



231-775-0133

# News & Views

## July - August 2024



### Inside this Issue

- Page 1 Independence Day
- Page 2-3 Directors Report & Heavy Storm Preparation.
- Page 4-5 Medicare Monday & Summer recipes
- Page 6-7 Puzzles, jokes and Crosswords
- Page 8-9 FRAUD & Low Vision
- Page 10-11 Puzzle Answers & Wexford County events
- Page 12 Cadillac Freedom Festival.
- Page 13-15 Advertisers

### Mark Your Calendar

**COA Office will be closed July 4-5 for Independence day.**

- July 1st— National US postage worker day.
- July 7th—Global Forgiveness Day
- July 9th—National Dimples Day
- July 16th—National Cherry Day
- July 23rd—Vanilla Ice Cream Day
- July 25th—National hire a Veteran Day
- July 26th—Aunts & Uncles Day
- August 3rd—Campfire Day
- August 4th—Friendship Day
- August 7th—National Purple Heart Day
- August 9th—Smokey the Bear Day
- August 13th—Left Handers Day
- August 24th—National Waffle Day

### Independence Day — For All

July 4th the birth of American Independence. Picnics, patriotic shirts, and brilliant firework displays. It's the quintessential mark of our very human desire to be free. The desire to 'do it myself,' like every two-year-old asserts. Yet, what does Independence Day mean for those who are slowly becoming more dependent on those around them? What does the word 'Independence' mean to aging seniors and their caregivers?

**Why Independence is Hard to Define,** Did you build your own house? Did you sew your clothes, grow and harvest your food — all with tools you built yourself? Of course not! Yet you still consider yourself an independent person, correct? That's because independence is not about self-reliance, but about how you perceive your own ability to care for yourself independently. Ask yourself; what does independence mean to me? Is it the ability to make your own schedule? Get out of the house? Take on new responsibilities without much pressure? Maybe it's the ability to make your choices without being told what to do. "When I was younger, I thought independence meant working hard and saving up for a house. As I got older, I realized part of being an adult was deciding what role I wanted to play in my life." Everyone has their own criteria for independence.

**What's the big deal?** Your golden senior years are a joyous time. A time to explore your past accomplishments, your goals for the future, and what independence means to you. Your body and mind are changing. Your capacity to work is changing. You may even need help with basic functioning like meal preparation, bathing and dressing. That's why independence is a buzzword for seniors. It means everything to hold on to the freedom and independence you still have as you age. No matter your age, freedom and independence are crucial to our self-esteem.

**The Good News,** your golden years are a prime time to do things you never would have dreamt of before. Asking for help with bathing can be difficult, but it doesn't mean you've lost your independence. When you retire, for the first time in your life you have the freedom to decide what you'll do with your time. It's a great time to try new things! Senior independence can mean doing things for yourself that you wouldn't have dreamed of doing when you were younger working on a book, for example, or starting your own small business, or buying a pet. It means planning your days so that you get the most out of each hour, and not wasting time on things that don't contribute to your happiness. "When I turned 71, I took an art class for the first time in my life. And to my surprise, I discovered a real talent! Now I use my time to paint portraits and beautiful scenery for my kids' homes. Seeing my handiwork hanging on their walls brings me such joy. What would have been if I never took that art class?"

# Directors Report

## Our Mission

“To provide resources and support to 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

“Open your arms to change but don't let go of your values.” Dalai Lama.

We all know change is inevitable, certainly those of us that have many years of life experience.

Our COA is in the process of change. Our Director, Pam Blevins, led us admirably for the last two years. She has accepted another position in the community.

Our staff and board were very sorry to see her go but thankful for the strides we made under her leadership.

We are actively searching for our next director and by the next newsletter we will introduce them to you.

In the meantime, we will continue our mission, vision and values to serve the seniors in our community. I thank you for your support as we carry on.

*Erin Brotherton RN*

Supervisor of Healthcare Services/Interim Director

## Senior Appreciation Day 2024

SNAG (Senior Networking Advocacy Group)

August 7th, 2024

9AM-3PM

Cadillac High School,

500 Chestnut St, Cadillac MI

Workshops, Lunch and Door Prizes.

