whisking until the miso paste is dissolved. Add the miso mixture and the rest of the broth to the pot and bring to a boil. Add the dumplings and bring to a simmer. Heat until the dumplings are heated through, 3 to 5 minutes. Stir in the spinach, cooking until the greens are wilted, 1 to 2 minutes.
- 3.** Add the soy sauce and green onion greens. Serve hot with hot sauce or chili oil, and extra soy sauce.



### **A 96-year-old woman's note to her bank!**

Priceless! The following is an actual letter that was sent to a bank by a 96 year-old woman. The bank manager thought it amusing enough to have it published in the New York Times.

To whom it may concern,

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his depositing the check and the arrival in my account of the funds needed to honor it. I refer, of course, to the automatic monthly transfer of funds from my modest savings account, an arrangement which, I admit, has been in place for only thirty-one years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has recently become.

From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an offense under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contact Status form which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof. In due course,

I will issue your employee with a PIN number which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

Please allow me to level the playing field even further. When you call me, you will now have a menu of options on my new voice mail system to choose from.

Please press the buttons as follows:

Press 1: To make an appointment to see me.

Press 2: To query a missing payment.

Press 3: To transfer the call to my living room in case I am there.

Press 4: To transfer the call to my bedroom in case I am sleeping.

Press 5: To transfer the call to my toilet in case I am attending to nature.

Press 6: To transfer the call to my mobile phone if I am not at home.

Press 7: To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to the Authorized Contact.

Press 8: To return to the main menu and to listen to options 1 through 7.

To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee of \$50 to cover the setting up of this new arrangement. Please credit my account after each occasion.

Your Humble Client...

(Remember: This was written by a 96 year old woman!)



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

A number may not appear twice in the same row or in the same column or in any of the nine 3x3 subregions.

**“Guess the missing song word”**

“\_\_\_\_\_ all the people livin' life in peace”— John Lennon

“Love was such an easy game to play, Now I need a place to hide away Oh, I believe in \_\_\_\_\_”  
— The Beatles

“You ain't nothing' but a \_\_\_\_\_ cryin' all the time.” — Elvis Presley

“Come on, baby Let's do \_\_\_\_\_, take me by my little hand and go like this”. —Chubby Checker

“I've lived a life that's full, I traveled each and every highway and more, much more I did it, I did it \_\_\_\_\_” — Frank Sinatra

“I see trees of green, red roses too. I see them bloom For me and you and I think to myself \_\_\_\_\_” - Louis Armstrong

“\_\_\_\_\_, skies are blue and the dreams that you dare to dream, really do come true”. — Judy Garland



**Laugh Out Loud**

1. What is the most unfortunate vegetable to have on board a ship?
2. What passes in front of the sun yet casts no shadow?
3. What is the most difficult train to catch?
4. Why can't we play in the present?
5. What loses an eye and has a nose left?
6. Which is the better? Complete happiness or a cheese sandwich?
7. The first part of an odd number is removed and it becomes even. What is it?
8. We see it being made, but never see it after it's made?
9. When do 2 & 2 make more than 4?
10. When does a brave heart turn to stone?
11. Why is a fisherman wealthy?
12. Why does a freight car need no engine?



**Address Changes**

The Newsletter is mailed in bulk mailing permits ,so they do not get forwarded. They are returned to us at a cost of \$0.95 to \$2.15 . We are not sending Newsletters 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

### Annual Book sale

**Location:** *Manton Senior Center*

302 West Main St, Manton, MI



**Details:** *March 14th—16th Thursday through Saturday from 9am-2pm*

*Call 231-824-6961 for questions.*

If you have books you would like to donate, please feel free to drop them off at the center Monday through Thursday  
Thank you!

### The Cadillac Gun and Knife show

**Location:** *Wexford County Civic Arena*

*1320 N Mitchell St, Cadillac, MI*

**Show hours:** Saturday, March 16th 9am-5pm.  
Sunday, March 17th 10am-3pm. Admission \$6

For more information call

517-676-4160



### Night of Music & Dance with Jennifer

**Location:** **American Legion** 422 N Mitchell St, Cadillac, MI

**Details:** Jennifer Christiansen will perform for one night only at the American Legion Post 94 in Cadillac on **March 16th from 7 to 10 PM**. All proceeds donated to the Legion. **Open to the public!** Help support your local veterans and the Cadillac American Legion all at the same time. She will treat you to most genres of music: from pop to country, Motown to rap. Throw in some soft rock and you'll have just about everything you need for an enjoyable evening out socializing, listening to tunes, and dancing to your heart's content.

