



Community Newsletter May & June



Important Dates

May 5—Cinco de Mayo
May 7—Older Michigander Day

May 11—Mother's Day
May 26—Memorial Day &
COA office Closed.

June 15— Father's Day
June 19— Juneteenth
June 21— First Day of Summer

Contact Us

Office Phone (231) -775-0133
Fax Number (231) -779-0677
Day Break (231) -779-5274

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www.wexfordcoa.org

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For information on the newsletter,
placing an advertisement or to
submit an article please contact



Check out the Local Events listed below

Northern District Fair's Spring Carnival – May 1-4, 2025

This is your chance to experience the best of the fair and the carnival all in one unforgettable weekend! Mark your calendars and bring the whole family for a spring celebration like no other. Don't just hear about it—be there to live it!



Draft Horse Showcases that celebrate power, grace, and tradition.
A Farm Market filled with all the barn finds.



A rip-roaring Rodeo, where cowboys and cowgirls will thrill you with their bravery and western flair.



Hold onto your hats, Cadillac, because the Northern District Fair's Spring Carnival is gearing up to be the most electrifying event of the season. Featuring the renowned Skerbeck Family Carnival, this extravaganza will have your heart racing with thrilling rides, games, and classic carnival treats. This event is fun for all ages!

Wellston Michigan Annual Flea Market and Craft show

10487 W M-55, Wellston, MI, United States, Michigan 49689

A day of treasures, creativity, and community at the Annual Flea Market & Craft Show! Whether you're hunting for unique vintage finds, handmade crafts, or one-of-a-kind gifts, there's something for everyone!

Date: Saturday May 3, 2025

Location: At the open space inside The Sportsman's Port campground.

Time: 9:00 am to Sundown

Shop local vendors & artisans
Handmade crafts & unique gifts
Vintage, antiques & collectibles



Help support local businesses and enjoy a fantastic day of shopping and fun!

CADILLAC AMERICAN LEGION AUXILIARY #94 9 card STEAK-O-BINGO

422 N Mitchell St, Cadillac MI 49601

Sunday, May 4 & June 15 only.

Doors will open to the public at noon for
bingo card purchases and selections. Bingo
starts at 1 PM and runs until 4 PM.

Food and beverages will be available.



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



Executive Director

Hello everyone!

Summer and warmer weather are just around the corner, and I couldn't be more excited! With the sunshine comes a whole array of activities and opportunities to enjoy our beautiful northern Michigan scenery. Our community is always bustling with events, but summer really brings out the best.

If you're looking for things to do, just head over to our website to see what's happening, stop by and check out our bulletin board, or give the Cadillac or Manton Senior Center a call to see what they've got planned. And don't forget to check out the Cadillac Visitors Bureau for even more events and activities.

Wexford County has something for everyone. Whether it's visiting the local farmers markets or enjoying the lively festivals, there's plenty to keep you entertained. If you need a ride, just check out page 8 and contact WexExpress to get you where you need to go.

I can't wait to dive into all these wonderful activities, soak up the nice weather, and enjoy the festivals that make summer so special. I hope you find plenty of ways to make your summer unforgettable too!

- Georgie

Wexford Council on Aging Board Members 2025

Director: Georgie Bump
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Vice Chair: John MacLeod
Treasurer: William Potvin
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Gary Taylor
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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/>
Use your phones camera to scan QR code



Services Offered by Wexford County Council on Aging

Homemaking Services
Personal Care
In-Home Respite
Daybreak Adult Daycare
Medicare/Medicaid Assistance Program (MMA)
Medication Management
Senior Advocacy: Notary
Information and Assistance
Footcare
Snowplowing

For More Information
Please call (231) 775-0133

Fresh Produce Opportunities in Michigan

Senior Project Fresh: New Card System Coming in 2025

Senior Project Fresh has long helped older adults access fresh, local produce while promoting better nutrition. Eligible participants receive free nutrition education and \$25 to spend on fresh fruits, vegetables, and honey at farmers' markets and roadside stands. Starting in 2025, the program is going digital! Paper booklets will be replaced with preloaded cards or an app, making it easier than ever to use benefits. The State of Michigan is introducing these updates to improve accessibility and convenience. While transitions can bring challenges, working together will ensure a smooth shift. The Wexford COA is proud to support seniors in navigating this new system. We appreciate your patience as we work to make the process seamless for everyone.