For additional information contact:

231-434-9752 or email: [joe@mapleridgelc.com](mailto:joe@mapleridgelc.com)



## Wexford Council on Aging Board Members 2024

**Int Director:** Erin Brotherton

**Chair:** Bob Colvin

**Vice Chair:** John MacLeod

**Treasurer:** William Potvin

**Secretary:** Catherine Best

Lynne Harris

Ruthann French

Floyd Kanipe

Jane Leveque

Pat Steinhour

Gary Taylor

Calvin Reynolds

Alexander Mallory

Find us in your internet browser, below are provided sources to our online sites.

Website Page:



<https://wexfordcoa.org/>

Facebook Page:

<https://www.facebook.com/WexfordCOA/>

Info Email account:

[Info@wexfordcoa.org](mailto:Info@wexfordcoa.org)

## Services Offered by 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

Please call (231) 775-0133

**Keeping Seniors Safe in Thunderstorms and Extreme Weather.** When Mother Nature decides to show us her fierce side, extreme weather can pose serious challenges for everyone. Still, it can be particularly concerning for our older loved ones. Seniors often face unique challenges during extreme weather conditions. Limited mobility can make evacuation difficult, and they may also be more susceptible to health issues caused by extreme temperatures. Having a clear understanding of these risks helps us tailor our preparations and actions to ensure our loved one's safety.

**Prepare an Emergency Kit,** An emergency kit is a necessity, not just a luxury. This should contain essential items like bottled water, non-perishable food, medications, and a flashlight with extra batteries. Having these items on hand during a weather emergency can provide comfort and potentially life-saving resources. Remember to store this kit in an accessible place and check the contents regularly to replace expired items.

**Create a communications plan,** communication is critical during disasters. However, it may be difficult to connect with neighbors, friends and family members if communication is hampered, as it often is during major disasters. Start your plan by creating a list containing the emergency contact information for any family, friends or loved ones you would like to keep in touch with before, during and after any disaster. Your plan should also include information on locations to meet after a disaster, as well as important medical information.

**Make a medical plan,** many older adults rely on assistive devices to help with mobility and other needs. Many of these devices, which may include oxygen machines, hearing aids and wheelchairs, require electricity to operate. Where possible, ensure that each of these items and their battery backups are fully charged. In addition, make a list of all components to help ensure you have everything you need in the event of a disaster. **(Contact your local utility companies to let them know you have a medical device that requires electricity so they can put your home on a priority list for service restoration.)**

**Heed evacuation warnings** take your to-go emergency kit and any necessities such as medications with you to a safe location. Stay connected to local emergency information via television, radio and text message alerts.

**Don't forget your animals!** Just like humans, pets and service animals also need to be prepared for disasters. In addition to finding out about locations of animal shelters and pet-friendly hotels in your area, it is a good idea to have the following information about your pets on hand in the event of a disaster: pet microchip numbers, tags or other forms of identification, photos, vaccination records and specialty food.

**Get connected to local information**  
Some state and local governments have created text message alert systems to provide critical information during emergencies. These systems convey information about special needs registries, recommended evacuation routes and the location of emergency shelters. Contact your local emergency management agency to learn how to get on the list for your community. <https://eldercare.acl.gov/public/resources/brochures/docs/Critical-Conversations-weather-storm-508.pdf>

**Wexford County Emergency Management**  
971 Lincoln St. Cadillac, MI 49601  
Office: (231) 306-2130  
Fax: (231) 779-9214  
Email: [EMD@wexfordcounty.org](mailto:EMD@wexfordcounty.org)  
Hours: By Appointment

**Summer Safety Tips**

- Stay Hydrated**  
Drink 8 or more glasses of water per day to stay healthy & hydrated
- Know the Side Effects of Medications**  
Some medications have side effects such as drowsiness or sun sensitivity
- Stay Cool**  
Stay in the A/C, indoors, go swimming, etc.
- Wear Light, Loose Fitting Clothing**  
Wear breathable clothing and light colors that reflect the sun
- Have Emergency Contacts**  
Have a list of people to call in case of emergency
- Know the Weather Forecast**  
Plan your days accordingly depending on the weather

# Medicare & Medicaid Information



Assist our MMAPS counselor in helping over 1000 seniors in Wexford County review and sign up for Medicare Part D plans during open enrollment. (Oct 15th—Dec 7th)

This service can be provided to the seniors by phone.

**Virtual Training Provided** Contact our office at 231.775.0133 for more information if you are interested.

Did you know here at the Wexford Council on Aging we have two Advocates that can help with all Department of health and Human Services (DHHS) questions and programs. Our Advocates can assist with Medicare/Medicaid, Medicare spend down, Medicare Savings Program, Michigan Bridge card assistance, State emergency relief, and more.