**Reserved Donation Seating \$20 — Call 443-803-4954**

**General Donation Seating \$17 purchase at the Legion**

**All tickets at the door \$20**



### Trivia Night & Music Bingo

**Location:** The Greenhouse - Willow/Primos BBQ

**1000 S Mitchell St, Cadillac, MI 49601-2518, United States**

**Details:** Every Wednesday, The Greenhouse/Bar opens at 5pm, Trivia starts at 6pm, & Music Bingo starts at 8pm. Both Trivia & Music Bingo are FREE to Play. Seating is limited to this weekly event, come early, eat & get the best seats in the place.

### Up North Arts - Join the Northern lights Irish dancers this St. Patrick's Day March 17th 2024,

from 2pm-4pm for a community ceili (traditional Irish folk dance) and performance! All ages are welcome to join in the fun.

**601 Chestnut St, Cadillac MI 49601**



### Crystal Singing Bowls

**April 18th, 2024**

**10am at the**

Cadillac Senior Center

Presented by **Carrie Galligan**

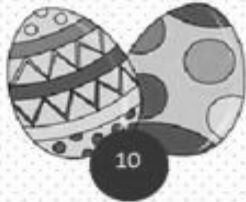
Enjoy the relaxing and healing sounds of the Crystal singing bowls.



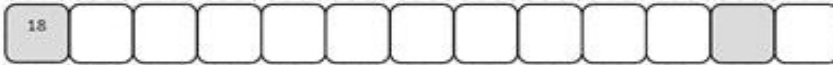
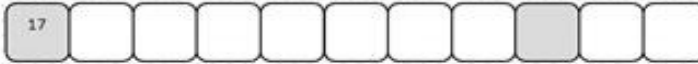
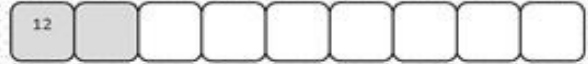


# EASTER

Fill in the crossword and find the hidden words.



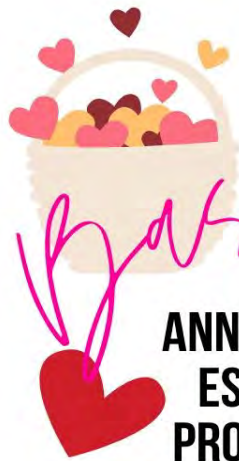
Happy Easter!



**SNAG** (Senior Networking Advocacy Group) in partnership with the Wexford County Council on Aging and the Missaukee County Commission on Aging invite you to assist us in providing needed household products for the low income seniors served in Missaukee and Wexford counties.

Below is a list of items that are needed. While shopping please consider purchasing one of the items below and dropping it off at the front doors of Wal-Mart to one of our volunteers.

Thank you for your generosity.



*Baskets of Love!*



**ANNUAL EVENT COLLECTING ESSENTIAL SUPPLIES TO PROVIDE TO AREA SENIORS**

BROUGHT TO YOU BY: S.N.A.G. (SENIOR NETWORKING ADVOCACY GROUP)  
PROUDLY SERVING WEXFORD & MISSAUKEE SENIORS

**MARCH 16TH! 10a-4p**

**BOTH CADILLAC WALMART ENTRANCES!**

**HELP STUFF THE BUS!!**



**CLEANING SUPPLIES**



- DISINFECTANT WIPES & SPRAY
- LAUNDRY DETERGENT
- FABRIC SOFTENER
- DISH SOAP
- TOILET CLEANER
- FLOOR CLEANER
- ALL-PURPOSE CLEANER
- BLEACH
- SWIFFER REFILLS

**CAN'T MAKE MARCH? YOU CAN STILL HELP BY MAKING A DROP OFF!**

**DROP OFF LOCATIONS NOW UNTIL FEBRUARY 29TH**

**CLEANING EQUIPMENT**



**PERSONAL CARE ITEMS**

- TOILET PAPER
- SHAMPOO/CONDITIONER
- BODY WASH
- NO RINSE SHOWER CAPS
- HAIR CUTTING CAPE
- SINK BASIN



- DISH CLOTHS
- DISPOSABLE RAGS
- BROOMS
- MOPS
- BUCKETS
- EXTENDED DUSTERS
- SPONGES
- TOILET BOWL BRUSH
- GARBAGE BAGS
- PAPER TOWELS



**MISSAUKEE COA  
2170 S. MOREY ROAD (M66)  
LAKE CITY, MI 49651  
MON-FRI 8A-430P**



**WEXFORD COA  
714 W. 13TH STREET  
CADILLAC, MI 49601  
MON-FRI 8A-4P**



## ***Low Vision Support Group—by Connie Payne***

One of the most important things about losing vision is the ability to adapt. Being willing to change the way one does things can be the best way to continue living independently.

While vision loss can mean giving up certain things, like driving a car or being a pilot of an aircraft, most daily living skills can be modified and managed.

