

# News & Views

## November & December 2024



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### Mark Your Calendar

- November, 21-22 Happy Thanksgiving.**  
COA office, home services and Daybreak are closed
- December, 24-25 Merry Christmas.**  
COA office, home services and Daybreak are closed.
- Medicare open enrollment ends, December 7, 2024.
- Nov 13**—World Kindness Day
- Nov 14**—National Pickle Day
- Nov 17**— Homemade Bread Day
- Dec 12**— Gingerbread house day
- Dec 13**— National Cocoa Day
- Dec 18**—National Bake Cookies Day



### Helping Families in Wexford & Missaukee County

Project Christmas is a community supported event, committed to serving those who have experienced financial difficulties so they can have a good Christmas. For 30 years, Project Christmas has been working to help qualifying families in Wexford and Missaukee counties. Many of these families and individuals would not be able to celebrate Christmas without our support. Project Christmas works year round in coordination with several local organizations to prepare for the large community event each December. Project Christmas will take place on Saturday, December 14 at the Wexford Civic Center.

**The Wexford Council on Aging will have a drop-off donation box at our office (like the one pictured below) feel free to stop in with donations for Project Christmas.**

#### The impact over the years,

- 2018 - 854 Families / 2,728 Individuals
- 2019 - 826 Families / 2,585 Individuals
- 2020 - Event Cancelled due to COVID-19
- 2021 - 652 Families / 1,978 Individuals
- 2022 - 722 Families / 2,235 Individuals
- 2023 - 840 Families / 2,457 Individuals

To get signed up for Project Christmas Intake is now through -November 27th

**Wexford County Residents should call Monday-Friday 9:30 am—3:30 pm 231-253-1940 or 231-779-5205**

**Missaukee County Residents should call Monday-Friday 10am—4pm 231-839-8816 choose option 1**

**Volunteer Opportunity—Learn how you can help with Project Christmas and provide an impact on Wexford and Missaukee counties. Please call us at (231) 779-5205, email us at [theprojectchristmas@yahoo.com](mailto:theprojectchristmas@yahoo.com), or message our page on Facebook for more info.**



When calling make sure to have your source of income, employment verification (if employed), and social security number for all who live in the home.

# 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



Greetings!

I would like to take a moment to introduce myself as the new Executive Director for Wexford COA. Many of you may have already spoken with me on the phone or met me at events in the past as I have worked with COA for the last 4 years as a Supervisor for In-Home Services. Already being an employee for the COA has made the transition to the position smooth but I

am looking forward to learning everything the ED position entails.

Our amazing staff is busy at work making sure all our current programs continue to run smoothly. Right now, we are focusing on open enrollment and signing everyone up for snowplowing.

I am ecstatic to get out of the office and into the community to learn how we can better help the seniors of Wexford County. Community has always been a big part of my life, and I am excited I get to give back to the community I was raised in. When I am not working, I enjoy hiking with my husband and dog, spending time with my extended family and friends, traveling, and spending time on the water in the summer.

Best Regards -Georgie

## Wexford Council on Aging Board Members 2024

**Director:** Georgie Bump

**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

**2024 Wexford Council on Aging around the office review-** During this season, we are amazed by the colorful transformation of the leaves on the trees, followed by their gentle fall. It's a perfect opportunity to reflect on all we are grateful for. The Wexford Council on Aging has much to be thankful for this past year. Thank you to our staff, each one of them for their hard work and dedication this year. We are incredibly busy at the council. It's open enrollment for Medicare, and our phones are constantly ringing! I enjoy assisting all the seniors who need help with their questions and are seeking answers. We are here to help, and we have two fantastic volunteers assisting Kim. We highly appreciate the MMAPS team: Kim, Sheri, and volunteers, Mary and John. Thank you for all your hard work.

We placed a strong emphasis on providing support and training for dementia. We held a variety of classes, and many community members attended. Aubrey Jabour conducted the training at the Council on Aging, covering topics such as caregiving, communication, and mobility strategies.

Sheri, our advocate, has been diligently occupied in the office, equipping herself to assist Kim with open enrollment. In addition, she has been skillfully managing her own clients, offering support with DHHS paperwork, state of emergency relief applications, and addressing various personal client-related issues. Sheri's exceptional performance has made her an invaluable asset to our office, and we are delighted to have her on our team.

In addition to being busy around the office. Please welcome the newest office staff, read about them below.