What's Changing?

- **Online Sign Up:** Starting June you can fill out an easy online application.
- **New Card:** No more coupon booklets! Approved applicants will receive a preloaded card in the mail after signing up. The farmer will scan your card, then you will enter in your designated pin.
- **App instead of Card (app not required):** (Healthy Together App) Participants can use a mobile app to check their balance or use their app to purchase produce.
- **Flexible Spending:** Previously, purchases had to be made in \$5 increments—but that requirement is gone! You'll still receive \$25, but you can spend it however needed.
- **Limited Funds:** Keep in mind that funds for each county are limited so sign up as soon as possible.
- **Proxy Use:** You can designate a proxy to spend your benefits on your behalf. You can name them during the application process or within your profile, which can be accessed by downloading the Healthy Together app or logging in from a web browser.

Eligibility Residents who meet the following criteria can apply:

- Age 60 or older with an income of \$28,952.50 or less (individual) or \$39,127.50 or less (couple).
- those 55+ who are a member of one of the 12 Federally Recognized Tribes in Michigan can participate.

Need Help Signing Up? As of May 1st, if you're having trouble registering, the Wexford COA is here to assist you!

Call Wexford COA: Call 231-775-0133 to schedule an appointment for one-on-one assistance.

If you drop in, we can't guarantee we will have someone to help you.

Join an In-Person Workshop: Sign up for one of our sessions, where a staff member will guide you through the process. Please Note: Sessions may have multiple participants, so we appreciate your patience as we assist everyone.

Addendum: Project Fresh Update

As of April 30th, MDHHS - Health Services informed us that the start date for Project Fresh has been pushed back to June 1st.

We apologize for any inconvenience this may cause and appreciate your understanding.





Meet Our Team



Renee *In-Home Scheduling Supervisor*

Many of you may recognize me from my role as a home health aide at Wexford Council on Aging, where I've worked for over three years. Recently, I've transitioned into the office as the Supervisor/Scheduler of In-Home Services. I have dedicated 18 years to working with the elderly and seniors. My caregiving journey began with my sister-in-law, who lived with us for many years. I also spent 13 years working at Autumnwood. I have a wonderful husband, 3 sons, 7 grandsons, and 1 granddaughter (who might be a little spoiled). In my free time, I enjoy reading historical romance novels and other books. I love camping with family and friends, and every April, my husband and I take a vacation to somewhere warm. I'm excited to support seniors in Wexford County in a new way and to get to know the other Home Health Aides.

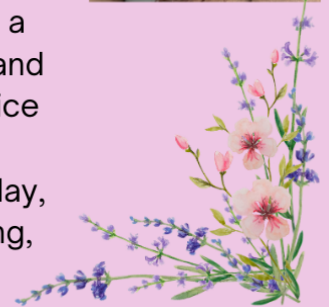


Courtney *Home Health Aide*

We are thrilled to announce that Courtney has joined our team as Home Health Aide. Courtney brings a wealth of experience and we are excited to see the positive impact she will have on our organization.

"I recently moved to the Cadillac area from a small town south of here near Grand Rapids to be closer to my dad, who relocated here in 2023. I have two wonderful daughters and we love spending quality time together. Our favorite activities include roller skating, going to the movies, and attending concerts. We also enjoy camping and boating during the summer anything that allows us to spend time as a family.

I have been working in the healthcare field for about five years. I started as a Resident Aide in a nursing home, where I cared for residents with dementia and Alzheimer's, as well as those in assisted living. Later, I transitioned to an office role within the same company, which allowed me to work from home. Now, I am excited to join COA! This new role gets me up and moving every day, allowing me to meet new people and engage with those who have lived long, extraordinary lives. Helping them is truly my passion, and I already love this role".