The skill of learning to use the other senses is all important. The first step in that direction can be the use of a white cane.

The white cane will make you aware of the ground beneath your feet. It will tell you the difference between dirt, grass, pavement, carpet or bare floor. Along with feeling the differences with the cane, you soon notice the same with your feet. You also learn to hear the changes from one kind of surface to another.

Now your hearing is alerted to other sounds you may not have noticed before. The sound a dropped object makes when it lands can clue you in to where to start the search. As you search with your hands, the sense of touch now gives you more information. The sense of touch may now open a huge window into your world. Soon you may begin to use the sense of touch before you try using your eyes. Seeing with your fingers is so much more dependable in many cases.

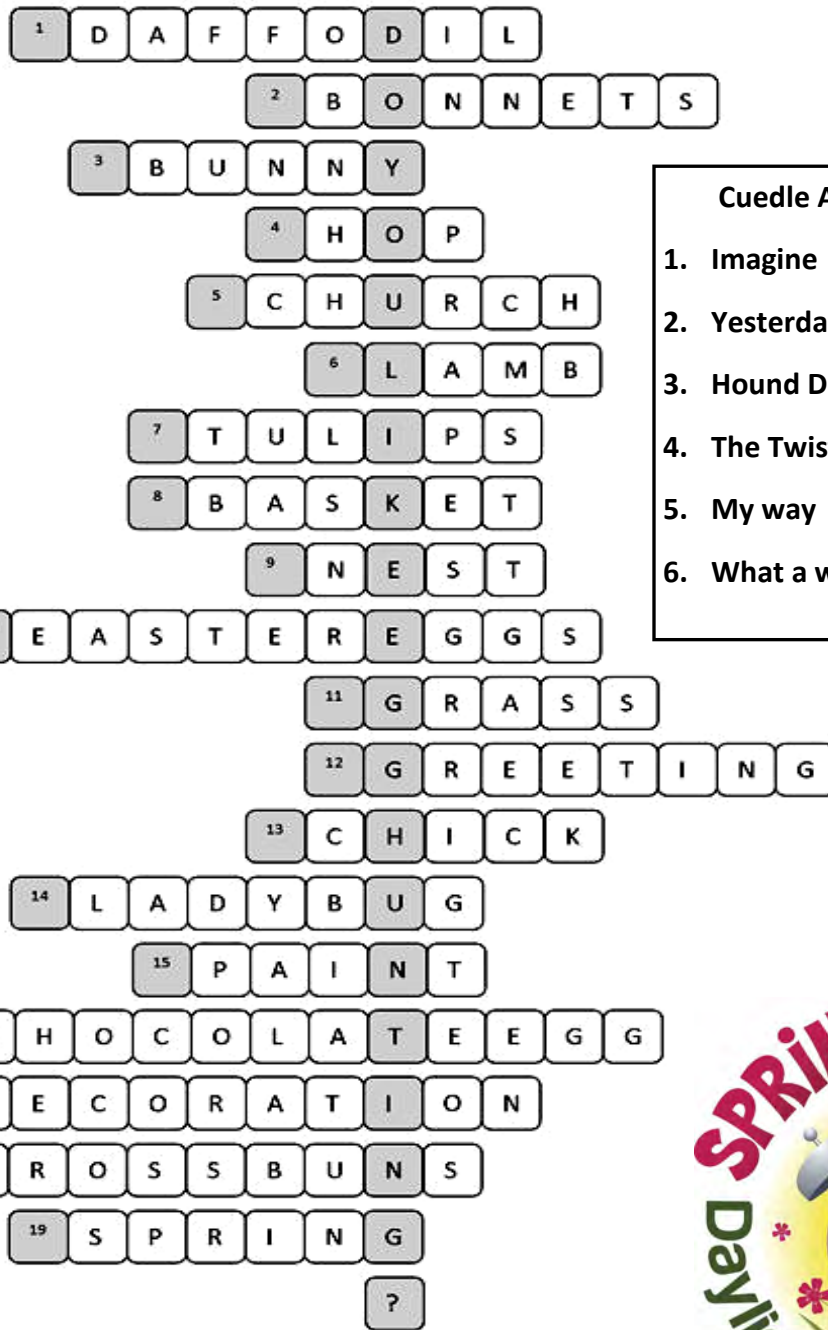
As you use the other senses to augment your diminishing vision, you start to notice you can smell many things before sighted people see what you smell. Scent can also alert you to where you are in some circumstances as well.

These adaptations can make so much difference in quality of life. With good eyes the other senses are not used to their potential. It is truly amazing what you can learn and do while using all of the senses. It is not that they are enhanced but you just pay more attention to the messages they provide.