"Hi, my name is Rick and I am the new Fiscal Manager for the Wexford County Council on Aging. My goal as the Fiscal Manager is to support Georgie in her new role as well as the rest of the WCCOA Team to continue to serve the senior community of Wexford County in the most effective and efficient manner as possible. That said, I look forward to opportunities for me to get out and serve the Wexford County community as my wife and I slowly become "Cadillacans". We moved from Rockford (MI) to Cadillac in December of 2021 with our two golden retrievers. We have a son and two daughters still in the Grand Rapids area and daughter and new son-in-law (USAF) who will be moving from Hawaii to Germany soon. My wife was born here in Cadillac and it was always our intention to move back when we retired, so we moved early and will retire later! The majority of my career was with Amway Corporation in Ada Michigan, there I had the opportunity to install accounting systems around the globe. I hope to share some of my experience while continuing to learn new things and serve the county of Wexford. If you are ever in the WCCOA office, feel free to say hello".



"Hello, I'm Stephanie and I'm excited to be working with all of you! A little about myself - I've been a registered nurse in the ER for a few years here in Cadillac and also in Traverse City, so some of you may recognize me. 🦃

I love the outdoors, and my main hobbies include gardening and tending to my flock of chickens. Looking forward to meeting many of you!" Stephanie has a background for compassion and care. We're thrilled that she's joined the team here, and know that she's going to be a perfect fit. Stephanie will be one of the intake nurses, scheduling appointments for home assessments regarding services and getting to

know our clients.



# Open Enrollment 2024-2025

**Medicare's Open Enrollment Period occurs each year from October 15 through December 7.** During Medicare's Open Enrollment period, you can make changes to your Medicare coverage. In most cases, this period is the only time you can pick a new Medicare Advantage or Part D plan. Even if you are satisfied with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review what you have and compare it with other options in your area to make sure that your current coverage is still best for you in the coming year.

Kim has been extremely busy in the office preparing for open enrollment. Please remember all phone consultations are done by trained counselors. If you want a phone consultation, you must fill out and return the enclosed form as soon as possible. Consultations will be set in the order in which forms are received. Forms must be returned. If we don't receive your completed form, we may not be able to assist you. We welcome you to take advantage of this free service from the Wexford County Council on Aging. If you have any questions about our procedure, please don't hesitate to contact us. Thank you for choosing the Michigan Medicare Assistance Program (MMAP) and Wexford County Council on Aging to assist you with your Medicare needs!



***Last MEDICARE MONDAY's of the year***  
***November 4th & December 2nd***  
***4 – 6 P.M.***

**Wexford County Council on Aging**  
**714 W. 13th St. Cadillac, MI**

**Call 231-775-0133 to reserve seating**  
**Learn how to navigate the**  
**Medicare Maze!**

**What is the Medicare Alphabet?**  
**Advantage Plans, Supplemental Plans?**  
**Workshop presented by certified Medicare**  
**counselor -Kim Swanberg-**

**Seating is limited so call now to reserve**  
**your space.**



## Annual Band Boosters Holiday & Craft Show

Saturday—November 9, 2024

9am—4pm

Fox Motors of Cadillac

Visit Santa 11am—2:30pm



## 3rd Annual St. Ann School Craft Show

Saturday - November 2, 2024

9 AM - 3 PM

**Over 30 Crafters and Artists**

Huge Variety of Items

**Door Prizes**

**Free Admission**

**Concessions**

School Gym & Parish Hall

800 W. 13th Street Cadillac, MI 49601



## Simple & Fun Recipes

### Hot Spiced Apple Cider



#### Ingredients

- 6 Cups Apple Cider
- 1/2 Teaspoon whole cloves
- 1/4 teaspoon ground nutmeg
- 3 Cinnamon sticks



#### Directions

In a 3-quart saucepan, heat ingredients to boil. Reduce heat and simmer for 10 minutes. Strain Cider before serving if desired. Best if served hot!