April *Home Health Aide*

Hi, I'm April, I have been working in the healthcare field as a certified nursing aide for about 4 years total, and am excited to be a Home Health Aide for the community because I enjoy helping and taking care of people as it is one of my love languages. In my spare time, I enjoy reading, crocheting, cooking, and anything outdoors with my kids.



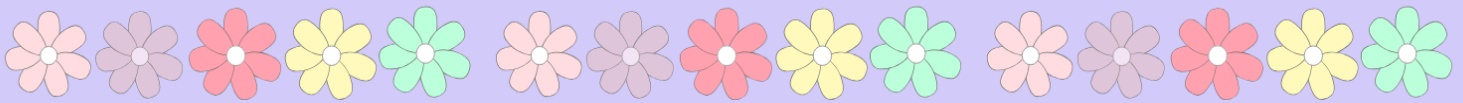


Meet Our Team



Rachelle Home Health Aide

Hello, my name is Rachelle. Being a Cadillac native, I'm truly excited to start working with the Council on Aging and support the amazing seniors in Wexford County. I've dedicated many years to caring for people, and I'm thrilled to continue this journey with our senior community. When I'm not working, you'll find me indulging in my hobbies of wood burning and rock art. I look forward to meeting everyone and making a positive impact together.



We sincerely appreciate the generosity of our community members who donate incontinence supplies to the COA. If you find yourself in need of these items, stop by the office so we can assist you.

Please keep in mind that these are donated supplies, availability may vary.

Wexford Council on Aging Presents, Senior Expo 2025

Theme: "Through the Decades"

Date: September 18th, 2025

Time: 10:00 AM - 2:00 PM

Location: The Wexford Civic Center, 1320 N Mitchell St, Cadillac, MI 49601



Join us for a day of fun, learning, and community as we celebrate the rich history and vibrant future of our senior community. This year is extra special as we mark the **50th anniversary** of the Wexford County Council on Aging!

The event is open to the public and will feature:

- **Many Vendors** offering a variety of products and services
- **Raffles and Door Prizes** with exciting giveaways
- **DJ** to keep the atmosphere lively
- **Chico's Taco Truck** serving delicious food

Don't miss this chance to connect, learn, and enjoy a day dedicated to our seniors. We look forward to seeing you there!



For more information on how become a vendor please contact:
seniorexpo@wexfordcoa.org or visit the expo webpage

The Importance of Staying Active

Regular physical activity can significantly improve overall health and well-being, helping to maintain independence and enhance quality of life. Here are some key reasons why staying active is important:

Health Benefits

Engaging in regular exercise can help prevent or manage many chronic conditions common in older adults, such as heart disease, diabetes, and arthritis. It also improves cardiovascular health, strengthens muscles, and enhances flexibility and balance, reducing the risk of falls and related injuries.

Mental Well-being

Physical activity is not just beneficial for the body; it also has a positive impact on mental health. Exercise can reduce symptoms of depression and anxiety, improve mood, and boost cognitive function. Staying active can help keep the mind sharp and improve overall mental well-being.

Social Connections

Participating in group activities or exercise classes provides opportunities for social interaction, which is essential for emotional health. Building and maintaining social connections can reduce feelings of loneliness and isolation, fostering a sense of community and belonging.

Ways to Stay Active in Wexford County

There are so many ways to be active, no matter what you are interested in. Wexford has many opportunities for individuals to be active. Here are just a few:

- **Cadillac Senior Center:** Located at 601 Chestnut St, Cadillac, MI 49601, the Cadillac Senior Center offers a variety of activities tailored for seniors, including drumming, Tai Chi, line dancing, Wii console games, and water aerobics. These activities not only keep you physically active but also provide a fun and social environment. For more information, call (231) 779-9420. You can also check their calendar and bi-monthly newsletter by scanning the QR code with your cell phone.
- **Manton Senior Center:** Located at 302 W Main St, Manton, MI 49663, the Manton Senior Center offers programs including drumming, Tai Chi, pool, and social gatherings. Stop by to enjoy their fantastic lunch and stay for one of their great activities. For updated calendar information, call (231) 824-6961 or scan the QR code for their Facebook page.
- **The Senior Fit Program at Cadillac YMCA** Those over 55 wanting to improve their health through exercise, especially if they have chronic illnesses. The program includes personalized orientation and fitness testing, ensuring that participants get the support they need. Classes are held on Tuesdays and Thursdays at either 11:00 am or 1:30 pm. The cost is income-based, ranging from \$5 to \$35 per month. To register call the YMCA at (231) 775-3369 and ask for the Senior Fit instructor.
- **Get Outside:** Wexford County is home to many scenic trails perfect for walking and biking. Head down to Lake Cadillac and enjoy the 7.5-mile Lake Cadillac Foot & Bike Path, which offers stunning views along the shoreline. For more information about trails in the area, visit the Cadillac Visitors Bureau at 201 N Mitchell St, Cadillac, MI 49601 or call them at (231) 775-0657.

Wexford Civic Center: The Wexford Civic Center offers free indoor walking and pickleball inside the building. It's a great way to stay active, especially during colder months. For more information, call them at (231) 779-9520 or email letsgotothewex@gmail.com.

Transportation Options: Don't have a ride? Check out the WexExpress for transportation options. They are currently offering free rides to and from the YMCA. Visit their website at WexExpress or call (231) 779-0123 for more details.

Practical Tips for Staying Active

- **Start Slow:** Begin with low-impact activities and gradually increase intensity. This approach helps prevent injuries and allows your body to adjust to new routines.
- **Stay Hydrated:** Drink plenty of water before, during, and after exercise. Staying hydrated is crucial for maintaining energy levels and overall health.
- **Wear Comfortable Clothing:** Choose appropriate attire for different activities. Comfortable clothing and supportive footwear can enhance your performance and prevent discomfort.
- **Listen to Your Body:** Pay attention to how your body feels during and after exercise. If you experience pain or discomfort, take a break and consult a healthcare professional if necessary.
- **Set Realistic Goals:** Set achievable goals to stay motivated. Whether it's walking a certain distance or attending a weekly class, having clear objectives can help you stay on track.
- **Find Activities You Enjoy:** Engage in activities that you find enjoyable. Whether it's dancing, swimming, or gardening, doing what you love makes staying active more fun and sustainable.
- **Stay Consistent:** Consistency is key to reaping the benefits of physical activity. Try to incorporate exercise into your daily routine, even if it's just a short walk.

Staying active is essential for maintaining health, well-being, and independence as a senior citizen. With the variety of activities available in Wexford County, there are plenty of opportunities to stay engaged and healthy.

Whether joining a fitness class, participating in social activities, or simply enjoying a walk, staying active can make a significant difference in your life. Remember, it's never too late to start! Your health and happiness are worth it!

Cadillac Senior Center Newsletter



Cadillac Senior Center Website



Manton Senior Center Facebook



WexExpress: Getting You Where You Need to Go

WexExpress provides transportation all across Wexford County, six days a week. Whether you're in Cadillac, Manton, Mesick, Boon, or anywhere else in the county we're here to help you get where you need to go.

Our **demand-response service** is a door-to-door public transit option for *everyone* in Wexford County. Trips are affordable — as low as \$1 and never more than \$3. We also travel to Traverse City three times a day and may be able to help with rides to appointments near Munson Medical Center, Copper Ridge, or Cedar Run. You can schedule same-day rides (as space allows), or plan ahead — up to 21 days in advance.



wexexpress
Cadillac/Wexford Transit Authority

We also offer **Rides to Wellness**, a premium, one-on-one van service for non-emergency medical trips, available for just \$15. And for longer-distance travel, our **New Freedom Volunteer Driver Program** connects seniors and individuals with disabilities to rides anywhere in Michigan.

Scheduling a Ride is Easy!

Call us at **231-779-0123** to talk to one of our friendly staff members. You can also schedule online or use our mobile app to book right from your phone — whatever works best for you!

