

🗟 Important Dates

July 4—Independence Day COA closed

July 7—World Chocolate Day July 16—National Hot Dog Day July 20—National Ice Cream Day

August 8—National Cat Day August 9— Garage Sale Day August 18—National Couple's Day

August 28— National Bow Tie Day

Contact Us

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



info@wexfordcoa.org

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For information on the newsletter, placing an advertisement or to submit an article please contact the Wexford Council on Aging.



Community Newsletter July & August

Check out the Local Events listed below

Cadillac Freedom Festival.

Celebrate our Nation's Freedom & Independence along the shoreline of Lake Cadillac.

Friday, July 4th

Craft & Vendor Show 9 am - 6 pm (or later), City Park



Independence Day Parade 1 pm, Mitchell Street and Chestnut **Drone Show** 9:30 pm. Flying over the baseball fields at the Cadillac High School.

Saturday, July 5th

Craft & Vendor Show 9 am - 6 pm (or later), City Park **Car & Motorcycle Show** 11 am - 4 pm, Mitchell Street **Fireworks Show** 10 pm launched from the baseball fields at the High School.

3rd Annual Downtown Cadillac Block Party,

Friday, August 9 Mitchell Street – closed for your safety & convenience

In the heart of Downtown Cadillac for a summer celebration like no other! Stroll through our charming, locally owned shops, sip refreshing drinks in the Social District, and enjoy a delicious meal to enjoy on one of our inviting sidewalk patios

What to Expect:

- Unique gifts, local sales, and sweet treats
- Street vendors and family-friendly activities
- Live music and entertainment
- Bouncy houses & inflatables
- "Touch-A-Truck" experience for kids

This event is fun for all ages and the perfect way to wrap up your summer with the community. Don't miss out on this vibrant, family-friendly celebration!

Northwest Michigan Veteran Expo

Date: Saturday, August 2 **Time:** 9:00 AM – 2:00 PM **Location:** Cadillac Civic Center



This FREE event is open to all veterans, active-duty military, their families, and the community. Come connect with, veteran service providers, VA representatives, local nonprofits, and community resource partners. A chance to access valuable resources, build community, and celebrate your service.

Hosted by the Wexford County Veteran Service Office

Our Mission

"To provide resources and support to Wexford County residents, sixty and over."

Our Vísíon

For seniors to live healthy, safe, and independent lives with dignity and respect.

Our Values

Compassion Diversity Independence Determination Inclusion



Executive Director

Wexford COA is More Than Just a Newsletter

Whether you're reading this newsletter for the first time or have been with us for years, here's a question: Do you know everything the Wexford County Council on Aging offers?

Sure, we send this newsletter to over 1,000 seniors and their families, but that's just one small part of what we do!

When I talk to people in the community, I often hear,

"I didn't know you did all that!"

So I thought I'd take a moment to highlight some of the services we provide to support older adults in Wexford County:

In-Home Services: We offer personal care, light housekeeping, respite for caregivers, and medication set-ups, helping seniors live safely and comfortably in their own homes.

Foot Care Services: We offer basic foot inspections and nail trimming to help seniors maintain healthy feet

Medicare/Medicaid Counseling: Our trained counselors help navigate the maze of healthcare options because no one should have to figure it out alone.

DayBreak Adult Day Center: A warm, welcoming space for individuals who benefit from daytime support and supervision, while giving their caregivers a well-deserved break.

Supply Pantry: Thanks to generous community donations, we provide cleaning, and incontinence supplies to those in need.

Senior Advocacy & Notary Services: Our advocate helps connect older adults with resources and services, and is also a certified notary.

Winter Snowplow Program: When the snow piles up, we help seniors stay safe and mobile by clearing their driveways.

Community Partnerships: While we can't solve every challenge, we work closely with other local organizations to connect seniors with the best possible support and resources available.

Our involvement in the community goes far beyond the services listed here. We're proud to be part of many local partnerships that help us extend our reach and impact. So, if you or someone you know needs help, whether it's something mentioned above or something entirely different, please don't hesitate to reach out. We may not have all the answers, but we'll do our best to help or connect you with someone who can. We're always here to listen, support, and guide you toward the help you need.