### Peach Crisp

#### Ingredients:

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cup quick-cooking oats,
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice



#### Instructions: Preheat oven to 375 °F.

1. Spread the peach slices on the bottom of a baking pan.
2. In a saucepan, melt the margarine.
3. In a small bowl, mix everything but the peaches. Stir until the mix is well blended. Sprinkle the oat mix on top of the peaches.
4. Bake for 20 minutes. Serve with ice cream

<https://www.canr.msu.edu/recipes/peach-crisp>

### Corn bread Casserole

#### Ingredients:

- 1 pound ground beef
- 1 can whole-kernel corn, drained.
- 1 (16-oz) can cut green beans, drained.
- 1 small green pepper, chopped.
- 1 small onion, chopped.
- 1 (14.5-oz) can diced tomatoes
- 1 (8-oz) can tomato sauce
- 1 1/2 tsp sugar & dash of pepper
- 1 box Jiffy cornbread mix
- 1 egg (for cornbread)
- 1/2 cup milk (for cornbread)



#### Instructions: Preheat oven to 350 degrees

1. Brown ground beef in frying pan, drain and discard excess grease.
2. Put ground beef in casserole dish with all ingredients except cornbread mix, egg and milk.
3. Prepare cornbread mix according to package directions then pour on top of dish.
4. Bake 30-40 mins

[msue.anr.msu.edu/program/info/eat\\_healthy\\_be\\_active](https://msue.anr.msu.edu/program/info/eat_healthy_be_active)

### English Muffin Pizza Snacks

1. 1 English muffin, split
2. Unsalted butter, softened
3. Marinara sauce, such as Rao's or Ragù
4. Fresh Mozzarella, sliced
5. Sea salt, dried oregano, and fresh basil (for serving)

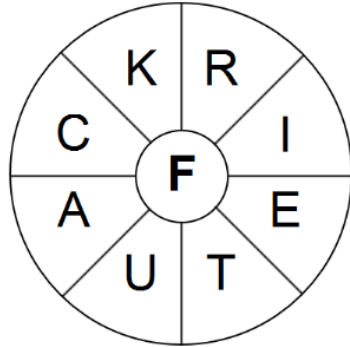


1. **Instructions:** Heat oven to 400°F. Place muffin halves cut-side-up on a parchment-lined baking sheet; brush muffin halves generously with butter. Bake until lightly toasted, about 10 minutes
2. Layer on marinara and mozzarella and bake until melted, 6 to 8 minutes.
3. Sprinkle on some sea salt and dried oregano and basil leaves before serving.

# Puzzles

## Christmas Word Wheel

This Christmas themed word wheel is made from a 9 letter Christmas themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter F.




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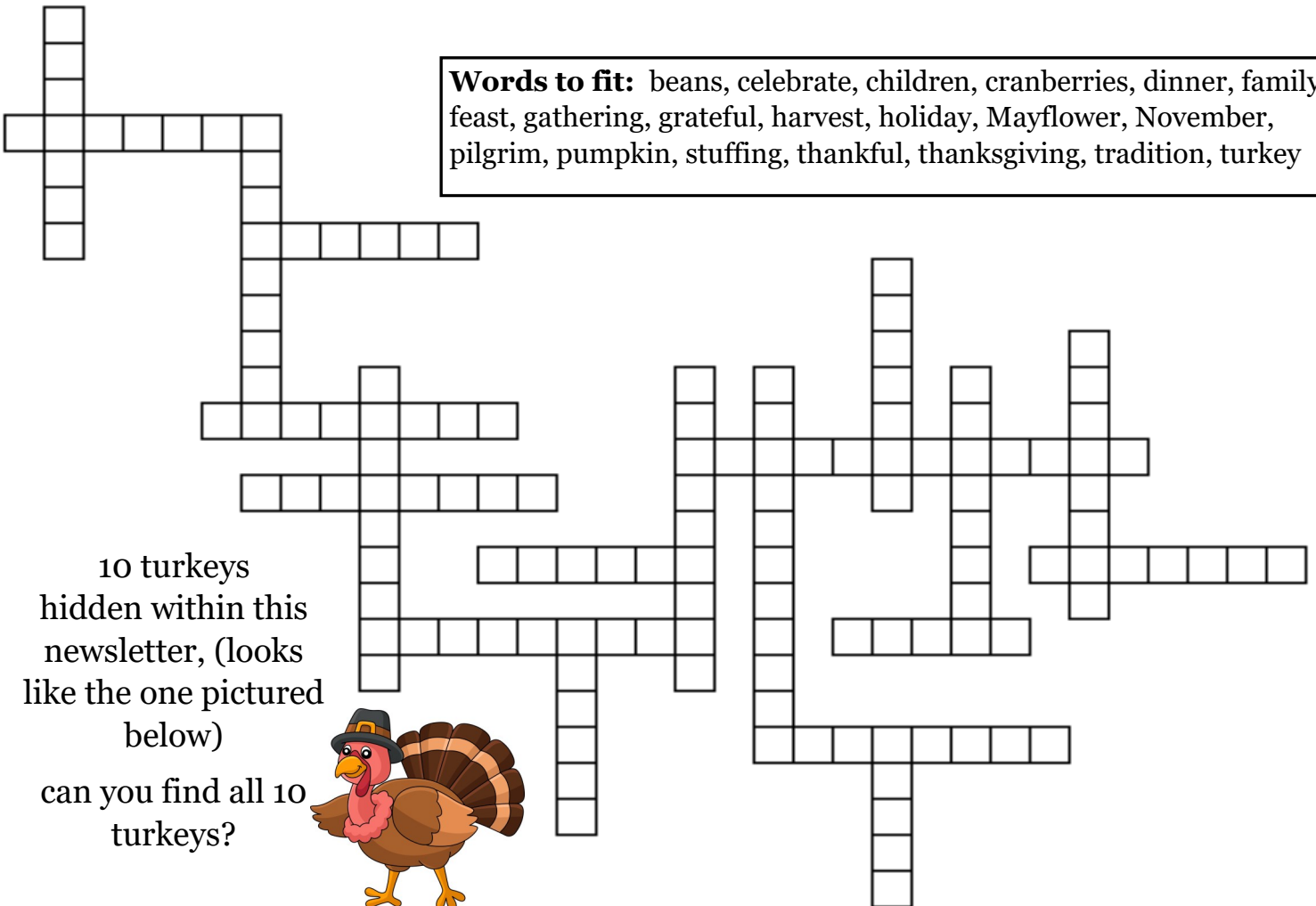