Certified counselors that will assist you in making an informed decision regarding Medicare or Medicaid options throughout the year and Medicare Open Enrollment beginning in October. We can help you understand the Medicare options you have when turning 65 with our “New to Medicare” Program. We will also assist you with correspondence from Medicare/Medicaid and completing forms and applications through DHHS.

Medicare Monday Class join us on these dates.

**Monday, July 1st from 4–6pm, NO MEDICARE MONDAY CLASS FOR AUGUST**

Call the Wexford County Council on Aging for more information and to get signed for this class 231-775-0133



## Important information to remember



Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance. Medicare will never call you to sell you anything. You may get calls from people promising you things if you give them a Medicare number. **DON'T DO IT**, Medicare will never visit you at your home. Medicare can't enroll you over the phone unless you called first.

**DID YOU KNOW!** As of April 2023, there were 2,185,450 people enrolled in Medicare in Michigan. That's more than 21% of the state's population, versus about 19.8% of the total US population enrolled in Medicare. Medicare's annual election period (October 15 to December 7 each year) allows Medicare beneficiaries the chance to switch between Medicare Advantage plans and Original Medicare (and add, drop, or change to a different Medicare Part D prescription plan). For most people, signing up for Medicare benefits is part of turning age 65. But Medicare enrollment is also triggered for younger people if they're disabled and have been receiving disability benefits for 24 months, or if they have amyotrophic lateral sclerosis (ALS) or end-stage renal disease. <https://www.healthinsurance.org/medicare/michigan/>

## Simple & Fun Recipes

### Party Meatballs



The best thing about these meatballs, besides the flavor of course, is that I can make them ahead of time, bake them and then pop them in the

freezer. They'll thaw as they simmer away in the sauce. For ease, I use my favorite store-bought brand, but if you have a favorite homemade sauce, feel free to substitute that instead.

#### Ingredients

- 1 cup panko breadcrumbs
- 1/4 cup whole milk
- 1 pound ground chuck
- 1 pound ground veal
- 1 pound ground hot Italian sausage
- 1/2 cup grated Parmesan
- 2 tablespoons chopped fresh parsley
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg
- 2 large eggs & two 24oz Marinara Sauce of choice

#### Directions

1. Preheat the oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Combine the panko and milk in a small bowl. Let stand until the liquid is absorbed, about 5 minutes. (The mixture should form a paste.)
3. Gently combine the breadcrumb mixture, chuck, veal, sausage, cheese, parsley, garlic powder, salt, pepper, nutmeg and eggs in a large bowl. (Be careful not to overmix.)
4. Use a small cookie scoop to shape the mixture into forty 1 1/2-inch balls. Place the meatballs 1/2-inch apart on the prepared baking sheet. Bake until the meatballs are cooked through, about 20 minutes.
5. Meanwhile, heat the marinara sauce in a large Dutch oven over medium heat. Remove the meatballs from the baking sheet and add to the simmering sauce.

RECIPE COURTESY OF KARDEA BROWN

<https://www.foodnetwork.com/recipes/party-meatballs-14138089>

### 4th of July Layered Mocktail

Layered drinks in red, white, and blue-perfect for 4th of July! Non-alcoholic and kid-friendly for your next party!

#### Ingredients:

- 1 Cup Red CranApple juice
- 1 Cup White Sobe Pina Colada flavored drink
- 1 Cup Blue G2 Gatorade & Ice

You can always eyeball measurements making this beverage.

#### Directions:

- Fill your glass 1/3 of the way full with CranApple juice.
- Fill to the top with ice.
- Slowly pour the remaining drinks directly on top of a piece of ice.