-Georgie

Vets Serving Vets - 3740 S 41 Rd, Cadillac, MI

Community Market & Park – Open to the Public! Come explore our wheelchair-accessible park, complete with raised flower beds and volunteer opportunities. A welcoming space for all!

Commemorative Brick Fundraiser— Help pave the way on Freedom Parkway by purchasing a commemorative brick. Create a lasting tribute while supporting a meaningful cause.

VSV Craft Show & Farmers Market Saturday, July 12th Join VSV for a day full of fun, community, and connection!

Enjoy:

- Live music
- Raffle prizes
- Local farmers market
- Homemade baked goods from the Cadillac Boxing Club.

Contact & Info

Email: cadillacvsvmarket@gmail.com **Teresa:** 231-690-1591 Scan the QR code in the flyer to visit our website!

All proceeds support the Veterans Cemetery construction and park improvements. Come out, have fun, and make a difference!

VSV Food Bank – For Veterans only. Serving Wexford and Missaukee County Veterans.

2nd & 4th Thursdays of each month First-time visitors: Please bring a Veterans ID or DD214











Consumers Energy - Recycle Small Appliances Event 7545 E 34 Rd, Cadillac

BY APPOINTMENT ONLY Saturday August 23rd

- Schedule an appointment by calling **800-977-4995** The event begins at 9 a.m.
- Earn a \$50 cash rebate for fridges/freezers; \$15 for AC units/ dehumidifiers/compact fridges/compact freezers.

And while you're there: You may be eligible to trade in your old dehumidifier for a Wi-Fi-enabled, ENERGY STAR® certified model for free!**

*Maximum 1 new dehumidifier per account: exchange required for new dehumidifier.

Honoring Lynne Harris

With heartfelt appreciation, we recognize Lynne for her 13 years of dedicated service as a board member of the Wexford Council on Aging.

Your leadership, compassion, and unwavering commitment have made a lasting difference in the lives of seniors throughout our community. Thank you for your years of service and for being a true advocate for aging





June 6th Dean Poeppe I3th Doc Probes 20th Grove of Trees 20th Grove of Trees 20th Blue Water Ramblers July IIth Doc Probes I8th Grove of Trees August 8th Jesse Jefferson I5th Doc Probes 22nd Wanton Wetal Nite Railroad Park

6PM to 8PM

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Memorial Butterfly Release In Honor of Those Loved and Lost

REQUEST A BUTTERFLY

Butterflies are \$15 each* through Sunday, June 29, and you may purchase multiple. Butterfly prices will increase to \$20 each on Monday, June 30, through Monday, July 7. A portion of each purchase will be designated as a gift to support hospice and bereavement services for patients and families living in Northern Michigan.



The last day to reserve a butterfly online is Monday, July 7!

SCAN TO LEARN MORE!

*Please Note: If the cost of a butterfly might prohibit you from attending, let us know. A limited number of butterflies will be available for individuals experiencing financial constraint.

No registration is required to observe any of the butterfly release events.

Contact Erin Gray, Bereavement Coordinator for Munson Healthcare Hospice, with questions about these events or how to request a butterfly at 800-252-2065 or egray4@mhc.net.





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.



JOIN THE CADILLAC WELCOME CLUB! NEW TO THE AREA OR JUST LOOKING TO MEET GREAT WOMEN? THE CADILLAC WELCOME CLUB IS ALL ABOUT FRIENDSHIP, FUN, AND COMMUNITY! JOIN US FOR LUNCHES, BOOK CLUB, DINNERS, LOCAL ADVENTURES, SPEAKERS, CRAFTS, AND MORE. COME TO AS MUCH OR AS LITTLE AS YOU LIKE.

 # HIGHLIGHTS FOR 2025 INCLUDE: WEEKLY LUNCH BUNCH MONTHLY BOOK CLUB & DINNERS (+1 WELCOME) WINERY NIGHTS, FIELD TRIPS, A BOAT DAY, AND A SUMMER PICNIC
FUN EVENTS LIKE A COOKIE EXCHANGE, A MYSTERY GAME, AND A CHRISTMAS PARTY GUEST SPEAKERS AND MONTHLY MEETINGS (APRIL-DECEMBER)

> WANT TO CHECK US OUT? CONTACT CINDY AT <u>ROGERSCA50@GMAIL.COM</u> OR MARY AT <u>MECURTIS2020@GMAIL.COM</u>. WE'D LOVE TO WELCOME YOU!