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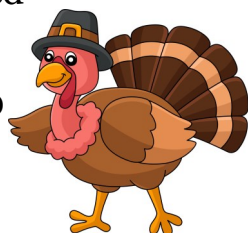
It's Winter "snowflake" Sudoku - fill in the grid with the letters S, N, O, W, F, L, A, K and E, making sure no letter is repeated

f		k			s	
e	s				w	
				a		
		a	n		e	l
e	l	n	o	s	f	w
		e	w		k	n
					l	
a	e				k	
k		a				w

**Words to fit:** beans, celebrate, children, cranberries, dinner, family, feast, gathering, grateful, harvest, holiday, Mayflower, November, pilgrim, pumpkin, stuffing, thankful, thanksgiving, tradition, turkey



10 turkeys hidden within this newsletter, (looks like the one pictured below)  
can you find all 10 turkeys?



# Wexford Area Calender of Events

**Manton Senior Center** - 302 W Main St, Manton (231) 824-6961

⇒ Thanksgiving dinner will be on November 7th

⇒ Patriot Choir will be performing on Veterans Day, November 11th. Show starting at 12:30pm.

⇒ Manton Senior Center will be closed November 14th, and Thanksgiving Day November, 28th. (only snacks are being served Nov 27th)

⇒ Christmas concert with Marty Miller at 10:30 along with our Christmas dinner at noon on Dec 5th

⇒ Christmas cookie/bake sale and craft sale on Dec, 14th.

⇒ Closed on December, 24th until January, 6th.

## Holiday Craft Shows

**McBain Holiday Craft Show**— 107 E Maple St, McBain MI 49657

Saturday November, 30 9am-3pm, McBain High School gymnasium.

**Old Mill Venue**—314 N Mill St, Marion MI 49665.

Friday, December 6th 4pm-8pm. Saturday, 7th 10am-3pm

**Manton PTO Craft Show**— 105 5th St, Manton, MI 49663

Manton High school, Saturday December 7th 9am-2pm.

**Cadillac Farmer's Holiday Market**— 117 W Cass St, Cadillac, MI 49601

Saturdays & Sundays, Nov 30th, Dec 1st, Dec 7-8, Dec 14-15 From 2—6 pm

Live Christmas music, Holiday Gifts, Kids activities, Variety of vendors, food and coffee truck.

## Low Vision Support Group

By **Connie Payne**

The holidays are once again up us. The weather grows colder and we think of family and friends gathering to celebrate. It is also the time of year to count the many blessings we have. Living here in northern Michigan, in the Cadillac area, we have so many advantages. We, as seniors, have everything we need to live as independently as we want or need to. We have great transportation options with the WexExpress, in-home services from the Council on Aging, stores that deliver groceries and other essentials to your door. The area also offers living situations from assisted living, and foster care to nursing homes.