We're currently experiencing **record ridership**, and during the school year, our busiest times are **6:00 a.m. to 9:00 a.m.** and **2:00 p.m. to 5:00 p.m., Monday through Friday**. If you need to travel during these times, we recommend scheduling your ride as early as possible. We're actively hiring and training more drivers to better serve our growing community.



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Medicare Monday Workshop Dates

Date: Monday's - No meeting for May. Classes will resume June 2, July 7

Time: 4 PM - 6 PM

Location: Wexford County Council on Aging 714 W. 13th St.

Reserve Your Seat: Call 231-775-0133

Join us to learn how to navigate the Medicare maze! Discover the differences between Advantage Plans and Supplemental Plans.

This workshop will be presented by certified Medicare counselor, Kim Swanberg.

Seating is limited, so be sure to call now to secure your spot!

Out-of-Pocket Limit on Drug Costs

In 2025, you won't have to pay more than \$2,000 a year for drugs covered by your plan. Once you spend \$2,000 (including help from others like Medicare's Extra Help program), you won't need to pay anything more for covered Part D drugs for the rest of the year.

Note: If you get Extra Help, some of these costs might not apply to you.

Medicare Prescription Payment Plan- This new payment option helps you manage your out-of-pocket drug costs by spreading them throughout the year (January–December). While it makes payments more manageable, it doesn't reduce your overall drug costs or save you money.

If you choose this payment option, you'll keep paying your plan premium (if you have one) each month. Instead of paying at the pharmacy, you'll get a bill from your health or drug plan for your prescriptions.

All plans offer this option, and it's voluntary with no extra cost.

For more information, contact WCCOA or visit [Medicare.gov/prescription-payment-plan](https://www.medicare.gov/prescription-payment-plan) to see if this option is right for you.

MEDICARE SAVINGS

Designed to help you pay for Medicare Part B (\$185 monthly premium)

You may qualify if:

- **Single:** Monthly income of \$1,714 or less and assets less than \$9,430.
- **Married:** Monthly income of \$2,319 or less and assets less than \$14,130.

Note: Assets do not include the home you live in, one car, or personal items but do include savings, stocks, CDs, life insurance policies, and other items with cash value.

MEDICARE EXTRA HELP

Assists with paying for Medicare prescription drug coverage (Part D) premiums and lowers the cost of your copay.

You may qualify if:

- **Single:** Monthly income of \$1,976 or less and assets less than \$17,600.
- **Married:** Monthly income of \$2,664 or less and assets less than \$35,130.

Note: Assets do not include your home, car, or personal items but do include savings, stocks, CDs, life insurance policies, and other items with cash value.



231-775-0133

Contact us for more information!



Fun & Enjoyable Recipe



Now that the weather is warming up and the days are getting longer, it's a great time to get back on track with healthy meals. With the season bringing an abundance of fresh fruits, vegetables, and lighter flavors, spring meals can be both nourishing and enjoyable. For seniors, it's important to focus on meals that are not only full of nutrients but also easy to prepare, digest, and eat.

Focus on Light, Fresh Ingredients One of the advantages of spring is the bounty of fresh fruits and vegetables that come into season. Incorporating these into meals ensures that you are getting a variety of vitamins

and nutrients. Spring vegetables like asparagus, spinach, peas, and carrots, as well as fruits like strawberries, berries, and citrus, can be used to create vibrant, delicious dishes.

Asparagus is rich in folate and fiber, while spinach provides vitamins A, C, and K. Both are excellent choices for maintaining eye health, which can be a concern for seniors. Carrots are high in beta-carotene, supporting healthy skin and immune function. Peas, packed with fiber and protein, help with digestion and maintaining muscle mass.

Fruits such as strawberries and blueberries are full of antioxidants, which are great for supporting brain health and reducing inflammation. Citrus fruits like oranges and grapefruits are a rich source of vitamin C, supporting the immune system and skin health.