#### Helpful Tips:

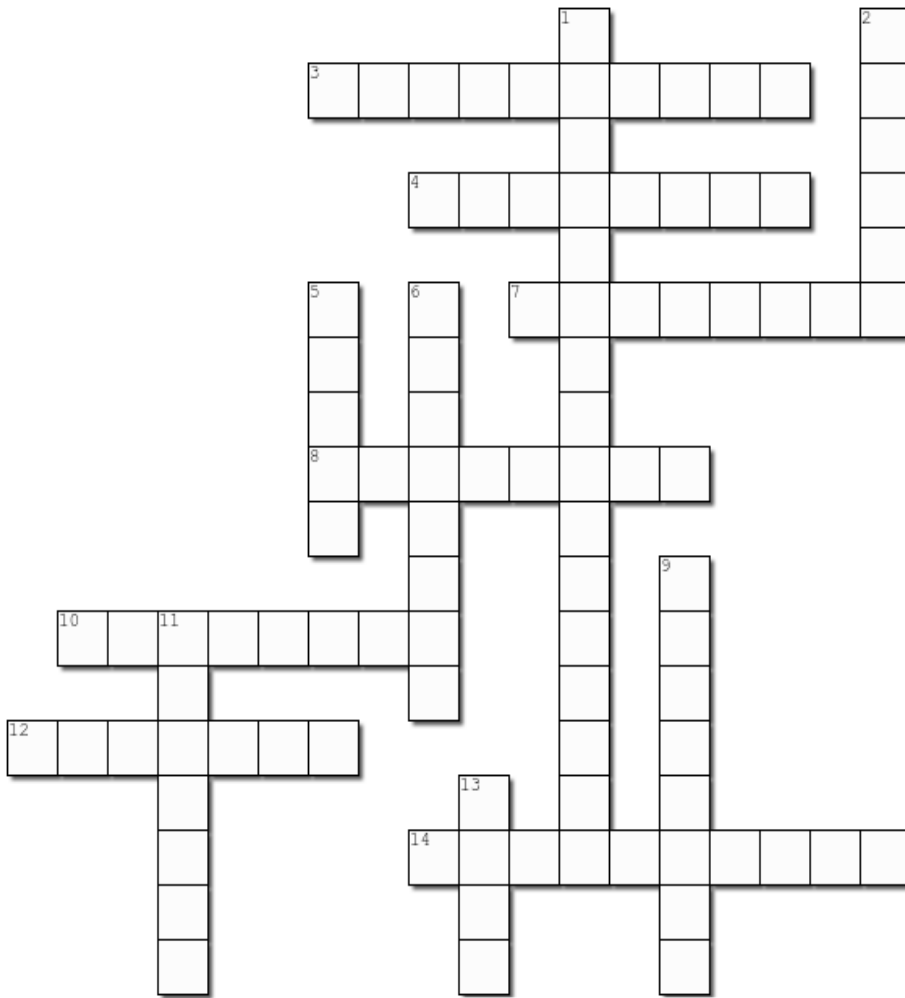
Layering works with any drinks. Be sure to keep the drink with the heaviest sugar content on the bottom, then build up, pouring slowly.

<https://www.inkatrinaskitchen.com/july-4th-layered-drinks/>



# Summer Break

Complete the crossword puzzle below



## Across

- 3. thin, long-legged, two-winged insects, that will drive you nutz
- 4. What happens when overexposure to the ultraviolet rays of the sun.
- 7. A party or gathering where a meal is cooked and eaten outdoors.
- 8. What is a fire built outdoors called?
- 10. A period spent away from home or business in travel or recreation
- 12. A bed made of canvas or of rope mesh and suspended by cords at the ends
- 14. These are worn to protect your eyes from the sun

## Down

- 1. A system that is used to cool down a space by removing heat
- 2. This month comes after July?
- 5. A narrow strip of land separating a body of water from inland areas
- 6. The sport or activity of propelling oneself through water using the limbs.
- 9. A drink made from lemon juice and sweetened water.
- 11. the activity of spending a vacation living in a camp, tent, or camper
- 13. This month comes after August?

### Game #1

2	4	3	
			4
	2		
1			

### Game #2

	2	1	
2		3	
	1		2

## Michigan Trivia

1. What is the Michigan state motto?
2. What is the only state that has more shoreline than Michigan ?
3. What city was Michigan's first capital?
4. When you're in Michigan, you are never more than how many miles from a Great Lake?
5. No point in Michigan is more than 6 miles from what?
6. Name the Michigan made beverage created in Detroit that was the first soda pop made in the United States?
7. What does the word Michigan mean?
8. Which one of the Great Lakes does not connect to Michigan?



## Crossword, Sudoku, and Jokes

**Listen To Your Doctor** - Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'" ..ooh!

**Tomato Garden**—An old Italian man lived alone in New Jersey. He wanted to plant his annual tomato garden; but it was very difficult work as the ground was hard. His only son, Vincent, who used to help him was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot, just know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. Love, Papa

A few days later he received this letter from his son: Dear Pop, Don't dig up that garden. That's where the bodies are buried. Love, Vinnie.