The low vision support group and others for various life impacting conditions help connect us and share our trials and success in dealing with life's challenges.

Though the Thanksgiving holiday brings our blessings into focus each year, it is good to remember all year long by living a life of gratitude. Living each day with that perspective makes each day a special day.

Yuletide is special too, for families to gather, to observe and celebrate in their own custom and their own way. The season of light brings promise of joy and peace to our hearts.

The low vision support group will not be meeting during the winter months of December, January, and February, restarting again in March.





# Veterans Day Monday, Nov 11



Veterans Day is observed every year on November 11. This year, the 11th day of the 11th month is a Monday. Learn the true meaning of Veterans Day and its important history—as well as ten ways to show vets how you appreciate the sacrifices that they have made.

Veterans Day is an important day set aside to honor and show appreciation for ALL who have served in the United States military—in wartime or peacetime, living or deceased. Remember that Veterans Day is to honor the service of *all* Americans who have served, but particularly the living veterans among us. Many of our veterans stepped in harm's way on our behalf.

Therefore, a cheery “Happy Veterans Day!” may not be fitting to a person who may have friends who died in combat. According to a veterans poll, 49% of vets feel uneasy with the expression, “Thank you for your service.” They weren’t sure how to respond and preferred action to words.

ferred action to words.

But don't get hung up on not knowing exactly how to express your gratitude to a veteran. Everyone knows and appreciates a kind word and, even better, an act of kindness.

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and honor **ALL** those who served honorably in the military – in wartime or peacetime.

## Assemblies Open to the Public

- Cadillac High School will be hosting on Friday, November 10th the 55th Annual Veteran's Day Assembly in the Cadillac High School Performance gym. The community is invited to attend this assembly honoring our Veterans. It will begin promptly at 10:30 am and all visitors are asked to be seated no later than 10:10. **500 Chestnut St, Cadillac. 231-876-5800**
- Veterans Day Assembly at Manton Schools will be held on, November 11th 9:30am, at Manton High-school Gymnasium. open to the public. **302 W Main St, Manton (231) 824-6961**
- Veterans Day Assembly at Mesick Schools will be held on, November 11th 9:00am, at Mesick Highschool

Wexford Council on Aging could use your help! We are in need of the following donated items for our seniors  
**Chux Pads, Liners & Unisex Depends in all sizes.**

were happy to give back to those seniors who are in need or have low income. All un-used, unopened or expired depends items may be dropped off at the Wexford COA Office Mon-Fri 8-4pm

714 w 13st Cadillac MI 49601 Phone: 231-775-0133

**Looking for Services for Yourself or Loved Ones?** Wexford COA currently has the availability to provide respite, personal care, light housekeeping, and medication setup throughout Wexford County. Give our office a call to learn more about the services and if it would be right for you. All of our services are provided on a sliding scale based on your income.

**Need a Break from Caregiving?** Call us about our Daybreak Center (Adult Day Center). It is a great opportunity for your loved ones with Dementia to get out of the house, socialize with others, participate in activities, and have lunch all well you get a break for caregiving



## **Let's make sure that the fraudsters make Santa's naughty list!**

As the air turns crisper and snowflakes start to fall, and the last of the 'good candy' from the grandkids' Halloween bags has been eaten, our thoughts soon turn to Thanksgiving and Christmas and other gatherings during this time of the year. I would love to say that scammers take this time of the year off, but I would be lying; it only gets worse.

Family gatherings are a great opportunity to catch up with loved ones but may also be a great opportunity to stop someone from being in a love scam. As much fun as it is for the grandchildren to grow up and begin bringing their love interests around the family, it doesn't hurt to check up on lifelong bachelor Uncle Bob or widowed Aunt Susan to see how they have been doing and see if anything has changed.

A few summers ago, I attended a family barbeque where an aunt was visiting from out of state and had mentioned a new boyfriend. When another relative asked her adult daughter about it, she said she knew nothing about it, and the family started probing into this relationship. It was quickly found out that the aunt had met this man online. He was "in the military", but they hadn't met in person yet and thankfully, no money had been sent. They convinced her to end the scam relationship, block all contact and move on with her life.

Whether it be a summer BBQ or sitting around waiting for the Thanksgiving turkey to be carved, when you see any red flags of romance scams, it's important to investigate for the sake of your loved one. If someone's new beau cancelled plans last minute and has never actually been seen in person... he may be a scammer. Or worse yet, someone says they can't afford to come to dinner, even though they have always lived within their means... they may have lost all their funds and don't know where to turn. These are hard questions to ask, but you could save someone from heartache and financial distress.