<https://www.heritageseniorcommunities.com/suggestions-for-healthy-spring-meals-for-seniors/>

Strawberry Pretzel Delight

Ingredients:

Layer 1

- ◇ 2 cups crushed pretzels
- ◇ 1½ sticks butter
- ◇ Dash of sugar

Layer 2

- ◇ 8 oz. whipped topping
- ◇ 8 oz. cream cheese
- ◇ 1 cup sugar

Layer 3

- ◇ 2 cups pineapple juice
- ◇ 6 oz. strawberry gelatin
- ◇ 10 oz. frozen sliced strawberries

Instructions

Preheat your oven to 400°F Mix the ingredients for Layer 1 and bake for about 10 minutes in a 3-quart baking dish. Blend the Ingredients for Layer 2 and spread over the first layer after it has cooled.

Heat the pineapple juice on the stovetop (do not boil). Add the gelatin, mix well, and stir in the strawberries. Allow the mixture to cool, then add as the top layer.

Refrigerate for two hours or until chilled



When a person starts to lose vision it is a scary thing. Our lives revolve around sight. Our independence is threatened, from choosing what to wear, driving a car, shopping, seeing friends and families, the list goes on. To some it may seem life is over.

Help comes in many ways, and vision loss does NOT mean loss of independence or the end of life. It does mean accepting change.

The state of Michigan has an agency, Bureau of Services for Blind Persons, to help with adaptations. However it is very low on staff, and legal blindness (visual field of less than 20 degrees or acuity of less than 20/200) is required for services.

The Michigan College of Optometry, located at Ferris State University in Big Rapids has a low vision clinic for a one time exposure to adaptations to help with daily living. But gradually incorporating adaptive techniques and adaptive equipment takes time and experience.

The best other alternative for learning how to manage and adapt to living with low vision is a support group. Here in the Cadillac area, the Wexford County Council on Aging has one of the longest functioning low vision support groups in the state. The Cadillac Area Low Vision Support Group has been meeting monthly for over 22 years and is a very upbeat and sharing group. The group has over 15 members coming from several counties. Each member brings ideas for accomplishing living skills to share, as well as their own experiences with doctors, their diagnosis, and how they and their families cope.

If you are experiencing low vision or vision loss, come join in on the casual informational meetings. The group meets the second Tuesday of each month, except December, January, and February. The meetings are at 10am to 11am at the Wexford County Council on Aging. There are no dues, family and friends are welcome



Medical Equipment Lending Pantry:

815 Lincoln St, Cadillac MI 496001. Open Mondays and Thursdays 12:00pm—2:00pm (except holiday)
Please call 231-884-9623 for more information, and feel free to stop by the pantry during the business hours.

The Medical Equipment Lending Pantry is a service for individuals who either cannot afford, or have no ability to obtain needed medical equipment. The Pantry has items such as walkers, crutches, commodes, shower chairs, and wheel chairs (NO hospital beds) This service is free to people in Wexford and Missaukee Counties. When the equipment is no longer needed, it is hoped that you will return in the condition it was borrowed in order to be loaned out again. Donations of equipment in good condition are appreciated.



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Forest Area Federal Credit Union Presents

FRAUD PREVENTION CLASS FOR SENIORS

With fraud running rampant in our community, it's important to know how to keep you and your money safe.

Learn how to spot fraud red flags and protect yourself from becoming a victim with our Forest Area Federal Credit Union fraud prevention experts.

We'll cover:

- How to spot fraud red flags
- Steps to keep your data safe
- What to do if you find yourself a victim of fraud
- Personal experiences with fraud and more.

Date & Time:

May 8, 2025, 12:45 - 1:45 PM

Location:

Cadillac Senior Center - Light lunch provided



FRAUD PREVENTION

CLASS FOR SENIORS

Jokes

Game of Golf- An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

Hearing Better Now- An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them.

I just sit quietly, listening carefully. I've changed my will four times."

she's probably still upstairs in the bathroom taking off of her hospital gown and getting dressed."

PACE North
Program of All-Inclusive Care for the Elderly
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231-252-2767
Business Hours: Mon-Fri 8:00 am to 4:30 pm



MAKE YOUR RETIREMENT A WALK IN THE PARK

Navigating the ever changing landscape of medicare, social security, and extended care can be daunting. But with the help of our expertly trained and specialized agents, we can make finding the right plan for you a walk in the park!