At 6 am the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Pop, Go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love, Vinnie.

1. "Why does Grandma spray Windex all over her Medicare co-pay invoices?"

"She said she wants a clean bill of health."

2. An elderly woman in our church congregation had an older-model car that was in excellent condition. As she was driving to town one afternoon, her car was struck by another auto. The insurance company told her that, after considering the car's age, they would give her a settlement on the damage. When the check arrived, she was unhappy with the low amount and went to see her insurance agent.

Pulling open his desk drawer, he said, "I have a little blue book in here that says that's all your car is worth."

"Well," she replied, "I have a little black book at home that says, 'Thou shalt not steal.'"

She got a higher settlement.

3. An elderly gentleman was in the kitchen and had taken down the wall clock, placing it on the floor in front of him. Then he turned on the kitchen radio tuning in to a Hip-Hop station. He then started gyrating and jumping and tapping the face of the clock with his foot in time with the music. His wife suddenly walked in and said, "What in heaven's name are you doing!" The husband replied, "Our granddaughter says you can make money dancing on the Tik-Tok."

4. For my grandmother's 80th birthday, we had a huge family celebration and even managed to get a photo announcement printed in the local paper. "That was a nice shot," I commented. "It's my passport picture," she revealed. Really?" I stared in complete amazement at my homebody grandma. "Where did you go?"

"Walgreens," she replied. <https://www.ajokeaday.com/categories/elderly-jokes?page=15>

## **Let's Work Together to Stop the Fraud**

Back in the '60s, comedy television program *Rowan & Martin's Laugh-In* had a sketch featuring Ernestine the Telephone Operator, who liked to say, "One Ringy Dingy, Two Ringy Dingy." The audience then got to hear a one-sided conversation with, say, General Motors asking if Mrs. Motors was available to chat. As funny as those sketches were, answering the phone today is no longer a laughing matter. The chances of the person on the other end being a fraudster, instead of a friend or family member, have grown immensely. In today's column, I wanted to discuss the top three types of fraudster phone calls:

### **IRS**

Who hasn't received a phone call from the IRS saying they owed back taxes? If you DO owe back taxes, they will always mail a letter to you, and unless you have avoided the IRS like Al Capone did, they won't be knocking on your door in person either. Since last year, the IRS decided that they will no longer be continuing the practice of sending agents out to discuss back taxes because so many fraudsters were going door to door demanding payments be made immediately from people who owed nothing. The IRS will only be sending a letter to discuss tax issues not in person, not over the phone.

### **DTE/Consumers Energy**

Have you ever received a call from DTE or Consumers Energy, claiming that you're late on a bill, and if they don't get your "gift card payment" within an hour, your power will be shut off? Those energy companies can't do anything with a gift card to pay your bill, but fraudsters love prepaid cards, such as the Green Dot MoneyPak. This card is easily picked up at any local retail location, and once the victim has given all the numbers on it to the fraudster, they can transfer the money off the card to an account they control. This leaves the victim with no recourse to retrieve the funds. If you think you may have missed a payment or know you are behind, call the number on the bill and speak directly to someone at the company. If you know you are not behind, hang up and block the number! Also, just as importantly, local law enforcement should always be notified if there are any suspicious people in the neighborhood asking to see your energy bills, especially if they claim to be saving you money by switching.

### **Grandchild in Jail**

Getting a phone call from a loved one in jail can be a very scary experience, and fraudsters know you will be thinking more with your heart than your mind in this situation. When you hear things like, "Don't tell Mom and Dad," or "No, you can't bail me out in person because I'm out of town," those are definite red flags telling you that something isn't right. Today this scam is becoming even more difficult because of Artificial Intelligence, or AI technology. Fraudsters are taking videos that victims' grandchildren have posted on Facebook, TikTok or Instagram, and using their actual voice to generate a conversation with the caller. Before the help of AI, fraudsters had to use some excuse to explain why they sounded different, such as a broken nose or a poor phone connection, but not anymore. The best advice is to simply hang up and call their parents to find out what is really going on. In most cases, they are likely just in their room playing video games.

These scams are happening across the country and right here in the Cadillac area as well. I have received those phone calls from the IRS myself and I've even had someone come to my front door asking to see my energy bills. Here at Wexford Community Credit Union, we've had employees assist members who have been contacted by "their grandchild," saying they were in jail, and every time the kid was found to be at home, safe and sound.