Another terrible holiday tradition: News reports this time of year will mention the dreaded "Porch Pirate", someone who drives around neighborhoods and steal packages off people's porches. You may even catch a FedEx driver, as I did the other day, taking a picture of a package to "prove" it was delivered. Following package tracking and ensuring it gets dropped off is very important, but unfortunately, false tracking emails or text messages have also led to people being scammed. Never click on a link that says a package has been lost or being held at the post office and go directly to the email that you received when ordering something. And if you don't have anything coming in the mail, that means there is nothing to track! Those links can download malicious software onto your phone or computer and give hackers access to everything on those devices. Consider yourself very lucky if you haven't received one of these texts yet; Americans in April of this year received over 19 billion spam texts, so they are very much out there.

Lastly, this is the time of year for deals, and we are all looking to provide the perfect gift to someone at a great price. Online ads are everywhere, and we usually ignore them, but can be very tempting when the right gift and perhaps more importantly, the right price, presents itself. Those ads may be scammers from overseas faking a great deal, and there is a good chance you won't get what you seek. They may even send tracking information and a package in the mail, but instead of a great deal on a remote-controlled car, you get a sheet of stickers instead. Or they take the card number and start using it to make transactions for themselves before you can stop it.

So, let's make this a happy healthy holiday season, watch out for each other and have a Happy New Year free from scammers in 2025!!

By Larry Mix, Compliance Manager, Wexford Community Credit Union

The holidays are a wonderful time to come together with our families to create memories that will last a lifetime. Don't let the stress and the hectic pace of this time of year overwhelm you and detract from the true meaning of the holidays.

Minimize, minimize, minimize. Create a budget, keep a calendar and don't overbook yourself. If we live excessively over the holidays, we can end up paying for that throughout the year.

Set realistic expectations for yourselves and others. Most of our holiday gatherings do not resemble a Norman Rockwell painting, so remember that. Have a positive attitude but be realistic. The perfect holiday gathering is within your reach, it just depends on how you define it.

Understand what you can control and what you cannot. Family dynamics do not magically change this time of year, and while we cannot control other people's behaviors or actions, we can control our response.

Make sure you get plenty of rest. It is a busy time of year and it is easy to overdo it. The same goes for eating healthy, it is easy to overdo it when it comes to food and alcohol because we justify that "It's the holidays!" but try to avoid that mindset and maintain a healthy diet.

Ask for help. The holidays are about helping out our loved ones, and when there are people around you who can help alleviate your stress, don't overlook this.

Maintain a healthy exercise routine. It is important not to neglect this even though it is such a busy time of year. Your physical health affects your emotional health, so prioritize this.

Take time for yourself each day. The holidays are a time that we spend focused on giving. But the fact is that if we do not take time to reenergize ourselves each day by doing something we enjoy we deplete ourselves of the mental and physical energy we need.

Acknowledge any feelings of sadness or stress. The holidays are difficult for many people. In addition to the general stress of the season, there are often loved ones we miss. In sharing your feelings with others, you may find they are going through the same thing and you can be of comfort to each other and find ways to honor the loved ones who aren't present, and create new traditions with the family that is around you.

Don't forget the love and laughter. No one will remember that the turkey was dry, that you forgot to put out the cranberry sauce, or that they didn't get every present on their wish list this year. They WILL remember the laughter you shared, and the love you feel for each other. Make sure that is your focus, now and throughout the year.

[https://standrewsseniorsolutions.com/news-articles/caregivers/alleviating\\_holiday\\_stress/](https://standrewsseniorsolutions.com/news-articles/caregivers/alleviating_holiday_stress/)

## Surviving the Holidays

**First Baptist Church - November 21, 2024 at 6:30 pm**

**125 Stimson St, Cadillac, MI 49601**

This is an evening to help you plan how to navigate the upcoming holiday season following the loss of your loved one. It is very helpful. Meeting Format In-person. Please enter the Chapin St door at the north side of the church.

We meet in the lower level of the building. We will be at the doors to greet you.

Contact person- Kari

Hanus/Sarah Reutz, Office Administrators

231-775-5629 Cost- \$10.00 (Includes survival guide)



Falls are the #1 cause of concussions.