Contact local agent Tiffany Ziegler for a free consultation.



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**All Lunch Fun series will be held at the
Cadillac Senior Center**

Lunch Fun Series

**May
14th**



A Clean Start: 11:30am- 1pm

Come have lunch and learn about a new company in the area that specializes in helping seniors move from one home to another. (tyler@acleanstart.com 331-801-0108)

Lunch will be sponsored by Advisacare & Tustin House!

**Jun
11th**



Kendra Gibson- MSU extension 11:30am-1pm

- Kendra will be joining us for lunch to teach us all about Eating Healthy and Smart plus an added bonus of some chair yoga!!! Gibso126@msu.edu
- Lunch will be sponsored by TBD

**Jul
9th**



Senior Legal- 11:30am-1pm

- An attorney from Jordan Balkema Elder Law will be joining us for lunch. They will be here for any questions you may have regarding DPOA, POA, Living Wills, free Patient Advocate Agreement. savvymediagroup@gmail.com 989-418-9749
- Lunch will be sponsored by Jordan Balkema Elder Law (Pizza, Salad bar, Ice cream bar)

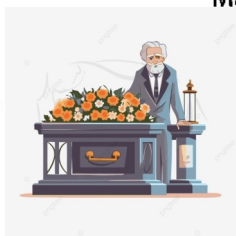
**Aug
13th**



Pace North- 11:30am-1pm

- Lori Wells will be taking on us on the PACE North journey teaching us all about their services while also playing a fun game of BINGO! (wells@pacenorth.org 231-252-2767)
- Lunch will be sponsored by PACE NORTH

**Sept
10th**



Margo Jacobs- 11:30am-1pm

Come join Margo will she puts her own spin on the dreaded obituary. She will be helping everyone write a Humorous obituary! (margojacobs@charter.net 231-920-9201)

Lunch will be Sponsored by HOM, Curry House and Scott Stahl



Why Choose DayBreak? DayBreak Adult Day Center helps reduce caregiver stress and improve participants' quality of life by providing a safe, engaging environment for social interaction and cognitive stimulation. Your loved one will be well cared for while you take time for yourself.

What Daybreak Offer:

- ✓ Socialization
- ✓ Activities
- ✓ Meals
- ✓ Caregiver Relief

"I feel Daybreak let me take care of my husband longer at home"
- Relieved/Happy Caregiver



In-Home Services

- ✓ Homemaking
- ✓ Personal Care
- ✓ Respite Care
- ✓ Medication Management

Other Services

- ✓ Advocacy - Problem Solving
- ✓ Medicare/Medicaid Help
- ✓ Snowplowing

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Respite Care: Your Essential Break for Better Caregiving

Why Respite Care is Important: Full-time caregiving is one of the most demanding roles, often leaving caregivers physically, mentally, and emotionally exhausted. Managing medications, meals, daily living activities, and socialization can be overwhelming. It's crucial for caregivers to have "me time" for their own health and well-being.

How to Give Yourself a Break as a Caregiver:

1. **DayBreak Adult Day Center:** Located in Cadillac, DayBreak offers socialization, community, stimulating activities, meals, and daily living support. Adult day centers provide numerous benefits, including:

- o Reducing caregiver stress
- o Improving the quality of life for participants
- o Offering a safe environment for social interaction and cognitive stimulation
- o **In-Home Respite:** Trained aides provide care in the caregiver's home, allowing caregivers to leave and take care of personal needs. This service is typically scheduled for 4 hours per week.
- o **Personal Care, Homemaking, or Med-Management:** Taking care of a loved one can sometimes feel overwhelming. The responsibilities of providing personal care, cleaning up their living areas, and managing their medications can be daunting. It's important to recognize when you need help and to seek support to take some tasks off your plate. Wexford COA can help you with these tasks so you can focus on yourself and other aspects of your loved one's care.
- o **Join a Support Group:** Connecting with others who are in similar caregiving situations can provide immense emotional support and practical advice. Sharing your journey with others can lighten the emotional load and provide valuable insights into caregiving. Wexford County offers several support groups to help you feel less isolated and more empowered:
- o **Dementia Awareness and Parkinson Support Groups:** These groups meet monthly at the Cadillac Senior Center, offering resources, shared experiences, and encouragement.
- o **Virtual Caregiver Support:** For those who prefer the convenience of online meetings, virtual support groups are available, providing flexibility and accessibility.