Fraud has become an epidemic in this country. With 2.6 million Americans (almost the population of Chicago) losing \$10 billion just last year – Let's Work Together to Stop the Fraud.



# Low Vision Support Group

Living independently is the goal for most seniors and those with disabilities. Living in the Cadillac area of Wexford County the many resources make that goal easier to accomplish and maintain. Seniors with disabilities, like low vision, often find transportation and social activities difficult to access. Here, we have it all available.

Independence can mean staying in your own home. The Wexford County Council on Aging (WCCOA) has many services to make that possible. Among the services offered are personal care, foot care, medication set-ups, and housekeeping, as well as help finding the right health insurance to fit each individual's needs. The WCCOA also can provide information on other resources in the area. The low vision support group is also a service of the WCCOA. The meetings are a safe place for members to talk about their challenges and share information on living with low vision or vision loss.

The Cadillac Senior Center provides countless activities for physical and social stimulation, as well as bus trips and lunches. Activities are aimed at providing good health and wellbeing as well as pure fun.

The WexExpress, the county wide transportation authority, provides door to door bus service with well-trained drivers who are sensitive to the needs of clients. WexExpress also offers Freedom Rides, which is a transportation service to medical appointments statewide. Volunteer drivers for this service are screened, compassionate and provide assistance when necessary. The On Demand program provides transportation for in-county medical appointments. These wonderful resources are just a phone call away. Cadillac area/Wexford County is a great place to grow old! -Connie Payne



**Veterans Serving Veterans Farmers Market and Picnic Pavilion**— Every Saturday from, 9am-3pm until October the VSV Farmers market will be open at the Veterans Serving Veterans Park. Space rent will be \$25.00 a day, electricity available, 40+ covered spaces available with unlimited uncovered spaces. All proceeds will go to support local veterans in our community. Questions Please call 231-920-6090 **3740 S 41 Rd, Cadillac.**

Everyone is Welcome to the Market!



Please keep in mind that keeping up on address changes is very important. The Newsletter is mailed in bulk mailing permits, 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.

Caring for a Loved-one with Dementia: What is dementia and how does it affect my loved-one? Better understand what dementia is and what your loved-one is going through to help you in your caregiving role. Training by Aubrey Jabour, PT, DPT, CEAS Northbound Physical Therapy and Wellness.

**Location: Wexford COA Conference Room**

**Date: Thursday July 18th, 3-4pm Call 231-775-0133 for signup**

Staying Healthy While Caregiving: Preventing pain & injury. Being a caregiver is hard work. Come learn basic body mechanics and how to prevent hurting yourself while caregiving, and what to do if you do.

Training by Aubrey Jabour.

**Location: Wexford COA Conference Room**

**Date: Thursday August, 15th**

**Time: 3-4pm**

**Call Wexford Council on Aging to get signed up 231-775-0133**

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Other Courses are

**Tuesday August 13th 12:30 pm – 1:30 pm**

**Tuesday August 20th 12:30 pm – 1:30 pm**

**Tuesday August 27th 12:30 pm – 1:30 pm**

Loved ones with Dementia can attend. We will have a staff member available to do an activity.

**Location for all Sessions: Manton Senior Center (302 W Main St, Manton)**

**Call Wexford Council on Aging to get signed up 231-775-0133**

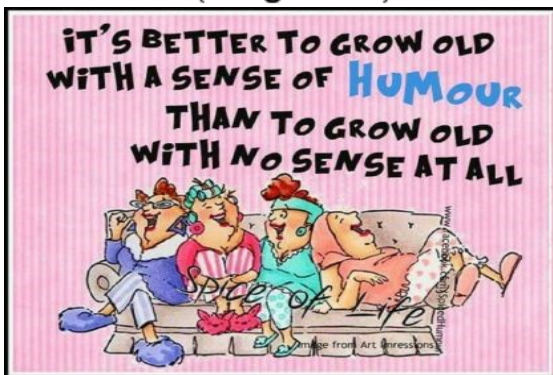
# Puzzle Answers

## Across

3. thin, long-legged, two-winged insects, that will drive you nutz (**mosquitoes**)
4. What happens when overexposure to the ultraviolet rays of the sun. (**sun burn**)
7. A party or gathering where a meal is cooked and eaten outdoors. (**cook out**)
8. What is a fire built outdoors called? (**campfire**)
10. A period spent away from home or business in travel or recreation (**vacation**)
12. A bed made of canvas or of rope mesh and suspended by cords at the ends (**hammock**)
14. These are worn to protect your eyes from the sun (**sunglasses**)