According to the Centers for Disease Control (CDC), falls are the leading cause of injury among older adults age 65+. More than 1 in 4 older adults fall every year in the United States, and 1 in 5 falls leads to serious injury. In addition, persons with brain injuries are at high risk for falls and a subsequent fall can make an existing head injury worse.

Talking with your doctor about falls, engaging in strength and balance exercises, managing medications, having vision and hearing checked regularly and making living environments safer, and asking for help are all steps that can be taken to prevent a fall.

Over half of falls take place at home. Regularly checking for fall risks at home and addressing potential hazards like clutter, throw rugs, and poor lighting is recommended. Seek support from family members and/or healthcare providers to address concerns about the risk of falling. Ask family members for help with preventive measures, such as making home modifications and removing hazards.

Over half of people who think they have a concussion never seek medical care, most commonly because they do not think their symptoms are severe enough. The reality is that concussions can be an invisible and often symptomless injury with serious and long-term consequences. It is important to get checked by a medical professional.

In some instances, a blow to the head can cause a type of bleeding near the brain, called a subdural hematoma. Subdural hematomas can be life-threatening, so it's important to see a healthcare provider immediately if your symptoms are severe.

Concussion symptoms, such as dizziness, confusion, or vision issues, may look like signs of typical aging and can be missed or misdiagnosed. Additionally, aging adults may be reluctant to seek medical care for fear of losing independence, not wanting to burden their family, financial considerations, and other reasons. However, the consequences of inaction can jeopardize long-term health.

Taking steps to lower the risk of falling also helps to lower the risk of sustaining a concussion. It is critical that if a person sustains a hit or blow to the head, they seek medical care to ensure accurate diagnosis, treatment, and recovery planning.

Source: [ncoa.org](http://ncoa.org), Concussion Awareness Now Campaign 2024

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Puzzle Answers

**CHRISTMAS WORD WHEEL** This Christmas themed word wheel is made from the letters in the word **FRUITCAKE** is the 9 letter word within the wheel.




o	f	l	k	w	a	n	s	e
a	e	s	n	o	f	w	l	k
n	w	k	s	l	e	a	o	f
k	s	w	f	a	n	o	e	l
e	l	n	o	s	k	f	a	w
f	o	a	l	e	w	s	k	n
w	n	o	e	k	s	l	f	a
l	a	e	w	f	o	k	n	s
s	k	f	a	n	l	e	w	o

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n o v e m b e r  
b  
r d i n n e r  
a i  
t r a d i t i o n  
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e  
y  
g c  
a r  
t h a n k s g i v i n g  
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We are extremely grateful for the generous community members who donate incontinence supplies and Ensure protein drinks to the COA. If you are in need of these supplies, please feel free to visit our office.

For information on the newsletter, placing an advertisement or to submit an article please contact the COA office at (231) 775-0133 or email us [info@wexfordcoa.org](mailto:info@wexfordcoa.org)



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. -Lacey



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NOVEMBER 2024

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For **Caregivers, Family, & Friends** of a person with dementia

### To help better understand:

- How dementias (like Alzheimer's & Parkinson's) change function
- How to support a person with dementia
- Helpful resources



### What is Dementia, Anyway?

Thursday, Nov. 7  
3:00 pm - 4:00 pm

Learn more about dementia to better understand what your friend or loved-one is going through.

### Communication & Mobility

Thursday, Nov. 14  
3:00 pm - 4:00 pm

Learn about strategies that can help reduce challenges with communication and mobility.

### Strategies for Engagement

Thursday, Nov. 21  
3:00 pm - 4:00 pm

Learn about the importance of engagement and activities to engage a person with dementia.



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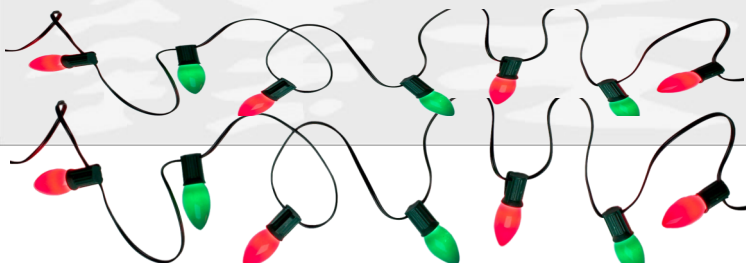
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Please note: Submissions may or may not be included in the News and Views, but we love to hear from you! Thanks!