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Prepare for Medicare Open Enrollment

You might be wondering, "Can I change my Medicare plan at any time?" or "When is the right time to make changes?" Medicare's Open Enrollment Period, runs from October 15—December 7, is your annual opportunity to review your current coverage and make updates for the year ahead.

During this time, you can:

- * Join, switch, or drop a Medicare Advantage plan
- Enroll in or change your Medicare Part D prescription drug plan (Please note: Medigap policies are not included in this enrollment period)
- * Medigap coverage can be reviewed at any of the year.

The decisions you make during Open Enrollment can significantly affect your health care costs and coverage. To help you make informed choices, here are three key steps to prepare for Medicare's Open Enrollment.

Step 1: Review Your Annual Notice of Change

Medicare plans can change from year to year, so it's essential to make sure your current plan still meets your needs. Before Open Enrollment begins, you should receive your plan's Annual Notice of Change typically in September. This document outlines any updates to your plan's costs, coverage, and provider network for the upcoming year. Take time to review it carefully. Even small changes could affect your out-of-pocket expenses or access to care.

Step 2: Assess Your Coverage Needs.

After reviewing your Annual Notice of Change, take time to evaluate whether your current Medicare plan still aligns with your health care needs. Ask yourself:

- Have your health needs changed? Did you start seeing new specialists or require different services this year? Make sure your current plan still covers the care you need.
- Are your preferred providers and services included? If you're considering a Medicare Advantage plan, check whether your doctors, specialists, and treatments are in-network.
- Are your prescriptions covered? Confirm that the plan includes all the medications you expect to need in 2025. Look out for restrictions such as quantity limits or prior

authorization requirements.

• What are your out-of-pocket costs? Understand what you'll pay for doctor visits, hospital stays, and prescriptions. Keep in mind that most plans have an annual out-of-pocket maximum, but this usually doesn't include drug costs.

Carefully comparing your options now can help you avoid unexpected expenses and ensure you get the care you need in the year ahead.

Step 3: Get Trusted Advice

Choosing the right Medicare plan can feel overwhelming, especially with so many options and details to consider.

Wexford Council on Aging has certified Medicare counselors available to help you understand your coverage options and make informed decisions. These professionals can provide personalized guidance based on your specific need at no cost to you.

Medicare Plan Finder & Support Hotline:

Use the Medicare Plan Finder to compare plans based on your prescriptions, providers, and preferences. You can also call (1-877-486-2048) to speak with a representative. Support is available 24/7, except on some federal holidays.

Start exploring your options early so you have time to make confident, informed decisions. With the right support, you don't have to navigate Medicare Open Enrollment alone.

https://www.ncoa.org/article/3-ways-to-prepare



Medicare Monday Workshop Dates

Dates: July 7, August 4, No classes in Sep or Oct Time: 4 PM - 6 PM

Location: Wexford County Council on Aging 714 W. 13th St. Cadillac MI, 49601

Reserve Your Seat: Call 231-775-0133



Are you going to be 65 in the next few months?

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.

Wexford Council on Aging Presents, Senior Expo 2025

Date: September 18th, 2025 Time: 10:00 AM - 2:00 PM Location: The Wexford Civic Center 1320 N Mitchell St, Cadillac, MI Join us for a day filled with fun, learning, and community spirit as we celebrate the incredible legacy and bright future of our senior community. This year is especially meaningful as we commemorate the 50th anniversary of

the Wexford County Council on Aging!



Wexford County Farmers Markets

Cadillac Farmers Market 117 W Cass St. Cadillac, MI 49601 Open on Tuesdays and Fridays from 9am to 2pm. Come check out the local farmers, bakers, and artis

Mesick Farmers and Artisan Market 4642 M-37 Mesick (roundabout). Will be Open every Saturday from 10am to 2pm.