## Down

1. A system that is used to cool down a space by removing heat (**air conditioning**)
2. This month comes after July? (**august**)
5. A narrow strip of land separating a body of water from inland areas (**beach**)
6. The sport or activity of propelling oneself through water using the limbs. (**swimming**)
9. A drink made from lemon juice and sweetened water. (**lemonade**)
11. the activity of spending a vacation living in a camp, tent, or camper (**camping**)
13. This month comes after August? (**july**)



### Game #1 Answer

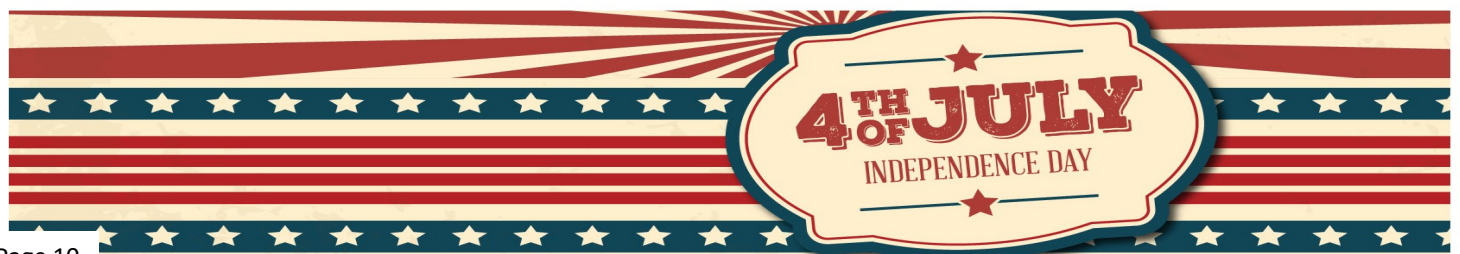
2	4	3	1
3	1	2	4
4	2	1	3
1	3	4	2

### Game #2 Answer

1	3	2	4
4	2	1	3
2	4	3	1
3	1	4	2

## Michigan Trivia

1. If you seek a pleasant peninsula, look about you. The motto is incorporated into the state seal, written in Latin.
2. Alaska is the only state with more coastline than Michigan, Michigan has 3,126 miles of shoreline, the most freshwater shoreline of any state.
3. Michigan's first capital was Detroit. It was moved to Lansing in 1848 to encourage development of the western part of the state, and to make it more secure from British soldiers over the border in Canada.
4. You are never more than 85 miles from the shores of a Great Lake.
5. No place in Michigan is more than six miles from one of the 64,980 inland lakes.
6. Vernors Ginger Ale was created in Detroit shortly after the Civil War.
7. Michigan is a Native American word meaning Great Water.
8. Lake Ontario is the only Great Lake that doesn't touch Michigan. It is over the border in Canada. Portions of Lakes: Michigan, Erie, Superior, and Huron all lie within Michigan's boundaries.



# Wexford County Events & Activities

**Gun & knife show at the Wexford Civic Center** - The Cadillac Gun & Knife Show will be held next on July 13th-14th, 2024 with additional shows on Oct 12th-13th, 2024, in Cadillac, MI. This Cadillac gun show is held at Wexford Civic Center and hosted by Sport Shows Promotions. All federal and local firearm laws and ordinances must be obeyed. **Hours: Saturday 9 a.m. to 5 p.m, Sunday 10 a.m. to 3 p.m. Admission \$8, children 12 and under free.**

*The best and largest Gun & Knife Shows in Michigan, Great Dealers!! Great Prices!!Private Collectors Welcome! No one under 18 admitted without a responsible adult. Hand gun buyers, have your pistol permit ready. NICS, FBI background check required on long gun sales and Michigan CPL holders, with CPL's dated before Nov 22, 2005.*

**Basic Tech Help at the Mesick Library— Starting on Fridays from 2-4pm**  
**105 W. Mesick Ave 231-885-1120**



Drop in to get help with those pesky tech problems! We can help with navigating the internet, laptops, tablets, smartphones, social media, library reading apps, and more! First come, first served. Bring your electronic device if you have one.