Adaptations are among the many things we talk about in the low vision support group. It is a great place to share accomplishments in learning to live with low vision. Come join us the second Tuesday of each month at the Wexford County Council on Aging at 10 am to 11 am. Friends and families are welcome too.

***Low vision support group will resume on March 12th, 2024 at Wexford Council on Aging board room, our meetings start at 10am . We hope to see you all there after this break we had during the winter months.***





- Cuedle Answers: Song title**
1. Imagine
  2. Yesterday
  3. Hound Dog
  4. The Twist
  5. My way
  6. What a wonderful world



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

- Laugh out Loud Answers:** 1. A leek. 2. The wind. 3. The 12:50. It's 10 to 1 if you catch it. 4. Because playing is a pastime. 5. Noise. 6. A cheese sandwich. Nothing is better than complete happiness, & a cheese sandwich is better than nothing. 7. Seven. 8. A noise. 9. When they make 22 10. When it becomes a little bolder. 11. All his business is Net Profit. 12. The freight makes the cargo.



# We're delighted you're here!



Meet Tansen, She joined the Wexford COA team back in November 2023. She's a wonderful home health aide and great asset here to the COA. Tansen has a positive outlook, and she's great with our seniors.

Tansen says " I enjoy the company of my clients. They have a lot of interesting stories and memories of things you'd never find in a history book. I enjoy learning from them" In Tansen's free time she enjoys reading, drawing, and crafting but most of all listening to music.



Meet Misty, She just recently join the COA team as home health aide. We're excited you're here! You'll be a big help within our seniors, and we can't wait to see what you'll accomplish.

Misty says, " I look forward to helping and getting to know our local seniors." In my free time I enjoy spending time with my husband and kids, traveling, and community events. I Love to-do outdoors activities.

## We help you at home!

By providing services to make it easier for you to stay in your home and be independent.

- The Homemaking Service includes
- light housekeeping
- sweeping and vacuuming
- mopping
- cleaning the kitchen
- cleaning the bathroom
- changing the bed linens and more



Call for more information

**231-775-0133**

wexfordcoa.org

Wexford Council on Aging could use your help! We are in need of the following donated items for our seniors.— **S/M Depends without tabs XXL Depends without tabs—Bed pads/Blue Chux pads— Liner pads/inserts We also take donation such as Protein Drinks/Ensure/Boost.** These are much needed items in our community and were happy to give back to those seniors who are in need or have low income. ALL UNUSED—UNOPENED items may be dropped off at Wexford COA Office Mon-Fri 8-4pm



**“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.

*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.*

### 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





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### 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 we cannot endorse any individual business that advertises, we thank each one for their support of the mission of the Wexford Council on Aging .



Dear Business Owners,

I would like to invite you to be a new advertiser in our bi-monthly newsletter, The News and Views.

Last year we increased our distribution of the News & Views. Every senior that receives services from the COA receives a bi-monthly newsletter. This includes all clients including those from Medicare Open enrollment. This allows us to double our distribution.

Our newsletter will reach over 1200 client homes per mailing (6 times a year) as well as the local Senior Centers, and other locations where seniors frequent. Over 250 individuals and local area businesses receive a copy electronically. The "News and Views" focuses on issues that directly affect the seniors of Wexford County. We work hard to make it informative and fun for all our readers.

We publish the News and Views ourselves, from procuring the articles to editing, printing, folding and mailing. The newsletter is distributed bi-monthly: (Jan/Feb, March/April, May/June, July/Aug, Sept/Oct and Nov/Dec). We hope that you choose to support the Council on Aging and all the seniors that we serve.

Starting with the **March/April issue of 2024** we will have available the following ad spaces for returning and new advertisers: There is a 6-issue commitment for ad purchases.

**2 available: 1/4 page (5" high x 3.75" wide)**

**2 available: Bus Card size (2" high x 3.75" wide)**

**2 available : 1/2 Page (5" high x 8" wide)**

If you or someone you may know is interested in placing an Ad in the Newsletter, Please call the office for more details and information 231-775-0133 Thank you.

## GREEN ACRES

### Assisted Living

235 Pearl Street  
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[www.rlmgmt.com](http://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
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- Nutritional snacks throughout the day
- Emergency call system
- Life enriching activities
- Beauty/Barber shop
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- Beautifully landscaped exterior sidewalks
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**PLEASE LET US KNOW IF YOU HAVE AN ADDRESS CHANGE.**

In order to make sure that you keep receiving your copy of "News & Views, **please be sure to let us know if you have a change of address. We are charged for all newsletters returned as non-deliverable.** If you have someone you know who would like to receive a copy of our newsletter, use this form and drop it off or mail to Wexford County Council On Aging, 714 W 13th St, Cadillac, MI 49601. **ELECTRONIC ISSUE AVAILABLE.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL \_\_\_\_\_

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](mailto: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!