Stay Connected: Check out our website calendar for more support groups in the area.

Have you considered how respite care could benefit you and your loved one?

Respite care is an invaluable resource for caregivers, offering much-needed relief and support. Whether through adult day centers, in-home respite services, personal care assistance, or support groups, there are various ways to ensure caregivers get the break they deserve. By taking advantage of these services, caregivers can maintain their own health and well-being, ultimately providing better care for their loved ones. Remember, taking care of yourself is the most powerful way to begin to take care of others. Explore the respite care options available in your area and give yourself the break you deserve.

Contact Information: Want to learn more about what we have to offer, have questions about services, or want to tour Daybreak? Give our office a call at 231-775-0133

Dreaming of Fun in the Sun

Spring is finally here, meaning summer can't be far off, which for many of us means thinking of summer adventures: visits to a new city, a national park or simply time by our wonderful Great Lakes. Let's talk a little bit about fraudsters and their ways of trying to ruin our fun in the sun and perhaps some things to consider when making travel plans.

For those who had grandkids that headed south for spring break, sometimes those things we worry about happening to them –causing trouble and going to jail or getting in an accident can and does happen, but sometimes we are being made to “think” it has happened: by a fraudster. Fraudsters pray on unsuspecting grandparents by calling, posing as the grandchild, and saying something bad has happened and you need to get to the bank quickly and wire some money so they can get out of jail. In the past, the fraudsters would make the excuse that there has been an injury so that's the reason they sound funny on the phone. Now, because of artificial intelligence, they can take a snippet of a voice from an online video your grandkid posted and create dialog to truly fool anyone. That's why it is so important to create a family password to use in these sorts of scenarios and always ignore unknown numbers.

Another issue that you may have when leaving the safety of our Michigan borders are those dreaded toll roads. A new scam that popped up last spring and has started to come back around is folks receiving text messages saying they didn't pay a toll and need to click a link before an arrest warrant is issued. Keep in mind, there is no database that the dreaded Ohio State police have that can link our Michigan license plates to our cell phones. Never click on a link in a text message from someone you don't know; just delete it! If you missed a toll, they would send a bill via US Mail, never through a text message. And you don't have to travel to get these text messages; they are being sent out randomly and it's an unfortunate coincidence you just got back from a trip.

Now you may be thinking, “I wish I could take a trip somewhere, but I don't get around like I used to, and the idea of driving to a big city is a scary idea to say the least”. Our own Cadillac Senior Center has several trips planned this year where you can sit back and let someone else do the driving.

If that sounds like your idea of fun, but you need a smaller group setting, let me suggest a multigenerational vacation. Taking a vacation with family is said to be the “trending” thing to do, but it is also a loving thing to do, to help create those memories for all the different family members.

Perhaps a trip to where a grandparent spent time growing up... Like my mom did on Drummond Island, and now her grandson loves it there just as much as her, if now more, and both are constantly asking when we are leaving to go back! If there's someplace you've always wanted to go, now is the time! Take a family trip because there is so much out there to see and do. From the Great Smokey Mountains to Old Faithful in Yellowstone, from Walt Disney World to Niagara Falls, unlimited options await. Making memories should be your number one goal out there.

Life is precious - let's make every day important.

-By Larry Mix, Compliance Manager, Wexford Community Credit Union

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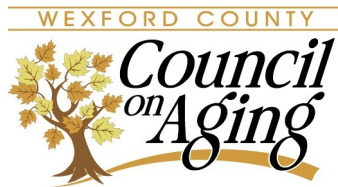
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Services and Amenities

- Assisted/respite care options
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