**Lake City's Greatest 4th in the North, July 4th-6th** – Events include parade, live music, 5k race and more!  
**Grand Parade 10am—11am**

**Leroy Razzasque Days, July 12-14** – Always the 2nd Weekend in July, this community festival is a family-friendly event with something for everyone, including a parade, kids activities, sports tournaments, live music, vendors, beverage tent & more!

**Cadillac Festival of the Arts** - Sponsored by the Cadillac Arts Council, is in its 56th year of showcasing fine artists, artisans, food vendors and local music . **109 W Cass St, Cadillac. July 19th and 20th two day event from 10am-5pm**

**Manton Truck Show— July 26-28th All Day Event in Downtown Manton.** Semi Trucks from all over the county gather at Manton Station Park and take over the town with some of the most unique lights and intricate paint jobs one has ever seen!!

**20th annual Marion Car, Truck, Bike & Rat Rod Show— August 3rd—Timber Rose Event Center** 16505 30th Ave (M-66), Marion MI . Registration is from 8am-11am, Car show 9am-3pm. Voting is 8:30am-10:30am, Awards are at 2:30pm. Questions? Call 1-231-679-1265 or e-mail [marioncarshow@gmail.com](mailto:marioncarshow@gmail.com)

**Mitchell Street Market Block Party, Saturday, August 10th** – Main Street Closed. Visitors can expect to find unique gifts, sales and treats as they walk down main street while it's filled vendors and activities. Fun for families of all ages, you can expect to shop great deals out on the sidewalks, hear live music & activities for the kids.

**Buckley Old Engine Show, August 15th-18th** – The 57th Annual Buckley Old Engine Show, featuring displays, show groups, hands on exhibits, craft vendors. With a variety of different activities for all ages.



# JULY 4TH-7TH 2024

## SCHEDULE OF EVENTS

CADILLACFREEDOMFESTIVAL.COM

**4  
THU**

12 pm - Dusk **Food Trucks**  
 1 pm **INDEPENDENCE DAY PARADE**  
 2-7 pm **Donkey Cart Rides**  
 3-5 pm **Kids Community Carnival**  
 5-7 pm **Kids Pizza & Dance Party**  
 7 pm **UpBeat Cadillac Music Series**  
 Dusk **Fire Dept Family Movie Night**

Commons - City Park  
 Mitchell - Pine - Chestnut  
 Next to Rotary Pavilion  
 Commons - Market  
 Commons - Splashpad  
 Rotary Pavilion  
 Rotary Pavilion

**5  
FRI**

9 am - 3 pm **Farmers Market**  
 9 am - 3 pm **Makers Market**  
 10 am - Dusk **Food Trucks**  
 10 am - 6 pm **GellyBall**  
 10 am - 6 pm **Craft Show**  
 10 am - 3 pm **Donkey Cart Rides**  
 12:30 - 9 pm **Live Music**  
 6 pm **Kids & Pet Parade**  
 6:30 pm **Classic Car Cruise**  
 7 - 9 pm **Community Irish Folk Dance**  
 9 pm **Fire on the Water Tribute**  
 Dusk **Drone Show + Music**

Commons - Market  
 After 26 Depot  
 Commons - City Park  
 Next to Rotary Pavilion  
 Commons - City Park  
 Next to Rotary Pavilion  
 Rotary Pavilion  
 Lake Street  
 Meet at Classic Car Deals  
 Commons - Market  
 Rotary Pavilion  
 Watch from Downtown!  
 Listen on 107.9 CDY

**6  
SAT**

8:30 am **Freedom 5K**  
 10 am - Dusk **Food Trucks**  
 10 am - 6 pm **GellyBall**  
 10 am - 6 pm **Craft Show**  
 11 am - 4 pm **Car & Motorcycle Show**  
 11 am **Corn Hole Tournament**  
 12 - 5 pm **Donkey Cart Rides**  
 12 - 9:30 pm **Live Music**  
 4-8 pm **Bingo with Oasis**  
 Dusk **Fireworks + Music**

Lake Street  
 Commons - City Park  
 Next to Rotary Pavilion  
 Commons - City Park  
 Mitchell Street  
 Commons - Market  
 Next to Rotary Pavilion  
 Rotary Pavilion  
 Commons - Market  
 Watch from Downtown!  
 Listen on 107.9 CDY

**7 SUN**

10 am **Church in the Park**

Rotary Pavilion

**DRONE SHOW AND FIREWORKS - VIEW FROM DOWNTOWN**

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cared for us is one of the  
highest honors”**

*Thankful  
Grateful  
Blessed*

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*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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