Misty Gardens, Nurseries & Gardening Store 3568 W 16 1/2

Rd Mesick, MI 49668 veggie flats, bedding flats, hanging baskets and more come check us out. Open Thursday–Sunday 10am-6pm.

Veterans Serving Veterans Park- 3740 S 41 Rd, Cadillac MI 49601.

Every Saturday from 10am–3pm. Featuring fruits, veggies, flowers, plants, handmade goods, baked goods and much more. All proceeds from the event go to benefit veterans in Wexford County, some surrounding counties, and the park itself, which has been a work in progress for years.

Walraven's Market - Cadillac Store - 6120 M-115, Cadillac, MI 49601.

Open Monday–Sunday 8am-7pm, offering a wide variety of fresh produce, meat, as well as annual and perennial flowers, hanging baskets, vegetable plants, trees, and shrubs.

Manton Farmers Market— Fridays from 5pm-8pm. Downtown Manton across from the Senior Center, Railroad Park.



Air Fryer Pepperoni Pizzas

Step 1- In small bowl, toss onion with 2 tablespoons oil and 1/4 teaspoon salt. Add pepperoni and pepperoncini and toss to combine.

Step 2- On lightly floured surface, shape each piece of dough to size of insert in bottom of air fryer basket.

Step 3- Remove air fryer insert and brush with oil. Place 1 piece of pizza dough on top and return insert to basket. Return basket to air fryer and heat air fryer to 400°F (pizza dough will begin to cook as it heats). Once air fryer reaches 400°F, air-fry 3 minutes Using tongs, flip and air-fry 2 minutes more.





Step 5- Transfer to cutting board and drizzle with honey. Repeat with remaining dough, cheese, and toppings. <u>https://www.goodhousekeeping.com/food-recipes</u>



Mi Mezcal Mexican Grill— 214 N Mitchell St.

Join us as we celebrate the great and all almighty game of BINGO! We will now be doing it twice a month with 100% of the proceeds benefitting our programs and our community with bingo and burritos!

\$5 Door fee goes towards the ladies of the Moose and Volunteer Cadillac to promote youth volunteering. 50% will go to our scholarship program, 25% for community live music events and 25% into youth entrepreneurship programs

Each bingo event consists of 10 games jackpot.

Bingo packages run as follows:

\$10 for 10 single sheets \$25 for 3 card sheets \$50 for 6 card sheets (includes 1 jackpot card)



Prizes for regular bingo are \$20, Specials are \$30 and Jackpot is \$100. Doors open at 5pm and games will start promptly at 6pm. Come early and take advantage of the food and drink specials they will have to offer!

Bingo will be held on the following Mondays: July 21st, August 4th, and August 18th.

Classic Chuckles for the Young at Heart Esther & Morris ride a helicopter \Rightarrow Why don't retirees mind being called seniors? (Because the term comes with a 10% discount!) to ride in that helicopter". Esther always replied, "I know Morris, but that \Rightarrow What's the best thing about turning helicopter ride is 50 dollars and 50 dollars is 50 60? dollars". (No more peer pressure!) One year Esther and Morris went to the fair, and \Rightarrow Why did the senior bring a ladder to Morris said. the bar? (Because they heard the drinks were on the I might never get another chance." house!) Esther replied, "Morris, that helicopter is \Rightarrow Why do seniors smile all the time? 50 dollars and 50 dollars is 50 dollars". (Because they can't hear half of what's going on anyway!) The pilot overheard the couple and said, "Folks I'll \Rightarrow I finally got my head together... (But now my body is falling apart.) you can stay quiet for the entire ride and not say a \Rightarrow I don't do push-ups. (I do "fall downs" and hope for the best.) 50 dollars." \Rightarrow I'm not retired. (I'm a full-time grandparent with part-time naps.) but still not a word. sisted Living & Memory Care Where together is better

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Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like

"Esther, I'm 85 years old. If I don't ride that helicopter,

make you a deal. I'll take the both of you for a ride. If word I won't charge you! But if you say one word, it's

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again,

When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know 50 dollars is 50 dollars."



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Summertime Blues

Summer is all about fun in the sun, travel and adventure; let's talk a little bit about fraudsters and two ways they try to take advantage of us.

For those who have grandkids who head south for spring break, we worry about them causing trouble and going to jail, or getting in an accident. These things can happen, but sometimes a fraudster just wants us to think they did. Fraudsters prey on unsuspecting grandparents by calling and posing as the grandchild, crying and hysterical, and asking Grandma to wire money quickly so they can get out of jail or pay for emergency medical care. Artificial intelligence technology means they can take a snippet of a voice from an online video your grandchild posted and create dialogue to truly fool anyone. (Tip: Verify identity with a family password just for emergencies and don't answer unknown callers , if it's important, they'll leave a voicemail.)

It's not just teens who travel, and fraudsters have now developed a scam for toll roads. The scam begins with a text that states you didn't pay a toll, and a warrant for your arrest will be issued if not paid immediately by clicking on the included link. And you don't have to travel to get these text messages. Texts are sent out randomly, and it's an unfortunate coincidence that you just got back from a trip. (Tip: If you missed a toll, they would send a bill via US Mail, *never* through a text message.)

Keep yourself (and your money and personal information) safe. Make certain you know who you're speaking with and never click links from people you don't know. Happy travels! *-By Larry Mix, Compliance Manager, Wexford Community Credit Union*



Senior Legal Event

Date: Tuesday, July 9th **Time:** 11:30 AM – 1:00 PM **Location:** Cadillac Senior Center

Featuring an Attorney from Jordan Balkema Elder Law.

Get answers to your questions about:

- Durable Power of Attorney (DPOA)
- Power of Attorney (POA)
- Living Wills
- Free Patient Advocate Agreement

Contact: savvymediagroup@gmail.com **Phone:** 989-418-9749 **Lunch Provided!**

Enjoy pizza, salad bar, and an ice cream bar, generously sponsored by Jordan Balkema Elder Law.

RSVP: Please call Cadillac Senior Center 231-779-9420 to reserve your spot.



Special Event with PACE North

Date: Tuesday, August 13th **Time:** 11:30 AM – 1:00 PM **Location:** Cadillac Senior Center

Quest Speaker, Lori Wells

Lori will guide attendees through the PACE North journey, sharing valuable insights about their services. Plus, enjoy a round of fun and interactive BINGO!

Contact: wells@pacenorth.org **PACE North:** 231-252-2767

Lunch Provided!

Lunch will be generously sponsored by **PACE North**.

RSVP: Please call Cadillac Senior Center 231-779-9420 to reserve your spot.

Low Vision Group

One option for the blind or visually impaired is a partnership with a trained guide dog. For many, this option helps to maintain their independence in traveling or safe mobility in their home. For those who especially enjoy sharing their life with a canine friend, it can be particularly rewarding.

Guide dog is the generic term for a dog trained to help a person with blindness or vision impairment, and other disabilities. Leader Dog, Seeing eye Dog, Guiding Eyes For the Blind are names of just 3 of the 14 schools in the USA that train guide dogs and those who use them.

On average, the dogs spend the first 12-14 months with puppy raisers, then the next 4-6 months with the trainer at the guide dog school. The dogs are then placed with the student on the first or second day of the 3 weeks the students spend at the school. The student learns to work with the training of the dogs, then the team goes home to begin their lives together.

Most of the schools provide the dog, room and board at the school, as well as transportation to and from the school with the dog, all free of charge to the student. Some schools provide continuing support, some monetary, some access to trainers, for the team's duration. Most dogs working life is 8 years, after which they may go back to the school for placement as a pet, or kept as a pet by their person.

Most schools use Golden Retrievers or Labrador Retrievers, mixes of them, some use standard Poodles or mixes of the three. Some still use German Shepards, but most are moving away from them.

A guide dog can also be raised and trained by the blind or visually impaired person. This situation can increase the bond between the dog and person, as well as allow for training to fill more specific needs.

A guide dog is a service dog. American Disabilities Act defines a Service Dog as "a dog trained to perform a task for the benefit of a person with a disability". Service Dogs enjoy the privilege of unrestricted admittance to where ever people go. Therapy or Companion dogs are excluded from this category.

The ADA nor any government authority registers or certifies service dogs. Certification can be obtained from other sources.





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